

Sedbergh & District

LOOKAROUND

May 2004

Issue 211

Donation 50p

Welcome to this 'Red' issue of Lookaround.

Congratulations to Sedbergh Gala on celebrating 40 years. A lot of hard work goes on throughout the year to stage this one day and the Committee are to be commended for all their toiling. Like

many other organisations, the Group could do with some more help to get to that magical **Golden Anniversary** in ten years time. Can you assist? Contact the Secretary and help the babies of today enjoy tomorrow.

Dennis & Jacky Whicker

Battle of Britain Memorial Dakota Flypast

RUBY RED

Sedbergh Gala

Saturday 22nd May 2004
Procession starts at 12:30 from Maryfell

*** Starring ***
Gala Queen and Attendants
Ruby Red Fancy Dress
Sedbergh Town Band
Floats

**Gala Events all afternoon on
Lupton Field, Back Lane**
Entrance:- Adults £2.50 ~ U16 Free

Cumberland & Westmorland Wrestling
May Pole Dancing
Army Assault Course
Bell Ringing
Waltzer
Show Dogs
Slide & Maze
Home-made Lunches And Teas
Donkey Rides
Fell Races
Punch & Judy
Under 5 Activity Area
Steadman's Food Stall
Football & Rounders Finals
Beer Tent
Children's Sports
Belly Dancing

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788

e-mail: lookaround@whicker73.freeserve.co.uk ~ Web Site: <http://www.whicker73.freeserve.co.uk>

CHILDREN'S BIRTHDAYS MAY 2004



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 recipient this month is:-
Harry COOLING who is

8 years old on 31 May.

Please collect your voucher from the Sedbergh Office Services at 13 Kings Yard, Main Street, Sedbergh which can be used in any shop in

Sedbergh, Garsdale & Dent.



Day	Name	Age
1	Emily ARMITSTEAD	11
3	Tom BAINBRIDGE	9
3	Martin WOOF	9
4	Mark WOOF	6
7	Georgina CRAGG	6
8	Kane WOODHOUSE	5
10	Bethany ORR	9
10	Sarah HAGON-HOOD	9
10	Stephen HAGON-HOOD	9
11	Zoe ALDERSON	1
13	Ruben SWALLOW	2
13	Kelvin HODGSON	9
14	Harry PAGE	5
20	Brogan STANLEY	7
22	Paris HEYWOOD-DAWKINS	2
22	Bethany HANDLEY	4
22	Megan HANDLEY	4
22	Patrick BANNISTER	7
23	Darryl HODGSON	8
23	Xavier BAINES	10
24	Rebecca HARPER	7
24	Kelly SCARR	7
26	Francine GLANVILLE	6
26	Terence GLANVILLE	6
28	Kieran MILBURN	8
31	Harry COOLING	8
31	Joseph CLARE	10



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (04/09)	21455
	<i>IT; ES; NS; NP; P; DR</i>	
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (04/10)	20754
	e-mail:- susan@holmecroftbandb.co.uk	
	<i>2D; IT; CH; TVL; NS; NP*; P; DR</i>	
Miss S Thurlby	15 Back Lane, Sedbergh (04/12)	20251
	e-mail:- antique.thurlby@amsolve.net	
	<i>ID; IT; CH; L; NP*; P; DR; VB</i>	
Mrs S Gold-Wood	10 Main Street, Sedbergh (04/07)	21808
	<i>ID; IT; IS; CH; TVL; NSB; P; CB; VB; GF</i>	
	e-mail: sangold.kwood@virgin.net	

CAMPING, CARAVANNING & SELF-CATERING

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	e-mail: holiday@dalesdusters.co.uk
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KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite;
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); P = Parking;
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; GF = Gluten Free
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
No adverts
by e-mail or FAX please
Can all adverts please be
accompanied with the correct money
at the time of submission.
 Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

HEYWOOD-DAWKINS



Happy Birthday to my darling daughter Paris. Love from Daddy.

HEYWOOD-DAWKINS

Uncle Stuart, Auntie Jennifer send warmest birthday wishes for Paris Heywood Dawkins on her second birthday xx

HEYWOOD-DAWKINS

This little girl is two today. Happy birthday Paris love from big brother Matthew XXXX



HEYWOOD-DAWKINS

Happy second Birthday Paris with lots of love from Mariana Simon and Georgia xxx

HEYWOOD-DAWKINS



Happy Birthday to Paris lots of love from Grandma. My how you have grown.

HEYWOOD-DAWKINS

Two already?? Happy birthday Paris love from Simon and Richard XX

HEYWOOD-DAWKINS



Happy Birthday Paris From Kalum

HEYWOOD-DAWKINS

Happy Birthday Paris. With lots of love from David, Andrew, Chantelle and Fiona xxx

BAINBRIDGE

Joe and Agnes would like to thank all family and friends for the lovely flowers, cards and good wishes received on our **Diamond Wedding Anniversary**. Thank you everyone for making it such a happy day.

BAINES

George and Esther would like to thank friends, neighbours and family for their cards and flowers on our move to Sedbergh. Also many thanks to our family for their help, we couldn't have done it without you. We hope James, Sharne & Aaron have many happy years in their new home.

GARDNER

Congratulations LAURA on your **18th Birthday** on May 9th 2004. Have a lovely day and a great party. Lots of love Dad, Mum, Graham and Shaun. XXXX

PERSONAL & SMALL ADS £1

KIRBY

Happy Birthday Mother on 2nd May. Love Lorraine and Kevin. Big Hugs and Kisses Grandma. Love Jay XX. Happy Birthday Daddy for last month. Love Jay XXX.

MOORE

Bill and Margaret would like to thank everyone for lovely cards, gifts and flowers sent to her during her recent stay in RLI., our family for all their care and kindness and a big thank you to our neighbours for looking in on us, shopping and help in many ways. We are most grateful to everyone.

WATERS

Sandra, Kevin, Faye, Mary, Joshua and family would like to thank friends and neighbours for the flowers, cards and letters of condolence following their recent sad loss. We would like to thank Alan and Sarah Lewis and the Sedbergh Town Band combined with Sedbergh School CCF Band for their solidarity, kindness, support and tribute to Brian on the day of the funeral. The funeral was to us and the rest of our family a wonderful and consoling time, for which we would like to thank everyone. Our thanks to Rev. Long for his compassionate and heartfelt address and to Rev.

McLoughlin for the service. Alison and Steve for their friendship and kindness and to Brian Goad, without his kindness and guidance we would have been lost.

DAISY PAGE

I would like to thank my many friends and members of my own family, for their prayers and sympathy, cards and letters, following the death of Daisy Page, my mother. I would also like to acknowledge the care and love shown to my mother, by the staff at Stobars Hall Nursing Home and formerly at Beamsmoor, here in Sedbergh, until it was closed. At the funeral service taken by the Revd. Eric Card, on 3rd March, my brother Norman and granddaughter Barbara, offered moving tributes to a much loved mother and Granny.

STAFFORD

A big "THANK-YOU" to all the Mums and Staff from Dent Nursery for the lovely surprise party and all the wonderful gifts. They were much appreciated. Love from Jacky.

THORNELLY

Michael and Jennifer would like to thank all those who so kindly sent them beautiful cards and flowers and other gifts on the occasion of their **Golden Wedding**.

FOR SALE

Playstation One. Includes extra controller and memory card. Ideal for beginner or younger child, (games much cheaper than for PS2). £10 ono. Telephone Dent 25226.

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PEPPERPOT CLUB

On Sunday June 20 at 7.30pm in St Andrew's Church a unique event will be taking place as part of the Sedbergh Festival. Way back in August 2001, a grant from Northern Arts was received by Sedbergh Pepperpot Club to commission a new work, for performers of all ages and abilities, from Lakeland Composer Christopher Gibbs. The musical drama - based on the sea adventures of St Brendan and his monks and with words by Anna Gibbs - gradually took shape under the title *Across an Unknown Sea - the Quest of St Brendan* and by May of last year the score was ready. We were able to gather together the funding and the forces needed to make a recording of the music which is descriptive and easy on the ear. The composer is delighted with the result and the CD is proving to be a valuable tool in the preparations for the performance.

The whole project would not have been possible without the financial help we

St Andrew's Missionary
COFFEE MORNING
10 am to noon
Wednesday 5th May
URCRooms - Usual Stalls

have received from a number of sources, which include Sedbergh and Kirkby Lonsdale Neighbourhood Forum, the Arts Council North West, Making Music North West and the Craven Trust. We are very grateful for these grants and also for the donations generously provided by Pepperpot Members, Sponsors and Friends.

Those taking part in the performance will be the Pepperpot Music Makers Orchestra with Judith Bush, Ann Wright and Lynda Livesey, singers/actors from Settlebeck School under the guidance of David Graham, the Pepperpot Players and the Serafin String Quartet (leader Julian Cann). The soloists will be Anna Crookes nee Markland (soprano and Patron of Pepperpot Music Makers) and Nicholas Hurdall Smith (tenor). Ian Jones (conductor of Levens Choir) is overall director.

To set the scene for *Across an Unknown Sea*, Kim Lyon has written a short introductory piece called *Long Long Ago and Far Away West*. This will be performed by Chameleons - St Andrew's primary-age drama group which is run after school on Fridays by Vic Hopkins and Judith Bush. There will be no interval between the two pieces and the whole event will last about an hour.

Do come along and bring all the family - it should be an interesting and enjoyable evening. :o)

Anthony Collinge



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SEDBERGH AND DISTRICT SPRING SHOW

After the year of the Foot and Mouth epidemic, when the Show had to be cancelled, the future of the Show was seriously in doubt. The support this year showed that you cannot keep a good thing down. The range of classes was up. Entries were up. Visitor numbers were up. Sedbergh Primary School produced some wonderful advertising posters that brought people to the event. Despite the fact that some of the Committee members had recent personal problems to deal with, the event went ahead. The Secretary even came along in a wheelchair!

The Show was opened by the inimitable Dennis Whicker and his wife Jacky who have been the voluntary Editors of the



Lookaround for many years. It is a publication that those in the Sedbergh area look forward to on the first of every month. The Committee thank all the volunteers who this year made the Show

Farfield Mill

Arts & Heritage Centre
Saturday 8 May - Wednesday 9 June
Textiles Exhibition
by a group of contemporary
textile artists:

'Cheshire Textiles'

A diverse exhibition of textiles demonstrating many techniques including: felt making, art quilts, hand and machine embroidery, making and using paper mixed media, books and doll-making.

OUR NEW TOP FLOOR WILL OPEN ON

Saturday 1st May

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For more information on Level Four, please see article in this month's edition of 'Lookaround'

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such a wonderful success.

Thank you very much indeed to everybody who entered the Show and everyone who came. It was a bumper Show and will be even better next year!

Our special thanks to all the volunteer helpers, those many friends who donated prizes and to the shopkeepers and other organisations who are always so supportive of this community event.

