

# Sedbergh & District **LOOKAROUND**

April 2015

Issue 331

A very warm Spring Welcome to all our readers to 96 pages of facts and information relative to our area.

Again this month, there are many events that are happening in our area. Please support them and mention Lookaround so that they

know that their Advert is money well spent.

We still have one of the most cheapest Advertising Rates in the country and was last updated in August 1999 - 15½ years ago!

*Dennis & Jacky Whicker*

## **SPRING SHOW**

is back

**SATURDAY 18th APRIL**

Doors open 1-00pm

WONDERFUL EXHIBITS  
IN 99 CLASSES

A new "JUNIOR CUP" to be won

Town Band plays 2-00pm

REFRESHMENTS

SUPER RAFFLE

Your entries by 11th April please



## **Do You Enjoy SINGING!**

then join the  
**Sedbergh Songsters**  
Starting Monday 20th April

Meet on Monday's (during term time) at Gladstone House  
From 10.30am - 12 noon  
(Gladstone House, Sedbergh)

The Sedbergh Songsters Choir led by renowned choir leader David Burbridge

Singing songs from the 50's, 60's & 70's

Only £2 per session includes refreshments/room hire

Join the NEW Sedbergh Community Choir Today  
Sing alongside other local people including some of our neighbours living with dementia. Join in, have fun and help local people stay connected to Sedbergh and their communities.  
There will also be an opportunity for choir members with dementia to meet and chat together after the singing.

For information or to book your place contact Diane Smillie  
Mobile 07771 682378 or email diane@dignityindementia.org

Supported financially by:  
South Lakes Community Development Centres,  
The Ballinger Charitable Trust,  
The Northern Rock and Comic Relief,



**CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th**

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788  
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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<b>Organisation</b>	<b>Update</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International *	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association *	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - 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	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907

Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	01/09	SmartOffice	Sed:	20788
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	06/14	Mrs Foott	015395	30163
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A. *	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland *	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	02/15	Miss Bainbridge	07975	647566
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	08/12	Ms Gardner	Sed:	20570

\* = Latest Amendments

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

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

# APRIL BIRTHDAYS

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

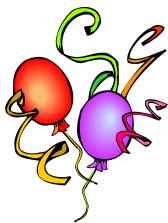
The recipients this month are:-  
Izzy Newbold who is 9 years old on  
25th April and  
Lucy Capstick who is 9 years old  
on 28th April.

Happy Birthday and please collect  
your vouchers from

*SmartOffice*

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

## Happy Birthday!



Day	Name	Age
3	Cameron MILBURN	9
4	Kyla DODD	2
4	Emily STANLEY	5
5	Katie COLTON	9
8	James DAWSON	2
8	Connor THORNLEY	8
13	Edward JERMY	8
16	Ellen METCALFE	4
18	Jasmine SEN	7
18	Tom ALLAN	11
22	Myles STAINTON	8
22	Siobhan COUSINS	10
23	Woody LONGFELLOW	2
23	Zak HALL	8
25	Izzy NEWBOLD	9
25	Sienna MIDDLETON	10
27	Scott LAWSON	8
28	Lucy CAPSTICK	9
<b>Nonagenarian &amp; Over</b>		

# PERSONAL & SMALL ADS £1

## IAN DONOGHUE

Happy **30th Birthday** Uncle Ian on 15th April. Hugs and sloppy kisses from Sophie Mae xxxx

=====

## JOAN & ALF HOOPER

Joan and Alf would like to extend their sincere thanks to all their friends, neighbours and relatives for the many and beautiful cards filled with heart warming messages, for their relocation to Bridgnorth, Shropshire. Many thanks also for the very generous cheque presented to us. We plan to purchase a painting of the Howgills which will be a lovely reminder of you all, and home. The beautiful bouquet of flowers is still blooming, some 10 days after receiving it. We shall very much miss Sedbergh and its people, but we are looking forward to this new chapter in our lives, near to Pauline and Ian. Take care all and we'll be back to visit often.

=====

## AMANDA SOWERBY

I would like to thank everyone for all the cards and gifts received on my 40th Birthday. A big thank you to The Bull Hotel, to Dean and Chris for a great disco and to Mum and Jessica for helping with the Party xx

=====

## PAM THOMPSON

Happy **50th Birthday** Pam on 24th April. Love from Mum, Steven, Clare, Amy, Ben and Kate xxx

## TRISH WEATHERALL

I would like to say a big thank you to all who helped me during my recent trip to hospital. I received kindness from the moment the paramedics arrived until my discharge from hospital a week later. Friends in Sedbergh then took up the task of lifting my spirits, showering me with cards and flowers, and making numerous offers of help. Thank you all.

=====

## LAURA GARNETT

Happy 50th Birthday Laura on 1st March. Lots of love from Georgina, Nigel, Ann-Marie, Ben (not Bed as in last month), Jenny & Dawn.

=====

## DOREEN ELVEY

I would like to thank all of our relatives & friends of Sedbergh for all the help & support received over the last few months during Joe's illnesses. It is very much appreciated.

=====

## HAZARDOUS HILDA

*Rides Again.* Very many congratulations to The Rose Theatre Company on excellent production of Hazardous Hilda Rides Again and we look forward to next year's production with great anticipation. Elspeth Griffiths

=====

## FOR SALE

Treseta Walking Boots. Size 42. Absolutely as new condition. £35. Tel 20869.

**PERSONAL & SMALL ADS £1**

**FOR SALE**

Double natural Pine Bed frame and Delux Autho Mattress in vgc. £100 ono. Tel: 20980

**=====**  
**FOR SALE**

Patio table - 6ft x 3ft 10in.  
Rectangular with rounded corners.  
Folds up. In good condition. Six  
folding chairs with separate seat/back  
cushions. £30 ono. Phone 07778-  
657624.

**=====**

**WANTED**

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



# The Imitation Game

starring Benedict Cumberbatch, Keira Knightley  
Matthew Goode, Rory Kinnear, Allen Leech  
Matthew Beard, Charles Dance, Mark Strong

Certificate 12A

**4th April** film starts **7.30pm**  
**Sedbergh People's Hall**  
**Flicks in The Fells**

## NICKY ROSS

All types of heating,  
including underfloor.  
Bathrooms designed,  
supplied, tiled & fitted  
Gas Safe registered

Mobile  
07810 582345  
Telephone  
01539 20753



St. Andrew's Dent

## EASTER MONDAY SALE

10.00am - 2.00pm

6<sup>th</sup> April in DENT MEMORIAL HALL

Fairtrade Coffee, Teas & Lunches

Home Baking - Books - Clothes - nearly new Bric a Brac  
White Elephant - Fashion Accessories - Plants & Cuttings

Competitions - Raffles

All welcome



Contact: Susan Johnson 015396 25335

## STILL WATERS RUN DEEP IN GARSDALE

There was no meeting this month for Garsdale Parish Council but there is still plenty of activity for the councillors.

There is much concern regarding the imposition of £500 charges by SLDC to inspect private water supplies. Obviously, the word "private" has no meaning where SLDC is concerned and they insist that the EU directive must be carried out despite these water supplies being used for century after century without any recorded fatalities!

Garsdale PC's proposal that we train up and employ a local engineer to carry out these tasks, rather than use the Irish firm, Tobin, who will

have very little local knowledge, was met with a fudge by SLDC who implied that our representative couldn't possibly be sufficiently qualified. Negotiations are still taking place.

The second biggest concern is the lack of movement, literally, of Post 16 transport. It seems that SLDC are incapable of putting in place a suitable scheme for 16 to 18 year olds to access their schools or colleges from next September. If nothing is achieved, parents will be incumbent to ferry their offspring to and from their places of education, impacting hugely on their own working capacities. Together with Sedbergh PC and Claire Roper, Garsdale PC is putting pressure on

### Exhibitions

**Gillian Cooper - *Unsung Muses***

*Textiles inspired by ancient goddesses*

*Blue Tarn Through a Window*

*Metaphor -Make Do and Mend*

an exciting and forward thinking textile group



### WORKSHOPS *Print, Paint, Play, with Gillian Cooper*

**Sunday 10th May - £50 plus £3 for materials on the day.**

In *Print, Paint, Play*, students will experiment with three different surface design techniques: to create beautiful fabric which can then be stitched into complete unique works of art.



### **Weavers Café open 10.00 - 5, daily.**

For amazing cakes and other delicious treats!

Free admission to café.



### Children's Easter trail

**Help Farfield Fred follow the trail to find his Easter surprise!**



Farfield Mill is open daily 10.30 - 5.00, £3.50/£3, under 16s free.

Garsdale Rd, Sedbergh, LA10 5LW. [www.farfieldmill.org](http://www.farfieldmill.org) 015396 21958

SLDC to come up with some working proposals.

Work will soon begin on the water supply to Garsdale Village Hall to eliminate the sulphur in the present bore hole, much of which will be done on a voluntary basis and we can all look forward to enjoying a clean tasting cup of tea.

Pressure is still being put on Highways to repair ruts, potholes, standing water and gaps in the walls along the A684 but, at present, there has been absolutely no response. It does make you wonder where your council tax money is actually being spent.

Lastly, there will be a Parish Meeting at Garsdale Village Hall on Thursday 21<sup>st</sup> May, starting at 7.00pm, where

you can air your views and opinions. All are welcome. *Philip Johns*

#### **SEDBERGH PARISH COUNCIL**

This report covers items from the Parish Council meetings held on 12<sup>th</sup> March 2015. The next meeting will be our Monthly Meeting on Thursday 9 April 2015 at 7.30 pm in the Committee Room at Sedbergh People's Hall.

#### **CUMBRIA COMMUNITY MESSAGING SERVICE**

A presentation was made by John Sibley in relation to the Messaging Service; this is a service available to all residents and gives updates (generally by email) on information from public service providers, such as Cumbria Police, Environment Agency,



- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

**DAVID BAINES**

015396 25346   07837 766 219  
[davidbaines@first4homeimprovement.co.uk](mailto:davidbaines@first4homeimprovement.co.uk)

Cumbria County Council Highways and the NHS. If you would like to find out more, please call in to the Information Centre for a brochure, or visit the PCSO's during their weekly Wednesday Police desk drop-in above the Information Centre.

#### **POST 16 TRANSPORT**

Sedbergh Parish Council has been advised that meetings are due to take place with schools/colleges in Kendal and Kirkby Lonsdale this month, to discuss possible solutions for transport in September.

#### **PLANNING**

The Planning Committee Report detailed several applications and related matters, full details can be found on the Parish Council Website.

#### **SEDBERGH TOWNSCAPE PROJECT**

A meeting was held on the 5<sup>th</sup> March 2015 by the Project Board. Among the items discussed was the possibility of introducing a 20mph zone. This will be part of the Agenda for the Parish Annual Meeting, being held on Tuesday 12<sup>th</sup> May 2015, 7.30pm in the People's Hall, where members of the Parish are invited to attend.

#### **CORRESPONDENCE**

Cumbria County Council is looking for 6 community groups or parish councils, and 30 families to take part in an innovative new pilot scheme known as Resourceful Communities (a waste reduction/recycling initiative). If you would like to know more, please get in touch with me.

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

note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

#### **LATE NEWS - SCHOOL/COLLEGE TRAVEL TO KENDAL AND KIRKBY LONSDALE**

Cumbria County Council and Schools hope to contact parent's of all students wishing to travel to Kendal or Kirkby Lonsdale for school/college in September 2015 (both Post 16 and younger). This will allow them to gather numbers and assist them in their decision over future transport. This is not a final answer, but a step forward for all parents currently concerned about travel arrangements from September.

*Janey Hassam – Clerk*



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## **TIM FARRON MP**

Thanks everyone who came along to my surgery at the Community Offices in March. Apologies for not mentioning it in my last column in Lookaround, I do try to but this month it just slipped through. Anyway despite my omission you kept us busy right up to the point when we had to pack up so obviously some of you had been on my website or seen one of the notices displayed around the area. I would like to tell you when the next one is but we have the General Election between now and then and so we are not making any plans beyond the 7<sup>th</sup> May.

We had the budget last month and I felt that the Chancellor included quite a bit of support for us in this area. Of

course there was the great news of the further increase in the tax allowance and the new proposals for savings but they benefit people across the country. It was his announcement of issues like yet again cancelling the planned increase in fuel duty that were more specific to this area. As I have said here before, car usage here is a necessity not a luxury. Increasing fuel duty hits people who live in rural areas more than those living in towns with decent public transport. This is a message that I keep repeating to Government ministers at every available opportunity. There are growing amounts of evidence that actually reducing fuel duty would be even better, leading to an increase in the

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levels of income to the Treasury through the benefits that it delivers in stimulating the economy. At the very least I would like the Government to extend the rural duty rebate scheme that it is trialling in various parts of the country across to Sedbergh and other parts of the constituency. This is something I will continue to argue for whenever the occasion allows.

I was also pleased to see some help with tax payments for farmers. We seem to be living in times of wildly fluctuating prices for farm produce, particularly for milk. Last year saw some of the best for milk prices in quite some time but this year we have seen prices fall back down to the levels where farmers start to wonder whether it is worth continuing to get

up ridiculously early to milk their cows every day. However, because of their higher income last year they are facing the prospect of large tax bills at a time when they are making less money. Of course they should put money aside for their tax bill at the time but farmers are often much better at looking after cows than they are at doing their books and even the most efficient do not really know how much money they have earned until several months into their new tax year when the books come back from the accountant. In the Budget the Chancellor announced measures to help with this by allowing farmers to average their income over five years for the purposes of paying tax. That way they pay the right amount of tax



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but they can do it without having to worry about facing wildly different tax bills each year. Which seems fair to me.

As ever if I can help you with these or any other issues please do get in touch, at least until the 7<sup>th</sup> May you can reach me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or on 01539 723403

Thanks for your support

*Tim Farron MP*

### COUNCILLORS CORNER

*Cllr Evelyn*

There are some 1880 known private water supplies in the South Lakeland area. As someone who lived with private water supplies for over 30 years I am only too familiar with the headaches they can present. No

water rates – great! But the problems of pump breakdowns, wells collapsing, surface water contamination, rusting storage tanks, droughts, and frozen pipes can more than outweigh the advantages. It is an area the EU turned its attention to some years ago and regulations are being introduced in stages to cover the water quality to ensure that it meets Drinking Water Inspectorate standards. Letters are being sent to residents in South Lakeland on private water supplies advising that a programme of risk assessments is taking place. South Lakeland District Council is required to carry out these assessments under the Water Supplies Regulations 2009, implemented as a response to an EU

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directive. The assessments have to be carried out every five years and larger shared supplies were first assessed in 2010.

Single domestic properties are not covered by the directive and will only be sampled or risk assessed if the owner or occupier of the property requests it. But for the first time those with smaller shared supplies have been included in the programme. The council has appointed TOBIN consulting engineers to carry out the programme which will take place between now and June. The assessment will require a site visit and will take between two and four hours during which the assessor will examine all parts of the supply, including the source water and

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storage. Depending on the results of the assessment sampling of the water may be undertaken at a later date. The cost, between £300 and £500 will split equally between those on the supply unless there is a legal document that determines otherwise.

*Cllr Nick*

Just how complicated can school transport be? As I spend more and more time with council officers and schools trying to find transport solutions for September 2015 and the start of the next academic year I realise it is very complicated.

The easy bit is defining Cumbria County Council's legal obligations: the council has a duty to transport children under the age of 16 to their nearest catchment school. (These

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

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Wednesday 13th May  
Thursday 18th June  
Wednesday 8th July  
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pupils are known as 'entitled'). In and around Sedbergh the catchment school is Settlebeck. As you move down the valley towards Kirkby Lonsdale, once you are past Middleton, Queen Elizabeth School becomes the catchment school. The council also has the obligation to provide transport for children from low income families, normally defined as those children entitled to free school lunches.

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Settlebeck has no sixth form. This means two things: first is that the nearest catchment school for 16-18 year olds could be one of four establishments - QES in Kirkby Lonsdale, Kirkbie Kendal School, Queen Katherine School or Kendal College in Kendal. The second consequence of Settlebeck having no sixth form is that many parents prefer to send their 11-16 year old children out of catchment to a school where they can have a continuous education from Year 7 right through to A levels.

So how will the Post 16 and out of catchment pupils get to school? Cumbria County Council is assessing how much it would have to pay to transport under 16 children to their catchment schools and offering this as a contribution to a larger bus or to more than one bus to transport 'entitled' and 'non-entitled' pupils to their chosen schools. The difference between what the bus operators will charge and the CCC contribution

needs to be covered by the non-catchment and Post-16 pupils.

How much will that be? That depends on the number of pupils who sign up to the bus scheme and there will be an element of first come, first served as all the arrangements need to be put in place some time before September 2015 ie the bus operators will need to know how many buses, and what size buses are required well in advance of the start of term.

Work is ongoing - as and when more details arrive I will be liaising with the schools, Janey Hassam (Sedbergh Parish Clerk) and the CCC engagement team to give everyone a clear picture of their options.

