

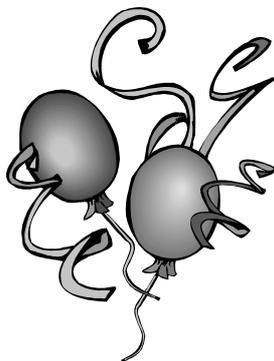
CHILDREN'S BIRTHDAYS MAY 2006



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

The recipients this month are:- Francine & Terence Glanville who are 8 years old on 22nd April.

Please collect your vouchers 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
3	Tom BAINBRIDGE	11
3	Martin WOOF	11
4	Mark WOOF	8
7	Georgina CRAGG	8
8	Kane WOODHOUSE	7
10	Bethany ORR	11
10	Sarah HAGON-HOOD	11
10	Stephen HAGON-HOOD	11
11	Zoe ALDERSON	3
13	Ruben SWALLOW	4
13	Kelvin HODGSON	11
14	Harry PAGE	7
17	Elyzabel WALKER	10
20	Ted HODGSON	2
20	Brogan STANLEY	9
22	Paris HEYWOOD-DAWKINS	4
22	Bethany HANDLEY	6
22	Megan HANDLEY	6
22	Francine GLANVILLE	8
22	Terence GLANVILLE	8
22	Patrick BANNISTER	9
23	Darryl HODGSON	10
24	Rebecca HARPER	9
24	Kelly SCARR	9
25	Bobbi-Mae KIRBY	1
28	Kieran MILBURN	10
31	Harry COOLING	10

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (06/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: holmecroftbandb.co.uk	20754
Mrs C Cooper	Far End Farm, Garsdale Head, Sedbergh (06/10) <i>1F (ES); 1D (ES); 1T (ES); CH; L; TVL (Satellite) P; DR; VB; CB; CW; PetsW; NS; EM</i> e-mail: farendfarm@onetel.com	21906
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (06/11) <i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB</i> e-mail: ali@interact.co.uk	20360
Various Cottages sleeping 2 - 12 (06/09)	e-mail: holidays@dalesdusters.co.uk	21002
Miss S Thurlby	15 Back Lane, Sedbergh (06/12) <i>1D; 1T; CH; L; NP*; P; DR; VB</i> e-mail:- antique.thurlby@amsolve.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (06/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mr & Mrs Wilkinson	Netherclough Holiday Cottage, Garsdale <i>S/C, B&B or full S/C 1D(4 poster); 1T; 1S; PB for 4/5 people;</i> <i>Garden; P; TVL; NS; CW; S/C EM; use of Kitchen (06/09)</i> Web Site: www.nethercloughcottage.garsdalesedbergh.co.uk	21397/22019
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (06/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> brantrigg@btinternet.com	21455

CAMPING, CARAVANNING & SELF-CATERING

Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (06/09)	<i>4-5 Berth; H+C; Shower; Sep WC; Full Kitchen; TV; Dogs Welcome (Max 2); NS</i>	21567
Mrs A O'Neil.....	Shacklabank, Sedbergh (06/05) <i>2 Static Caravans 2-6 Berth; TV; NS; Pets</i> e-mail: alison@shacklabank.f9.co.uk	20135

KEY

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

Lookaround Advertising Rates

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Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
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Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£1.00
Postal Overseas	=	£2.00

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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

BAKER

Bob Baker and family wish to thank all friends and neighbours for all the Cards, Flowers and messages of condolence received on the sad loss of Mary. She will be missed by all. Thanks also goes to Canon Fell, Reverend Long, Mr Hopkins and Brian Goad for all their help at this difficult time and to the staff at the Dalesman for the Tea.

GREENBANK

Connie would like to thank her sister and brother-in-law, friends and neighbours for their cards, visits, concern and kindness during her stay in R.L.I. and homecoming later.

KIRBY

Happy **1st Birthday** to our Gorgeous Daughter Bobbi-Mae on 25th May 2006. Lots of Hugs and Huge Kisses. Mummy and Daddy. Love from Big Brother Jay too. XX

MIDDLETON

Sienna May would like to thank all family and friends for the lovely Birthday Presents she received on her **1st Birthday** on 25th April 2006.