These include:- The Middleton Head; The Bull Hotel; Powell's; 'This and That'; The Green Door; Sedbergh Chemist's; Sedbergh Spar; The Posthorn for the window display; Milburn and Sons; and St Andrew's for the display boards

SECTION 1 - HANDICRAFTS

CLASS

1. Any patchwork item

Mrs J. E. Dodds	1st
Mrs Wendy McLean	2nd
2. Scale model, own design or kit	
Mr Jack McLean	1st
3. Something new from something old	
Mrs Avril Whittle	1st
Mrs Sandra Gold-Wood	2nd
4. Wooden item	
Mr Matthew Stringer	1st
Master Simon Hammond	2nd
6. Cross stitch	
Miss Kimberley Shuttleworth	1st
Miss Joanna Shuttleworth	2nd
7. Embroidery	
Mrs Carole Hailey	1st
Mrs C. Gibson	2nd
8. Canvas work	
Mrs Thelma Turner	1st
11. Beadwork	
Mrs S. Sutcliffe	1st
12. Hand made rug	
Mrs Jacky Holton	1st
Mr Norman King	2nd

(Continued on page 10)

SECTION 2 - HAND MADE TOYS		Mrs J. E. Sowerby	2nd
13. Soft Toy		Mrs A. Macer	HC
Mrs Margaret Milburn	1st	22. Miniature "Springtime"	
Mrs A. Benson	2nd	Mrs Margaret Milburn	1st
15. Toy from scrap material		Mrs J. E. Sowerby	2nd
Mrs Sandra Gold-Wood	1st	Mrs J. E. Sowerby	HC
Mrs Margaret Milburn	2nd	23. Petite arrangement	
16. Dressed doll		Mrs Margaret Milburn	1st
Mrs Margaret Fearnhead	1st	24. Shades of green	
Mrs Margaret Fearnhead	2nd	Mrs Margaret Milburn	1st
Mrs Sandra Gold-Wood	HC	Mrs Sandra Gold-Wood	2nd
SECTION 3 - FLOWERS & PLANTS		Mrs E. Hartley	HC
17. House plant		26. Spring clean	
Mrs Susan Sharrocks	1st	Mrs J. E. Sowerby	1st
Mrs Susan Sharrocks	2nd	Mrs J. E. Sowerby	2nd
18. Cactus		27. Spring display	
Mrs Jane Hewitt	1st	Mrs Margaret Milburn	1st
20. Garden on a Plate		SECTION 4 - GARMENTS	
Mrs J.E. Sowerby	1st	28 Hand knitted single colour	

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Wednesday to Saturday nights open from 7.00 pm. **Booking essential**

Mrs J. E. Dodds	1st		
Mrs M. B. Turton	2nd		
29. Hand knitted multicoloured			
Mrs J. E. Dodds	1st		
Mrs Ann Sibley	2nd		
30. Mittens or gloves			
Mrs Margaret Milburn	1st		
Mrs Margaret Milburn	2nd		
31. Crocheted article			
Mrs C. Gibson	1st		
Mrs Margaret Milburn	2nd		
32. Sewn garment			
Mrs J. E. Dodds	1st		
Mrs Sandra Gold-Wood	2nd		
33. Knitted baby garment			
Mrs J. E. Dodds	1st	Mrs Pauline Hughes	HC
Mrs Margaret Milburn	2nd	37. Six butterfly buns	
SECTION 5 - HOME PRODUCE		Mrs Margaret Milburn	1st
34. Sugar craft		Mrs Jacky Holton	2nd
Mrs Helen Weiss	1st	Mrs Margaret Milburn	HC
Mrs E. Labatte	2nd	38. Decorated gateau	
35. Fruit pie		Mrs Carole Hailey	2nd
Mrs Margaret Milburn	1st	40. Fruitcake	
Mrs Pauline Hughes	2nd	Mrs M. Postlethwaite	1st
36. Savoury flan		Mrs Elspeth Griffiths	2nd
Mrs Pauline Hughes	1st	41. Four fruit scones	
Mr Adam Hopkins	2nd	Mrs Wendy Preston	1st
37. Six biscuits		Carole Hailey	2nd
Mrs Jacky Holton	1st	Miss Joan Moores	HC
Mrs M. Fishwick	2nd	42. Gingerbread	
		Mrs Kath Milburn	1st
		Mrs Margaret Milburn	2nd
		Mrs Carole Hailey	HC
		43. Round shortbread	
		Mrs D. Blair	1st
		Mrs Margaret Milburn	2nd
		44. Six flapjack pieces	
		Miss Joan Moores	1st
		Mrs Jacky Holton	2nd
		M. Weiss	HC
		46. Victoria sandwich	
		Mrs Olive Hunter	1st
		Mrs Shirley Richardson	2nd
		Mrs V. Cann	HC



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(Continued on page 12)

47. Swiss roll		Mrs Carol Currie	1st
Mrs Margaret Milburn	1st	Miss Sophie Richardson	2nd
Mrs Shirley Richardson	2nd	Mrs Jane Hewitt	HC
48. Pot of jam		62. Three dimensional object	
Mrs Margaret Denton	1st	Master William Thexton	1st
Mrs Margaret Denton	2nd	63. Colour photo animal or bird	
Miss Nora Capstick	HC	Ms Paula Ambrose	1st
Mrs C. Gibson	HC	Mrs Heather Lart	2nd
49. Pot of marmalade		Mrs Susan Garnett	HC
Mrs C. Gibson	1st	64. Colour photo child	
Mrs M. Fishwick	2nd	Mrs Heather Lart	1st
50. Pot of lemon curd		Mrs Jackie Holton	2nd
Mrs Margaret Fearnhead	1st	Mrs Kath Milburn	HC
Mrs Wendy Preston	2nd	65. Colour photo, local landscape	
51. Pot of chutney		Mr Richard Thomas	1st
Mrs Sandra Gold-Wood	1st	Mrs P. Carruthers	2nd
Mrs Margaret Denton	2nd	66. Colour photo, other.	
Mrs Margaret Denton	HC	Mr Richard Thomas	1st
52. Bottle of wine or mead		Miss Rose Longlands	2nd
Mr Mike Hart	1st		
53. Pot of clear honey			
Mr W. S. Smith	1st		
Mr M Hart	2nd		
Judy Lake	HC		
54. Pot of set honey			
Mr V. Hopkins	1st		
Mr Malcolm Fraser-Urquhart	2nd		
55. Pot of heather honey			
Mr Malcolm Fraser-Urquhart	1st		
56. Piece of honeycomb			
Mr John Tallon	1st		
57. Wax product			
Mr W. S. Smith	1st		
SECTION 6. - ART & PHOTOGRAPHY			
58. Artwork – still life			
Mrs Sandra Gold-Wood	1st		
59. Artwork – portrait			
Mrs Sandra Gold-Wood	1st		
60. Artwork – landscape			
Mrs Susan Garnett	1st		
Mrs Sandra Gold-Wood	2nd		
61. Pottery article			

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 12th May

Dove Cottage and
Wordsworth Museum,
Grasmere

Meet at Dove Cottage at 1.45 for a
Guided Tour of the Cottage.
£4.70 per person
Includes entry to
The Wordsworth and
William Hazlitt Museum.

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

EVERYONE IS MOST WELCOME TO ATTEND ANY OR
ALL OF OUR LECTURES

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67. Colour panoramic photo		Miss Rachel Hopkins	1st
Mrs Susan Garnett	1st	Miss Jenny Storey	2nd
Mrs Heather Lart	2nd	Miss L.Postlethwaite	HC
Mrs P. Carruthers	HC	76. Hand-made birthday card (year 1)	
68. Black & white photo		Miss L. Postlethwaite	1st
Mrs Jacky Holton	1st	Miss Rachel Hopkins	2nd
Mr Graham Milburn	2nd	Master Thomas Thexton	HC
Mr Richard Thomas	HC	77. Picture from dried food or pasta (year 1)	
69. Black & white photo (portrait)		Miss L. Postlethwaite	1st
Mrs J. E .Sowerby	1st	Miss Rachel Hopkins	2nd
Mrs J. E. Sowerby	2nd	78. Handwriting (years 2, 3)	
SECTION 7. - CHILDREN		Master Harry Cooling	1st
70. Picture by group of children		Miss Rowan Hall	2nd
Zebra Toddlers Group	1st	Miss A. Postlethwaite	HC
Nicola's Playgroup	2nd	79. Model, any material (years 2, 3)	
Nicola's Playgroup	HC	Miss Emma Hopkins	1st
71. Picture in colour (Pre-school)		Master Richard Thexton	2nd
Master Robin Preston	1st	Master Harry Cooling	HC
Master Thomas Hall	2nd	80. Self portrait (years 2, 3)	
72. Play-Doh model (Pre-school)		Miss Rowan Hall	1st
Miss Alice Holton	1st	Miss Emma Hopkins	2nd
Miss Alice Holton	2nd	Miss A. Postlethwaite	HC
73. Necklace made our of sweets (Pre-school)		81. Hand-made card (years 2, 3)	
Master Thomas Hall	1st	Miss Rowan Hall	1st
Miss Alice Holton	2nd	Miss A. Postlethwaite	2nd
74. Animal. vegetable or foliage (Year 1)		82. Handwriting (years 4, 5) - Milburn Cup	
Miss L. Postlethwaite	1st	Master Tom Cooling	1st
Miss Rachel Hopkins	2nd		
75. Painted picture (year 1)			

(Continued on page 14)



Master Toby Preston	2nd
Miss Georgina Shuttleworth	HC
83. Peg doll (years 4, 5)	
Miss E. Postlethwaite	1st
Miss Natalie Milburn	2nd
Miss Natalie Milburn	HC
84. Decorated egg (years 4, 5)	
Miss Natalie Milburn	1st
Miss E. Postlethwaite	2nd
85. Animal of veg or foliage (years 4, 5)	
Miss E. Postlethwaite	1st
Master Tom Cooling	2nd
86. Model of a playground (years 6, 7, 8)	
Master Ryan Milburn	1st
Master Sam Fisher	2nd
87. Computer designed picture (years 6, 7, 8)	
Miss Charlotte Todd	1st
Master Sam Fisher	2nd
88. Decorated egg (years 6, 7, 8)	
Claire Hunter	1st
Master Sam Fisher	2nd

Miss Elizabeth Thexton	HC
89. Knitting or needlework (years 6, 7, 8)	
Miss S. Shuttleworth	1st
90. Computer designed poster (years 9, 10, 11)	
Miss Joanna Shuttleworth	1st
Rose Longlands	2nd
93. Valentine card (years 9, 10, 11)	
Miss Joanna Shuttleworth	1st

SECTION 8

LOCAL ORGANISATION

PUBLICITY STANDS

South Lakeland Society for the Blind 1st

Sedbergh Beekeepers 2nd

CUPS AND SHIELDS

Overall Winner of the Show Shield

Mrs Margaret Milburn

Prize for most new entries to the show

Mrs Heather Lart

Section 1

Handicrafts Cup

Not Awarded as 9 entrants tied!

Section 2

Handmade Toys Cup

Mrs Margaret Fearnhead

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Section 3
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Mrs Margaret Milburn

Section 4
Garments Cup
Mrs Janet Dodds

Section 5
Home Produce Cup
Mrs Margaret Milburn

Section 6
Art & Photography Cup
Mrs Sandra Gold-Wood

Section 7
Children's section Cup
Miss R Hall
W Milburn & Son Cup
Master T Cooling
Special Cup
Nicola's Playgroup

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Blind
W I Cup
for the most points per WI member
Killington WI :o)

R LEWES
Chartered Accountant



Book-keeping
Payroll
VAT
Annual accounts
Taxation
Management accounts/ business plan

You didn't go into business to spend your time on these. I did!!
Let me advise on appropriate systems or let me do it for you.

If you would like to discuss your requirements in any of these areas,
please telephone Rosemary on 015396 20052 for a free initial consultation.
Office Hours 10 a.m. – 4 p.m. Monday, Tuesday, Thursday and Friday

TIM COLLINS MP

Readers of the December edition of Lookaround may remember a reference to my campaign to get broadband (high speed Internet) access for Sedbergh homes and businesses.

Already there are several Sedbergh based enterprises which are complaining about the difficulties of competing with rivals elsewhere who have broadband when, as yet, firms in this part of the world do not. It can be the difference between replying to a customer query in minutes, compared to hours; or the contrast between an ability to transfer large amounts of data (e.g. architectural drawings) in seconds from home or having to drive to Manchester to do it (as I'm told one person has had to do).

One problem: BT's policy of insisting that a minimum number of people in a community register their intention to sign up to the service before the local telephone exchange is upgraded to the new technology.

This can be a slow and laborious process in small villages like Sedbergh where increase in numbers tends to be frustrating slow. That's where local Internet company Kencomp come in. The Kendal based company provide broadband to isolated rural areas by sending a signal to homes and businesses through a special dish which they attach to existing telecommunications masts.

The radio broadband service is already up and running in places like Kendal and Burneside with Sedbergh the next on the



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list.

That was until earlier this year, when Crown Castle International (the telecommunications giant which manages the mast overlooking Sedbergh) announced that they would no longer allow the Kendal company to use its own engineers to install the special equipment on the mast - a job that normally takes no more six hours.

Crown Castle International said their own engineers would upgrade the mast for a fee of £16,500 - a cost that would make it impossible for Kencomp to offer the service at an affordable price.

After talking to one Sedbergh employer who said he and several others may have to pull out of the village if broadband isn't made available, I took the issue up with Crown Castle International who have promised that they will look at the issue and I hope it won't be too long until the service is available across the village.