As always please feel free to contact me or Nick as follows: Evelyn

Westwood Tel 015396 20148 email [evelyn@markwestwood.co.uk](mailto:evelyn@markwestwood.co.uk) Nick Cotton Tel 015242 71477 email [red.pedal@virgin.net](mailto:red.pedal@virgin.net)

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### COUNCILLOR CORNER

We are heading towards the general and district elections with only one more Lookaround before the momentous day. There are no parish elections in Sedbergh, Garsdale and Dent: those bodies were elected last year for four years. With three years of my district and Sedbergh parish mandates to run for once I don't have to knock personally on every door in the ward although I will be doing my full share in Whinfell, Kirkby Lonsdale

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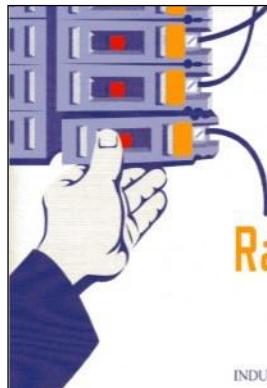
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and Sedbergh. If for any reason you might still not be on the electoral roll, NOW is the time to make yourself known to the Electoral Services Department at SLDC, South Lakeland House, Kendal. Even if you have no intention of voting, it can be a criminal offence with a significant fine deliberately to avoid being on to the electoral roll.

But, regardless of elections, the business of local government goes on and our perennial local concern, the Appleby Horse Fair waits for no-one. The moderate success we have enjoyed since 2010 tends to fade the collective memory of the mayhem of the years before, and there is a real danger of complacency. I heartily

commend the paper of the chairmen of Casterton and Kirkby Lonsdale to the recent Local Area Partnership. The Respect Group will be meeting next week and I intend to be present. No doubt some will object to the boulders yet again – they should count themselves lucky that they don't have to rely upon them for their personal safety. Sadly we have to work within the framework of national UK Law and the rocks and the posts are a necessary element of preparation.

Traditionally a councillor continues in office until the Monday AFTER the elections regardless of the result. For Members of Parliament the case is different and their office ceases when

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parliament is prorogued, this time at the end of March. This was a tremendous problem for farmers in the Foot and Mouth year, 2001 when Tim Collins and his team were having to work all night with animal movement licences.

Judging from my own personal experience, and the reports of others, the implementation of the new farming Basic Payment Scheme is something of a dog's breakfast.

In fact, it is little short of a national scandal. Very concerning some of the off the cuff decisions by the staff interacting with farmers are little short of bizarre – my own father should have reported his own death, in person ! In these cases a letter from the MP, regardless of who he or she is can work wonders.

Just today, 19 March the DEFRA Secretary has announced that the deadline, which would have been 15 May has been put back to 15 June. Hoorah for that, no doubt cases like my own have highlighted the dangers of proceeding with the original deadline. If they had, right in the key weeks before the closing date there would have been no MP to intervene. If you are having similar problems with the Basic Payment Scheme let me know and I will endeavour to advise, but bear in mind I still have my own claim to sort out !

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## **SETTLEBECK SCHOOL ACADEMY TRUST**

### **Settlebeck Sport**

In another busy month, four boys were selected to represent Cumbria in a recent Sportshall athletics competition. Corben Haines, Ben Garnett, Stan Gough and Alan Brian were a great team and performed really well, with Alan winning the triple jump.

The annual inter-house cross country competition this year was a fantastic battle with some amazing results. Everyone who took part should be proud of their achievement. A win for Annabelle Brewer and Jake Wren's second place were most notable as they have both worked so hard in their PE lessons and at

running club to improve their fitness levels.

For 8 weeks year 9 and 10 students have been undertaking The Junior Football Leader Award run by Dan Ferguson from the Westmorland FA. This culminated in the students organising a football festival for Dent and Sedbergh primary schools which was a great success.

We also managed another trip, this time to watch Super League Netball at Newcastle. This was a great night out and gave the girls the opportunity to see more top class sport to inspire them.

*Juliet Proctor*

## **SEDBERGH SCHOOL NEWS**

Probably the event of the month was when on 1<sup>st</sup> March three girls, India

# **Vacancies**

### **Summer Staff**



Each year we take on Summer staff to assist with erecting the marquees, together with the loading and unloading. It is a very popular temporary job with students, those finding themselves between jobs or those who wish to gain some extra work, and we often have people returning to us annually.

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Haydon-Wood, Molly Barrett and Maddy Harrison (daughter of Dan Harrison), 11 And 12 year olds, accompanied by Dick Gorst and Lizz James, ran in appalling and unexpected conditions from Sedbergh to Casterton over Middleton and Barbon Fells to raise money for a trip and for charity. Many motorists from Sedbergh will remember being caught by the snow on Scotch Jeans that afternoon. The girls were attacked again and again by hail and “snow flakes the size of fists”, battling into the wind. Two of the girls made it all the way to Casterton in 2 hours 55 minutes, though one of the three was defeated by the cold at Barbon.

Despite the doubts that it could be achieved in time, Carus House are now installed in their new dining room and are much relieved that they no longer have to trawl over to Queen’s Hall in wind, rain and snow to get some breakfast. It is very modern and smart – there may well be jealousy from the other Houses! Congratulations to Martin Smith on achieving this after his heroic efforts as project manager. Another estate achievement has been the new railings along Back Lane which improve the look of the Town as well as the School. They *should* be admired as they cost an astonishing figure of over £22,000! The upper School Netball and

Hockey girls' teams went to Dubai at half term. The Under 16s won the netball Bowl and the under 18s the Plate despite the heat. One of their hockey matches took place in 35 degrees centigrade – and they managed to win! The U14 Tens took place on 4<sup>th</sup> March on Busk Holme when Sedbergh won all their games except one against Ampleforth, which put them in the Plate position.

An OS from Keswick, Abbie Scott, has played as Lock for the Senior English RFU women's team against Wales. She is the first girl from Sedbergh School to represent England in a senior sport team.

Johnny McPhillips has been named in the Under 18 English Rugby squad against Scotland.

17 Year 11 pupils took GCSE Maths earlier this term and have achieved three As and 15 A\*s between them.

By the time this is published the Wilson Run will have taken place and the result will be known. About 120 took part last year and it is expected roughly the same will this year. Each runner has to be 16 and to qualify by completing the practice course (slightly longer than the actual run and avoiding the main road) in two hours ten minutes and pass a medical. Several qualifying runs take place on Wednesdays in the weeks prior to the run. It is the high light of the winner's career at school to be clapped onto the stage in Powell Hall during the concert on the evening of the run, lit by a spot light

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(the girl winner does not get the spotlight!). He is followed by every runner who completed the course, again all clapped onto the stage. For many it is enough simply to complete the run and get onto the stage. It is seldom anyone fails to achieve this.

At Casterton Mel Sproull qualified for the English Schools Cross Country Championships (the first girl from the prep school to do so) and did very well being the highest finisher and 7<sup>th</sup> overall. She also ran at Witton Country Park when she will run against the top 250 girls in the country, and the next day will compete in the National Prep School Cross Country Championships at Malvern College. At half term she

won an U15 800 m heat (she is was only 13 in November ) and came 8<sup>th</sup> in the final of the Scottish Indoor Open Championships. In addition, James Griffin (year 6) has recently won three Under 12 tennis tournaments in Sheffield, Shrewsbury and Wrexham.

On the academic side at Casterton, Morgan Robertson has qualified for the second stage of the Townsend-Warner History Prize, a National prize with 800 entries and only 200 in the second stage. Three pupils have been shortlisted for the Wordsworth Young Poets Prize which will be awarded at Rydal Mount by Christopher Wordsworth on 31<sup>st</sup> March.

On the music side at Casterton a choral workshop with David Lawrence took place for children from around the region including Dent Primary School on 12<sup>th</sup> March, and was an unqualified success. And on Thursday 19<sup>th</sup> March The Giant Wiggle, a sponsored walk for Action for Children took place. This is a National event but this is the only one in the North West, and will take place at Casterton, open for any children under the age of 7. The Very Hungry Caterpillar will lead the conga for 560 yards

The Sedbergh Super Tens Rugby Tournament took place on Sunday and Monday 29<sup>th</sup> and 30<sup>th</sup> March at Buskholme.

*Karen BL*

### **SETTLEBECK SCHOOL ACADEMY TRUST**

#### *Settlebeck Year 11 Interview Day*

Interview Day is an annual event at Settlebeck for Year 11s, designed to give students the experience of a formal interview, which can be daunting whatever age you are. The students are interviewed by professional panels and they agreed that it had been valuable day, helping

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them to prepare for interviews for places at 6th form, college and for apprenticeships.

"It wasn't like the interviews we have had at college or schools; it was more formal, a bit scary but good."

"It gave you a sense of what a formal interview will be like, something we've not done before."

"It gave us a real life practice so that we will know what to expect when we have to do an interview in the future."

We would like to say a huge thank you to all our professional interviewers for giving up their time once again.

*Juliet Proctor*

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### **SEDBERGH SCHOOL**

#### *Dubai Netball and Hockey Tour 2015*

A year in the planning, following a hugely successful 2014 tour in South Africa, this was the first time Sedbergh School girls had competed in Dubai. Head of Girl's Sport Lucia Sdao said, "I was coaching over in

Dubai last year and heard about the Dubai College International Netball Tournament, I thought it would be a great opportunity for our girls to play against some international competition, the schools involved were UAE and UK based, we were lucky too because I had a contact to Dubai Hockey who gave us some great matches during our tour."

Accompanied by Mark Shopland and Lucia Sdao, the team stayed in a hotel in Al Barsha, an area of Dubai which is well placed for getting to everything. "The plan was to get great competition but also to experience all that Dubai had to offer, to give our girls an insight into the different culture. It's a great location for a tour because travel times are short– but of

course the main challenge for our girls was the heat, which is obviously in stark contrast to the climate in Sedbergh!"

The team landed in the evening, after an early start from Sedbergh. Despite a four-hour time difference, everyone was up early for the Dubai College Tournament which started at 8.30am – which was 04.30 to our girls'. "The girls were brilliant, got warmed up, got going without any encouragement. Most mornings, they did core strength and cardio sessions in the hotel gym, good two-hour sessions in between all the fixtures – a sports tour after all."

"Emilia Tyser, School Hockey Captain, and Laylah Scott (Tour Netball Captain) set a very good

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example and were great fun, keeping the spirits of the group buoyant as well as leading on their fields of play. The whole group was amazing – they were respectful of the culture with dress and their attitudes, and proved to be such a great group of young Sedbergh ladies. I would take them again tomorrow.”

The first half of the Dubai College netball tournament went really well and the struggle only began in the second half as temperatures soared. Despite this, Sedbergh U18s went onto win the Plate, , and our U16s won the Bowl, great results bearing in mind the heat!

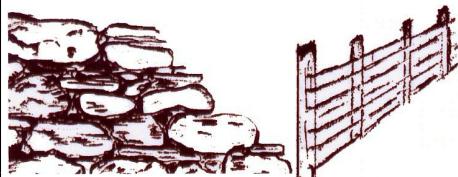
Holly Hesford (R, L6) was voted ‘Player of the Tournament’ by the umpires and the Sedbergh team attracted a lot of support from the Sedbergh world-wide community – staff who were overseas, Aunties and Mums as well as OS families, just showing how much our Brown family show their support.

The first Hockey fixture was against Dubai Hockey Youth and Ladies on the Sunday night. This was the first time the girls had played on a crumb pitch, giving an extra challenge to the girls. They still won 4-0 though! The Thursday night fixture against Abu Dhabi Netball Academy also saw a win of 25-12, playing in temperatures in excess of 35c. Fixtures against Dubai Hockey and Ladies' and Men's teams weren't victories but were fantastic physical games where our girls learnt a great deal.

Beyond the fixtures, the tour included activities such as 4 x 4 Desert Safari, visiting the Burj Khalifa, Paddle Boarding at the beach, Camel

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Riding and the Wild Wadi Water Park. The tour was only made possible with generous donations from parents, and with sponsorship from Bibby's of Ingleton and N Peal Cashmere.

We look forward to more international competition when we travel to South Africa in the summer of 2016 for netball and hockey again.  
*Dubai Netball and Hockey Tour Results*

### **Netball:**

Dubai College Netball Tournament:  
1<sup>st</sup> Team - Plate Winners (Captain Laylah Scott)  
U16 Team - Bowl Winners (Captain True Curran)  
v Abu Dhabi Netball Academy Won 25-12

### **Hockey:**

v Crossley Heath, Halifax Won 7-1  
v Dubai Youth Hockey Won 4-0  
v Dubai Men's Hockey Lost 6-4  
v Dubai Ladies Hockey Lost 2-1

v BSAK A Won 7-3  
v BSAK B Lost 5-3

Amy Grace

## SETTLEBECK SCHOOL ACADEMY TRUST

### Science

In March a group of Year 11 science students braved pretty awful weather to visit the Kielder Forest Observatory. Kielder is in the largest protected dark skies area in Europe, which is the third largest in the world. The very low light pollution levels mean it is possible to see the stars shining far more intensely. Unfortunately, the cloud cover that evening meant we were unable to use the

massive telescopes to look at the skies. However, the enthusiastic and very knowledgeable staff gave us a real insight into the work carried out at the observatory, showing us the amazing technology used to study space – the final frontier!

### Maths Challenge

On Friday 6<sup>th</sup> March a group of Year 8 and 9 students went to Barrow Sixth Form College to participate in the regional heat of the Team Maths Challenge where they finished a very creditable 4<sup>th</sup> place.

### Rotary Technology Tournament

On the same day four Year 9 students took part in the Rotary

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BAE Systems Technology Tournament at the Windermere Hydro Hotel. Working on their own, they had to devise a machine which would carry a payload of batteries along a cable, remotely drop the package accurately on a target and then return the machine to its starting position. Our students had a grand day out, with an opportunity to put into practice skills learned in D&T and science, not to mention their excellent supportive teamwork.

#### *Red Nose Day*

This day for Comic Relief was lots of fun. Students organised a cake sale and staff v students

netball and football matches. Everyone wore red or fancy dress and we raised £261 for the charity.

As you can see, our students, as well as succeeding academically, also have lots of opportunities to extend their learning outside the classroom with trips, visits and competitions. There is sport for all and numerous lunchtime and after school clubs in addition to the community projects which students are involved in, such as Playgroup and Meals on Wheels. And, occasionally, we are all just plain silly – Red Nose Day for Comic Relief was very silly and great fun!

*Juliet Proctor*



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## DENT DALE CHRISTIAN FELLOWSHIP

The Bible quiz we all participated in after supper at the recent FFWF (Friday Fellowship With Food) proved that some of us didn't know our Bible quite as well as we hoped we did but was fun, we had the options of "phone a friend", ask the others or pass the question by so no one was under any pressure. The conversation flowed and then the quiet prayer time when we remember the local organisations, the School, the farming community and so forth in our prayers. We share Bread and Wine in a very informal way and light a candle to focus on Jesus, The Light of the world, but without ritual and in such a way that everyone can cope.

On a Sunday once a month we have a speaker who tells a little of what following Jesus means to them or we watch a DVD, the recent one being about the cosmos and creation of the stars and the earth, quite awesome.

As always everyone is welcome to come along and be with us, nothing to pay, no membership to join, no obligation to do more than just be with us.

*John & Sarah Woof  
"Rhumes" Dent. 25212*

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## COGS

Community Orchard Group Sedbergh

First, some good news. We now have group membership of South Lakeland Orchard Group [SLOG], and they have agreed a grant of £200 or 20 fruit trees, which will get us off to a good start.

Next, when you join COGS there are some attractive benefits;

- Meet other people throughout South Lakeland who are interested in orchards
  - Attend any SLOG event, including grafting and pruning workshops
  - Get advice from orchard experts
  - Have access to fruit pressing equipment to make your own juice
  - Receive the SLOG newsletter
  - 5% discount at Beetham Nursery
- Join COGS! Individual £5; Family/Household £7
- Please call Jacqueline Smith on **015396 20760** if you would like to know more.

## **SEDBERGH FIRST RESPONDERS** *an update*

Getting a new group up and running, especially one that will have such an important part to play in our community has taken dedication and perseverance by a handful of people.

A committee and a constitution is in place. Andy Cobb is the Chairman, Myles Ripley Treasurer and Helen Wilberforce the Secretary.

Some of the frontline people, the First Responders, received their training in March and several more will be completing their training in May. The North West Ambulance Service provides the training in Penrith.

With the Responders almost ready to go they will need a substantial amount of equipment including pagers that will be used to alert them to a call out, a sizeable amount of medical supplies, and of course all of this has to be funded, indeed this will be ongoing, as the supplies need replacing and updating.

If you have an interest in what First Responders do the website ([www.nwas-responders.info/](http://www.nwas-responders.info/)) could



Marion Wood & Dr Myles Ripley,  
two of Sedbergh's First  
Responders

answer your questions, or give Marion Wood a call on 21385.