RAW

John and Susan thank everyone for their support during and after John's operation on January 17th. For prayers and cards, gifts and telephone calls and all enquiries we have been very grateful. Thank you also to the staff at Sedbergh Health Centre and Ward 7 Westmorland General Hospital.

NOLTINGK/KELLY

Congratulations Vicky and Liam on your **Engagement**. Lots of love Mum, Dad, Emma, Duncan, Amy and Nan.

THOMPSON

Audrey and family would like to thank everyone for all their love and support given to us in so many ways following the death of Richard. Our sincere thanks go to Dent First Responders, Dr. Lumb and the Ambulance Crew, Ward 9 WGH, Rev. P Boyle and Brian Goad for all their help and understanding and to all who sent words of condolence, also donations and attended the funeral service at Lancaster and Service of Thanksgiving for Richard's life at Dent. Thank you all so very much.

SEED

Happy **90th Birthday** DAD on 6th May 2006. With love from Dorothy and Malcolm, grand-daughters Anne and husband Mark, Dawn and husband Peter, Great grand-daughter Hannah and husband Paul, great grandson Stefan and girlfriend Laura, great grandson Abraham and Great great grandson Ethan.

WOOF

Happy **21st Birthday** Susan. Love and congratulations from Mum and Dad. X. Jenette and David, Andrew and Tina and Bruce.

WOOF

To John and Sarah on your **Silver Wedding** on May 23rd 2006. Love and congratulations from all the family.

PERSONAL & SMALL ADS £1

THANK YOU

Thank you to Chris Wood and Rosie Denton who always give me plenty of support. Chris is an excellent teacher. Thanks also to Mel, a support worker helping me with computers on a Monday night. Georgina.

FOR SALE

Kenwood chef food mixer. With mincer, liquidiser and cream maker. £40 or near offer. Ring Sedbergh 21167.

FOR SALE

Matsi 14 inch TV with instruction book and remote control. £45. Tel 015396-20740 after 6pm.

FOR SALE

Gents touring bike in VGC. £75 or near offer. Call Carole or Paul on 21212 or 20855.

FOR SALE

Top Quality Solid Mahogany Welsh Dresser. Height 6' Width 3'2" x Depth 18". As New £299. Dining Table in Solid Mahogany. 4' x 3'. Four chairs. As new £299. Sale due to house exchange. Tel: 015396-21931.

FOR SALE

Oval Mahogany Dining Table 54" x 38" extending to 56" x 54". Polished and in good condition £60. Zanussi Fridge 33½" x 19½" x 24½" deep. £30. 2 fawn patterned circular 5' diameter mats £35 pair. Tel. 015396-21294.

FOR SALE

Half set of Golf Clubs with bag and stand. Used once. £40 ovno. 015396-21187.

WANTED

Old type cottage or house wanted by two women (1 pensioner and daughter) who could offer to be of assistance to older farmer or pensioner. Country folk and have plenty of furnishings, pots and pans. Tel: 02072-503889.

WANTED

Storage space urgently required for theatrical costumes, props and equipment. We need somewhere dry and secure and at least 20 ft square. All contents will be insured by ourselves. Telephone Andrew on 07788-688490 or e.mail spellbound.theatre@virgin.net

MOTHER'S HELP REQUIRED

Practical support in a family home near Sedbergh *either* with domestic duties *or* with childcare. £7 to £9 per hour. Up to 5 hours per week required. Times variable - by mutual agreement. Flexibility an advantage. Please contact 0845-1249303 quoting ref: JS4 for further details and application. When ringing please indicate which role you are interested in applying for (domestic or childcare support.)