At the time of writing, the House of

Commons and the House of Lords have decided after a big ding-dong battle that this June's European elections in the North West should be postal-only. This means that there will be no traditional polling day - indeed no polling stations at all. Instead we will all be sent a ballot paper by post towards the end of May and expected to post it back. Ministers argue that the traditionally low turnout in European elections can be boosted if everyone is given the chance to vote by post.

Whatever your views on this unusual way of running an election, I do hope that you will take the chance to vote - it may well be the only chance we get to express a view on the wickedly undemocratic European constitution, which will be put to the people of other countries in referendums but which Mr Blair intends to impose on us without seeking the public's consent. Have your say while you still can. :o)

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**Sedbergh Youth Club 1952. (Leader. Mr Stoker)
Entertaining members of Bingley Youth Club.**

PHOTO CALL

Once again many thanks to all those who phoned me with names for last months 2 photos. The Capenwray one has been almost identified 100%. They were:

Back Row: Lester Garnett, John Middleton, Tony Hall, Ellison Walker, Bill Staveley, Alan Capstick.

3rd Row: Roger Hudson, Edmond Park, David Gibson, xxx, Terry Garnett, Peter Barnes, Peter Swift.

2nd Row: Geoff Scarr, John Harris, John Airey, Mike Sayner, Alan Harris, ??, ??.

Front Row: Peter Harrison, Tom Sayner, Donald Sayner, Harold Bainbridge, David Airey, Mr Van Doren, Ralph Horne, John Orton, David Hobart. Mrs Harrison.

The missing names may be brothers of one of the other boys.

The other photo has also been identified successfully and was taken in Middleton.

This month, I am submitting one taken at a Youth Club in 1952, this was kindly exhibited at the Spring Show by Cynthia Melleney nee Hutchings.

The 2nd photo is of 3 men in the Home Guard. The one on the left is Sid Morphet, can anyone tell me who the other 2 are?

As usual answers to Shirley Tebay, Walnut Bungalow, Dent LA10 5QT. Tel : 015396 25001 or e mail shirley.tebay@btinternet.com :o)

*Patchwork Workshop
Have a go if you never have
or continue if you've started
Saturday May 15th 10 - 4
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DENTDALE WI

Our April Meeting coincided with the final rehearsal by the Dentdale Players using our normal venue the Memorial Hall and so we decamped to the hall beside the Methodist Chapel where we were made to feel very welcome.

During the Business meeting Margaret Fothergill our President announced that the small sub committee set up to plan and produce the 999 cards were now ready to deliver them to every dwelling in the Dale and volunteers were sought to help with this task. Our thanks were expressed to Rita Corpe as secretary and Judith Newsham as Treasurer who had worked very hard in the initial year of setting up of the First Responders group. Susan Cox as Treasurer and Ann Sibley as Secretary have now filled these posts.

The idea of another cake stall at the Dent Gala was well received by the membership and it was requested that all baking be priced as this makes it so much easier for the stallholders.

A Painting for Pleasure day is to be held

in Dent on May 13th hosted by Freda Meakin. Members were asked for offers of house accommodation or *a room with a view* should the weather be against sitting outside!

Our speaker Jennifer Buxton needed no introduction as we had enjoyed her talk to us a couple of years ago on Miniature Painting. This evening she was going to share with us her experiences of *Cookery Disasters*.

No one could quite match her tales but we could all remember a few disasters of our own. So it was with some amusement that we listened to her stories from rolling up the tea towel with the Swiss roll to a Flambe that burnt down the restaurant! It was nice to know that it happened to everyone as one gazes in horror at a burnt offering or a sunken sponge cake.

Rita Corpe mentioned one of her own disasters as she gave the vote of thanks.

No disasters visible among the competition entries for a plate of six home made biscuits. It must have been a difficult choice for our speaker but Judith Newsham's Breton Butter Biscuits were chosen winners and I can assure you they were rather delicious as I tasted one with my cup of tea!

Two raffle prizes and the lucky winners were Rita and Catherine.

Next month's meeting will be back in the Memorial hall when Eileen KirbDentdale Wly will talk about the Resolutions.



:o)

NORTH YORKSHIRE SURGERY NEWS

April 1st 2004 heralded the biggest shake-up for a generation in the way family doctors work within the NHS. There will be regular updates on the changes in future editions of the newsletter, but for now we must concentrate on the biggest change, the transfer of out of hours & weekend cover to North Yorkshire Emergency Doctors (NYED)

Under the new GP contract doctors can opt-out of providing out of hours & weekend cover. Those who wish to continue to provide cover will have to become accredited providers of out of hours services. For all practical purposes, these requirements cannot be met by individual practices. A major reason for offering this opt-out is to address the crisis in recruitment & retention of family doctors. Presently, almost a third of all GP vacancies cannot be filled, & the number of applicants for each post has dwindled. With one in five GPs due to retire between now and 2007, it is necessary to attract newly qualified doctors into general practice. Many of you will be aware of the problems we have had over the years with retaining our doctors. If your practice were not to opt out, I am certain that we would lose existing doctors & be unable to replace them. The number of out of hours consultations is very small for this practice, particularly so following the closure of Thornton Lodge. Most of the calls are for advice only.

So how do the new arrangements work? Your call to the surgery connects with an answerphone that gives you the number

of the NYED call centre at York. Don't worry if you don't catch the number straight away, it is repeated at the end of the message. When you call NYED, a trained call handler will take your details. This person is not medically trained, but will ask you for brief details of your medical problem. Once you have given this information, hang up your phone & await a return call from a doctor.

NYED has a network of Primary Care Centres (PCCs) across North & East Yorkshire. Your details are transmitted electronically to the PCC closest to you. For most of our patients this is at Catterick, but for those in Dentsdale, Widdale & Chapel-le-Dale the PCC at Settle may be closer. Patients from these Dales should mention this to the call centre when they give their details. At the time of writing Aysgarth surgery is being developed as a satellite PCC. It is envisaged that this will be used, at the discretion of the duty doctor, at weekends when the workload from the Upper Dales area warrants it.

At the PCC there is a duty doctor & a driver. The doctor receives a print-out of your details from the call centre, & calls you back to discuss your medical problem. In the majority of cases, the doctor will give telephone advice, but may offer you one of the following options depending on your medical condition.

- A consultation at the PCC
- A home visit. These are offered to those who are ***genuinely*** too ill to travel, or permanently housebound.
- Admission to hospital by ambulance
- Referral to the nearest minor injuries unit or hospital casualty dept.

ENTRY FORM
SEDBERGH COMMUNITY WRITER'S PROJECT

NAME

ADDRESS

POSTCODE Tel No

MY ENTRY IS TITLED

My entry is (please delete) computer floppy disc + hard copy / CD + hard copy

Typed sheets Number..... / photographs and/or illustrations are attached

Written permission for publication is attached /

Please make sure that this entry form is **SECURELY ATTACHED** to your entry.
 Please remember that no material submitted will be returned, make sure you have your own copies! Photocopies of the entry form will be accepted.

Entries are to be handed into Sedbergh Office Services, envelopes must be marked:
Community Writer's Project and addresses to Mrs. Elspeth Griffiths, Editor.

The Catterick PCC is within the military complex. Report to the gate & the security person will direct you to the PCC. There is a waiting room, a consulting room & a treatment room. There is equipment to nebulise asthmatic patients, an ECG machine (heart monitor) & a defibrillator. The doctors on duty are GPs from the Richmondshire area.

Please do not turn up at the PCC unless invited by the duty doctor

For home visits, there is a fully-equipped emergency vehicle with driver. At weekends & bank holidays, there is a stand-by doctor. The duty doctor can call on this doctor if the workload makes this necessary.

So now let's deal with the 'what ifs'

What if I have no transport to the PCC?

With funding from Hambleton & Richmondshire Primary Care Trust (PCT), NYED are proposing to offer a taxi service for those who ***genuinely*** have

no transport. This service will be at risk if abused.

What if I am invited to the PCC, then the doctor gets called out whilst I'm on my way?

The driver informs the security guard on the gate. You will be directed to the PCC, where there is a warm & comfortable waiting room. The doctor will see you once he returns to the PCC

What if the doctor can't be contacted whilst out in the car?

The car has Orange & Vodaphone mobile telephones. There is a PACNET connection for data transfer. The doctor has a message pager, & the driver has an ambulance radio which enables contact with ambulance control & the NYED call centre. As things stand, your doctors only have Orange phones, so there is a better chance of contact being established than at present. If the car cannot be contacted, your call can be passed to another PCC

(Continued on page 22)



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for follow-up.

What if the car can't find my house, or it snows?

The 'car' is a 4x4 diesel Vauxhall Frontera, equipped with satellite navigation, which finds your house using your postcode. The call centre can track the car by satellite. If this vehicle cannot operate, very few land-based vehicles would be able to, so, just as now, air transport would have to be considered for serious emergencies. The decision to call up air transport is always taken by the ambulance service, based on advice from the duty doctor.

Won't it take a long time for the doctor to reach me?

If your problem is a serious life-threatening emergency, the paramedic ambulance is the most appropriate response. Presently, your own doctors cover an area from Sedbergh to Leyburn, Arkengarthdale to Buckden, so it can take

some time to get to you as things stand.

Can I telephone the PCC directly?

No. Only the NYED call centre in York & the ambulance control room can communicate directly with the PCC

Will the duty doctor have access to my medical records?

Not at the present time. As well as telling the doctor about your current medical problem, be sure to mention any long-term medical problems you may have – even if these appear to be nothing to do with your current problem. Also, have to hand your current medication packages so you can read the names of the drugs out to the doctor if necessary. If you are called to the PCC, take these, or your repeat prescription counterfoil with you to show the doctor.

A record of your contact with the duty doctor will be faxed to Hawes surgery the following morning. Once any further follow up by your own doctor has been

carried out, this will be filed in your medical records.

Won't it be easier to just go to casualty at Kendal or Lancaster?

Unless it is a life-threatening emergency, or your problem is a physical injury that may need stitching or an X-ray, or the NYED duty doctor has advised this course of action, do **not** present at casualty. It is much further to travel, you may have to wait several hours whilst more serious incidents are dealt with, & you will be abusing a service which is there for life-threatening complaints. Your doctor gets a report on each of his / her patients presenting at casualty, & will be monitoring these for abuses.

Will there be a surgery on Saturdays?

There will be no routine Saturday surgeries at Hawes or Aysgarth. To extend the NYED service into Wensleydale, Hambleton & Richmondshire PCT has provided funding to develop Aysgarth Surgery into a satellite PCC, & pay for extra doctor hours to bring this into use when necessary. This will be available for all patients from the Wensleydale area, not just those from the Central Dales Practice. The duty doctor at Catterick will decide when to bring the Aysgarth PCC into use. It is envisaged that this is most likely to be at weekends & bank holidays, when patients will be gathered together for a mini surgery.

The last routine Saturday surgeries was on 27th March, 09.00 –09.45 at Aysgarth, 10.15-11.00 at Hawes.

Does NYED have the capacity to deliver this service?

PEOPLE'S HALL SERVICE

Sunday 23rd May @ 10.30 am

- INFORMAL
- WELCOMING
- REFRESHMENTS
- CONTEMPORARY WORSHIP

ALL ARE WELCOME

SPONSORED BY SEDBERGH METHODIST CHURCH

NYED has been around in its present form since 1996, growing out of a York-based doctors' on call co-operative that was formed in 1968. Presently it provides out-of-hours cover for 1.6 million people in an area extending from the Humber to the Tees estuaries, with the A65 corridor forming its western boundary in our area. The call centre controls 14 main & 3 satellite PCCs. The Catterick PCC covers 32 000 patients presently, increasing to 37 000 when your practice joins. Due to many years experience, the organisation knows when the demand for the service is likely to be high, & adjusts the number of personnel on duty to cope. There is plenty of spare capacity to cope with the addition of our practice & the practice at Great Ayton, which will also join NYED on April 1st.