Offers of help with the all-important funding of the group are coming in. Dawson's have promised us some money, as has the craftworkshop co-operative. All offers of help will be gratefully snapped up.

We hope to get our bank account up and running this month. We also have a Facebook page – have a look!

We do want to support these volunteers who will be giving freely of their time and expertise. Who knows, they may be the very people who come to support anyone of us when we need them most?

Helen Wilberforce  
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## FAMILY MUSINGS

Has anyone else noticed the increase in Robins, the birds, not the car? The rule I grew up with from my bird spotting Dad was, one Robin per garden or there was war! We have three out the back and two at the side and helpfully so we know it is a different bird, a smaller one out the front. As I write this one is hopping along the telephone wire towards what I think is a female Robin, what is happening? It really is not a case of "Who killed cock Robin?" but perhaps ' who hasn't'. Not that I think any man or bird or beast should kill them, I am just remembering the poem of old. Sadly my cat makes inroads into the bird population although I have never seen a Robin in her mouth, she meows at the door until we have the pressie then goes of to play with it, rarely does she eat them. A collar with bell was tried but then she was found hooked up in the hedge so that is a no no, as we tried to free her she spat and snarled, very human really as that is how some people react when someone else tries to help them.

Little hands in mine, small person snuggling up to me their breath warm on my neck, one little hand takes my finger their other hand pointing at the direction we must take, usually to play trains, see the cat or find tiny jellie baby sweets, a certain smile when one little one realises "It's Granny", all so very precious. Was I a 'good' Mum? Must have not been too awful, my offspring still spend time with me, treat me, and make own decisions to be with me, now I have

## Robert Powell

### *Website Designer*

Individually designed,

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Terry Pratchett

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the awesome responsibility of being a 'good' Granny, I guess I can be a bit unorthodox as well, can I ? Please. One day recently a visitor asked the significance of the big plastic purple flower on my coat and I said it is to brighten it up, but really it is to let everyone know I am a bit different (saved by grace, redeemed and equipped by the Son (of God)) and to never expect full conforming behaviour from me. Remember that poem about being old and wearing purple, learning to spit and dragging my stick along the railings? Never too young to start!

Many years ago my nature loving brother came back to his childhood home to live and suggested that a willow feature would fit in very well in our semi-wild garden (?), now 8 years after his death his idea has come into being and we are the very proud and excited owners of a willow dome. It will be a place to sit on "Quiet Days", a den for the grandchildren and their friends and something to nurture and watch grow, we get everywhere important, eventually.

Enjoy your garden and if you see a Robin, look for another. Sarah

## **FROM END TO END IN 80 DAYS**

On the 20<sup>th</sup> April I will set off alone to walk from Land's End to John O'Groats ( LEJOG) , a journey of approximately 1050 miles in memory of my late wife Anita and in aid of Genesis Breast Cancer Prevention ( Registered Charity No. 1109839). If all goes to plan, I will finish 80 days later on the 9<sup>th</sup> July, having walked for 63 days and rested for 17, walking an average of just less than 17 miles each day.

I have selected a route which I hope will give me the best chance of finishing it rather than "it" finishing me. I have tried to avoid too much uphill work though sometimes it will be unavoidable. I plan to walk along quiet lanes and footpaths through the middle of Cornwall, Devon and Somerset and then the surprisingly hilly Cotswold Way from Bath through Gloucestershire. As rivers and canals tend to be devoid of hills, I will be following the Severn Way and then various canals through Worcestershire, Staffordshire and Shropshire all the way up to Cheshire. A combination of paths, trails and canals will bring me up to Kendal and a few welcome days back in Millthrop before picking up the Cumbria Way via The Langdale valley, Keswick and on to Carlisle ( deftly avoiding the Pennine Way!). There's a long stretch of road walking to Glasgow via Lockerbie and Moffat and then the highlight for me, the West Highland Way to Fort William. I then plan to head north east along the Great Glen Way and up the east coast of Scotland before striking inland for John O'Groats.

It has been many months in the planning and preparation but it is for a very cause. I hope to be giving updates of my journey in Lookaround over the coming months but you can also follow my preparations, route and progress on my blog at [walkforanita.wordpress.com](http://walkforanita.wordpress.com) and on Twitter @walkforanita

Peter Lindsay



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## **WALKING & CYCLING GROUP**

*Land's End to John O'Groats*

The Classic British Challenge – a talk by Dave Smith. One of a series of free public talks entitled Talking the Walk – Adventures on Foot at Home and Abroad.

**Monday, the 27th April, 7:30pm at the People's Hall**

For many decades, walkers and cyclists have risen to the challenge of this, one of the great journeys. Dave Smith has travelled it many times, both on foot and by bike, and now shares something of this unique experience of our national landscape and life.

For details of other walking- and cycling-related events, go to [www.sedberghgateway.org.uk/events](http://www.sedberghgateway.org.uk/events)

Robert Powell

## **J N & E CAPSTICK**

*Local business shortlisted for national award*

David Capstick of J N & E Capstick Insurance Consultants, who have offices in Kirkby Stephen and Sedbergh, has been nominated for a national award at the Commercial Insurance Awards, for a new business initiative launched in June 2014.

The concept for the Federation of Agricultural Brokers (FAB) was originally conceived in December 2013 along with fellow brokers Country and Commercial Insurance Brokers (CCIB) from Longridge. A small group of brokers met on a regular basis to discuss current

industry market conditions and the issues that the industry is facing. The group share experiences, offer advice and provide support for each other to enable them to become more successful businesses. These brokers all share a common goal; they want to offer the best products whilst ensuring that excellent customer service levels were maintained.

Two launch meetings were held last June at JN & E Capstick and CCIB offices; brokers from the agricultural sector were invited, and an initial target of ten members within the first twelve months was set. To date, seventeen brokers have signed up to the initiative.

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Federation of Agricultural Brokers (FAB) has now been shortlisted at the Commercial Insurance Awards 2015 to be held at the Millennium Hotel, Mayfair, London in March. Their award category is the Innovation Award for Service and they are facing tough competition from both national and international companies.

David Capstick, Founder Member of FAB, says:

"We feel the formation of FAB has created a great opportunity for the niche agricultural insurance broking market to grow and flourish. The platform of the federation not only allows members to share their products, but also lets insurers promote their policies too. This in turn can only make the industry stronger as a whole, the advantages of which will then be passed down to both new and existing clients throughout the country."

David started his insurance career in 1989 in the family brokerage business JN & E Capstick Insurance Consultants which was started by his late father in 1968. He became a partner in 1992 and has developed the services provided over the years

to include Financial Services. The business has grown from an office attached to the family home to premises in two local market towns – Kirkby Stephen and Sedbergh.

The Federation of Agricultural Brokers has been formed by two established independent insurance brokers. The founding members recognised the need to support like-minded independent brokers who specialise in the niche market of agriculture. Federation members will share common goals whilst retaining their independence and offering the best customer service, expertise and insurance solutions for their clients. (<http://www.fabltd.net>)

Other founding members include Anne Pickover, Director of Country & Commercial Insurance Brokers (CCIB) and Debbie Airey, Managing Director of CCIB.

The 'Innovation Award' seeks a service that has the potential to be a 'game-changer' in the protection of an organisation's assets. This is a wide field, but consideration will be given to an original solution that solves a problem with lateral thought.

# Therapeutic Yoga at Sedbergh Medical Centre

Friday afternoons throughout May

*"learn simple techniques to alleviate symptoms and promote healing"*

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contact Laura Clare for further details 015396 25061

## YOGA

Therapeutic Yoga at Sedbergh Medical Centre Friday Afternoons throughout May

*A course designed to support physical and mental rehabilitation from accidents or injuries, chronic ill-health and age related mobility problems.*

After a couple of years away from teaching general yoga classes, I am now very pleased to be able to offer a new 5 week Therapeutic Yoga course starting on Friday May 1st at Sedbergh Medical Centre. We will be working in a bright, warm space away from the busy clinical areas of the building.

Designed for people recovering from illness or injury, as well as those living with the physical and mental consequences of chronic ill-health, the course will draw upon my specialist training with the London based Yoga Biomedical Trust.

My areas of in-depth study during this four year training were:- chest disease, digestive disorders, back pain and mental health.

This therapy course is a distillation

of my thirty years of teaching experience and will offer simple and clear guidance in specially adapted yoga techniques.

I have long been passionate about the healing potential of yoga and have spent many years exploring and learning techniques and skills from both Eastern and Western models of health which can make a very real difference to quality of life and peace of mind. Each class will be tailored to the particular needs of students attending.

The course will run for 5 weeks, taught in two hours sessions from 2.30 until 4.30 on Friday afternoons and costs £100. (£20 per session)

A ten hour course of *Individual* therapeutic lessons – the minimum needed to cover material in adequate detail - can often prove prohibitively expensive for students whereas working in a small group gets around this problem and makes these highly beneficial and simple practices more widely accessible.

We will work either sitting in chairs with periods of standing for those who are able, or else on the floor, moving

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

into chairs for some exercises and standing for others. Each student will receive hands on attention and guidance in order that the exercises are learned thoroughly and practised safely. Handouts will be provided for home practice.

We will cover the physical aspects of yoga providing an opportunity to improve your balance, posture, strength and core stability using adapted exercises to accommodate poor mobility and limited stamina.

You will also learn simple, very effective breathing practices to alleviate anxiety states, insomnia and many stress related conditions. These practices are also suitable to

manage asthma symptoms.

During the final two sessions of the course I will teach a meditation practice, alongside my partner Ian Fletcher. Ian is a retired GP and, having experienced the many benefits of meditation first hand, is enthusiastic about continuing his work in health care by sharing this simple, effective practice.

Once you have completed the course, my aim is that you will have the knowledge and confidence to practice at home or else join one of the excellent local classes.

To book a place call Laura or Ian on 015396 25061 or email [lauraclareyoga@gmail.com](mailto:lauraclareyoga@gmail.com)

My partner Ian and I also teach meditation to individuals, couples and small groups in our home in beautiful Dentdale. This an informal day course including a delicious home cooked lunch. Along with skilled tuition in a simple technique, we will explain how meditation works as well as giving you the opportunity to ask questions.

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## **SEDBERGH AND DISTRICT HISTORY SOCIETY**

The society met in Settlebeck on Wednesday 4<sup>th</sup> March to listen to a talk by Peter Donnelly the curator of the Kings Own Royal Regiment Museum in Lancaster. The subject of his talk was the War Memorial Village at Westfield.

By the start of WW1 Thomas Mawson had established an international reputation as a garden designer. His family firm based in Windermere had been responsible for many important local gardens such as those at Braithwaite Hall and Holker Hall. He was married with four sons and five daughters. His third son, James Radcliffe Mawson, joined the 5<sup>th</sup> Battalion of the Kings Own

Royal Regiment soon after the outbreak of war. In March 1915 they were posted to the front line and sometime during 23/24 July 1915 he was fatally wounded.

His death had a profound effect on his father who determined to do something to help disabled soldiers and their families when the war finally ended. He had a vision of setting up villages for them where they could live and work in specially constructed workshops. These villages would contain good quality housing with gardens at cheap rents, schools, hotels, shops, libraries, playing areas, churches and each would have its own power station as a national grid did not exist at that time. In all 12 such villages of about 3000

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inhabitants were planned to be spread throughout the country but at the end of the war the government did not financially support the scheme and there was some concern as to whether it was a good idea to effectively create ghettos of disabled soldiers.

However, in Lancaster a meeting was held in November 1918 and it was decided to collect subscriptions to found a village. The two people who were the driving forces were Thomas Mawson and Herbert Storey, a local industrialist. The site chosen was the Westfield estate to the west of the railway station. This had belonged to Storey but he had moved out when Lancaster had started expanding near it. Subscriptions were raised by a variety of methods including a lottery. The latter was the subject of a court case which decided the principle that a lottery for a charity was legal. Ambitious plans were designed for the village and building commenced although it never was fully completed as planned. Also a factory was never built due to opposition from unions and firms. The official opening ceremony took place in November 1924 when a key was handed to Earl Haigh. The central feature of the village was a war memorial designed by Miss Delahunt.

After WW2 more houses were added but gradually things changed. The children of the original soldiers had left and the inhabitants were mainly elderly. With the end of the world wars there were also far fewer disabled soldiers. The rents had not been raised and this eventually

produced a financial crisis with not enough money for repairs or improvements. The advent of the "Right to Buy" in the 1980s enabled the trustees to sell 22 properties to raise money. In 1987 the remaining houses were handed over to a housing association to manage. Houses are no longer sold and in addition to the private properties there are 90 that are let plus a building used for administration. Priority for renting is given to disabled ex-servicemen but others are eligible and the whole complex is run by a charity.

After his talk the speaker answered questions from his audience and was then thanked by the chairman.

*Richard Cann*

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## **SEDBERGH WI**

Meeting in the Methodist Hall on a chilly, dark March evening, we were soon revelling in the bright colours and blue skies of early summer as Maurice Steele from Eskdale transported us on his 'Cumbrian Ramble in Search of Orchids'. He confessed that his digital slide show, seamlessly put together and with recorded commentary spoken by a friend and incorporating some music and poetry, was in fact a combination of a good many rambles made over the course of 5 years, perhaps up to 20 years ago! Starting at Arnside, he took us up the west coast to St Bees, then north to Bowness-on-Solway and Burgh by Sands to follow the line of Hadrian's Wall which has been

completely removed by builders who over the centuries have incorporated Roman stone in local houses and churches: the first actual outcrops of the Wall itself are 27 miles from the coast, Maurice told us. From the Carlisle area Maurice moved south through the Eden Valley and close to Kirkby Stephen, before returning to Arnside to complete the circular tour.

So where did the Orchids of Maurice's title come in? His beautiful photographs introduced us to no less than 27 varieties - all those known in Cumbria at the time of recording them - in a multitude of habitats, some of which he had to be shown by experts, including marsh, meadow, dunes and even among the clints and grykes of limestone pavement. Orchids can be

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## Sedbergh Parish Council

would like to invite you to the

# Annual Parish Meeting

To be held at the People's Hall, Sedbergh on  
Tuesday 12<sup>th</sup> May 2015 at 7.30pm

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

What is the 'Vision' for Sedbergh Parish in the short and long term?

Come and give us your views and ideas about the facilities and developments you would like to see in the Parish.

The possibility of introducing a 20mph zone in the town will be discussed – what is YOUR view?

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

abundant one year and gone the next, so photographing them if you miss one flowering season can be hit and miss! He was jealous of us, he said, living close to the limestone areas which most varieties favour. In his native Eskdale where the soil is acid the most common variety is the Heath Spotted Orchid, with a colour range from pink to an albino form, but they can grow in profusion. Orchids flower mainly between April (the Early Purple Orchid) and August with a colour range between honey, green, purple, pink and white, while the Bee orchid, for example, mimics the rear of a small bumblebee seeking nectar, encouraging real bees to follow suit and pollinate the plant.

We were mesmerised by the beauty of the flowers, so much so that when the show was over and the lights switched on, Maurice said: "You were very quiet! I thought you'd gone to sleep!" Not a chance: we were

entranced by it all! Jean Jones – very knowledgeable about plants herself – thanked Maurice for introducing us to so many of these wonderful flowers. I'm sure that a number of us will be hoping to go in search of some ourselves when the flowering season arrives.

Maurice joined us for tea and lovely cakes made by Rosemary and Marjorie before setting off back to his farm in Eskdale, while we dealt with our WI business. We heard from Anne Pitt that the walking group met in Staveley on February 18<sup>th</sup>, first going into the Parish Church to view the Arts and Crafts Movement's beautiful stained glass windows, and then having a pleasant ramble up to Potter's Tarn. They headed back to Wilf's Cafe for lunch along the lanes to avoid the damp ground.

Valerie hosted the book club meeting on 12<sup>th</sup> March, so we were able to enjoy the sweeping views up

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Winder from her temporary home. The chosen book was 'Paper Moon' by Marion Husband, but it came from Carlisle Library in an omnibus edition with 'The Boy I Love', the first book in Husband's eponymous trilogy, which deals largely with the traumas and 'gay' relationships of some soldiers in the First World War and their return to civilian life, some of them to marriage. (The second book, 'All the Beauty of the Sun', which takes place in the 1920s, is not included in the omnibus edition.) 'Paper Moon', the third book, follows the story mainly of the next generation who take part in WW2 but includes further information about the protagonists of the first book, so it is an advantage to have read 'The Boy I

Love' to make sense of it. We appreciated the author's skilful character-drawing (better of the men than of the women) and also the story lines, but some members didn't finish 'Paper Moon' or read 'The Boy I Love'. Of those who did, an average mark of nearly 7/10 was given, but we would think carefully before recommending the book(s) to a friend. After a very lively discussion, we enjoyed our tea and cakes made by Valerie and her daughter Melinda: many thanks to you both!

Our next meeting, in the Committee Room at the People's Hall at 7.30pm on April 8<sup>th</sup>, is not as advertised on the programme. Our speaker will be local author Jean Briggs and her

subject, based on her two novels, will be: "Why the Dickens is Charles a Detective?" Visitors will be very welcome.