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SEDBERGH SPRING SHOW

10th Annual Show

Local MP Tim Farron opened Sedbergh's 10th Annual Spring Show in the People's Hall, judged the fancy dress, and chose the 'Best in Show' for both adults and children. He said that he was glad the latter was not a baby show, as it was so easy to offend! Tim brought his wife and all three children to enjoy the fun of the day. He congratulated the town on achieving such a spectacle of colour and talent, and praised the record number (over 500) high quality entries and all the hard work that had gone into making and staging them. He stressed that such events as these bring the whole community together and were indeed the 'glue' that helped to keep it together. He later presented the many cups, prizes, and trophies to the winners, and a special presentation to Dennis & Jacky Whicker from the town for 20 years of Lookaround. He in turn was thanked by Roger Underwood, our able Master of Ceremonies, and was presented with a panoramic view of the Howgills as a memento of the day. The Sedbergh Town Band's music added to everyone's enjoyment, as did Carolyn Francis'

bagpipe and fiddle playing before and during the intervals.

The show committee would like to thank all the exhibitors, all those who helped on the day, and all the sponsors whose donations made for such a superb raffle: John & Sue Sowerby, The Sun Inn at Dent, The Bath House, Powell's Fruit Shop, The Bull Hotel, The Red Lion in Sedbergh, Garth Steadman, Sedbergh Chemists, W Milburn & Sons, Bob & Jean Sowerby, the Spar Shop in Sedbergh, Mrs Rita Nicholson, and also those that gave raffle prizes anonymously. A special thank you too, to Les Maddox for the window display on Main Street.

The Prizes, Cups, and Trophies presented to the winners by Tim Farron, and all the first and second prize winners in each class were:-

Handicrafts

Patchwork item:

1 D-L Powell; 2 S Scarr

New from old:

1 C Gibson; 2 M Silva

Hand-woven article:

1 D McCaffery

(Continued on page 8)

TOWN TWINNING

Keeping the Cypriot Link

Six local people have recently been enjoying a bit of real spring in Cyprus at the invitation of the friendly folk who came here 18 months ago as part of the BBC's "The Town that wants a Twin". You may remember the general invitation to the people of Sedbergh published in "Lookaround" a few months ago.

Athienou was disappointed not to become our official twin but its townsfolk wanted to keep a link with Sedbergh. And how welcome they made us on their sunny Mediterranean island!

The Mayor of Athienou was very generous with his time and company. He is an early riser combining his town bakery with his many official meetings and engagements. Athienou, a town of about 4000 people, is set among rolling hills with some 5000 milk cows on the large modern farms dotted around. It's a happy community, the only touch of sadness being its close proximity to the deplorable **line** that divides the whole island following the invasion of the Republic of Cyprus by the Turkish army in 1974. Some Athienou farmers cannot now access their own land which became part of occupied territory at that time; other Greek Cypriots simply had to leave their homes and possessions and flee from the invaders.

We were wined and dined by people who had fond memories of their brief stay in Sedbergh. They asked us to pass on their greetings to friends they made here. Links like this with people in other countries broaden our outlook and make for a better world. The Town Twinning Group needs more active members - *how*

about you?

Warm hearts, warm weather and so much beauty. The flowers particularly reminded us that summer is on its way for us too - hollyhocks and roses blooming in central reservations on motorways, irises, lilies and the heady scent of freesias, not to mention large beds of very colourful pansies and petunias and trees laden with oranges and lemons. Bright yellow mimosa everywhere, and wild gladioli, cyclamen and rock roses among the roadside flowers. Warmth and beauty for us to keep in mind until the same sun re-awakens the beauty as yet still dormant in our own natural Cumbrian environment.

*George D. Handley,
Garth A. Steadman*

So much to see at Farfield Mill

Arts & Heritage Centre

Open **SEVEN** days a week

10:30 - 5:30pm

Last admission 4:30pm

Artist's studios, Galleries, Heritage,
Working Looms, Mill Shop and
Riverside Tea Room.

EXHIBITION

SURFACE TENSION

By

Meniscus Textiles

From Saturday 6th May

Wednesday 7th June 2006

A unique exhibition of textile art, rich in colour and texture. 'Surface Tension' by Meniscus is a varied collection of work ranging from wall hangings and screens to 3D sculptural forms.

One mile from Sedbergh Town Centre on A684

Email: themanager@farfieldmill.org
www.farfieldmill.org Tel: 015396 21958

Hawgills Gift + Home



The only place to shop on Back Lane!