As always, if you have any questions about this, or any of the services we provide, please contact me at Hawes surgery (01969 667 200), or E-mail Clive.West@gp-B82045.nhs.uk. :o)

This article has been included because many people in Dentdale and Garsdale used the Hawes Surgery. Ed

SEDBERGH PARISH COUNCIL

25th February

GUEST SPEAKER

The Chairman welcomed Kate Braithwaite, Chief Executive of Voluntary Action Cumbria to speak to us about the Rough Fell Sheep Project at Catholes Farm.

For over 4 years now the Rough Fell Trust has been working with local groups to look at and preserve the culture of the rough fell sheep breed. This has encompassed a range of work from genetics to marketing. They are now looking for a base from which to promote and preserve the breed as the flock is vulnerable in the future. 17 Sites were looked at and Catholes was the best. It has 60 acres and has fell rights as well as house, barns bunk bran and other agricultural buildings. The intention is to take over the whole farm and employ a farm manager and run it as a showcase working farm. The project is not about history but a large archive will be on display. There will not be a visitor centre mainly due to the poor access, but it is on the Dales Way so walkers will be encouraged. The target is for about 5000 visitors but most of these will be

professional and study groups, as there will be a strong educational element. They will continue to run the bunk barn and there is scope for a few more beds.

The farm will be self-sustaining from the start thus no revenue funding is being sought and the funding for start up is mostly in place. The venture will hopefully link to both the town and Farfield and should benefit both.

Planning applications were considered as follows:

- Erection conservatory to rear of 21 Sycamore Avenue.
- Siting of children's play equipment to rear of Bull Hotel, Main Street.
- Alterations to Bank entrance to allow disabled access, Barclays Bank, 28 Main Street.
- Conversion redundant building into residential accommodation at 37-39 Main Street.

BOOK TOWN

Cllr. Hopkins reported that he attended a meeting of the Book Town committee. Two consultants were preparing a report on the use of Knight's or Udale's as multi-occupational units. The work required for converting Udale's is unlikely to receive funding and Knight's would be a better option.

It was agreed to ask Dr. Hodge to attend the April meeting.

GULDREY LANE DEPOT

The recent decision to refuse planning permission for housing on the Aqua Engineering site was discussed in relation to the adjoining Cumbria County Council site and a letter from SLDC expressing their interest in this site as a area for development into small workshops/offices. It was agreed that we fully

SPARE TIME?

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supported this as there was a need for commercial premises in the town. It was also agreed that we would continue to oppose any application by Cumbria County Council to turn this area into residential use

HIGHWAYS

A plan of proposed signage for Farfield Mill has been received from Capita for our comments. It was agreed that we felt the signs at the Toll Bar Junction were unnecessary and would lead to too many signs at this junction. Any visitors would be heading to Sedbergh and thus the signs should start within the town. There was already a problem with the signs not being clear at the mini-roundabout on Back Lane and if there are any new signs here the opportunity should be taken to improve all the signs at this corner.

The kerb at the entrance to the Auction Market needs to be dropped. Also a kerb at Maryfell has been dropped but it is rather steep.

Concern was raised about people parking in front of the Fire Station when collecting children from Settlebeck School. The clerk will speak to the Police and ask them to take action. *(Drivers have been spoken to and the problem should now be resolved)*

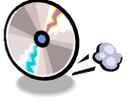
There is a bad pothole at Borrett Farm and Busk Lane has been badly flooded during the recent heavy rain.

PLAYING FIELDS

The clerk advised that the proposal to extend the parking on the bottom end of the field had been discussed with the Planning Officer who had indicated that planning permission would be refused. Notably because the playing field had been designated an Important Open Space on the Local Plan, there was also a



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presumption against more Parking especially if it were only intended to cater for peak time parking. It was therefore agreed that we would drop plans for a car park here.

A meeting had been held with the Playgroup as they have nearly reached their fundraising target. It was agreed that we should lease the land to them if this is a requirement of their funders. It was also agreed that the Parish Council would continue to pay for the Inspections and that if they were to undertake the maintenance we would be willing to make them a yearly grant for this purpose, the amount was open to discussion. Insurance would also have to be considered but the area should be covered by the Parish Policy but the clerk would check this on renewal.

FOOTPATHS

A lady fell on the footpath from Bainbridge Road into Town. This will be reported to the YDNP.

CORRESPONDENCE

Mrs. Hewitt - Request for a bench on Main Street in memory of her husband. This was agreed.

Mr. Baines – Request for a bench outside the fire station in memory of his father. This was agreed.

:o)

WHEN WE ARE MARRIED

JB Priestley

This is everything that community drama should be. Sustained comedy, genuinely characterful acting, an audience of the men and women you see on the street every day! Dentdale Players really did strut their stuff in Dent Memorial Hall on 15th - 17th April. There was huge delight both on and off stage as Priestley's beautifully crafted comedy set the rafters roaring on a soggy Dales evening. Susan Garnett's skilful direction was everywhere evident in her unobtrusively clever choreography of the 14-strong cast round a pocket-handkerchief size stage that suggested the well-to-do Councillor Parker's best sitting room. The husbands were sober-suited, smug chapel

dignitaries, pompous, self-important, blinkered, insensitive, and full of the bluster you only get from small men who become huge fish in very, very small pools. Then Priestley hilariously pulls the rug from under their collective feet, and for two hours they don't stop falling. Pillars of the community all, but, horrors! NOT wed. 25 years of unknowingly living in sin while full of self-righteousness about how others should behave, notably the new Choirmaster, who commits two sins: firstly, he actually dares to 'walk out' in public with a GIRL, but possibly, even more dreadfully, is a SOUTHERNER and all 'lardy-dar!' But the Choirmaster has a stick of dynamite in the form of a letter revealing that the six parish stalwarts were "married" 25



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years previously by some young curate without the proper spiritual driving licence! The terror of scandal stalks the anniversary party: the Press lurk, an alcoholic photographer, a short-changed, sacked and eavesdropping cook with revenge on her mind, and the rattling skeleton of a lurid boys night out in Blackpool falls out of the cupboard to keep things farcically simmering. The wonderful trio of the great and good, played as a very slick team by Graham Dalton, Robin Hildrew, and Ian Dawson, were brilliantly 'managed' by their astute, no-nonsense wives of Sally Blackburn, Libby Hartley and Elizabeth Dalton respectively. The terrific ensemble of these six was exemplary, and the necessary comic timing was nigh on impeccable. Supporting them - and like the very pro rep writer he was Priestley makes sure everyone does get their turn at the limelight - was Ruby, the I-miss-nothing, effervescent maid of Jayne Calvert, Henry Ormondroyd's drunken photographer with a real story to tell with some relish, and his sidekick, the exactly right, cheeky reporter, Andrew Woof, the 'southern' Choirmaster with the best Messiah for miles in Craig Stephenson,

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diffidently pursuing the coy Jenny Robinson, with Marjorie Duxbury as the 'painted lady' from 'that night' in Blackpool all eyelashes and wicked suggestion, together with the once compliant but then outraged vicar of Mike Duxbury, and lastly, but triumphantly, the sublimely anarchic Nancy Murdoch, whose lively face, comic timing and thrill of puncturing small-town pretensions were simply electric. Lighting was ingeniously conceived, the wardrobe and make-up deftly organised, and a heck of a time was had by all. My 'man of the match'? Elizabeth Dalton - all injured propriety, brilliant asides, a real sense of the greengrocer's lass who has grimly fought hers and her husband's way to the top of the town heap and is not going to let go without a fight - oh yes, and the best left hook in the business! Cracking show!

Stuart Manger

**BRIAN WATERS
SEDBERGH TOWN BAND**

The Sedbergh Town Band suffered a grievous loss on Sunday 4th April with the sudden death at his home of Brian Waters. Brian, known to all as Tarka, along with his wife Sandra, was one of the original group who participated in the first brass lessons given in the Bull Hotel by Alan Lewis. From being a complete novice Brian, through his enthusiasm, dedication and innate ability, soon became a most proficient and valued player of the baritone horn. In the course of the five years since the formation of the Sedbergh Town Band, Brian has played in every concert and engagement in which the band has been involved. He has also played regularly with the

Sedbergh School Band, again playing in all concerts and functions to which they have been invited, including the Lords and Durham Cricket grounds entertaining the Test match crowds during the lunch interval. Together with Sandra he also accompanied the School Band to the West Indies where the band performed with great distinction to considerable acclaim.

Brian's contribution to the Town's brass music was not restricted to performance - from its inception he held the post of Chairman presiding with distinction and authority over the monthly committee meeting, guiding the band from its fledgling beginnings to the seasoned and respected outfit it is today. A lasting testimonial to Brian's association with the



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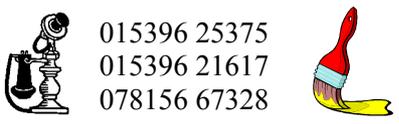
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band will be the bandstand located in the Bull Hotel's garden. Designed and constructed by Brian it was used most successfully for the first time last summer for the inaugural Sedbergh Brass Band Festival.

Brian's funeral took place in St. Andrew's Parish Church on Tuesday 13th April. The enormous regard and respect in which Brian was held locally was reflected in the size of the congregation which packed the church. The Rev. Bill Long gave the address and paid fulsome tribute to all the many and varied contributions made by Brian to the community. In particular he stressed Brian the family man who exhibited the

priceless quality of giving freely of his time to all which rendered him an adored grandfather and friend to all. The sympathies of all go to Sandra and family.

The Town Band turned out in force, augmented by Sedbergh School boys, both former and present, who felt the loss as keenly as the local players and were anxious to pay their last respects both as individuals and representatives of Sedbergh School. The band shared the playing of the hymns with the organist, Deryck Cox, and concluded the service by playing a march composed by Alan Lewis to celebrate the birth of Brian's third grandchild, 'Tarka 1, 2, 3.' *G. B.*

HOMEOPATHY
 CLINIC IN SEDBERGH
 'Drop-In Clinic' for acute cases **every Friday Morning** in the Masonic Hall
 between 09.30 and 12.30
 Beginning on 5th March
No Need To Book ~ Nominal Charge
For Further Details, Contact
 Denise Williamson - Sedbergh 20846
 Ian McPherson - Sedbergh 20648

FAMILY MUSINGS

Why oh why do people not telephone when they say they will, it is becoming really annoying. My start date with a new job has come and gone and still nothing certain. Anyway I am marketing myself while "they" sort themselves out, but is it not really bad?

Youngest daughter commented recently that her brother never wanted to eat her scrambled egg "when we were all little", I am not too bothered about his refusal to eat but am slightly about how old she was in those far off cooking days... after all they are all near in age and if he was "little" she would be even more so! Anyway she tried to put my mind at rest by telling me it was Granny's microwave

recipe, that sounds a bit safer.

Elder daughter is on the final lap at New College, Durham, due home early June, looking for work. We hope to be able to visit her again before she leaves the north east.

Son has just been in a play performed in the local hall where he has played a variety of parts in school plays, much more confident this time.

Out of every window we see Daffodils dancing in the breeze, including extra ones planted last year so Granny would see them from her chair. On the nut holders we don't just have Blue and Great Tits but chaffinches and green finches, starlings and sparrows. All delightful to watch. Lots of plants

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waiting to be dug in, in the garden, many bought with vouchers given last Christmas, some at the recent church sale. I really wish that the cakes I bake for Produce Stalls could be the ones people buy first, not the ones left until the end!

Talking with one or two friends recently I think we will start a "M M's" club, "Missing Mums". It can hit hard at times and often over very small things like for example only one name on the W. I. News, her favourite shrub in bloom or no goodnight hug. A small child was sobbing her heart out in the shopping centre recently, her little fists tightly clenched and pushed into her eye, her voice not much more than a wail. "I

want my Mummy". I knew just how she felt and could easily have joined in.

Meantime, as life goes on, more short stories off to magazines, getting back to one of the novels, looking for work, sorting out "My Stuff" from the farmhouse, (which, incidentally is being transformed by younger daughter and friend) putting that best foot to the fore.

Meanwhile one of my brothers is off to New York on the Queen Mary. Is it a case of how the other half lives? Give me Cornwall any day! And where could be better than this wonderful bungalow in its delightful garden with close friends popping in and family around me?

Making new, mostly happy memories.

Enjoy yours.