*Moira Folks*

### DENTDALE WI

It was a really full business meeting this month with lots of exciting outings and events on offer.

As I write, it is just a few days after the Dentdale Run and can say that members rose to the challenge of helping with others to prepare nearly five hundred bags of refreshments. It was quite a conveyer belt experience, but we hoped the runners enjoyed their filled roll, scone and cake because it all looked very appetising.

Most of the outings and meetings on offer are well into the future but need to go in the diary!

Coming up soon is the half yearly Council Meeting on 30<sup>th</sup> March and this year we have four members attending.

Holker Hall Garden Festival is at the end of May with tickets at quite a discount for WI members also a Cruise on Windermere with supper is on offer at the end of June.

The most exciting announcement was that there is to be a Garden Party to honour the 100 year of WI in the grounds of Buckingham Palace on 2<sup>nd</sup> June. Numbers appear to be unlimited at the moment pending on the uptake no doubt. For us from the north, accommodation and travel arrangements will need to be well thought out!

A fund raising Mini Market is being held on 24<sup>th</sup> July. It seems a long time away but apparently, there will be an emphasis on Crafts and so lists are out for those wishing to join Craft Workshops between now and July. The money raised will be for the general running of the Institute. Our chosen charity for 2015 is Manna House and ideas are sought for fund raisers.

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Our speaker for the evening was Rosemary Holmes, talking about *Mexicans Mayans and Textiles* following a holiday in Central America. Her route had taken her through Guatemala, southern Mexico, Yucatan Peninsula, Belize, El Salvador, Western Honduras where these countries have managed to maintain enough of the ancient cultural heritage with the people speaking one of the Maya languages to attract the tourists. Mayan culture had begun to develop in the period about 1000BC and was in its heyday between 300 and 900AD. We were shown pictures of the ancient temple sites with vast flights of stone steps to the top and told the toe curling facts

that in many cases there are no handrails! Amazing views for those who did climb to the top though!

Rosemary had brought along some of the colourful textiles she had been tempted to buy from the Mayan people including a very distinctive travel bag, needed, she said, to bring all these beautiful items safely back to England.

Chris Taylor's textile holiday souvenir was judged competition winner for the evening and Chris gave the vote of thanks being attracted herself to unusual holidays in far away places.

Next month, Marilyn Hale will be talking about Encoustic Art. New members and visitors are always



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welcome to join us. Meetings are advertised locally and on the Dentdale website.

*Pat Allen*

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### KILLINGTON WI THE AFTERNOON WI FOR THE ENTIRE DISTRICT

Our speaker today was the first person in Sedbergh to whom Malcolm and I ever spoke – and that is now some 18 years ago. We had been following a family history trail which led us to Garsdale, Garsdale, Garsdale. And from Garsdale we continued down the valley to Sedbergh where we discovered the treasures of the History Room in the community centre. Carol Dawbarn was ensconced, with her cigarettes, in the office and directed us to the magnificent archives which were stored there. I knew that my grandmother had lived in Ravenstonedale as a child but the

records revealed so much more. There was a most helpful and knowledgeable young man in the History Room and I said to him, “Are you a professional historian?” “No”, he replied, “I am a farmer”. Of course, this was none other than Kevin Lancaster. Maybe, not a university Don but certainly having more understanding of this area than any supposedly learned professor.

So it was a great pleasure to welcome Kevin today to tell us about Sedbergh in the days when all the homes were thatched - not with long elegant reeds but more likely with heather, grass or rushes. We learnt about the development of these functional dwellings into more substantial stone and slate roofed structures, and about the influence that the available materials had on the style of building. It was an enjoyable learning experience for all of us. Valerie Cann formally

expressed our thanks at the end of the talk.

Our meeting this month was held in the URC rooms. We particularly admired their blackout blinds. As usual we had started with vital business, and today's most vital business was to wish Marjorie Bramley a Happy 90<sup>th</sup> Birthday. A delightfully decorated, luscious cake came with our good wishes and none could be more worthy of them.

Our treasurer again reported a healthy financial situation and due to generous donations we have more than enough to purchase the defibrillator for the People's Hall and have pledged to support the First Responders with its ongoing costs.

Our secretary, Susan Sharrocks, has graciously decided to accept the Queen's invitation to a garden party at Buckingham Palace. The rest of us are looking forward to Our Garden Party at Sally's place in July!

Wendy McLean will be our representative at the National AGM at the Albert Hall this year. The "resolution" which the WI will support concerns the care for older folk in the community.

Plans are well advanced for Killington WI's hosting of the group meeting on May 18<sup>th</sup>. This is when several neighbouring institutes join together for companionship and entertainment. The group of which we are part consists of us (Killington), Sedbergh (formerly Frostrow), Howgill and Firbank, Dentdale, Barbon and Casterton. You would be hard pressed to find a more beautiful group of locations! Our entertainer's

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theme is, "Magic and a Little Bit More". If you would like to join us for a superb evening's entertainment then be at the People's Hall by 7-30pm.

Members were reminded to enter as many items as they could in the Spring Show on Saturday 18<sup>th</sup> April. (latest date for entries 11<sup>th</sup> April)

### REMINDER TO EVERYONE!

As usual we concluded by judging our competition –something beginning with "I" –Margaret Denton's tray with ivory heffalumps was deemed the winner, and I won the raffle, so please admire my shiny hair if you meet me!

Our next meeting will be back home in the People's Hall at 2-00pm on Tuesday 14<sup>th</sup> April when Glenys Marriot will give an illustrated talk on "Those who left the Dales".

Why would they do such a silly thing?      *Wendy Fraser-Urquhart*

## HOWGILL WI

There was a good turn out for the March meeting including two visitors. Mary Silva has corresponded with M.P. Tim Farron on our behalf stating

out concerns over the present crisis facing dairy farmers. He has responded by letter informing us he has submitted our issues to the Secretary of State.

Several members attended a talk by Frances Benton hosted by Barbon W.I. There was a collection of pearls on show to admire and purchase. If you have a passion for pearls these were real cultured freshwater ones. She spoke about the wearing of pearls and the designing of jewelry to suit skin types. We were entertained, fascinated and tempted!!.

We were given details of the Centenary Connect Day on May 2nd. We are to meet up with other W.I.'s at Old Hutton Village Hall. We can choose our own way of getting there. Bike, scooter, roller skates etc. It should be fun. Dressing up is optional.

Speaker for the evening was our own member Tanya Hoare along with husband Edmund who had come along to answer our questions. Tanya inspired us all giving us facts about swifts and their intriguing lives. They are a true herald of summer arriving in Lowgill in May to take up home for the three months during the

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breeding season. During renovation to their home special nesting boxes were installed under the eaves. Also cameras record and monitor activities which can be watched on T.V. Swifts have short legs and cannot perch but cling on to sides of buildings, walls and cliffs. They feed, drink and sleep on the wing and only land to breed, spending almost their entire life in the air. The decline in the swift population is now a major issue due to the reduction in suitable nesting sites. Mary Silva thanked Tanya and Edmund for sharing their knowledge of these amazing birds with us.

To continue the theme the competition for a photo of birds in flight was won by Jackie Hooley with Sarah Syred second. Raffle winner was Tanya.

The social time to make dancing birds from newspaper was won by Jackie Hooley. The evening was brought to a close with our usual tea and cake.

We meet on April 2nd when John Vendy will give us the History of Bees. Why not join us at Firbank Church Hall at 7.30pm. You will be given a warm welcome.

A. H.

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## CHURCHES TOGETHER

### A thought for Easter

Sentimental American movies and other media from across the pond are not really my cup of tea. But I was drawn to the real story of the family of an American church minister, whose experiences of the next life bring hope to all who have suffered loss and bereavement and cause the sceptic to think again. If you work through the sentimental presentation of the book, "Heaven is for Real," you come to realise that hundreds and hundreds of people all over the world have experienced ecstatic experiences of heaven during a time of life threatening illness which are hard to explain away.

The story centres on the young son of the minister who becomes dangerously ill in hospital and has an out of body experience where he visits heaven, encounters dead members of the family and his soul goes on a journey around the hospital

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and sees and hears things that he cannot have possibly overheard as he was in a different part of the hospital when these events took place. All rather fantastical until you work through the scrutiny the story undergoes from the boy's father. He deals with the science of near death experiences, that when the body nears death it releases narcotic type chemicals which promote a feeling of bliss and can cause hallucinations, which in itself I find rather comforting! But the boy's testimony relates to conversations of family members in other parts of the hospital and detailed knowledge of dead family members in heaven. He gives precise details of his father's visit to the hospital chapel and his mother's phone conversation in another part of the hospital, all whilst he was unconscious. The book contends the boy could not have had any prior knowledge of this information and medical science could not provide an explanation.

What the book reminds us is that this story is far from unique - countless others have had similar experiences of heaven, which cannot

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be explained as the hallucinations of a failing body. Their testimony adds weight to the testimony of Easter that there is more to this life than most realise and what is to come is better than anything we can imagine.

("Heaven is for Real: A Little Boy's Astounding Story of his Trip to Heaven and Back" by Todd Burpo)

### **Church Services in April**

#### **St Andrew's Dent**

April 2nd: 7.30pm Eucharist of the Last Supper

April 3rd: 10.30am "One Hour in the company of Jesus our Friend and our Brother" - an informal meditation for Good Friday

April 5th: 10.30am Easter Day Family Communion

April 12th: 10.30am Holy Communion

April 19th: 10.30am Holy Communion

April 26th: 10.30am Holy Communion

#### **St John's Cowgill**

April 5th: 9am Easter Day Holy Communion

April 19th: 2.30pm Evening Prayer

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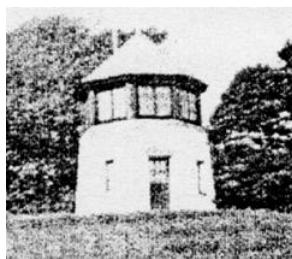
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## **PEPPERPOT**

*Help us capture the history of Pepperpot*

Sedbergh School Foundation has been awarded a grant by the Heritage Lottery Fund to rebuild Pepperpot. The grant includes funds to build a small website sharing the history of the building and the area. Sedbergh and District History Society have kindly shared their information and we are keen also to have personal accounts of the building. If you have an interesting story to tell about the building please get in touch. We'd love to hear about tea parties, proposals, ghost stories told inside and anything else that has made Pepperpot memorable to you.



Katy de la Rivière  
[kdlr@sedberghschool.org](mailto:kdlr@sedberghschool.org)  
015396 22275

## SIGHT ADVICE SOUTH LAKES SEDBERGH SUPPORT GROUP

Dennis took a much depleted roll-call and welcomed Margaret, Jenny, Susan - lovely to have you back - Elizabeth, Elspeth, Laura, Doris, May and Jenny D. to the Meeting. A variety of dispositions prevented the attendance of Winifred, Rosemary, Jean, Jessie, Jennifer and Keith - hopefully the beautiful spring weather will help and hasten your return to better health.

I ranted on at great length during the 'business' part of the Meeting and I'm sure every-one was greatly relieved when it was time for Laura our guest speaker for the afternoon to take centre stage as it were and give us a most fascinating talk about and demonstration of the myriad of strands and skills which are required of a weaver. It was particularly enlightening for some-one like me who hitherto had thought the only useful purpose of a Blue-faced Leicester was to produce Mules! Wool in its many guises is not, as we were to discover, the only 'commodity' which can be woven. As well as the

## WALK FOR ANITA



Millthrop Resident Peter Lindsay is walking from Lands End to John O'Groats between April & July in memory of Anita Lindsay and in aid of Genesis Breast Cancer Prevention Reg'd Charity 1109839

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many samples of woven wool Laura brought with her, she also brought for us to 'see and feel' items woven from silk and a combination of linen and paper - I hope I've got that last one right! Indeed, one of the highlights of Laura's presentation to the Group, for which we are extremely grateful, was the opportunities it gave us to feel the different textures of the woven fabrics. Another highlight for me was to be let loose with a shuttle and do some weaving on the table loom. Laura also just happened to have with her - Brilliant. Not my shuttling I hasten to add - I wouldn't recognise my warp from my weft if it hit me in the face, but it was terrific just to be able to 'have a go'. Laura explained to us the great significance of setting up the loom not only, for example, so that you got the pattern/design you wanted, but also so that the loom settings 'took account' of the 'shrink-



'ability' of, again for example, the wool you were weaving.

It has been impossible in this brief report to do anything like full justice to the range and scope of Laura's talk and demonstration, and I have only been able to impart the merest fraction of the wealth of information she gave us, let alone describe the stunning beauty of the many designs Laura has herself created and shown us in the items she brought with her - truly amazing. However, Laura's Loom is now established at 16, Back Lane, Sedbergh and is open most Wednesdays and by prior appointment, and I am sure that if you were to pop in you would receive the warmest of welcomes to Laura's world of wool and marvel not only at the range and beauty of the items on display, but also at the skills and craftsmanship of Laura the weaver who created them.

Dennis gave the Group's formal thanks to Laura for her most inspiring, informative and absolutely delightful talk and demonstration, and I am now

looking for a suitable item of clothing on which to pin my Laura's Loom 'badge of honour'!

Our next Meeting is on Tuesday 21st April at 2.00p.m. in the People's Hall Committee Room when by popular demand we are going to be rent in twain and cerebrally challenged by Susan - oh the agony and the ecstasy of it all!

If you would like a Large Print copy or an audio version of Lookaround, please see Dennis. If you want to find out more about SASL and all the services it provides for vip's please ring 01539 742633. You can call in at Head Office, Stricklandgate House but it is best to ring first and check on opening times etc.

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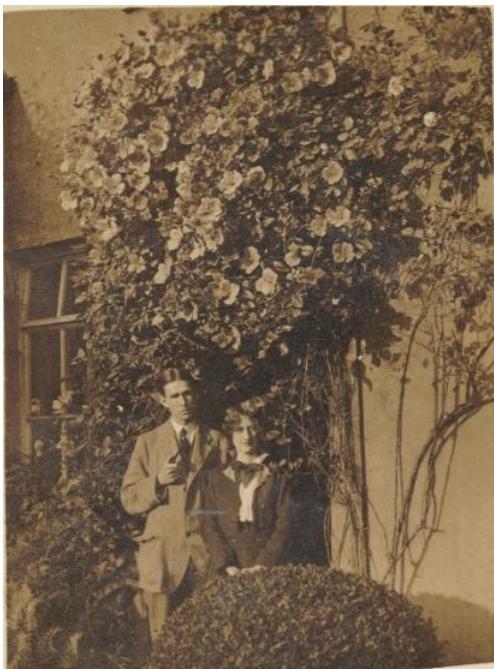
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## VIC WULF & JOSEPH SMITH

*WULF and Dedication to Private of Smith who died in the First World War*

Professor Vic Hoyland is a composer and the retired Professor of Musical Composition at Birmingham University. His new composition, WULF, is dedicated to two family members, Pilot Officer Frankie Tingle 1920-1944, who was killed when he was shot down over the Baltic, on a bombing raid over Hamburg in the Second World War and Private Joseph A Smith, his grandmother's first husband, who died in the First World War. It is yet to be performed. He has sent a score to Sedbergh inscribed 'As promised, a pre-1st performance copy of WULF to be kept, in gratitude, at Sedbergh. Vic Hoyland'. WULF (2012-14) is for 24 voices and 24 instruments.

Joseph Smith came to Sedbergh as



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Headmaster of Sedbergh Council (British) School in 1915 and lived at the schoolhouse on Joss Lane. He left to join the Royal Fusiliers in 1916 and his wife may have stayed in Sedbergh for a while, moving to Rose Cottage, Frostrow.

Private Joseph A Smith, 11206, 13th Bn. Royal Fusiliers, who died on 28 April 1917, aged 32. Son of the late Joseph Smith, of Stockton-on-Tees; husband of Nora Smith, of Carlton Villa, Wombwell, Barnsley. Head Teacher of Sedbergh Council (British) School 1915-1916. Died of wounds received at Oppy Wood, in the Arras Offensive. Remembered with Honour at Chili Trench Cemetery, Gavrelle

The inscription on his gravestone  
*With them the seed of wisdom did I sow  
And with my own hand laboured it to grow  
And this was all the harvest that I reaped*

His name is inscribed on the Sedbergh War Memorial  
Westmorland Gazette entry 7th June 1917

Sedbergh  
Died of wounds

Smith. Pte. J., Royal Fusiliers, died of wounds on April 23rd (sic). He was head teacher of Sedbergh Council School from August 1915, to June, 1916, and greatly liked by his pupils and all who knew him.