Cross stitch: <i>1 K Shuttleworth; 2 D-L Powell</i>	<i>1 T Preston; 2 J Sowerby</i>
Embroidery: <i>1 & 2 C Gibson</i>	Dressed doll: <i>1 & 2 M Fearnhead</i>
Canvas work: <i>1 D-L Powell; 2 S Richardson</i>	Flowers and Plants
Hand spun wool: <i>1 D McCaffery</i>	House plant: <i>1 S Sharrocks; 2 J Jones</i>
Beadwork: <i>1 & 2 K Shuttleworth</i>	Cacti and succulents: <i>1 D Stevens</i>
Bobbin lace: <i>1 & 2 K Shuttleworth</i>	Garden on a plate: <i>1 J Sowerby; 2 D Stevens</i>
Hand made rug: <i>1 D McCaffery</i>	Easter bonnet: <i>1 D Stevens; 2 J Sowerby</i>
Hand made card: <i>1 C Bracken; 2 M Fishwick</i>	Petite arrangement: <i>1 D Stevens</i>
Decoupage article: <i>1 & 2 M Major</i>	Foliage arrangement: <i>1 D Stevens; 2 J Sowerby</i>
Handmade toys	Tulips: <i>1 C Smith; 2 E Watton</i>
Soft toy: <i>1 J Dodds; 2 C Bracken</i>	Table arrangement: <i>1 W Fraser-Urquhart; 2 M Milburn</i>
Glove puppet: <i>1 M Milburn</i>	Novice class: <i>1 D Stevens</i>
Toy from scrap material:	<i>(Continued on page 10)</i>

HOWGILL W. I.

We met at Howgill Village Hall for our April meeting. President Mary Silva gave a warm welcome to members and one guest.

Four members had success with their exhibits at the Sedbergh Spring Show. Congratulations to Killington winners of the W. I. Cup.

The Tactile Book is now complete and has been photographed before it goes on display at the Holker Festival.

Anita Karey gave a report on the recent council meeting. Guest speaker 'Gabriela' had been very entertaining.

Our M. C. S. Representative Alison Plenderleith gave us an update on the Data Protection Act.

A choice of two ideas for a summer

outing were put forward. A decision will be made next month. The President read out a letter to be sent to NFWI stating that we do not support the need for the new W.I. Life Magazine and the fact that an amount for this publication is to be included in the annual subscription.

We were reminded of the group meeting to be hosted this year by Casterton W.I. This will be held on Monday May 15th at 7.30pm at Casterton Village Hall. Speaker will be John Sykes showing his journey through Patagonia. The Competition is a Mountain Range with a witty caption.

Mary then introduced George Crossman, Coastguard and Nigel Capstick, Crew Member, based at Arnside. The H.M. Coastguard Service was formed in 1820 and is government funded, different to the R.N.L.I. which is a charity formed in 1824. Today their main aim is to save human life. George highlighted the dangers of quicksand, and explained techniques used to rescue people stuck in the sand. We were shown some hi-tech equipment used in a rescue, torches, phones etc. Sadly there are tragedies like the father and son who went fishing for bait and the recent cockling disaster.

Anita Karey thanked George and Nigel for their informative talk, dedicated work and bravery. The competition for something that floats was won by Lesley Hennedy with Sheelagh Denniss second. Raffle winner was Mary Silva.

We meet again on May 4th at Firbank Church Hall when Liz Cottam will be demonstrating "Fleece Embroidery". Do join us, you would be most welcome.

A.H.