:o)

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Dear Editor,

DENTDALE MEMORIAL HALL

May I, through your columns, try to bring to an end a misconception that seems to have become widely held over recent years, i.e., that the Sedgwick Room was so named in honour of Adam Sedgwick, as the writer of an article printed in the April issue claimed.

A few years ago I was at a meeting in Dent, organised by the Yorkshire Dales Society, when the speaker said “..... and here we are in the Adam Sedgwick Memorial Hall.” Nothing could have been further from the truth!

The first exploratory meeting to discuss the feasibility of providing a village hall in Dent was held in December 1943. By

March 1944 a working committee had been formed which expressed its desired aim as being ‘to obtain suitable grounds to lay out and equip as a playing field, etc., preferably for young and old and, if feasible, on the above grounds to build, equip and endow, or partially endow, a hall suitable for the social activities of our dale AS A MEMORIAL TO THOSE WHO ARE GIVING THEIR LIVES FOR US AND A TOKEN OF OUR APPRECIATION IN A PRACTICAL MANNER TO THOSE WHO COME BACK TO TAKE UP THEIR WORK AND DUTIES AMONGST US.’

Though the original aim was not achieved because of various restraints, regulations and disagreements, the



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BOWEN TECHNIQUE

Experiencing a Bowen Technique treatment has been on my wish-list ever since I heard a colleague describe it as “the homeopathy of bodywork”. By this she meant that it is subtle compared to other physical techniques. So I was pleased when the opportunity arose to receive a treatment from Denise Williamson. The nominal reason for the treatment was that my knees sometimes hurt when going upstairs.

The session began with Denise’s beautiful black cat settling itself on my knee while I answered a few questions. For the treatment I lay on a couch, with most of my clothes still on, sometimes on my back and sometimes on my front. The treatment consisted of short sequences of movements, which Denise made on various parts of my body (back, shoulders, legs, head) with her hands.

The movements were brief - there was no time to figure out what was going on

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before they were over. And they were neutral in the sense that they were neither uncomfortable nor pleasurable. Between the sequences of movements Denise left me alone to rest. The first few sequences were to benefit the whole body, then Denise did some movements specifically for my knees. She finished with a sequence on my head. The whole treatment took a little over an hour.

I did not really know what to make of it. During the treatment my tummy gurgled a bit - this often happens in reaction to all sorts of physical therapies. As I walked home I felt vaguely unsettled - as if something had happened, but otherwise much as normal. Reactions to Bowen Technique can continue for up to a week after the treatment and it is not expected that any specific complaint will be instantly cured (though it might be).

The next day I was in no doubt that something had happened. I had, what

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sound like quite common reactions: a dull headache, my skin felt tender as if I had flu and I felt weepy for no particular reason. This lasted for about a day and a half. I also felt a strong desire to eat red meat, which fortunately I was able to satisfy with a delicious organic fillet steak. As I write now, 5 days after the treatment, I feel very well and today, for the first time, I thought my knees seemed a bit better. I intend to have at least one follow-up treatment and I am hopeful of a good result.

Denise lent me a book, "Bowen technique" by Julian Baker (Corpus Publishing 2002), from which I learnt that after the treatment walking, water and waiting a week (before a second treatment) are indicated. I am not a great fan of drinking large amounts of cold water, but I have taken the advice to drink small amounts of water (warm, in my case) regularly throughout the day.

The book also recommends not using any other therapies at the same time as Bowen Technique. I read this too late - I had already treated myself with acupuncture (just one needle) while I was having the reaction to the Bowen treatment. (Please note that I am not recommending that you do this at home.) This seemed like a good thing to have done, as I felt better in myself after just a few minutes. However, according to the book this may have disrupted the Bowen process. I shall have to ask Denise what she thinks about this, when I go for my next treatment.

The trouble is, the line between therapy and life is quite an artificial one. The



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steak, although a powerful blood tonic, was food. Had I taken a bottled blood tonic, such as Floradix, that would have been medicine. The single needle was therapy, but had I absentmindedly pressed the point with a cocktail stick at a party (I am not recommending this either), it would have been just life. What is the difference between lying in the sun and heat therapy?

For more information about Bowen Technique, please phone Denise Williamson (015396 20846). For discussion about where does life end and therapy begin please contact me. My phone number is 015396 20972.

June Parker

MORE SEDBERGH MEMORIES

I was very interested in Mrs Helen Waycott's memories of Sedbergh, as published in the April edition of *the Lookaround*, especially as Helen was one of my childhood friends and she has reminded me of things I had forgotten. My mother was at Baliol School with Kathy Taylor from Akay, and right up to the time of her death, Dr Skeat kept coming to call on my mother. I was to go to the school as a day girl but it closed before the very term I was to start, much to my relief. Dr Skeat was German, and it was said that during the First World War she was knitting socks for German soldiers!

I can remember the gymkhanas organised by Mr Gorton (Bishop of Coventry during World War 2) and I took

part in one or two of them dressed as a gypsy selling sweets. I have a photograph I took of Mr Browne dressed up as a horrible tramp, and I remember Harvey Askew ordered him out of his grocer's shop!

I can remember Sergeant Stoker's P.T. classes which I dreaded as I was hopeless at P.T. The only thing I was any good at was rope-climbing which must have been "in the family" because I have a book presented to my mother at Baliol as a prize for rope-climbing.

Helen's mention of the fire at Ingmire reminded me of a party that I, as a very small child, went to there when Sir Harmwood Banner's grandchildren, Ann and John Ford, were staying with them. My chief recollection is of being taken by Lady Banner to see Sir Harmwood in his

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study and I can still picture him sitting there at his desk in an oak-panelled room. All I can remember about the party is that there was a treasure hunt for presents hidden all over the house and you kept every present you found. I remember John giving me a little Japanese vase because I hadn't found a present and I kept it for many years. It was, of course, a known thing that Ingmire was set on fire deliberately, and the then owners got no insurance for it, I am told.

The little poem about the Peppercot by Bridget Bowyer also brought back memories of Akay. My namesake, Barbara Betham, whose mother was another Taylor from there, would send Barbara down to pick fruit in the kitchen garden at Akay, and Barbara always took me with her as she didn't want to go alone. It was very spooky in the evening as the kitchen garden was walled, and was surrounded by high trees.

Going back to parties, I hated them when I was a child, being very shy, and I was invited to one at Gate. I was very small then and all I can remember is sitting crying on Mrs Betham's knee through it all. Needless to say I was never invited again!

In conclusion, I refer to the article

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'Memories of Sedbergh' in the March edition of *the Lookaround*. I am afraid Mrs Gill Robinson has got herself a bit mixed up. Mounseys never ran a taxi business and Mrs Mounsey was a very large woman. I wonder if she is thinking of Mrs Hancock of Hancock's Garage? They ran a taxi service and Mrs Hancock did most of the driving. She was small but I wouldn't have called her 'tiny' and Mr Hancock was her husband, not her son.

I cannot remember seeing Mr Sisson sitting cross-legged in his shop window, nor a Pullars of Perth shop next door. Lilymere is not a farm, it is a private house and Mrs Williams lived at, and kept her dogs at, the Lodge.

Mrs Barbara Morrison (nee Lee)

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FARFIELD MILL

Opening of Top Floor (Level Four)

Since it was first built in 1836, Farfield Mill has witnessed many changes and has had to adapt to ever-changing times. As many of you will know, Farfield Mill started its life as a purpose-built woollen mill under the ownership of the Dover family. Production at the mill continued until 1992 when the last owners 'Pennine Tweeds' ceased operations. Gradually, the Mill lapsed into disrepair and its obvious decay became an ever-present and sad reminder of how a once-thriving business in the local area had entered into decline. Spurred on by the sight of a building of such local importance going to rack and ruin, Maureen Lamb and a group of volunteers concentrated their efforts on saving the building and the ultimate reward must be undoubtedly seeing the Mill in its current guise playing an important role in ensuring the history and heritage of our area are not forgotten...

In 2001, Farfield Mill opened its doors to the General Public as an Arts and Heritage Centre. As a result, visitors from many areas of the U.K. and overseas have spent time at the Mill and in the local area. Since 2001, the refurbishment of the Mill has continued in the background and is will shortly culminate in the opening of our top floor (Level Four).

Funded by the ERDF (European Rural Development Fund) and RDP (Cumbrian Rural Development Program), the refurbishment of Level Four truly represents 'the icing on the cake' in terms

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of Farfield Mill's resurgence. This bright and spacious floor is flooded with natural light and the views over the surrounding fells and river are absolutely stunning. This floor offers the perfect location for our new gallery space and allows us the opportunity to exhibit the work of many more artists. In addition to the gallery area, we also have four more tenants who have taken possession of workshops/studios in this sought-after floor.

Over the years, Farfield Mill's survival and continued transformation has depended on it being able to adapt to a changing world and to this end, Farfield Mill will shortly be entering the world of e-commerce via our website. Our aim is to operate a commercial forum which will allow us to sell the work of our in-house artists. Details of how to commission resident artists to create individual works will also be on the Centre's web site. www.farfieldmill.org.

We hope you will find the time to visit us this year and to come and view our new floor which will be open from Saturday, 1 May onwards.

Tel: 015396 21958. E-mail enquiries@farfieldmill.org

:o)

SEDBERGH COMMUNITY WRITERS' PROJECT

In November 2003, the Sedbergh Book Town Committee announced the start of the Community Writers' Project.

Anyone from Sedbergh and District are able to submit a written piece which may be prose, poetry or drama of no more than 3000 words in length, original illustrations and/or photographs may be included.

These pieces will be used in one or both of the following ways:

All pieces will be included in a specially bound scrapbook of the project to be kept afterwards in the Library.

Suitable pieces will be chosen by the Editorial Committee and will be published by Hayloft Publishing of Kirkby Stephen. This book will then be

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available for locals and visitors to Sedbergh to buy in the normal way. The Editorial Committee will be headed by Mrs. Elspeth Griffiths, archivist and librarian.

Rules:

- Entries must refer in some way to the WORD Sedbergh. This means a character could be called Sedbergh, you could write factually about Sedbergh, or any other mention, just as long as the word is included in your piece.
- One entry per author only.
- Those of 15 years old and upwards eligible.

Entries must be received by June 1st 2004, but we would be pleased to receive entries as soon as possible.

Any piece mentioning living persons, or those with living relatives must be accompanied by a letter giving written permission for the piece to be published.

Entries may be made on computer disc but should be accompanied by hard copies of all material included on the disc.

Entries will not be returned as originals will be included in the Community Scrapbook of the Project, therefore please make your own copies. :o)

TWINNING

The anonymous writer of last months article is a little naive, on the EU front, if they think that the folk in Brussels won't be taking any notice. As for escape, we could leave tomorrow as it only requires our parliament to rescind the European Act. Sadly, left to their own devices, they are unlikely to do so as they are on the EU "gravy train".

It is also true that other European countries flout EU regulations notably the French and Italians. The Italian farmers over produced their milk quota by more than 300,000 tonnes in 2002. Penalty? Precisely nothing as 10 years ago Kenneth Clarke agreed they should not have to pay their fines. If our farmers over produce they get stung with a super levy. Just as we are not allowed to supply all our milk 30% has to come from the EU!

Our government gold plates EU regulations in the hope of scoring "brownie points" As far as Brussels is

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concerned England does not exist. We are a group of regions reporting to the committee for the regions. The sham of a referendum on regional government comes from Brussels not Downing Street. Our government has appeared to give Wales and Scotland their own parliaments. In effect they are just 2 more regions of the EU. Our government would give Ulster back to Eire if it were not for the Unionists.

Returning to the idea that twinning will create more business for the town is surely taking a sledgehammer to crack a nut. More local and national events would be more likely to do that. I am sure that shows, competitions in sports and livestock together with special events would bring more visitors to the town. For example people travel all over to show dogs, cats, cage birds etc. Our hobbies days were well supported. Photographic competitions and exhibitions and fairs are held in many towns as are flower shows. The Cautley run and various cycle clubs using the town are examples. An annual fell race would continue this idea if advertised correctly. Lets not get tied up with the EU.

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SEDBERGH TALKING LOOKAROUND

Every month, about twelve visually impaired people receive copies of the Talking *Lookaround* tape, which contains a variety of selections from the *Lookaround* magazine. A copy is also placed in the Library for anyone to borrow.