23rd June 1917

At a meeting of the Education Sub-Committee on Wednesday. Mr C. Taylor, from the chair, said since the last meeting news had been received that Pte. J. A. Smith, of the Royal Fusiliers, had died of wounds. Mr Smith was headmaster of the Council

School, having been appointed last July. He had only been with them a short time, but had won the respect of all with whom he came in contact. He was a great favourite with the children, by whom he was not only respected but loved. Only a short time ago he paid a flying visit especially to see the children and bid them good-bye. Three masters of the school have died within a comparatively short time. He proposed a vote of condolence with Mrs. Smith in her sad loss, and could assure her that the services of her late husband as headmaster of the Council School were highly appreciated by the Education Committee. The vote was passed in silence.

Elspeth Griffiths

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### **DENT GALA.**

**WHEN?** August Bank Holiday  
**Monday 31st August**  
**WHERE?** Dent!

**WHY?** To provide a good family fun day and to raise funds for the continuation of the "Memorial Hall" rooms ie village hall. There is a misconception that the "Memorial Hall" means the big Hall, it actually means the other parts of the "Hall", the Sedgwick Room, Haygarth Room, toilet and kitchen! The Sedgwick Room is in memory the founder of Geology, once local lad, Adam Sedgwick, which is why his photograph hangs in there, or will do again soon when re-decoration is completed. The hiring-out of these rooms which are looked after by the

committee of Trustees no longer can meet all the financial needs and the money raised on the Gala weekend is much needed.

The large Hall actually belongs to the School and is available for community use out of school hours and holidays and both the Trustees and the School Governors run it, and we have meetings twice a year to deal with matters relating to the shared use. If anyone wants to learn more about how it all works do get in touch.

So, Gala day, we need helpers, a lot of helpers, if you have helped in the past you will know it can be a lot of fun, it can also be wet and cold but we carry on regardless. Perhaps you have not helped before but would like



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to, do get in touch, the Gala committee starts meeting again in June so there is time to join us, you do not have to be a DMH Trustee!

*Chair of DMH Trustees/Dent Gala  
Sarah E Woof (25212)*

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### **YORKSHIRE DALES MILLENNIUM TRUST** **£2.2M SECURED FOR YORKSHIRE DALES ECONOMY**

Farming and rural enterprises in the Yorkshire Dales are set to benefit from £2.2 million in LEADER funding.

The aim of this funding, which comes from the European Agricultural Fund for Rural Development and is managed by Defra, is to promote economic growth and generate new jobs across the region.

Rima Berry, LEADER Co-ordinator explained: "This is a unique opportunity for the rural businesses and communities in our area to benefit from investment in initiatives that other types of main stream "top-down" funding fails to reach. This opportunity has only been possible through the amazing commitment and enthusiasm of local people and all our partner organisations. Together we have identified the barriers we face as a rural area and successfully

applied for LEADER status so that we might fund the innovative and collaborative solutions to them."

The Yorkshire Dales Local Action Group (LAG) for LEADER consulted with people working and living in the rural areas of Richmondshire, Craven, Harrogate and Hambleton to identify opportunities to boost economic growth, create new jobs and to improve the quality of life in their communities.

The LAG will work closely with York, North Yorkshire and East Riding Local Enterprise Partnership and Leeds City Region Local Enterprise Partnership to make best use of the funding for rural development and to provide support for rural businesses.

The programme will open for applications towards the end of June 2015, but in the meantime Rima would like to hear from people with farming and rural enterprise projects that could utilise funding to promote economic growth and generate new jobs across the region.

Please contact Rima at Yorkshire Dales Millennium Trust by emailing [rima.berry@ydmtrust.org](mailto:rima.berry@ydmtrust.org) or calling 015242 51002.

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## DENTDALE RUN 2015

This years Dentdale Run on Saturday 14 March, saw another bumper field of over 500 runners lined up for the start.

This annual event follows a 14.2 mile circuit around the lanes of Dentdale and raises much needed funds for Dent CE Primary School.

Once again, the weather was extremely kind this year, with bright blue skies and sunshine; in fact some runners commented that it was near perfect running conditions.

The runners started to come home just over an hour later with last year's winner Simon Deakin (Leeds City AC) the overall winner in 1.18.34. He was followed by Nick Leigh (Horwich RMI) in 1.19.12 and third went to Paul Coon (Derwent AC) in 1.21.37.

First lady home was Joasia Zakrewski (Dumfries RC) 1.29.17, followed by Heidi Dent (Howgill Harriers) 1.33.11, and third was Paula Irons (Black Combe Runners) 1.37.52.

Full results (including all veterans categories) can be found at [www.dentdalerun.com](http://www.dentdalerun.com)

First local man was Ross Sedgwick in 1.58.07 and first local lady was Fiona Raw in 2.12.29, Royton Road Runners won the men's team race and Howgill Harriers the ladies team race.

Post race, everyone gathered in the Memorial Hall for sandwiches and cakes which were as always prepared that morning by a 30 strong team from the WI and local community.

The committee would like to express its thanks to everyone who helped,

supported, donated, sponsored, organised, ran and generally made this year the best Dentdale Run in a long time. The list is far too long to print but you all know who you are and we appreciate everything you do for the race.

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

*Scott Thornley  
Chair, Dentdale Run Committee*

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## BABY AND TODDLER FUN DAY



On Saturday 2<sup>nd</sup> May, Sedbergh Little People are holding a fun day from 1.30 – 4 p.m., suitable for children under five years old. There will be soft play equipment (which is kindly being provided by Hardy Soft Play Hire), an under the sea air flow tunnel, a lucky dip game and a baby corner. We will also be serving cream teas.

There will be a small entry fee per family which will include a free drink for children. We look forward to seeing you there! *Gemma Suttle*

## **COBWEB ORCHESTRA**

The Cobweb Orchestra exists to offer as many people as possible the chance to experience the joy of participating in orchestral music. All activities are open to players of any age, ability or experience and the regular local rehearsals are all run on a "scratch" basis; no weekly commitment is sought or expected - if you are free that night, just turn up and you'll be found a part to play. This unique ethos has led to the Cobweb Orchestra developing and maintaining a community of musicians, composers and arrangers which can cherish and develop the orchestral repertoire in all its forms and styles.

The annual, highly popular residential weekend of music will be held again this year in Sedbergh School's Powell Hall. The orchestra will spend the period of April 10th to 12th playing a varied range of music with expert help from professional musicians.

The weekend closes on the Sunday afternoon with an Open Rehearsal (not a concert) to which all are welcome when the orchestra will play through some of the works they have



been playing. There is NO entrance fee charge and there will be tea and biscuits and any donations will be shared between the orchestras funds and Motor Neurone Disease.

The Cobweb Orchestra, now in its 19th year is open to all standards of orchestral musicians; we meet regularly in groups in Cumbria (Tebay), County Durham, Northumberland and York. Groups come together for workshops, study days, rehearsals and occasionally whole weekends. Its activities also include trips abroad, last year Spain was visited whilst this summer sees our seventh trip to Tuscany in Italy.

Anyone interested in 'dusting off the cobwebs' from their instruments and playing for fun the e-mail address is [www.cobweborchestra.org.uk](http://www.cobweborchestra.org.uk) or ring Sheila Blackwell on 015396-20056. Sedberghs newest Cobweb group is held at Tebay Methodist Hall on Tuesday nights in school term; 7.30pm - 9.30pm.

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## **SEDBERGH & DISTRICT HISTORY SOCIETY**

The meeting on Wednesday 18<sup>th</sup> February was held in the Peoples Hall due to Settlebeck School being closed for the half-term holiday. The talk was given by Admiral Sir John Kerr on the Commonwealth War Graves Commission. Sir John had ended his career as Commander in Chief Naval Home Command and in retirement among many other posts had been Vice Chairman of the CWGC.

Initially in WW1 the Red Cross had tried to solve the problem of burying the dead but it but in 1917 the Commission was formed largely due to the efforts of Sir Fabian Ware. After the war in 1920 the principles

for commemorating the dead were decided after some debate. It was decided that each of the dead should be commemorated by name on a grave or by an inscription on a memorial. There was to be no distinction by military or civil rank, race or creed.

Originally wooden crosses were used but these were unsuitable for some religions and they also rotted. As a result the standard stone slab was introduced which showed for identified bodies the badge of the unit, service particulars and if wanted by the next of kin a religious symbol and a personal inscription. The Commission is responsible for 1.1 million headstones worldwide and has to replace about 22000 of these



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annually which are made at Arras. Altogether the Commission is responsible for about 23000 locations in 154 countries. The largest being Tyne Cot Cemetery in Belgium and the smallest being one in North Carolina in the USA.

People such as Sir Edward Lutyens and Gertrude Jekyll were involved in the design of the cemeteries and memorials, like the Menin Gate, to those whose bodies were never found. The latter number about 600,000. However, each year bodies are discovered and they are buried and given a headstone and if they can be identified their names are removed from the memorials.

The people whose names are included in the cemeteries and memorials are those that died 1914-1921 for WW1 and 1939-1947 for WW2. They therefore include those that died from wounds after the wars and also those in service who died in the flu epidemic of 1919. The names

also include those who were "shot at dawn".

When the Commission was first formed it was called the Imperial War Graves Commission but the name was changed in 1960. The cost of the CWGC is £60 million pounds annually and this is met by the governments of the UK, Canada, Australia, South Africa, New Zealand and India with most of the cost contributed by the UK. About 1200 are employed with the majority being either masons or gardeners. The headquarters of the organisation is in Maidenhead but there are bases in various countries. The commissioners are appointed by the countries and are high ranking individuals from that country usually the ambassador or high-commissioner. The chairman is the Secretary of State for Defence in the UK.

After his talk Sir John answered questions and was thanked by the chairman.

*Richard Cann*

**Oliver Higginbotham  
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## **SEDBERGH BUSINESS HUB**

The Sedbergh Business Hub, at 37-39 Main Street is now fully open for business. The former Udales Butchers Shop is now a new business hub and hopes to be a focal point to help businesses of all shapes and sizes within Sedbergh and the wider rural district. The site has multi-use rooms for client meetings, seminars, advice/mentoring, hot-desking stations, networking, remote learning and training. The site is part of the Rural Growth Network, a DEFRA funded initiative to help businesses in rural areas and it the Hub should help increase the profile of Sedbergh as a place for business.

Until recently the Sedbergh

Business Hub was managed remotely but after a change in the management arrangements at the beginning of March, the Hub is now fully staffed 20 hours per week and is also available for use at all other times by separate key arrangement.

The Business Hub is a venue for the delivery of events and advice by the Cumbria Growth Hub business support programme. Businesses that are registered with the Cumbria Growth Hub are eligible to use the hub for meetings and hot-desking at no charge. Other businesses, training providers, local organisations are very welcome to use the facility too for a small fee. To learn about events at all the Cumbria RGN Hubs please



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events](http://www.cumbriagrowthhub.co.uk/events)

The former butcher's shop had been vacant for more than 20 years and in a state of disrepair. Significant investment from the owner, Neil Udale with funding support from the RGN programme, South Lakeland District Council and the Yorkshire Dales National Park (YDNP) has enabled the project to come to fruition. This key project has been led by SLDC's Invest in South Lakeland economic development team. The local community have been very keen to see the building brought back in to use and the owner now believes it will once again be a thriving location on the main street in Sedbergh.

The next phase of the project to

breathe life into 37-39 Main Street is to renovate the upper floors into affordable apartments and planning permission for conversion will be sought towards the end of the year. SLDC will continue to work with the YDNP and the owner on this next phase of the project.

Rates:

Full day (8hrs)	£60 inc. Vat*
Half day (4hrs)	£40 inc. Vat*

Hourly rate	£15 inc. Vat
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\*Coffee/tea included in the hire of the facility.

Contact details:

[SedberghHub@gmail.com](mailto:SedberghHub@gmail.com) or call  
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## **BISHOP OF MANCHESTER**

Dr. David Walker, Bishop of Manchester, takes a Walk "Upstream" to Kendal.

Following its tradition of inviting eminent religious speakers to Kendal at least once a year Kendal Ecumenical Group is delighted that Dr. David Walker, Bishop of Manchester has agreed to visit Kendal to deliver KEGs summer lecture on Friday 12<sup>th</sup> June at 7pm in the Shakespeare Centre, Kendal.

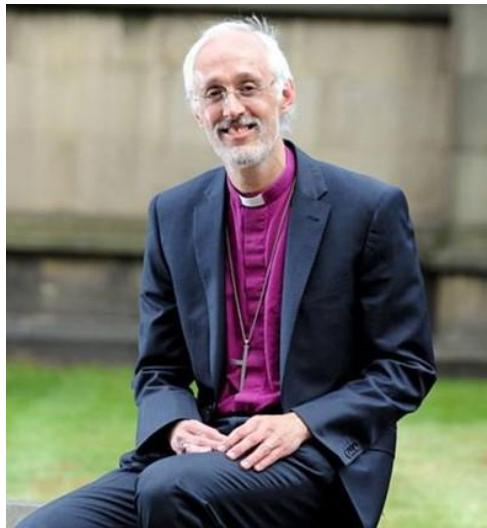
Bishop Walker has submitted an intriguing title for his lecture "Taking a Walk Upstream; Churches responding to Poverty and Injustice" Bishop Walker has much experience in social justice and in housing issues.

Free refreshments will be provided from 6.30pm. ALL ARE WELCOME.

There is plenty of free parking in Kendal after 6pm

As with all KEG events there is no charge but it is important to register to ensure a place. Once registered you will receive more details.

To register please email



[kendalecumenical@gmail.com](mailto:kendalecumenical@gmail.com) or text 0780 466 2044. Please include your name and the number of people expected in your group. Or you can telephone 01539 732 995 and leave your details on voicemail. Whichever option you use we will respond giving you full details as soon as possible.

*Norman Burnellfab*

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## **PEOPLE'S GYM & FITNESS CENTRE**

Only a short report this month to remind you of the important dates coming up and which you must not miss! We are nearly there with the building which has been driven on by Gina Barney, so the hard work for the gym committee is about to start – raising funds for fitting it out, working out what equipment we have and still need and where to place it, how to actually run the gym and many other things that we have not even thought of yet.

So here are the events coming up:  
**The Quiz night on Friday 3 April** in the People's Hall is Postponed.  
**AGM – Thursday 9 April 2015** at 7 pm in the White Hart Club (Change of

Venue).

### **Live Music - Sunday 24 May 2015**

2pm to 5pm, an afternoon of live acoustic folk and popular music in the United Reformed Church.

### **Masked Ball - St Andrew's Day in November.**

**Keep fit activities** - Folk dancing has temporarily stopped but will continue again **after Easter**.

Visit the gym's Facebook page where you can keep up with the latest ideas and developments. Or contact us on:

Sandra Gold-Wood (Chair)  
[sangold.kwood@virgin.net](mailto:sangold.kwood@virgin.net)

Tel: 21808

Rosemary Lewes (Treasurer)  
[rosemary@rlcaccountants.co.uk](mailto:rosemary@rlcaccountants.co.uk)

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

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## SHEEPFEST

Wasn't it great last year? The whole town filled with sheep and smiling people – both locals and visitors. Some sheep were there for the weekend only, others flocked to Farfield Mill, one or two were 'rescued' from the dustbin after the weekend had finished, others hung around for weeks and at least one spent months nibbling at the litter bin.

Initiated by Farfield Mill many people attended 'free' workshops where they were helped to realise their sheepy aspirations. The wiser amongst us know that little is ever truly free. Farfield had secured significant 'one



off' funding for this event which included Artsense, the team who helped to make our sheep, the materials and the hire of the People's Hall. For many this experience which brought the community together and revealed its extraordinary hidden talents was the most important aspect of the project and an essential part of its future.

At the follow-up meeting in February, attended by fourteen people, it was agreed that it was important to build on last year's momentum and hold Sheepfest again this year –reviewing whether it should remain an annual event thereafter. Sheepfest 2015 will take place over

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two weekends, starting with the National Heritage weekend, Saturday 12<sup>th</sup> September, the week between, and finishing on Sunday 20<sup>th</sup> September. There are other events on in the region at that time, Westmorland County Show on Thursday 10<sup>th</sup> September, the Torchlight Procession in Kendal on Friday 11<sup>th</sup> and Ulverston Lantern Parade. Rather than seeing this as competition we hope to market these and Sheepfest as a package to encourage visitors to stay for at least two nights.

At the meeting we decided on three

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sub-committees; fund-raising; publicity and the planning and management of the event itself. We would welcome more volunteers for these committees and also your ideas on themes (it is the Chinese Year of the Sheep, also book, play or film titles have been put forward) or any other aspect of the event. Please email your suggestions/queries to Clare, Farfield's admin. assistant ([exhibitions@farfieldmill.org](mailto:exhibitions@farfieldmill.org)) or phone 015396 21958 ext. 1

Finally, Farfield is entering Sedbergh's Sheepfest for a Cumbria Tourism Award in the category 'Small Tourist Event of the Year'.

Meanwhile – get those dates in your diary!

## FLOODING

### Helping Sedbergh to deal with emergencies like flooding

You will no doubt recall the destructive floods in Cumbria of 2005, 2009 and 2012. The Environment Agency worked closely with local communities to help them recover, and to become more prepared and resilient to future flooding.