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Garments

Single colour:

1 C Bracken; 2 A Macer

Multi-coloured garment:

1 J Dodds; 2 M Silva

Mittens or gloves:

1 M Milburn

Crocheted item:

1 & 2 M Milburn

Sewn garment:

1 K Shuttleworth; 2 J Dodds

Knitted baby garment:

1 J Widdess; 2 C Bracken

Home Produce

Sugar craft:

1 D Blair; 2 S Scarr

Fruit pie:

1 M Milburn; 2 M Bramley

Savoury flan:

1 & 2 D Stevens

Ten biscuits:

1 J Bird; 2 E Stavley

Ten butterfly buns:

1 M Milburn; 2 B Kooper

10th Anniversary Show cake:

1 D Blair; 2 M Milburn

Fruit cake:

1 M Postlethwaite; 2 S Scarr

Four fruit scones:

1 E Stavley; 2 M Fishwick

Gingerbread:

1 M Milburn; 2 Z Archer

Shortbread:

1 E Stavley; 2 M Milburn

(Continued on page 12)

Take a closer look



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CUMBRIA COMMUNITY FOUNDATION

Money for Community Projects

Do you need money for your community project? The Community Foundation may be able to help. The Foundation exists to improve the quality of community life by making grants to local charities and promoting charitable giving by organisations and individuals.

It has made a variety of grants in the Sedbergh area. The Sedbergh Bowling Club was one of the first groups in the county to benefit with a grant in 2000. Since then examples have included the First Responders Group in Dent which benefited from a £250 grant towards equipment costs, the Memorial Hall in

Dent received £1,000 towards access improvements, £3,000 was given towards new play equipment in Sedbergh, plus a £1,000 to the local Scout Group. In total over £9,000 has been given to various activities.

The Community Foundation provides a wonderful way for people to give to the communities and causes they care about. People can support its work by becoming members (membership costs £20 annually), by setting up a grant-making fund or by making a one off donation.

All assistance is very much appreciated.

For information on grant aid and ways of giving to the Foundation visit www.cumbriafoundation.org or call 01900-825760.

Sedbergh CDC & Sedbergh Book Town Ltd present
highlights rural touring scheme

Kirsty McGee & Mat Martin
 a great evening of folk music

Kirsty McGee was nominated for this year's BBC Folk Awards
 "...absolutely superb. Memorable. I love her songs. I love her way"
 Bob Harris BBC Radio2

People's Hall Sedbergh
Friday 12th May at 7:30pm, Bar Available

Tickets: Adults £5, Concessions £3, Family £15
 Bookings (Sedbergh Tourist Information)
 015396 20125

Ten flapjack pieces:	Wine:
<i>1 J Swann; 2 S Davies</i>	<i>1 B Smith</i>
Sponge cake:	Clear honey:
<i>1 C Sugden; 2 D Stevens</i>	<i>1 B Smith; 2 M Fraser-Urquhart</i>
Victoria sandwich:	Set honey:
<i>1 M Bramley; 2 V Cann</i>	<i>1 M Fraser-Urquhart; L Hopkins</i>
Swiss roll:	Honeycomb:
<i>1 P Woof; 2 L Hopkins</i>	<i>1 B Smith</i>
Pot of jam:	Wax products:
<i>1 M Henson; 2 S Scarr</i>	<i>1 M Smith</i>
Marmalade:	Art and Photography
<i>1 S Scarr; 2 M Henson</i>	Artwork. Still life:
Fruit jelly:	<i>1 M Flindt; 2 M Fishwick</i>
<i>1 M Smith</i>	Portrait:
Lemon curd:	<i>1 M Fearnhead; 2 S Garnett</i>
<i>1 C Bracken; 2 M Milburn</i>	Landscape:
Chutney:	<i>1 B Hartley; 2 M Fisher</i>
<i>1 W Preston; 2 L Hopkins</i>	<i>(Continued on page 14)</i>

DENT VILLAGE
HERITAGE CENTRE
OPEN DAY

Saturday 13th May from 12 noon
Step Back in Time



Lambing chair



Knitting galleries



Dent Marble fireplace



Scything grass for feed

SEDBERGH CAR PARKING

What a farcical arrangement we now have in Sedbergh for car parking. Joss Lane Car Park is virtually deserted whilst the lay-by in Back Lane and the roadsides along by the vets and towards Maryfell are full of cars, as is the Loftus Hill Car Park.