A number of people are involved in producing these tapes. We have a pool of about ten adult readers; Settlebeck School supplies two pupils to read each month, and Sedbergh School sends two pupils who read and help prepare the tapes. So eight readers are used each month, the adults taking turns.

Another five people are involved in editing, programming, printing out and

delivering scripts to the readers, setting up the recording equipment, and in the actual recording process. This all takes several days.

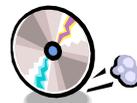
These nineteen people are all volunteers. To complete the team, we really, really need one more volunteer to mop up the occasional administrative jobs - for example, arranging recording dates and booking the St. John Ambulance room where we record - liaising with the South Lakeland Voluntary Society for the Blind in Kendal - organising two meetings a year of the Sedbergh Talking *Lookaround* Group - and so on.

If anyone would be interested in taking this one, please contact Valerie Finch on 21592 for more details. :o)

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Saturday 5th June 10 pm till late - Admission £3
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Friday 11th June

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3 Course Meal, Disco and Coach

Tickets £16 from Caspa

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A. G. M.

White Hart Club

7:30 pm Saturday 12th June



FROSTROW W. I.

Our President welcomed everyone to the April meeting which began with one minute's silence in which we remembered Eleanor Greenbank, a fellow member who sadly died recently after facing her illness with great courage. We also remembered Mrs. Kevan, once an active member, but who had not been able to join us for many years.

Jean Jones gave an account of the half yearly Council Meeting when Alma Williams spoke about the E. U. and very enjoyable entertainment was provided by 'Flutes and Co.'

Taylor of Harrogate plant a tree in Ethiopia for each token collected from their tea packets, so we were reminded to save tokens.

Ann Petyt thanked those who had exhibited at the Spring Show and gained points for the Institute.

Our speaker was Lucy Morris who regaled us with the story of her musical career which was not all plain sailing. After gaining a scholarship, she was allowed to go to the Royal Academy of Music and later spent two years at the Academy in Vienna.

Most people have little idea of the rehearsals and hours of individual practice necessary before a public concert, so anyone hoping for a career in music must be 100% sure that it is the right path for him/her. A bonus is the contact with famous musicians and working under distinguished conductors.

Lucy finished by saying, "It is a privilege and a joy to earn a living doing what one loves best". It must be rewarding that her daughters are also following highly successful musical

careers. She was thanked by Jean Mitchell for telling us about the progress of her career with all the amusing incidents.

The raffle winner was Nora Walker. A W. I. Advisor will attend our Resolutions meeting on May 12th. There will be a Jacob's Join supper and social evening.

M. F.

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SEDBERGH & DISTRICT HISTORY SOCIETY

The AGM was held on 27th March at Settlebeck High School and was followed by a Quiz and Jacob's Join.

The Officers for 2004/5 were elected as follows:

President

The Very Revd. Ingram Cleasby

Chairman

Joyce Scobie

Vice Chairman

Tony Hannam

Treasurer

Marlene Mason

Secretary

Diane Elphick

Membership Secretary

Richard Cann

Programme Secretaries

Elsbeth Griffiths & Christine Swannick

Other members

Graham Dalton, Kevin Lancaster, David Mason, Shirley Tebay & Julie Leigh.

JS

LOCAL PLACES QUIZ

During the month of March, a Quiz Sheet of local place names was produced in aid of All Saints Church, Killington.

The winner was Mrs E Moore of Davy Bank Mill, Beckfoot who was drawn out first from 24 correct solutions submitted. The compiler apologises for the spelling of Stainmore (Stainmoor) but most people got the answer anyway. Both spellings were accepted.

Many thanks to everyone that took part which generously raised £164 for the Church.

1. Dent
2. The Lake District
3. Ingleton
4. Devil's Bridge
5. Scout Scar
6. Appersett
7. Carlingill
8. Tunstall
9. Mallerstang
10. Bentham
11. Garsdale
12. Farfield
13. Rigmaden
14. Old Hutton
15. Barbondale
16. Winder
17. Kirkby Stephen
18. Black Force
19. Frostrow
20. Ingmire Hall
21. Stainmore
22. Ravenstonedale
23. Settle Carlisle Railway
24. Four Lane Ends
25. Borrowdale
26. Ingleborough
27. Hardraw
28. Killington Reservoir
29. Casterton
30. Crook Of Lune
31. Oxenholme

32. Danny Bridge

Mrs J Thornley

This quiz was one of many that circulate in our area on a regular basis which are always exciting and raise good money for good causes. Printing the answers in *Lookaround* is a guaranteed way of getting them to everyone that takes part. If you organise a similar quiz, let us have the answers and the winner in a short report. *DJW*

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DENTDALE MEMORIAL HALL

The Haygarth Room has been used as the dressing room for the cast of "When We Are Married", (well done, Dent Drama Group) and so good to see the Hall full for each performance. On June 1st we have our second Antique Valuation Day with valuers for a wide range of items, see advert for further details and do come along.

We have a sub-committee for arranging the Gala combined with one for fund-raising and some of us attend the Festival Committee meetings to help the working together work better.

As ever, I am here for ideas, moans and suggestions. We need some work to be done on the new sky-lights and the tarmac outside the back door to help wheelchair users. *Sarah E. Woof*

**SEDBERGH & KIRKBY LONSDALE
NEIGHBOURHOOD FORUM**

*Summary of the meeting held on 16th
March in Garsdale Village Hall.*

Highways Issues

Nick Raymond, Area Highways Engineer. Peter Allan, Highways Associate with CAPITA, outlined details of works pending in the forum area. These included footway work at Maryfell, Sedbergh and signing improvements in the Garsdale, Cautley and Becksdale areas using black posts rather than galvanised ones. Work has been ordered for basic maintenance on the Rash to Gawthrop Road. The issue about the cobbles in Dent will be looked at in the beginning of April. A new scheme is planned for the management of

motorcycle issues on the A683, A684 and A685 roads.

The following points were raised by people at the meeting (replies in italics).
Kerb edging makes the road more dangerous.

kerbs are there to protect the edge of the road, drop-offs are dangerous too

Are culverts on the Sedbergh-Kirkby Lonsdale Road attended to regularly?'

No, but the drains should be cleared

The road from Four Lane Ends to Crook O'Lune Bridge is being washed away by poor off road drainage.

Have the roads on the new housing estate in Sedbergh been adopted yet?

The new cycleway signs in the area are very confusing.

The road signs need cleaning.

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etc



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In most cases they need replacing, cleaning would not improve them. A scheme would need to be programmed/or this

Sedbergh Parish Council was promised there would be more bollards on Main Street, but now Cumbria County Council say there is no money available.

Funds were indeed available but the different groups could not agree on the details. Unfortunately funds need to be spent in the same year that they are allocated but because of the delays caused the funds were lost

There are several holes in roadside walls adjacent to the river. Who is responsible for repairing these?

In most cases this would be the adjacent landowner, except where it is a retaining wall for the highway. A scheme for the retaining wall at Dent Brewery has been proposed for inclusion in next year's programme, subject to approval by members and sufficient funds being made available.

Why have 13 extra galvanised posts suddenly appeared in Garsdale?

They are for new chevron signs on bends and are prompted by the recent accident investigation study which was undertaken because of the roads accident record

Traffic is speeding along Long Lane and Back Lane, Sedbergh and ignoring the pedestrian crossings

Ideally should have a discrete police action, Peter Allan will refer to Roger Mallett, Traffic Management

Open Forum

Fire Safety Checks - Cumbria Fire Service offer free fire safety checks and smoke alarms. For further details contact your local fire station.

Foundation Hospital Status - Morecambe Bay Hospital Trust are arranging a series of consultation meeting about Foundation Hospital Status.

Future Meeting dates - Information available from Dianne.

Suggestions for the agenda are always welcome.

County Council Contact - Dianne Whitehead, Neighbourhood Development Officer, 6 Cross Street, Ulverston LA12 7LF Tel. 01229 894103.e-mail: dianne.whitehead@cumbriacc.gov.uk :o)

TOP CUT 

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Kendal LA9 6AQ Mob: 0778 6682161

BAG TO SCHOOL

On Friday 18th June a company called Bag to School will be collecting ladies, men's and children's clothing, bedding, curtains, soft toys, shoes, belts and handbags from Zebras.

They will pay Zebras £200 per tonne, so the more we collect the more money we get. Please start saving your clothes etc, now. Bags will be available from 28th May.

For more information telephone Sedbergh 21644. We can arrange collection of bags locally before the day. Thank you for your support. :o)

SEDBERGH & DISTRICT HISTORY SOCIETY

The last meeting of the winter programme was a talk by three members of the Mourholme Local History Society.

The origins of the society go back to 1973 when Liverpool University's Institute of Extension Studies began a research course into the history of Warton. This led to the founding of the Warton History Group which in 1980 became the Mourholme Local History Society, the name coming from a one-time castle in the Parish of Warton. Apart from holding a series of winter lectures and sending out a society circular three times a year their main effort has been directed to producing histories of Warton. They have so far published two and a

third is almost ready for sale.

Jean Chatterley began by outlining the history of the society and the problems they had faced in producing the books, warning us of the pitfalls to avoid if we ever tried to publish one. Michael Wright then gave us a brief account of the contents of one of the books. This was a history of the parish in the seventeenth century. He showed how arable farming had been important in those days with a lot of the flatter ground devoted to crop growing with oats being the commonest crop and the ownership of manure an important issue. Sheep had been the predominant animal greatly outnumbering cattle and leading to overgrazing of the fell sides. The closeness to the coast ensured that fish

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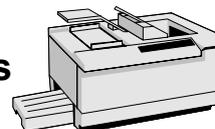
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were available to supplement the diet but the movement of the course of the River Kent towards the end of the century had meant the loss of salt marshes and caused hardship. The occurrence of plague, etc, could be charted from a study of the parish registers.

The two speakers plus John Findlater then answered questions. One interesting point that emerged was that the Dent mortality rates showed similar peaks to those in Warton. It had proved a most interesting evening and in addition to thanking them we were able to give them, from our archives, a copy of a Terrier of Warton Parish made in 1717. :o)

Feeling The Strain ..?

Need Help: In The Garden ...

In The House ...

Looking After Someone ...

House Sitting When Away ...

References Available

No Obligation

Contact Sarah

015396 25212

0792 9090 653

YORKSHIRE DALES NATIONAL PARK

A fund that helps promote sustainable projects in the Yorkshire Dales has drawn in £1 million in its first year of existence.

The Sustainable Development Fund started just over one year ago in the Yorkshire Dales National Park and is successfully promoting social, economic and environmental sustainability.

It has already attracted just over £1 million which has been spent on a wide

range of innovative projects, both large and small, such as the North Craven Composting Scheme, the Youth Hostels Community Recycling Project, and the Dales Renewable Energy Roadshow.

The Fund is administered by the Yorkshire Dales Millennium Trust on behalf of the Yorkshire Dales National Park Authority and supports projects and ideas that struggle to find funding elsewhere. These include feasibility studies and mobile equipment.

And the future looks bright because DEFRA has confirmed that further funding will be available to the Authority in 2004/05, enabling it to build on the success of the first year.

Isobel Hall, Sustainable Development Fund Officer, said: "The Sustainable Development Fund is available to individuals, businesses, local authorities and community groups to support sustainable business ideas and community projects that will benefit the special environment of the Yorkshire Dales National Park.

"Projects from outside the National Park can also be considered providing they can show a clear benefit to the area.

"Particular emphasis is placed upon involving young people, encouraging links between people from different backgrounds, and projects that test new ideas and promote best practice."

The Authority is also keen to work with local businesses interested in developing innovative and sustainable ideas.

Anyone who has ideas for projects should contact Isobel Hall at the Trust on 01524 251002 or

e-mail: Isobel.hall@ydmtd.org. :o)

MAY GARDENING

It has taken me a long time to learn to like Skimmias, but walking around the garden one damp evening a couple of weeks ago I was enveloped in the beautiful fragrance of a *Skimmia* bush, just beginning to burst into bloom, and I decided that they are worth growing after all.