It is particularly working with communities in South Lakeland that are prone to 'flash' flooding. Flash flooding occurs as a result of intense, localised rainfall, creating fast flowing water which can be extremely destructive. Flash floods happen very quickly with little or no warning, so it is important for people to understand their risk, know the signs

and know what action to take.

#### What can I do?

Look out for: heavy rain or severe weather reports; rising water levels with dark churning water; a build up of debris in rivers which could block the flow of water.

Do not walk or drive through flood water. In a flash flood, most injuries or even deaths, happen when people try to cross flood water, on foot or in a vehicle. It only takes 15cm/6" of fast flowing water to knock an adult over and only 60cm/2' to lift and sweep away a 4 x 4 vehicle or small lorry. There also may be hidden danger in the water like rubble or exposed drains.

Plan where to go if you get caught in a flash flood. If you are in a building with at least two storeys and feel you are safe to stay where you are then you should move to a higher floor and wait for instructions from the emergency services. If you do not have access to higher floors, or are outside, you should seek shelter in the nearest two story building or find higher ground.

#### Sedbergh – developing a community emergency plan

An area identified as potentially prone to flash flooding is Millthrop. Recently, an Environment Agency officer met with Sedbergh Parish Council to discuss flash flooding. Following discussion, the Council has decided to begin preparing a community emergency plan for Sedbergh as a whole. This plan could be used in various emergency situations, e. g. flooding and loss of electricity supplies. If you or your group/organisation is interested to help develop the plan, or to offer help



# Flash Flooding

Don't get caught out.  
Be prepared.



1 Be aware and  
know the signs



2 Don't walk or  
drive through  
flood water



3 Plan where to go  
if you get caught  
in a flash flood

[www.environment-agency.gov.uk/flood](http://www.environment-agency.gov.uk/flood)

For free advice, call Floodline  
0845 988 1188



@EnvAgencyYNE



in an emergency situation, please contact the Clerk, Janey Hassam, tel: 015396 20125, email: [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk)

The Environment Agency's website has lots of useful information about what to do before, during and after flooding. Visit [www.gov.uk/prepare-for-a-flood/](http://www.gov.uk/prepare-for-a-flood/) or if you would like to talk to an officer about any flooding matter, then call a member of the Food Resilience team on 01768 215788.

Debbie Binch

## SEDBERGH CRICKET CLUB

As the new cricket season approaches it turns out we haven't been relegated and remain in Division 3. This is because Moor Hospital have withdrawn from leagues meaning we stay where we were and Ingleton will go back into Division 2.

The season starts on the 25<sup>th</sup> April away to Galgate. New and old players are welcome as we need as many as we possibly can, both young and old. I am not captain of the side this year, but remain as vice captain, Sam Moore is taking the helm this season.

I hope that Sam will continue to bring the juniors through, Ceiran Touhey, Ben Ferguson, Albert Hindson, Jay Ferguson Sam Gorst and Aaron Troughton, with Jay and Aaron being the younger ones to hopefully play more this year.

As we need a new ball for every game of cricket played, is there anyone out there who would like to sponsor a ball at £15, if so, please leave your cheque/cash with Ang & Mags at the papershop and Karen will collect it from there.

There will be refreshments available on match days at home, tea, coffee, sandwiches etc, etc. All supporters will be made very welcome.

Steve Troughton



# SEDBERGH SCHOOL



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

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

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

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

**We look forward to hearing from you.**

## **THE RAT RUN**

Roger Bush's article about Main Street stirred my conscience and I shall certainly opt for the mini roundabout in future when practicable. On the other hand of course Sedbergh needs more stopping and more shopping visitors, so Angela is right too.

However the world is not such a simple place. Who are the people who speed through the town centre as if they were on a race track? They are likely to be locals lads or would be lads and we could do without them. Who are the people who shop in Main Street and who use it to reach the Joss Lane car park rather than via Bainbridge Road? They are mainly

local people who use Sedbergh shops rather than more distant supermarkets. Then there are the visitors who come specifically to explore Sedbergh and they might park in the Joss Lane Car Park, or they might go down to the Loftus Hill car park noticing as they walk back up Finkle Street a very nice ancient pub, an excellent butcher's and an interesting antiques shop. They will then no doubt explore Main Street from end to end. On the other hand, they might park in the Joss Lane car park but are more likely to miss Finkle Street altogether.

Finally there are those visitors who just happen to pass through Main Street on their way to somewhere

else. For them perhaps a slow passage through Main Street might be the best introduction if the shops look attractive and worth stopping for. They, I think, should not be deterred from using Main Street because even if they did not stop on the first visit, they might well come back, if impressed.

So what is the answer? The traffic must be **forced** to move slowly through Main Street. The shops must look inviting. Community minded townsfolk should negotiate the perils of the mini-roundabout whenever possible rather than clog up Main Street. Perhaps then everyone would be happy, except the would-be race track rider who loves to dash through Main Street with his blaring exhaust.



SEDBERGH  
SCHOOL

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**web:** [www.garsdaledesign.co.uk](http://www.garsdaledesign.co.uk)

As I was finishing this, the SLDC Council Tax bill came through the door and with it "What's On in South Lakeland". There were 54 events listed, from Rusland Valley Sports to the Lake District Summer Music Festival. As might be expected, Kendal had 10 entries, but the runaway winner was Ulverston with 13! Did the setting up of the Lantern art centre some years ago (no longer there unhappily) have something to do with it? Sedbergh's total was nil. Even the Sheepfest was missing. Kirkby Lonsdale had two entries although its population is smaller than that of Sedbergh, so why does it have so much more going on? Answers on a postcard. *Maureen Lamb*

## APRIL GARDENING

This month brings a great burst of new spring growth on trees, shrubs and herbaceous perennials. Some plants are grown primarily for their foliage and they are at their best now.

Of the trees, *Acer negundo* 'Flamingo' and *Acer pseudoplatanus* 'Brilliantissimum' are amongst the most eye catching. The first is a cultivar of the "Box Maple" or "Ash leaved Maple" and has pinnate leaves, pale green with pink and cream edges. Box Maple is very hardy and fast growing and will ultimately make a tree 70 ft tall, but for the best foliage trees are usually coppiced every 3-4 years. Another form, 'Kelly's Gold' has bright yellow foliage which keeps its golden colour



well into the summer.

*Acer pseudoplatanus*

'Brilliantissimum' is a cultivar of Sycamore which has new foliage of a beautiful shrimp pink. The leaf colour fades to a rather sickly green with age, so you might want to plant this somewhere where you can ignore it in the summer – or underplant it with summer flowering perennials or shrubs which will draw your attention. The lack of chlorophyll (green pigment in the leaves) means than the plant grows slowly and is too weak to grow on its own roots, so it is always top grafted on to a stem of stronger sycamore stem. It makes a rather dumpy tree but is quite stunning when in its spring colours.

Various shrubs bear bright spring colours. "Ninebark" – *Physocarpus* 'Dart's Gold' has bright yellow foliage in spring and keeps its colour well through the summer. It grows in sun, or light shade – heavy shade tends to make the leaves turn green. There is a good specimen of this (or the older cultivar 'Aureum') at Stagshaw Garden near Ambleside, where it grows amongst dark leaved



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Rhododendrons and brightens up the shadows. For a lower growing shrub, choose *Spiraea 'Goldflame'* with orange and yellow early spring foliage, and *S. 'Golden Princess'* with yellow leaves on a compact rounded bush.

Amongst the leafy perennials, wonderful, bold, variegated leaved Hostas are a favourite, but they are so susceptible to slug and snail damage in this garden that I have given up growing them. This year I intend to try out a deterrent, the recipe for which I discovered in an old magazine. Garlic Brew is said to repel molluscs, when sprinkled on hosta leaves. It is made by boiling 2 bulbs of garlic in 2 pints of water, and simmering until the bulbs are soft and pulpy. The resulting soup is sieved, and the liquor used at a rate of 2 tablespoons to a gallon of water. Concentrate stores well in a plastic bottle. I shall test it on ornamental plants in the garden which currently suffer from slug and snail attack, but I am not sure that it might not repel me just as much as those molluscs.

Elaine Horne

## MANSERGH COMMUNITY HALL

Mansergh Community Hall is in an old Victorian school with school teacher's house attached. Built in 1839 by Christopher Wilson of Rigmaden, it was handed over to the (now) Carlisle Diocesan Board of Finance in 1895. It ceased to operate as a school in the 1940's and was rented out until approximately 1970. At that time it was returned to the community as a community hall and was operated by The Mansergh School Foundation Managers.

The hall has always been known as Rigmaden School, but in light of work trying to secure grants to refurbish the hall, it has been re-named Mansergh Community Hall and run by the Trustees of Mansergh Community Hall, a registered Charity. It is situated just down the hill from Old Town, a few miles north of Kirkby Lonsdale.

The hall is still in much the same state as it was when refurbished in the 1970s and there are now plans to bring the hall up to current requirements by obtaining grants. Offers have already been received from The Frieda Scott Trust and by

The Hadfield Trust and further monies are being sort from The Big Lottery. Many of the windows have recently been replaced with the help of a grant from The Banks Community Fund and new equipment has been bought with the aid of Roger Bingham's Council fund and the Neighbourhood Forum.

New events are continually being introduced, and following refurbishment, it is planned that many more events will be held there.

If anyone has any information or memories of Rigmaden School the Chairman of Mansergh Community Hall, Charlotte Southard, would be pleased to hear them. Please email [rigmadenschool@gmail.com](mailto:rigmadenschool@gmail.com). For any further information please e mail or ring 015242 76210.

Charlotte Southard

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### MAIN STREET

By now we will hopefully have seen the works completed along Sedbergh Main Street to repair the flagging as well as the installation of cycle stands as requested by local traders.

Sedbergh Parish Council and Sedbergh Chamber of Trade and Business would now like to take this

opportunity to ask all businesses and residents to refrain from parking on the pavements causing damage to the flags and an obstruction to pedestrians. Most of the damage caused to the pavements is due to vehicles parking on them and it would be a shame to find ourselves back in the same position. A number of residents and visitors have recently suffered severe injury from falling over the broken flags.

We would also like to remind everyone that the free parking bays along the Main Street and in front of St Andrew's Church are for **SHORT SPELL PARKING ONLY**. It has been noted that some people, including some traders, are using them for longer periods and even leaving their cars there all day. This prevents residents or visitors who wish to use them for brief stops, to quickly pop into a shop, from doing so. We have, therefore, now asked Cumbria County Council's Parking Enforcement Officers to increase their patrols in these areas. For people living or working within the LA10 postcode Sedbergh Parish Council does offer a Parking Permit Scheme, allowing parking on Joss Lane and Loftus Hill Car Parks for a small annual fee so do please call in at the Information Centre to obtain a permit if you have not already done so.

Hilary Hodge  
Chair Sedbergh Parish Council  
Andy Cobb Chair  
Sedbergh & District Chamber of  
Trade and Business

## DENT MEDITATION CENTRE

Three women of today present the wisdom of three inspirational mystics at The Meditation Centre this month (April).

Music and Mystics and Meditation on Saturday April 25 will be a mosaic of cello, flute, Celtic harp, ancient song and silence, using themes based on the lives and wisdom of Hildegard of Bingen, Lady Julian of Norwich and Brigid, Celtic goddess and Christian saint.

Julie Darling (Celtic harp), Deborah Thorne (cello) and Denise Treissman (flute) are experienced facilitators in working with music as spiritual practice so this should be a very special day. All are welcome – please visit our website to book

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Do you need someone to look after your house, animals and garden while you are on holiday? We will be in the UK between

1st June and 30th October 2015 to organise the sale of our house. As it is rented out we are looking for places to stay, so are volunteering to **HOUSE-SIT**. We are good with dogs, cats, chickens, ducks, geese, budgies, goldfish and pigs. We are happy to do gardening, mowing, light maintenance jobs, and even to mend your pendulum clock or make curtains and loose covers if that is what you need.

We'd like to stay at least a week or two at a time. We have our own transport and are used to being some distance from a village.

References available.  
Please email [ellenkirton@me.com](mailto:ellenkirton@me.com).

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

Also this month we have our group meditation which is open to all on Easter Sunday 11am to 1pm and our monthly Learn To Meditate the following Saturday.

Shake out your chakras at a special Meditation and Dance Day on Sunday, April 12. Movement mixes with meditation and music for a lovely day of relaxation and fun.

Finally book now to secure your place on one of our popular bi-monthly Silent Retreat Days taking place on Saturday, April 18. The day involves a Gong Meditation, short walk and reflection. There will be inspirational books and magazines available throughout the day as well as aids for various meditation techniques and mats for gentle exercise.

We look forward to welcoming you here soon

*The Meditation Centre Team*

## DENT & SEDBERGH ORAL HISTORY SOCIETY

### *Old photos wanted!*

For the past twenty years the Dent and Sedbergh Oral History Society has been collecting the memories of local people. We now have almost a hundred recordings and plan to publish the first of two books based on them. It's called *Telling it Like it Was! All our Yesterdays in Dent, Sedbergh and the Western Dales*, and it's coming out this summer.

We have concentrated on recollections of life in the first half of the twentieth century, before many of the modern conveniences we enjoy today such as mains electricity, domestic water supplies and motor transport. Our interviewees are drawn

from Dent, Sedbergh, Garsdale and the surrounding districts.

We are now asking *Lookaround* readers for their help. We are looking for photographs to illustrate the various subjects included in the book. We start with Childhood and School Days and it would be good if people have photographs of their childhood days, their local school and fellow pupils. Maybe you have a picture of yourself as a youngster working with horses, driving a tractor - or showing off the rabbits you've caught to earn some pocket money!

As you would expect, several chapters deal with aspects of farming. There are vivid accounts of milking by hand in the field or the shippon, making butter, doing the milk round



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and taking animals to market. There's a chapter on sheep, with gathering, dipping and clipping. And, of course, there's haytime, with scything and raking, mowing with horse drawn machinery, making cocks and pikes in case of rain, leading in with cart or sledge and stacking in the moo.

In other chapters interviewees talk about their local church or chapel and the social life and the outings organised around them. They tell us about family life, their weddings, honeymoons and funerals, and the social life they enjoyed such as dances and potato pie suppers and local Fairs. If you want a traditional recipe for pig-foot pie, toenails and all, you'll find it here!

This is not a profit making venture. Everybody working on the book has given their skills and their time voluntarily, as of course have our interviewees without whom the project would not exist. We give sincere thanks to all concerned. We have pledged that any profits after

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production costs will be given back to our local communities.

We recognise that peoples' photographs are precious and must be treated with great care. We would not necessarily need to take them away to copy them. If you have a photograph which you think might be of interest we'd be most grateful to hear from you at Hobsons Farm, Cowgill LA10 5RF, 015396 25321, or [antheaboulton@btinternet.com](mailto:antheaboulton@btinternet.com)

Anthea Boulton  
Dent & Sedbergh Oral History Society



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## **YORKSHIRE DALES MILLENNIUM TRUST**

### *Capturing the Yorkshire Dales on Camera*

A photography competition has been launched to find some of the very best images that showcase the landscape, wildlife and communities of the Yorkshire Dales.

Local charity Yorkshire Dales Millennium Trust (YDMT) has teamed up with holiday cottage specialist Yorkshire Cottages for the third year running to seek out stunning images to feature in YDMT's official 2016 charity calendar.

Leah Cardus, Fundraiser at YDMT, said: "If you love spending time in the Yorkshire Dales and have an eye for

a great photo, then this is just the competition for you! From Yorkshire icons to hidden gems, we hope that budding photographers will share their favourite images with us to help us produce a calendar that celebrates the beauty and character of the Yorkshire Dales throughout the seasons."

The competition will be judged by award-winning photographer Stephen Garnett, best-known for his work over many years as chief photographer for the Craven Herald & Pioneer newspaper.

Stephen, who will have the difficult job of selecting just one overall winning image, said: "I'm so pleased to be judging this excellent

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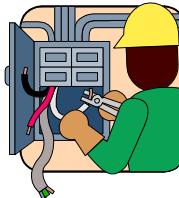


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competition. The magnificent Yorkshire Dales landscape offers a wealth of photographic opportunities and has provided the inspiration for many of my own images. I'm very much looking forward to seeing all of the entries."

The winning photographer will receive a hamper of local produce courtesy of Yorkshire Cottages, a local holiday cottage specialist who have supported YDMT for many years by donating more than £16,000 to the charity.

Drew Dunn, director of Yorkshire Cottages said: "We are delighted to be sponsoring the competition again: it's a great showcase for the Dales. And we hope our hamper, sourced locally from 'British Small Shop of the Year' Hunters of Helmsley, finds a worthy winner."

If you think you've got what it takes to capture a prize-winning image of the Yorkshire Dales then be sure to enter the competition before midnight on 22<sup>nd</sup> May 2015. Visit the [Yorkshire Cottages](#) Facebook page for full details and to enter the competition.

The finished calendar will be on sale

from autumn 2015. All money raised will help to support YDMT's work caring for the landscape, environment, communities and economy of the Yorkshire Dales.