All of this can only be detrimental to both local residents and visitors alike. Local residents who no longer have a free parking residents permit are very disinclined to pay to park in Joss Lane and are therefore less likely to use local shops and the Wednesday Market. As they are unlikely to find an alternative free space they will probably go off to Kendal where they can park free at the large supermarkets. The market traders can only cope with a few lean weeks trading before they decide enough is enough and give up coming to Sedbergh.

An almost empty car park in the middle of town does nothing to inspire visitors to

stay and look around local shops as it implies there is nothing worth seeing.

Most concerning of all is the increase in roadside parking and the safety of pedestrians. How many people will take the chance of crossing the road in between parked cars and how long before an accident happens as a result? We have only just managed to get zebra crossings installed for the safety of pedestrians and particularly schoolchildren - if they are obscured by parked cars who knows what will happen.

Sedbergh Parish Council was given the opportunity to take over the Joss Lane Car Park some considerable time ago and declined. Dent, on the other hand, managed to take on their car park with great success and so far have made a considerable amount of money towards its upkeep.

Why are we lagging behind and when is something going to be done?

Lyn McLennan

CHRISTIAN AID WEEK 14-20 May

in Sedbergh and District

Sunday 14th at 6.30pm – United Service at Dentedale Methodist Church

Guest Preacher – The Revd Brenda Willis

The Amazing Christian Aid Shop in Sedbergh URC Church Rooms

Monday 15th to Friday 19th

Monday to Wednesday 9.30am - 4pm Thursday & Friday 9.30am – 1.30pm
also Tuesday 6pm – 8pm

Tea & Coffee served each day.

Good as new clothes, bric-a-brac, books, plants, home-baking, toys etc.

Donate it and we'll try to sell it!

(Only exception we cannot accept electrical goods – sorry)

Items for sale gratefully accepted at URC Hall as follows:

- ❖ Good as new clothes – Saturday am. 13th; Monday am. 15th
- ❖ Other items Saturday am 13th; Monday. 15th; Tuesday 16th; Wednesday am 17th
- ❖ We regret we cannot accept items later than these times

Pottery article:

1 S Garnett; 2 C Smith

Colour photo. Animal or bird:

1 C Sugden; 2 W Preston

Child:

1 N Abbatt; 2 J Abbatt

Local landscape:

1 B Hartley; 2 J Mounsey

Other:

1 D Stevens; 2 J Abbatt

Panoramic:

1 D Stevens; 2 C Cowperthwaite

Interpreting 10:

1 J Mounsey; 2 D Stevens

Children's

Pre-school

Birthday card:

1 Alice Holton; 2 Eliza Holton

Handprint picture:

1 Lily Davies; 2 Holly Ross

Collage:

1 Ruben Swallow; 2 Alice Holton

Decorated crown:

1 Lily Davies; 2 Alice Holton

Picture by a group of children:

1 Howgill Toddler Group;

2 Sedbergh Playgroup

Reception year

Vegetable, fruit, or foliage animal:

1 Sophie Waller; 2 Isabel Abbatt

Decorated paper plate:

1 & 2 Sophie Waller

Animal picture:

1 & 2 Sophie Waller

Picture made of dried food:

1 Sophie Waller; 2 Isabel Abbatt

Years 1 and 2

Handwriting:

1 Brodie Swallow; 2 Scarlett O'Neill

Model:

1 Adam Ross; 2 Robin Preston

Observational drawing:

1 Robin Preston; 2 Brodie Swallow

Decorated stone:

1 & 2 Robin Preston

Years 3 and 4

Handwriting:

1 Kelly Scarr;

DENT PARISH COUNCIL

From the minutes of the meeting held on 6th March

Matters Arising

- i Highways The Clerk is progressing the outstanding issues with Capita
- ii Church grant Further information to be obtained via CALC re possibility of giving additional grant in excess of Section 137 limit.

Car Park

In the absence of Jock Cairns the car park report and accounts were noted:

The following matters were considered :-

- i The redecoration to the toilet. It was agreed that the work be re-tendered with a formal specification and 3 quotations obtained.

- ii The question of free car parking for Dent residents be deferred.

- iii The car park lease is nearly finalised.