The problem with Skimmias began when I worked for a time at Leicester University Botanic Garden, and the powers that be decided that we should become the National Collection holders of all species and varieties of *Skimmia* in cultivation in this country. If you know anything about skimmias then you will agree that, at first glance they all look the same. The trouble is that at second and third glance they look the same too, and so when you have to plant them, nurture them, and catalogue them, you can end up feeling as though you have had just too much of a good thing.

All skimmias have evergreen, tough shiny leaves and make low mounded bushes. Male and female flowers are usually produced on separate bushes with the former being larger, more showy and richly fragrant, and the latter going on to

TAPESTRIES

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The Wool Shop, Dent
At 20% discount
Tel: 015396 25452

produce red, or occasionally black or white berries. My *Skimmia* bush is *S. x confusa* 'Kew Green', a male form which has mid green leaves and hundreds of creamy white flowers which last for 6 to 8 weeks. *S. japonica* 'Rubella' (male) has red edged, dark green leaves, *S. japonica foremanii* or *S. 'Veitchii'* (female) produces large red berries, *S. Tructu albo* is slow growing and bears white fruits and *S. japonica reevsiana* has narrow dark green leaves and produces male and female flowers and red berries. All skimmias prefer to grow in shaded positions, in moisture retentive, humus rich soil although *S. 'Kew Green'* tolerates full sun but may become chlorotic if planted in a shallow dry soil. They have a compact root system and make very good container plants. They are generally pest and trouble free and need very little attention. I am coming around to the opinion that every garden should have one! :o)

Do you need?

A cv. preparing, a special document preparing or typing, assignments, reports, other copy-typing, writing, posters etc?

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THE PEOPLE'S HALL SERVICE

The People's Hall Service is held once a month, on Sunday mornings at 10.30am.

We meet in a relaxed informal environment, with all ages sharing in Christian worship using contemporary music and multi media resources as appropriate. We have a wide variety of visiting speakers, and children of all ages are catered for. We particularly welcome people who have no regular church connection.

The May service will be held on Sunday 23rd at 10.30am, when we hope to welcome a team from Capernwray Hall, near Carnforth.

Why not join us at one of these services – you're invited!

*Sponsored by
Sedbergh Methodist Church*

Cowgill Forge - Premises

We urgently need approximately 1000 - 1500 sq ft of additional workshop space in the Dent/Sedbergh area. Must have/be able to secure planning permission for workshop use.

Rental or possible purchase. Will undertake renovation as necessary.

Contact Chris Payne 25250

MARCH WEATHER.

March many weathers lived up to its reputation. We had a bit of everything! We had only 4 nights with minima below freezing with the lowest of 20.8F being recorded on the 1st & 2nd of the month. On 8 other nights temperatures got down to the low 30s with ground frosts, if you got up early enough! At the other end we

had only one day when the maximum didn't get to the 40s, 39.9F. 15 days with 50s as maxima and the last 2 days a maximum in the 60sF. The highest being on the last day of the month with 64.4F. Very unseasonable I suspect. The equinoctial gales gave us a blast around the 21st with a highest ever recorded figure of 33.1 mph from the South East! This was strange in that the wind on that day was generally from the North West. I am sure there were also gusts in excess of that figure. I can only surmise that trees 30 yards away filter and deflect the wind.

On the pressure front, the lowest ever recorded value of 27.88" of mercury was measured on the last day but only a wind speed of 27.1 mph. Total rainfall for the month was only 2.68 inches. After a dry start we had rain on the 3rd & 4th then no additional measurable precipitation for 9 further days. The next 10 days added the remainder with the last 5 days being dry. We woke up to snow on the fells on the first day of spring.

With the curlews and oystercatchers back we await the first swallow. On the mild days tortoiseshell butterflies awoke from hibernation and bees were working the winter heather. I spotted the first hedgehog casualty but no frogs in the pond yet. Birds are building and marking out their territories. Daffodils have continued the wonderful display started by the snowdrops and followed by the crocuses. The hedges are starting to show green. It will be interesting to see whether we get any hazel nuts later in the year as the gales blew down most of the male catkins before the female catkins appeared. :o)

SEDBERGH MEDICAL PRACTICE

With the resignation of Dr Syred at the end of January 2004, an opportunity has arisen to develop the provision of General Practice within the locality of Sedbergh.

In April, Dr William Lumb joined the Practice. Dr Orr and Dr Lumb have joined the practices, strengthening the provision of General Practice in Sedbergh, improving access and choice for patients along with offering a wider range of services to the whole community. The combined practice will be known as *Sedbergh Medical Practice*.

Dr William Lumb (36) worked as a GP near Richmond, North Yorkshire. He has lived and worked in and around the Yorkshire Dales for the past 10 years. His

clinical interests include Child & Women's Health, Elderly Care Medicine, Psychiatry and Emergency Care.

Clearly it will take some time for the new Doctor to settle in and for the merger of the practices to deliver the expected benefits. The support of the patients in these changes is valued, along with comments and suggestions as to the future shape of Health Care provision in Sedbergh.

Both Dr Orr and Dr Lumb are enthusiastic about the future of General Practice in Sedbergh and the surrounding area. Linking the local changes in the next few months along with those nationally should deliver an improved service to the patients registered at Sedbergh Health Centre. :o)

KILLINGTON SPORTS

commencing 6pm

Thursday 3rd June

Beckside, Killington, Sedbergh

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HOWGILL W. I.

Our April meeting was held in Firbank Church Hall. Dilys McCaffery presided as President, Mary Silva was on holiday. Eighteen members were present.

Peggy Postlethwaite's entry of a fruit cake won First Prize at Sedbergh Show. Congratulations to Killington W. I. Winner of the W. I. Trophy. Dilys gave a report on the half yearly Council Meeting held in the Town Hall. Suggestions were put forward for our summer outing.

Members were reminded of events coming up. The Group Meeting hosted by Frostrow W. I. At the People's Hall, Hayes Garden World open night, and the Holker Hall Festival.

Speaker for the evening was Olive Clarke a dedicated W. I. Representative and true friend of Howgill W. I. She

entertained us with her reminiscences of the exciting year 2002, when she celebrated her 'Special' birthday. Family and friends made sure it was a memorable one with a helicopter ride, a hot air balloon ride and a garden seat to relax on with her cat Pavarotti. There were some amusing anecdotes raising a few laughs.

Dilys expressed thanks for brightening our evening with such an enjoyable talk enjoyed by all. The competition for an arrangement of spring flowers was won by Helen Beare with Mary and Judith Stainton joint second. Raffle winner was Audrey Hoggarth. Next months meeting will be held at Howgill when the speaker will be Mrs. Margaret McClure "Helping the partially sighted". All Welcome.

AH

JJ's AT THE MILL

COFFEE HOUSE AND RESTAURANT

Farfield Mill, Garsdale Road, Sedbergh

11am to 5pm (*weekends only out of season*)

After more than ten years at Jumping Jenny at Brantwood, we were delighted to be asked by the S&DBPT to open the café facility at Farfield Mill Arts and Heritage Centre.

Available in the **evenings (all year)** JJ's offers a superb facility for musical events, parties, functions and for local societies.

Please use it! We welcome musical events.

Come and see!

Chris & Gillie Addison

EMBROIDERERS' GUILD

The Kirkby Lonsdale and District Branch held their meeting on Thursday 8th April at Cowan Bridge Village Hall

We had a wonderful afternoon with Anne Burrow as our tutor. She showed us how we could begin a stitched piece of work on landscape by making a paper collage. Using a photograph, postcard or painting for inspiration, we tore, cut and painted paper and then glued it down to make our own interpretation of the landscape. We all enjoyed playing and it gave an excellent method for beginning to design. Some members continued the work the following week when we made a stitched piece from our paper collage.

Our next meeting will be held on Thursday 13th May, when we will be hearing all about Textiles of Bolivia and

Peru with Val Osborn. The meeting will be held at Cowan Bridge Village Hall from 2-4 pm. Further details can be obtained from Ann Hunter on 015242 41120, Kay Stockdale on 015242 76443 or Tracey Pearce on 01539 741869. All are most welcome. No previous experience is needed. :o)

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DENTDALE METHODIST CHAPEL

The much appreciated Lent Group finished in time for us to share in the Maundy Thursday communion service at St. Andrews. Now Pray and Share has started again, alternate Thursday at 1.45 pm, usually at "Rhumes" (May 13th and 27th). All are welcome, very informal. We may use six weeks or so for a bible study at a later date.

Evening services begin again this month, details in the porch or in the notice box on the wall. Last month we were delighted to welcome both the W.I. And Over 60's as hirers of our Schoolroom. Good news has come of possible funding for the running of the 'Wet Room', (sorry about the pun!) which I need to investigate. As always everyone is welcome to share our worship as we seek to lift high the name of Jesus.

J & S Woof

JJ'S AT THE MILL

'Jumping Jenny' is back at Farfield Mill, which has become a superb centre for Crafts, with the quality of product as high as you will be able to find anywhere in the world.

After a break of eighteen months, when the restaurant beside the river at Farfield Mill was operated very successfully by Ian and Jackie Higginbotham, we are now back 'in harness'! We have already welcomed back many regular customers, and have been thrilled to discover that, every day, more people are finding that on the ground floor (aka Level One - access down the slope at the side of the building) there is a licensed restaurant, offering excellent home-made food in a wonderful ambience. We are open from 10.30am to 4.30pm, and offer at least two soups (always vegetarian), such as Tomato and Fresh Basil; or Leek, Parsnip and Celeriac; (served, as with all meals, with a warm wholemeal roll and butter); Salads, such as Avocado, Mushroom and Bacon/Pine Nuts; a selection of delicious Open sandwiches, with lots of salad, and our own special dressing, and reasonably-priced Specials, such as Casserole of Beef in Guinness; Tagliatelle with a creamy Mushroom and Stilton Sauce; Oven-Roasted Red Peppers with Goat's Cheese, Pesto and Cherry Tomatoes, served with Couscous. We serve meals ALL DAY.

We offer a large selection of teas, excellent filter coffee (with free refills) with hot milk, cold milk, or cream, soft drinks, beers and wine with table meals, a selection of magazines, toys for the children, a Children's Menu, and more.

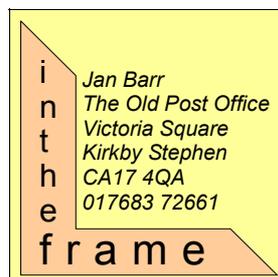
We can accommodate up to 46 for evening parties (minimum 12, an ideal number 30 or so), we offer 'outside

catering' in your home, and will do what we can to make your party a success.

At Jumping Jenny at Brantwood, over the past fourteen years, (and at JJ's in Finkle Street, Kendal) we have catered for many parties of up to eighty people, whether Evening Wedding parties, anniversary, or birthday, celebrations, office parties, Christmas parties - whatever! Just tell us what you want to do.....

Chris Addison can be contacted by email on chris@addison.ms, or by phone on 0797 4090310 (there is an answering service).

We believe that the "Jumping Jenny" outlets offer the best food and ambience available anywhere. Let us prove this to you personally! :o)



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ASTHMA RESEARCH

I am going on a sponsored slim for Asthma Research. By following the low fat/low calorie diet and exercise plan with Caytie Wightman, who runs the Rosemary Conley classes in Kendal and other places. I have lost two stone already, but I need the impetus to attain my final goal weight. Caytie has suggested a sponsored slim which started on 14 April 2004 and finishes on 11 July 2004, to coincide with the fun day that she is organising in aid of Asthma Research.

That is a period of 12 weeks, over which time, at an average loss of 2 pounds a week, I hope to lose a further one and a half stone (21 pounds). Even if I do not achieve the target, any weight loss will be helping to make me healthier. If you sponsor me for each pound that I lose, you will also be helping this worthwhile charity. Caytie will sign off my sponsorship form certifying how much weight I have lost over the period.

If you would like to sponsor me and encourage my weight loss, my form can be found in Sedbergh Office Services. Thank you.