*Sarah Brewer*

## NEIGHBOURHOOD ALERT

The Neighbourhood and Home Watch Network (NHWN) are working with Financial Fraud Action UK, on a campaign for National Neighbourhood & Home Watch Week. This will centre around fraud & cybercrime, with a particular focus on criminals impersonating banks over the telephone to persuade people to move money into a so-called 'safe account'.

NHWN want to collect 'victim profiles' / case studies of anyone who has been a victim of this type of crime, to use anonymously as part of the publicity materials. If anyone has been a victim and is prepared to talk to NHWN in total confidence, please get in touch with Catherine Dunn, either by email, [catherine.dunn@ourwatch.org.uk](mailto:catherine.dunn@ourwatch.org.uk) or by telephone on 0116 229 3118 by no later than 14<sup>th</sup> April.

## **SEDBERGH IN BLOOM**

*(Volunteers)*

Spring is almost upon us (not quite spring at the time of writing this article) and our Group will once again begin to tend the flowerbeds in and around Sedbergh.

We have been fortunate to have obtained a grant from the Community Fund, for which we are enormously grateful, and it will be put very good use with our ongoing work and projects.

We have removed one or two rather elderly shrubs from the Main Street beds and we will be replacing them in due course, along with re-vamping other beds.

Many of you will have noticed that we have 'planted' some rather large tyres at the Toll Bar and these will be planted up this year.

Hopefully the new beds at the Fire Station will come into full bloom this year, but may we ask that parents, when collecting their children from school, make sure that they do not trample on these beds... I know it is very tempting but please the word is Keep Off. Admire the plants by all means but please give them a chance to grow. Thank you.

One area that the members of our group, who know a thing or two about plants are doing, is putting on their thinking caps to decide what to plant in the flower bed outside the White Hart as this bed is in a very windy position. Watch this space.

If anyone is interested in joining our very small group you will be most welcome. No gardening experience needed just someone who is willing to plod along and help as and when they can. (It's a brilliant of meeting people and having a conversation as you tend the beds) So please come along and join us.

*Dorothy Blair*

## **FEBRUARY WEATHER**

After a dry start, 10 days without rain, February "fill dyke" lived up to its name. We had a fair amount of the black stuff and some white. Certainly the mud was back with a vengeance though we only had 4.08 inches (102mm) in total. Temperatures were about normal with a high of 49.1F (9.5C) and a low of 23.9F (-5C). The wind chill was below freezing on every night and on the 1<sup>st</sup> it was 9F (-12.5C) Pressure, and hence wind speed, was variable with a maximum

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tinnitus (a condition in which I have a special interest)  
mild skin problems  
eating healthily  
improving sleep  
replacing unhelpful habits

gust of 21.6mph and 8 days when the maximum did not get into double figures.

Didn't we have a splendid show of snowdrops? Unfortunately the bees did not really get much chance to work them as the early part of the month was cool/cold and the later part rather wet. On the few dry warmer days the bees did come out on cleansing flights, showing at least they had survived so far! At the end of the month the specie crocuses were out but our last few remaining yellow ones were pulled off by the sparrows the little varmints! We are left with purple and the odd white unless some yellows were blind this year. The long tailed tits have obviously paired up as there are only 2 appearing at the feeding station instead of the usual family crowd. The crows and jackdaws are noisily building in next door's trees and a nearby barn. There are a few more chaffinch and goldfinch visiting. It has obviously been too cold for the large slugs. Some of the smaller ones are about again. In the last few days the oystercatchers were back making their raucous calls and the first curlew was heard on the very last day.

## THE SEDBERGH SONGSTERS

are meeting Starting on April 20th weekly on Monday's during Term time at Gladstone House, Sedbergh between 10.30 am and 12.00 noon.



Why not come and join the new Sedbergh Community Choir that will provide an opportunity for members of the local community to sing and have fun alongside some of their neighbours with dementia, thereby helping them stay connected to Sedbergh and its people.

We can promise that you'll have a great time singing popular songs from the 50's, 60's and 70's with Sedbergh's very own David Burbidge. £2 per session

There is also an opportunity for the choir members with dementia to meet and chat together after the singing

Support with transport may be available. Contact Linda Greensmith on 07919152526

For more information and to book your place ring Diane Smillie on 07771 682378 or email her on [diane@dignityindementia.org](mailto:diane@dignityindementia.org)



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## ROSE COMMUNITY THEATRE

This year's show really was a full on community event and in the run up and during the show the RCT received help from all corners of our community. It was good to have so many youngsters from the Primary School and Settlebeck School taking part. A big thank you goes to the primary school staff for allowing us to rehearse the children at the school. The youngster's parents also helped out with their time, expertise and backstage support.

Talking of backstage support; everyone did an excellent job, Katy Lord (stage management) and Ian Hutt (sound) Gordon Hosker (Chairman) certainly went that extra mile as did our Kev Kendal (Director). Thanks are also due to Andrew Pratt for being good enough to be there with his trailer to shift all the large scenery hither and thither and to Ernie Hailwood and Phil Satchell for storage and workmanship. The RCT is extremely grateful to Mike Packham who magically produced overnight a set of steps for the back of the stage. We used to use a table and a box not very safe.

I would personally like to thank everybody by name for all the work they put in but if I did that the list would go on for pages. So I will just offer the RCT's heartfelt thanks to our members, helpers, sponsors and audiences for their continuing support as without them it wouldn't be much of a production. Also thanks to the many local businesses who have given so freely and generously to assist with inevitable cost of putting

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on our Pantomime. The cast also thank Dennis Whicker for the lovely bottle of 'Champers' he presented us with after watching the show.

The praise for the show has been quite overwhelming with people remarking that the enjoyment of the cast really came through enfolding the audience in the fun of the performance. I'm sure you will agree that young Elijah James is a star in the making as is our new post master Peter Jackson. Martha Keegan, Grace Capstick, Maddie Walsh, Jack Garnett and Thomas Moorhouse plus all the other extremely well behaved young people in the cast made a significant contribution to the production. Their singing was delightful too and made Maestro Sandy Roy smile from ear to ear.

Many of you have asked if RCT have plans for next year, well of course we do. We will be laughing our way through 'Tantrum of the Opera'. But before you get your top hat and the wife's diamonds out of pawn it's definitely not an *opera*. Yes, there will be singing, no change there and yes, it will be a Pantomime for all the family.

Sandra Gold-Wood



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### CIO

#### *Sedbergh and District Charitable Incorporated Organisation (CIO)*

The Trustees have been very aware since its inception that the CIO's official title is a bit of a mouthful and does not describe its purpose. After a lot of head scratching we have found a new name and in future the CIO's title will be **The Sedbergh and District Community Trust** which we believe better describes its purpose and its place in Sedbergh.

#### *The Future of the Charity Shop*

Concern has been expressed about the future of the Charity shop now that 86 Main Street has been put up for sale.

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After six successful years when almost £95,000 has been donated to the community from the proceeds of the Charity Shop the Trustees are determined that it will always be a fixture in the heart of the community.

The current premises are well suited and one of the options to secure the future of the Charity Shop is the purchase of 86 Main Street by the Community Trust for the benefit of the community. Natwest have indicated that they would provide a mortgage at a financially viable rate and the feasibility of raising the deposit is being investigated.

Independent advice, as required by the Charity Commission, is now being sought to confirm the feasibility of this plan of action.

*Tony Reed Screen Chairman  
Sedbergh and District  
Community Trust*

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### RED NOSE DAY

Many people supported us on Comic Relief Day that was held at No. 6 on Finkle Street when £228 was raised and given to the cause.

*Jacky Baines*

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## PAINTER & DECORATOR

### PEOPLE'S HALL NEWS

We held the **official opening** of the refurbished front entrance on Friday 27 February 2015 with a glass of wine and nibbles. It was pleasing to have Cllr Evelyn Westwood (Chairman of SLDC) perform the unveiling of the plaques acknowledging the support the Hall has received from the Yorkshire Dales National Park, Awards for All, the Garfield Weston Foundation, the Harold and Alice Bridges Charity, the Sedbergh United Charities, Sedbergh Community Fund and local residents including a donation in memory of Josie Templeman, who was a Trustee 2005 – 2008. During the evening the Hall received donations of £980 towards the shortfall in funding. Since then we are able to report that only £300 needs to be found.

The **AGM** of the Hall will be held at 7pm on Monday 6 April 2015 in the Committee Room. Copies of the Agenda are posted on the Hall notice boards and around the Town. Do come and find out more about the Hall's future plans.

### Dates for your diaries:

Old Time Dance: 20 June 2015

Coffee Morning: 8 July 2015 in URC rooms

Old Time Dance: 24 October 2015

*Dr Gina Barney,  
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### TROTT MEMORIAL CONCERT

Freda Trott would have been delighted could she have attended the second Freda Trott Memorial Concert on Sunday 1 March.

Supported by the Sedbergh Orchestra under conductor, Peter Crompton, and leader, Sue Armstrong which played some foot tapping reels.

The Pepperpot Music Makers with cellos, violins and recorders under Elizabeth Dodd Gruar, and Anthea Meuli were excellent.

The range of age and instruments and voices of the young musicians filled the audience with admiration. The audience almost overfilled the Thornely Studio which Sedbergh School had kindly made available and had supplied the tea.

There were 22 talented young musicians playing individually and it was tribute to Freda and her legacy.

*Elspeth Griffiths*

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## CITIZENS ADVICE BUREAU



*Make sure you can vote on May 7*

People have to be on the electoral register by 20 April to be able to vote in the General Election on 7 May.

The registration system changed on 10 June 2014. Previously, one person in every household was responsible for registering everyone else who lived at that address. Under the new '*Individual Electoral Registration*' each person is now required to register to vote individually, rather than by household.

South Lakeland District Council sent a letter to every residential property in South Lakeland at the end of January. This letter showed who is currently registered to vote. If you were not included on the letter but you live at the address you need to register. If you pay Council Tax it does not mean that you are registered to vote.

You can register at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote) or telephone the

Electoral Services Office on 01539 733333, they can register you online or send you a paper form. You will need your National Insurance Number and date of birth.

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



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## ST. ANDREWS LENT LUNCHES

I would like to give a very big thank you to all who helped make soup and those who consumed it. Also thank you to Maureen Hinch, Jean Dixon and Dilys Evans for their two concerts, the proceeds of which went to the Lent Lunches.



So far we have raised over £400 with more to come for St. Johns Hospice and the Ebola fund. Thank you.  
*Anne Reed-Screen*

## EDITORIAL

First and foremost, thank you to everyone for the good wishes on my latest health scare. I was very fortunate to get the problem sorted out very quickly and cannot thank all members of the NHS from Sedbergh Medical Centre, the Ambulance 'Taxi', Kendal and Lancaster Hospital enough for the attention I received.

During my ailing time, my PC came out in sympathy and my working drive collapsed and passed away but left the Working Files drive alone so with the grateful and expert assistance of Mike Clark, I was able to get up and running, only to find my e-mail address had done a runner and could not be found. Again, Mike assisted in this dilemma and although I am still running with the same e-mail address, I may have lost some messages so if I have not responded to yours, please let me know.

At the same time, I am trying hard to come to terms with the new Programme to put the Lookaround together and I am making mistakes everywhere so please be patient with me if your article or advert is (slightly) wrong BUT please do let me know so that I can endeavour to solve the issue.

The month of March saw a couple of natural spectacles over Sedbergh. The first were the Northern Lights over the Howgills taken by David John Forknall and features on the cover of this month's Lookaround. Further images are available by contacting David on [davidforknall@live.com](mailto:davidforknall@live.com).

The second was the partial Eclipse seen by many. The cloud cover



interspersed with clearings gave an excellent viewing in Sedbergh. The photo has been provided by Brian Wright.

We have Four new Advertisers this month with Laura's (Rosenzweig) Loom which has a Wednesday opening every week at 16 Back Lane, David Baines with First 4 Home Improvements, Holme Farm & Richard Hoggarth Builder. Please mention Lookaround if you see or make contact with any of them.

Dennis J Whicker

## SAM KONCZYNSKI



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## LADIES N.F.U.

The March Meeting was held on the 17th when 15 Members enjoyed a superb demonstration by Heather Askew of how to arrange Spring

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Flowers and Greenery. Extra Raffle Tickets were quickly purchased and a large number of lucky members went home with an arrangement.

A few members attended a Fashion Show organised by Carnforth N.F.U and Hazel Jackson gave a brief resume of this event.

Arrangements for our Coffee Morning at the U.R.C Rooms on 8th April were finalised, monies raised to be donated to Sedbergh First Responders.

Our next meeting will take place on the 21st April when Christine Marshall will talk about From Handbag to Reticule. Do join us at the Peoples Hall Committee Room, you will be made most welcome.

# Steve Hopps



Property Maintenance

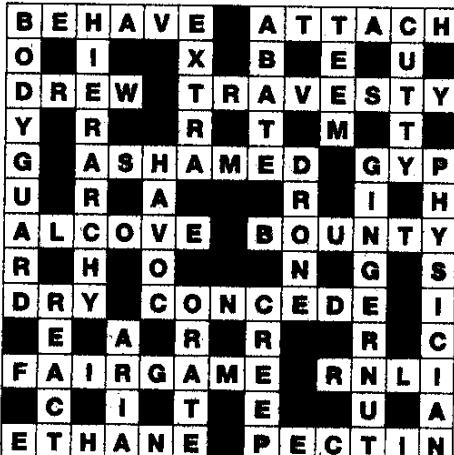
Painting and Decorating

Gardens tided & maintained

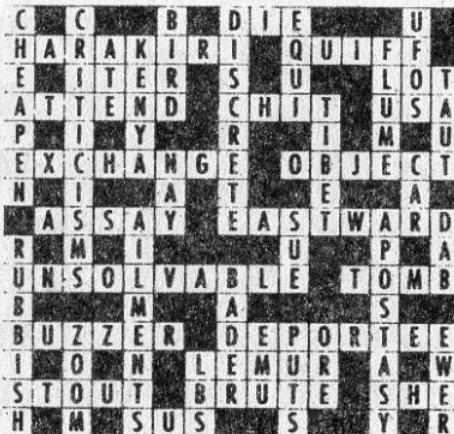
All types of work considered

Tel 07870 785322

steve.hopps2@gmail.com



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



## COMMUNITY OFFICER REPORT

14/2 - RTC reported A684 minor injury.

19/2 - Criminal Damage was caused to a vehicle parked in the Bull Hotel Carpark, the brake pipes and fan belt were cut. This is a very dangerous act by some one very reckless, and could of caused a death if the driver had not had his wits about him.

Enquires ongoing.

20/2 - Caller reported seeing a group of youths on the roof of Sedbergh Primary.

21/3 - ASB was reported on Maryfell, loud music was playing, enviromental health informed.

1/3 - Numerous vehicles reported stuck on Black Horse hill due to weather conditions, can we remind those that in bad weather especially in rural areas to only travel either in a 4x4 or not at all.

2/3 - Badger baiting was reported in the Sedbergh area. Wildlife officers have been informed

4/3 – Cold Calling was reported in the area of Sycamore Drive.

7/3 – RTC reported at Millthrop, pedal cycle v car. 12 year old boy with minor injuries.

8/3 – A male was ejected from the Dalesman due to his levels of intoxication.

During the month of April we are holding sessions with the children from in and around Sedbergh. This will include internet safety talks, The Operational Support Unit (OSU, the new name for Roads Policing Unit) bringing their armed response vehicle. The dog handlers will also be bringing their canines to give a

display. I will put the dates in Lookaround when they have been confirmed.