Highways/Street Lighting

- i The light at Belle Burrow's House is still not working.

- ii Dent sign still to be replaced.

- iii Dillicar - the impression is that the work is acceptable.

- iv Bridge at Stonehouse - Seriously damaged -Capitals plans for repairs.

- v Cobbles at side of George and Dragon are lifting.

Planning

- i Antennae -Barn on Coal Road - no comment.

- ii Dent Craft Centre - internal alterations - no comment.

AOB

- i The question of dealing with surplus funds arising out of the Car park income be considered at the next meeting.

- ii Dentdale Show. A letter was received from the new committee requesting

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Mob: 07855 349157
e-mail: phorner@hotmail.com



- assistance from the Parish Council and permission to hold the show on the playing field. It was agreed that the Council would participate and Mr D Hartley agreed to be the Parish Council representative. Further consideration be given to payment of a grant.

- iii Access to BT Phone Box at Gibbs Hall. The fencing appears to inhibit use and the question of the lawfulness of the enclosure to be dealt with.

- iv Cycleway - signage - further information to be obtained and YDNPA representative to be invited to a Parish Council meeting.

- v Closure of Dent Youth Hostel. The Clerk to write to the CEO of the YHA to complain about lack of consultation re the closure and the proposed future use.

- vi Mrs R Brown tendered her resignation with regret due to moving away from the area. A vote of thanks was proposed by the Chairperson and all wished Mrs Brown well.

Animal, bird, or insect mosaic: <i>2 Leanne Postlethwaite</i> <i>1 Rachel Hopkins;</i> <i>2 Wesley Brewer</i>	Section 4 Garments Cup: <i>Miss Dawn Stevens</i> <i>Mrs Janet Dodds/Mrs Christine Bracken</i>
Computer tablemat: <i>1 Leanne Postlethwaite;</i> <i>2 Rachel Hopkins</i>	Section 5 Home Produce Cup: <i>Mrs Margaret Milburn</i>
Vegetable, fruit, or foliage animal: <i>1 Leanne Postlethwaite;</i> <i>2 Rachel Hopkins</i>	Section 6 Art & Photography Cup: <i>Miss Dawn Stevens</i>
Years 5 and 6	Section 7 Children's section Cup: <i>Miss Sophie Waller</i>
Computer DVD cover: <i>1 Emma Hopkins; 2 Tom Cooling</i>	W Milburn & Son Cup for handwriting: <i>Miss Kelly Scarr</i>
Mini-sculpture from junk: <i>1 Tom Cooling; 2 Emma Hopkins</i>	Special Cup for effort: <i>Master Robin Preston</i>
Sewn bird, animal, or flowers: <i>1 Tom Cooling; 2 Emma Hopkins</i>	Section 9 Local organisations' certificate: <i>Sedbergh & District</i> <i>Beekeepers' Association</i>
Pop-up card: <i>1 Emma Hopkins; 2 Harry Cooling</i>	W I Cup for most points per WI member: <i>Killington WI</i>
Years 7 and above	
Hand crafted article: <i>1 Charlotte Todd;</i> <i>2 Kayley Stephenson</i>	
Congratulations card: <i>1 Ryan Milburn;</i> <i>2 Kayley Stephenson</i>	
Four fancy cakes: <i>1 Charlotte Todd; 2 Ella Adams</i>	
Overall Winner of the Sedbergh Spring Show Shield 2006 <i>Miss Dawn Stevens</i>	
Lookaround Cup for "Best in Show" - Adults: <i>Mr John Mounsey</i>	
Lookaround Cup for "Best in Show" - Children: <i>Miss Hannah Kitchen</i>	
Prize for most new entries to the show: <i>Miss Dawn Stevens</i>	
Section 1 Handicrafts Cup: <i>Miss Kim Shuttleworth</i>	
Section 2 Handmade toys Cup: <i>Mrs Margaret Fearnhead</i>	
Section 3 Flowers and Plants Cup:	