Rosemary Lewes

People's Hall

per session
Committee Room £6 (inc. heating)
Main Hall (*daytime*) £9
Main Hall (*evening*) £20
(£35 for functions with bar serving alcohol)
Regular bookings may attract discount
Changing Rooms can be booked
Bookings: Sedbergh Office Services
13 Kings Yard, tel. 20788

SEDBERGH BARNARDOS

The Sedbergh Barnardo's Helpers Group wish to thank all the people who supported their Coffee Morning on 24th March. Over £153 was raised towards Barnardos Projects in Cumbria. :o)

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SEDBERGH GALA 2004

There is not much time left to plan your Ruby Red costumes for Gala on 22nd May. Gala Queen Cally Steadman will be leading the procession from Maryfell at 12.30 pm. Sedbergh Town Band will be providing the musical accompaniment and all the Gala Attendants and Fancy Dress entrants will be resplendent in their Ruby Red costumes. There will be something for everyone on Gala day, Fell Races, Cumberland and Westmorland Wrestling, Dog Agility, Fire Brigade Rescue, Maypole Dancing and Children's Sports. There will be lots of stalls providing refreshments and the Beer Tent also. More fair ground rides are coming to Gala than ever before this year and there will be a special under fives activity centre.

The nostalgic surprise mentioned in last month's Lookaround is a Battle of Britain Dakota fly past this event will take place during the afternoon so make sure you are at Lupton field on Back Lane in plenty of time to witness this historic event. :o)

RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

The Annual Meeting for Worship at Fox's Pulpit, Firbank Fell, will be on Sunday 27th June at 2.30 pm.

There will be refreshments afterwards at Brigflatts Meeting House. If the weather is bad the meeting for worship will take place at the Meeting House.

All are welcome to come along, and further information is available on Sedbergh 20005.

Melvyn Roberts

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ASTHMA COFFEE MORNING

Thank you to all who helped and supported in any way, the Coffee Morning on April 7th. £324 was raised. Thank you all. *E.W.*

Daphne Jackson D. O.

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THOUGHT FOR THE MONTH

Have you played 'May Gosling' on someone? It is like April Fool but not as well-known. My Dad always "got" Mother with the same one - "There's sheep in the garden" and out she went to shoo them out! How often do we succumb to the same fear or worry when if we just paused and thought about it we would be alright? How often do we let things upset us which really do not matter much? Perhaps we need to "Stop and think", draw breath, be better prepared! Keep our mind focused!

L. D.



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RUKBA

The Royal United Kingdom Beneficent Association may be able to help elderly people of our area who are finding it difficult to "Make ends meet" on a small income.

If you would like some information in confidence, contact Dent 25452. :o)

Dear Editor,

What a pleasure it was to go to St. Andrews Church, Dent to hear the Sedbergh Town Band in concert.

A good and varied programme was very much enjoyed.

I thought the piece "Hymn to the Fallen" was very special and it will stay in my memory for a long time.

Thanks Conductor and all players for a wonderful evening. Here's to the next time.

Cissie Middleton

Sedbergh & District Chamber of Trade

Present

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COMPETITION

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in the town

Judging to held late July
(date to be announced)

Entry forms available from
Sedbergh Business Centre

POLICE REPORT

Unfortunately, we have 3 Crimes to report this month in the area.

Between 7th & 9th April, a quantity of electrical tools were stolen from Garsdale (323 9/4). At 1.30pm on Sunday 18th April, a red Rover car P891LKN was stolen from Cautley Road (244 18/4) and 2 x 3' high wooden bears were stolen from Joss Lane overnight 19/20th April (351 20/4). If you have any information, contact any of the local Officers or ring the number on the Back Page.

The Numbers in brackets are the Incident Log numbers should you ring. *DJW*

Religious Services in Sedbergh

CHURCH OF ENGLAND
 St. Andrew's Parish Church
 Sunday 08.00; 10.30 & 18.30
Rev. A W Fell Tel: 20283

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 & 18.30
Rev. T. Widdess Tel: 20329

UNITED REFORMED CHURCH
 Main Street
 Sunday 10.30
Secretary: Mrs M Mason 20048

**SOCIETY OF FRIENDS
 QUAKERS**
 Brigflatts
 Sunday 10.30
Mr. M Roberts Tel: 20005

**UNITARIAN & FREE
 CHRISTIAN CHAPEL**
 Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30
Rev G Jones Tel: 01539 - 722079

*For enquiries for the following services,
 Please ring the relevant telephone number*

CHURCH OF ENGLAND
 Firbank; Howgill & Killington
Rev. A Pitt Tel: 20670
 Cautley & Garsdale
Rev. A W Fell Tel: 20283
 Dent & Cowgill
Rev. P. Boyles Tel: 25226

METHODIST CHURCH
 Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostrow
Rev. T. Widdess Tel: 20329

*Would you like to know that someone is
 praying for you? Or do you have a
 relative, friend or neighbour in special
 need of prayer? In the Churches, we pray
 every Sunday for
 this community and
 we should like to
 hear of any special
 needs. Please ring
 any of the above
 telephone numbers so
 that we may pray for
 you and/or others.*



OPTIONS for health and well-being

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June Parker	Acupuncture	015396 20972
Ian McPherson	T'ai Chi, Flower Essences, Homeopathy	015396 20648
Ruth France	Remedial & Therapeutic Massage	07866 596958

Complementary therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 8th March 2005

MAY			
1	1000	Ring the Church with Silver	StAS
1	1030	Landscape Painting Exhibition	FM
1	1030	Opening of New Floor (A)	FM
1	1030	Walls & Windows	CC
1	1200	May Day Sale	DMH
1	1300	Dent Nursery Open Day	HRD
1	1930	Dentdale Choir Concert	StAD
1	2200	May Day Disco	DMH
2	1030	Walls & Windows	CC
3	1430	CWT Duck Race	BLR
5	1030	Landscape Painting Exhibition ends	FM
5	1000	StAS Missionary Coffee Morning (A)	URCR
5	1330	Butterflies	StAS
4	1400	Friends Spinning	DCMH
7	1545	Chameleons Drama Club	StAS
7	1930	SS Ko-Ko Concert	SS
8	1000	Beekkeepers Furness Convention	Barbsea
8	1030	Textile Exhibition Starts (A)	FM
8	1400	Scouts Jumble Sale	MH
8		Barbon Hill Climb	Barbon
9	1830	Christian Aid Service	URC
10	1000	Christian Aid Week	URCR
10	2000	Twinning AGM	Bull
11	1000	Christian Aid Week	URCR
11	1400	WIK Resolutions	PH
12	1000	Christian Aid Week	URCR
12	1000	I love 1954/I love 2004 Exhibition	DCMH
		Every day	
12	1330	Butterflies	StAS
12	1400	HS Wordsworth Museum (A)	Grasmere
12	1930	Needles & Pins Club	StJAR
12	1930	WIF Meeting	PH
13	1000	Christian Aid Week	URCR
14	1000	Christian Aid Week	URCR
14	1100	Victorian Wash Day	DCMH
14	1545	Chameleons Drama Club	StAS
14		Walking & Countryside Festival	KS
14	1930	Firbank Parish Meeting	FCH
15		Walking & Countryside Festival	KS
16	1500	Annual Darts Challenge (A)	Bull
16		Walking & Countryside Festival	KS
17		Walking & Countryside Festival	KS
17	1930	WI Group Meeting	PH
18	1400	SLVSB	CO
19	1330	Butterflies	StAS
19	1000	Beekkeepers Coffee Morning	URCR
19	1930	GVH AGM	GVH
21	1545	Chameleons Drama Club	StAS
22	1000	East Meets Dales Exhibition starts	DCMH
22	1230	Sedbergh Gala (1)	Sedbergh
22	1830	FCH Barbecue	FCH
26	1000	Firbank Church Coffee Morning	URCR
26	1330	Butterflies	StAS
26		SS Half Term Starts	
28	1545	Chameleons Drama Club	StAS
28		Lakeland Singing Walk	
29		Lakeland Singing Walk	
29	2000	PH Old Tyme Dance (A)	PH
30	1200	CWT Greenbank Open Garden	JLCP
30		Lakeland Singing Walk	
31	1900	HVH Duck Race & Coffee Evening	HVH
31		Lakeland Singing Walk	
JUNE			
1	1000	I love 1954/I love 2004 Exhibition	DCMH
1	1000	East Meets Dales Exhibition	DCMH
1	1030	Textile Exhibition (A)	FM
1	1000	Antique Valuations	DMH
2	1000	British Legion Coffee Morning	URCR
2	1300	Garsdale Sports	GVH
2	1800	Garsdale Sports	GVH
3	1800	Killington Sports (A)	BK
5	2200	SWFC Disco (A)	PH
6		SS Half Term Ends	
8	1400	WIK SLVSB	PH
9	1000	Garsdale Church Coffee Morning	Cancelled
9	1030	Textile Exhibition Ends (A)	FM
9	1330	Butterflies	StAS
9	1930	Needles & Pins Club	StJAR
11	1545	Chameleons Drama Club	StAS
11	1815	SWFC Presentation Night (A)	Heversham
12	1930	Sedbergh Festival	StAS
12	1930	SWFC AGM (A)	WHC
12		Barbon Hill Climb	Barbon
13	1000	East Meets Dales Exhibition ends	DCMH
13	1830	Sedbergh Festival Evensong	StAS
13		Brass Band Concerts	KL
14	1000	I love 1954/I love 2004 Exhibition ends	DCMH
14	1300	Sedbergh Festival French Connections	StAS
14	2100	Sedbergh Festival Lite Bites & Music	StAS
15	1300	Sedbergh Festival Talk	StAS
15	1400	SLVSB	CO
15	1930	Sedbergh Festival Concert	StAS
16	1000	Sedbergh Playgroup Coffee Morning	URCR
16	1300	Sedbergh Festival Piano Trio	StAS
16	1330	Butterflies	StAS
16	1500	Sedbergh Festival Story Time	StAS
16	1915	Sedbergh Festival Organ Recital	SS

The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker

It is printed by Stramongate Press.

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

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079/20218

Dr P A Orr

Monday	0830 - 1100 1130 - 1200 #	1500 - 1900 *
Wednesday	0830 - 1100 1130 - 1200 #	1500 - 1900 *
Saturday	0830 - 1100 1130 - 1200 #	

Dr W Lumb

Monday	0830 - 1030 * 1230 - 1300 Dent	1530 - 1830 *
Tuesday	0830 - 1100 1130 - 1200 #	1530 - 1830 *
Wednesday	0830 - 1100 *	1430 - 1730
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

Dr C Mingins

Thursday	0830 - 1100	1500 - 1800 *
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Dr C Hunt

Friday	0830 - 1030	1600 - 1900 FP
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Practice Nurses

Monday	0845 - 1200	1300 - 1730
Tuesday	0845 - 1200	1300 - 1630
Wednesday	0845 - 1200	1300 - 1630
Thursday	0815 - 1200	1300 - 2000
Friday	1000 - 1200	1300 - 1900
Monday & Friday		Anne Crome
Tuesday & Wednesday		Janice Hancock
Thursday		Adele Reynolds

District Nurse

☎ 21690

Health Visitor

☎ 20979

A Collinge Optometrist

Every Friday	0900 - 1300	1400 - 1730 *
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DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner & Mr M Brickles		
Monday to Thursday	0900 - 1700	
Friday	0830 - 1500	

* By Appointment Only

Telephone Consultation

FP Family Planning

LIBRARY Main Street ☎ 20186

Monday		1700 - 1900
Wednesday	0930 - 1230	1400 - 1700
Friday		1400 - 1700
Saturday	0930 - 1230	

Y. D.N.P. CENTRE Main Street ☎ 20125

Open 7 days a week 10.00 - 16.00

Closed 1300 - 1330 for lunch

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

e-mail office@sedbergh.org.uk

web page www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Wednesday 1000 to 1300 & Friday 0930 to 1230 *

☎ 21185 or 08451 202 999 (local rate) 24 hours

e-mail via site www.cabkendal.ndo.co.uk

PENSION SERVICE SURGERY

Community Office Alt. Mondays 1000 - 1200

☎ 01539 795000 or 0845 6060265

CVASL @ Community Office

1st Wednesday every month ☎ 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

e-mail: admin@sedberghcdc.org.uk

POLICE ☎ Kendal 01539 722611

PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday		1400 - 1430 *
Mon, Wed & Fri		1900 - 1930 *
Saturday		1330 - 1400 *
Sunday *		

MARKET DAY

WEDNESDAY

HALF-DAY CLOSING

THURSDAY