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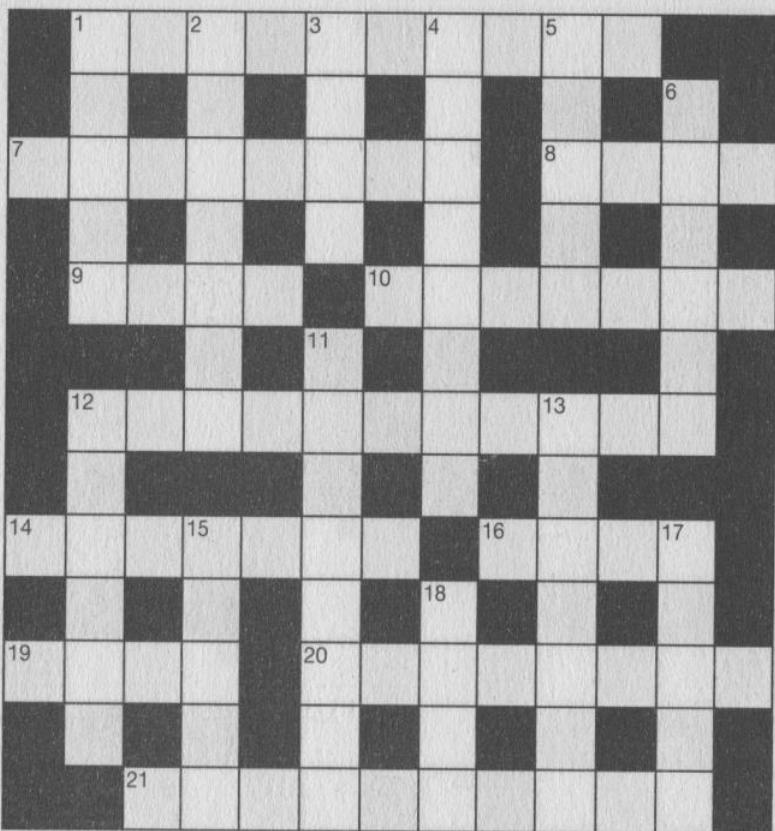
Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105

## KIDS OF TODAY

A while ago, and I mean a while ago now, we had a new kitchen and a downstairs loo and we kept some plasterboard for the small jobs to finish off. We have our Grandson Cameron come to stay one day a week. One day I got two small bits of plasterboard and Cameron and I got some pens and did some drawing on them and every time I get the drawing pens out also out come the two pieces of plasterboard. So today out come the pens and Cameron went and dashed and got his two pieces of plasterboard and did other drawings but then moved to playing with his toy motorbikes and using one piece as a ramp and was great Until! Cameron sat on it and it went Crack right in the middle and I said "Oh Dear" then Cameron got up and dashed off and rushed back with the sellotape dispenser to put sellotape on it and fix it. Even at just gone two years old I think kids are so switched on these days.

Sandra W.L.



## ACROSS

- 1 Californian city (3, 7)
- 7 High-ranking officials (3, 5)
- 8 Chimney dirt (4)
- 9 Give forth (4)
- 10 Social blunder (4, 3)
- 12 Magician's club (5, 6)
- 14 Width (7)
- 16 Item of clothing (4)
- 19 Baptism bowl (4)
- 20 Severe scolding (8)
- 21 International conservation organisation (10)

## DOWN

- 1 Slack, not tight (5)
- 2 Brother or sister (7)
- 3 Small tide (4)
- 4 Extremely happy (8)
- 5 English county (5)
- 6 Spirit (6)
- 11 Without punishment (4-4)
- 12 Vegetable with whitish flesh (6)
- 13 Country, capital Zagreb (7)
- 15 Change (5)
- 17 Uptight (5)
- 18 Portable light (4)

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

16	20	26	1	11	1	3	24		11		14		
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	4		18		26		12			26	24	1	22
19			26	10	15	12	9	22	12		20	16	1
24	20	8			14		1			1			1
14	15	5	1		2	1	1	18		26	5	14	20
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													17

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

### REFERENCE GRID

1	E	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	D	19	20	21	22	U	23	24	25



## BED & BREAKFAST

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

## CAMPING, CARAVANNING & SELF-CATERING

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

## KEY

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

# BUS SERVICES

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

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

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



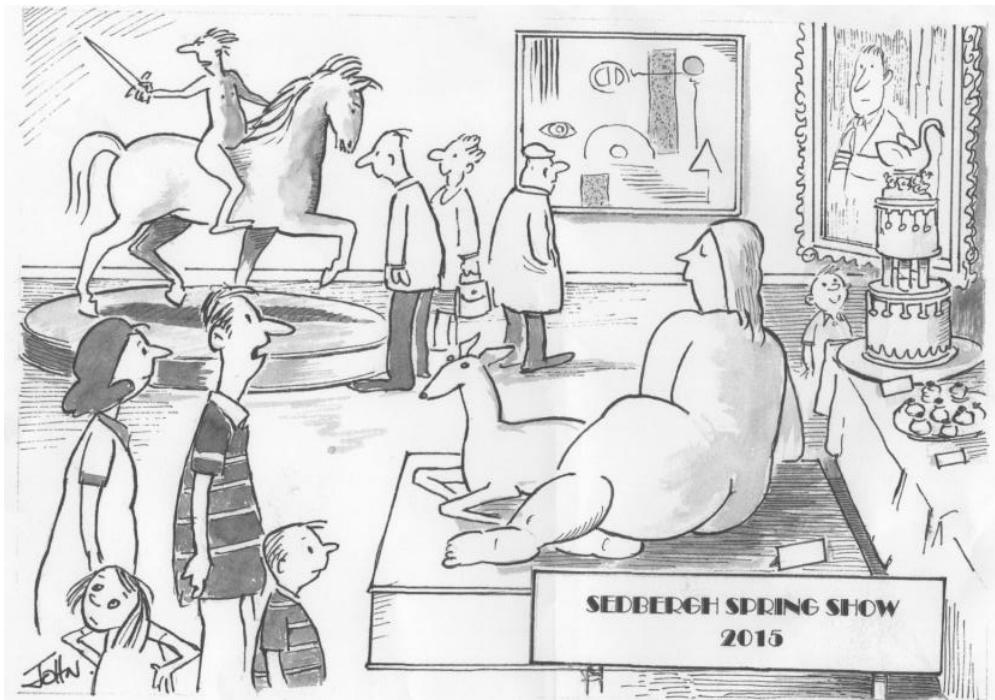
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All I said was “Things seem to have got out-of-hand!”

APRIL CHURCH SERVICES					
St. Andrew's	5th	12th	19th	26th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC	HC	HC	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	1st	8th	15th	22nd	29th
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
St. Mark's	5th	12th	19th	26th	
9.30 am	HC	MP NC	HC Extn		
2.30 pm				P & M	
St. John's	5th	12th	19th	26th	
9.30 am	HC Extn	MP	HC	MP	
LUNE PARISH SERVICES					
	5th	12th	19th	26th	
Holy Trinity Howgill	2pm Easter HC	2.00 pm Joint HC Killington	2.00 pm Joint HC Howgill	2.00 pm Joint HC Firbank	
St John's Firbank	10.30am Easter HC by Extn				
All Saints Killington	10.30am Easter HC				
DENT & COWGILL PARISH SERVICES					
	5th	12th	19th	26th	
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	5th				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			P&M = Prayer & Meditation		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version		

## Religious Services in Sedbergh

### **CHURCH OF ENGLAND**

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

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

*Church Wardens:*

Tony Reed Screen 21081  
& Susan Sharrocks 20754

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

### **ROMAN CATHOLIC**

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

**Rev. Dr. P. Campbell Tel: 20918**

### **METHODIST CHURCH**

New Street  
Sunday 10.30

**Rev. H. Stuteley Tel: 20329**

### **UNITED REFORMED CHURCH**

Main Street  
Sunday 10.30

**Rev. C. Marsden Tel: 22030**

### **SOCIETY OF FRIENDS**

**QUAKERS**  
Brigflatts  
Sunday 10.30

**Tess & Philip Satchell Tel: 20005**

### **DENTDALE**

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Every 4th Sunday 1900  
**Sarah Woof Tel: 25212**

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Cautley & Garsdale

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

*Church Wardens:*

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Mary Grant 20573

& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Mary Stainton 20426

& Dorothy Parker 20493

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

**Rev. P. Boyles Tel: 25226**

### **METHODIST CHURCH**

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Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

**Rev. H. Stuteley 20329**

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

**worship@peopleshall**

10:30 am 1st Sunday each month

**Beth & Sandy Roy Tel: 20785**

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Sunday 11.00

Wednesday 19.30

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Double Column x 3"	= £20.00
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accompanied with the correct money  
at the time of submission.*  
Articles etc. by 19th of every month  
**Last Price Update August 1999.**

# DIARY OF EVENTS

*Dates are held up to 18th October 2016*

## APRIL

1 1030 Daily Exhibitions (10)	FM	12 1400 WIK - Resolutions & Surprise! Surprise!	PH
1 1000 Coffee Morning - TBA	URCR	12 1930 Sedbergh Parish Meeting (41)	PH
1 1200 Lent Lunches	STAS	13 1000 Coffee Morning - Christian Aid	URCR
2 1930 WIH - History of Bees	HVH	13 1300 Medical Centre Closed for Training (16)	MC
3 Good Friday		13 1915 WID - Resolutions & Morecambe Coastgd	DMH
3 1330 Age UK - No Session	DMH	13 1930 WIS - Resolutions, Games & Jacobs Join	PH
3 1930 Gym & Fitness Centre Quiz Night	Postponed	14 1200 Lunch Club	Red Lion
4 1900 Flicks in the Fells (9)	PH	14 1915 Royal British Legion	WHC
6 Easter Monday		16 1200 Sedbergh Gala	Sedbergh
6 1000 Easter Monday Sale (9)	DMH	17 0900 Cyclosportive (69)	Sedbergh
6 1900 PH AGM	PH	17 Epic Events Fell Race	PH
7 1900 Aglow International	KLI	18 1930 WI Lune Valley Meeting, Magic & More	PH
8 1000 Coffee Morning - Ladies NFU	URCR	19 1400 SASL Kendal Group Meeting	PH
8 1915 WID - Encoustic Art	DMH	20 1000 Coffee Morning - Dent & Sed Oral Society	URCR
8 1930 WIS - Why the Dickens . . . ?	PH	21 1930 Parish Council—Garsdale	GVH
9 1200 Lunch Club	Red Lion	22 SSAT Half Term	
9 1900 Gym & Fitness Centre AGM (63)	WHC	23 0800 Artisan Market (*)	Sedbergh
9 1915 Royal British Legion	WHC	23 1400 History Society Walk	Frostrow Fells
10 1900 Royal British Legion Annual Dinner	FM	23 SS Half Term begins	
13 SSAT Term Starts		24 1400 Live Music Event (*)	URC
14 1400 WIK - Those Who Left The Dales	PH	25 1900 Spring Bank Holiday	
15 1000 Coffee Morning - St Andrew's Mission	URCR	25 1900 Duck Race & Coffee Evening	HVH
16 1300 Medical Centre Closed for Training (16)	MC	26 Age UK Walk (*)	Tarn Howe
17 1600 Laura's Loom Grand Opening (17)	Back Lane	27 1000 Coffee Morning - WIS -	URCR
18 1000 DMC Coffee Morning	DMC	30 1000 DMC Coffee Morning	DMC
18 1200 Sedbergh Spring Show (1)	PH	30 1800 Open Garden Charity Evening	Gate
19 SS Term begins		31 SS Half Term ends	
19 1600 Messy Church (19)	SMC	<b>JUNE</b>	
20 Sedbergh Songsters (1 & 79)		1 1900 SSAT End of Half Term	
21 1400 SASL Quiz	PH	2 1900 Aglow International	KLI
22 1000 Coffee Morning - Garsdale Village Hall	URCR	3 1000 Coffee Morning - Firbank Church	URCR
23 St George's Day		4 1930 WIH - Diabetes	FCH
25 1030 Quiet Day (25)	StMC	5 1330 Age UK - Touring Tasmania	DMH
27 1930 Lands End to John O'Groats	PH	6 1000 STAD Coffee Morning	DMH
28 Age UK Walk (*)	K Stephen	7 1300 Town Band Concert (*)	Grange over Sands
29 1000 Coffee Morning - North West Cancer	URCR	9 1400 WIK - The River Lune	PH
<b>MAY</b>			
1 1030 Daily Exhibitions (10)	FM	10 1000 Coffee Morning - Garsdale Church	URCR
1 1330 Age UK - Charles Dickens	DMH	10 1900 History Society Walk	Kirkby Lonsdale
2 1000 STAD Coffee Morning	DMH	10 1915 WID - Singing my Travels	DMH
2 1330 Under 5's Fun Day (66 & 25)	PH	10 1930 WIS - Story Telling	PH
2 1900 Flicks in the Fells	PH	11 1200 Lunch Club	Red Lion
4 May Bank Holiday		11 1915 Royal British Legion	WHC
5 1900 Aglow International	KLI	12 1900 Bishop of Manchester (62)	Kendal
5 1930 Town Band Concert (*)	STAS	13 1900 Flicks in the Fells	PH
6 1000 Coffee Morning - Town Band	URCR	16 1200 SASL Lunch	TBA
7 0700 General Elections		17 1000 Coffee Morning - WIH -	URCR
7 1930 WIH - Folklore & Customs	HVH	17 1930 Town Band Concert (*)	Middleton Church
9 1930 Summer Concert (*)	SMKL	18 1300 Medical Centre Closed for Training (16)	MC
		20 2000 Old Time Dance	PH
		21 Town Band Competition (*)	K Lonsdale

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## COVER PICTURE

**Aurora Borealis over the Howgills  
from Langstone Fell**  
*by David John Fornall*

23	1200	History Society Walk	Burnley
24	1000	Coffee Morning - WIK -	URCR
27	0800	Artisan Market (*)	Sedbergh
27	1000	DMC Coffee Morning	DMC
30		Age UK Walk (*)	Cross Keys

### JULY

1	1000	Coffee Morning - Utd Reformed Church	URCR
1		SS Term Ends	
2	1930	WIH - Iceland	HVH
3	1330	Age UK - Trip Out	DMH
4	1000	StAD Coffee Morning	DMH
4	1900	Flicks in the Fells	PH
7	1900	Aglow International	KLI
8	1000	Coffee Morning - People's Hall	URCR
8	TBA	WID - Summer Outing	TBA
8	1300	Medical Centre Closed for Training (16)	MC
8	1930	WIS - Flower Arranging	PH
9	1200	Lunch Club	Red Lion
9	1915	Royal British Legion	WHC
15	1000	Coffee Morning - Royal British Legion	URCR
17	1200	History Society Walk	Barnard Castle
17		SSAT End of Term	
22	1000	Coffee Morning - TBA	URCR
25	0800	Artisan Market (*)	Sedbergh
25	1000	DMC Coffee Morning	DMC
27-31		Sedbergh Holiday Club (*)	PH
29	1000	Coffee Morning - Garsdale Village Hall	URCR
30		Age UK Walk (*)	Barbon

### AUGUST

1	1000	StAD Coffee Morning	DMH
3		Summer Bank Holiday	
5	1000	Coffee Morning - Howgill Church	URCR
6	1930	WIH - Members Evening	FCH
7	1330	Age UK - Reminiscing	DMH
12	1000	Coffee Morning - St Andrew's Mission	URCR
12	1915	WID - Missed Cues	DMH
12	1930	WIS - Summer Outing	TBA
13	1200	Lunch Club	Red Lion
13	1915	Royal British Legion	WHC
19	1000	Coffee Morning - North West Cancer	URCR
22	0800	Artisan Market (*)	Sedbergh
22	1000	DMC Coffee Morning	DMC
25		Age UK Walk (*)	
26	1000	Coffee Morning - Bee Keepers	URCR
29		Flower & Produce Show (*)	PH
30		Flower & Produce Show (*)	PH
31		August Bank Holiday	
31	1200	Dent Gala	Dent

### SEPTEMBER

2	1000	Coffee Morning - Garsdale Church	URCR
3	1930	WIH - Grayrigg First Responders	HVH
4	1330	Age UK - Age UK - Information	DMH
5	1000	StAD Coffee Morning	DMH
6	1100	Moorcock Show	MF
8	1400	WIK - Memories from the Coal Face	PH
9	1000	Coffee Morning - A&LP Lookaround	URCR

9	1915	WID - Discover Lake District Villages	DMH
9	1930	WIS - A Bee Keepers Wife	PH
10		Westmorland Show	Crooklands
10	1200	Lunch Club	Red Lion
10	1915	Royal British Legion	WHC
12 - 20		Sheepfest Week	Sedbergh
12	1030	Heritage Open Day	FM
12	1900	Flicks in the Fells	PH
13	1030	Heritage Open Day	FM
15	1400	SASL	PH
16	1000	Coffee Morning - Town Band	URCR
17	1300	Medical Centre Closed for Training (16)	MC
23	1000	Coffee Morning - TBA	URCR
26	0800	Artisan Market (*)	Sedbergh
26	1930	Town Band Concert (*)	Thornton
29		Age UK Walk (*)	Frostrow Fell
30	1000	Coffee Morning - Firbank Church	URCR

### OCTOBER

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

# PUBLIC INFORMATION

## Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

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

## **Surgery by appointment only –**

Early Morning Tuesday & Thursday  
Late evening Monday & Tuesday

## **Dent Surgery by appointment only - Monday**

## Practice Nurses Clinics

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

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

## Blood clinic

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

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

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

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

## Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

## Bridging the Gap

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

## **DENTAL SURGERY**

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,  
Dawn Douglas & Sarah Boum (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](mailto:tic@sedbergh.org.uk)  
Tel: 015396 20125/20504  
[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

## **SOUTH LAKES CITIZENS ADVICE BUREAU**

015394 46464

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

## **PENSION SERVICE SURGERY**

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

**Age UK SL @ Community Office**  
1st Wednesday every month  
10 am to 12 noon  
01539 742627

## **COMMUNITY DEVELOPMENT CENTRE**

Settlebeck Cottage Tel: 21031

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

## **POLICE**

101 or 999

## **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

## **VETERINARY SURGERY**

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

## **MARKET DAY**

**WEDNESDAY**

## **HALF-DAY CLOSING**

**THURSDAY**