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SEDBERGH READING GROUP

April Book: 'The Constant Gardener' / John Le Carré

Excellently led by Vicky Aspin, everyone pitched into an extremely lively discussion of this controversial novel by one of the great masters of corrupt state against nearly disillusioned campaigners fiction (remember George Smiley?). Young firebrand idealist, wife of much older British diplomat in Nairobi, discovers very nasty dealing by drug conglomerate using local women as guinea-pigs for as yet inadequately tested drug. Early on she and her equally driven companion are murdered by person or persons unknown, except that we get to unravel who might have a very keen interest in snuffing out their curiosity – ad there are surprises on this until the very last pages. Collusion in embarrassed high places in the FCO in Whitehall, murderous locals, obscenely rich entrepreneurs and dodgy but shadowy research teams all come together against the brilliantly documented African background, as idealist's devastated now widower husband belatedly takes up her cause, turns over lots of stones world-wide – at considerable risk to himself - to find slimy creepy crawlies who prefer the dark. The book divided the group: some found it tortuous, rambling, stylistically awkward, and unconvincing; others found the subject matter compelling, the angry Le Carré indictment of scary international secrecy kept the slightly rag bag book going urgently forward; one found in it a religious allegory, many found the women sketchy stereotypes - Le Carré himself seemed to concur with that judgement! The recent award-winning film was mentioned surprisingly

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little, and some had researched some of Le Carré's own listed sources to unearth real horror stories, thus bringing the message of the book leaping off the page into real life.

For May, one of the greatest but truly accessible writers of modern times – **Cat's Eye** by the Canadian author Margaret Atwood. Victim of girls' bullying at school returns years later to confront her demons – or does she?

Discussion Programme:

May

Cat's Eye / Margaret Atwood

June

One Hundred Years of Solitude / Gabriel Garcia Marquez

July

The Colour / Rose Tremain

August

The Great Gatsby / F Scott Fitzgerald

September

White Mughals / William Dalrymple

October

Northern Lights / Phillip Pullman

November

The English / Jeremy Paxman

December

Georgina Duchess of Devonshire /

Amanda Foreman

January 07

White Teeth / Zadie Smith

£1 sub per meeting / Second Monday in

each month / 3 p.m. Sedbergh Town

Library. Contact / borrowing of copy

details: Janet Dodds Tel: 20308.

HEALTH ISSUES

As part of our willingness to listen to patient feedback, we have been reviewing the latest patient satisfaction questionnaire. Overall the practice did well, achieving a 68% satisfaction rating (national average 62%), a similar score to last year. Given the amount of change there has had to be, this reflects well on the staff and systems within Sedbergh Medical Practice. Comments suggesting areas to improve were made about a lack of access to evening and weekend appointments, along with the current phone system and the background music.

Evening and weekend surgeries are difficult to provide in a small practice such as Sedbergh. With the current working day for any Doctor in Sedbergh lasting 11 hours then extending appointments past the general limit of 6pm weekdays raises the problem of tired Doctors. There is also a legal obligation to cover from 8am to 6.30 pm. This can be matched in a large group practice with evening appointments provided by GP's starting later in the day, often at lunchtime. In a small practice with limited personnel there is no ability to start later in the day, as mornings are where our main demand arises. Likewise providing Saturday surgeries means that the consultation time has to be balanced (taken off) in the week. It is in the interests of all concerned that GP's whilst working hard have time to take breath, to learn, to see their families, develop interests outside medicine and have the right on occasion to say no.

Quality is paramount, along with the duty to learn and maintain knowledge. Please remember that less than 40% of

the modern GP workload is face to face consultations with patients. If Sedbergh is to avoid being left behind in new NHS developments then the necessary participation in regional management meetings takes time. Standards and expectations are rightly high and along with clear accountability for all actions this means that GP's will not be available as much as the patient's would wish, or have previously experienced. Another absolute is that of confidentiality, and to that end we now play a mix of speech and music radio (with the appropriate licence) to try and deal with some of the problems that the design of the current building causes. As this will only be resolved with alterations to the health centre (currently in negotiation) than unfortunately the music in its current form has to stay.

In response to reported problems with contacting the GP reception via the new phone system, there has been a survey of user experience and a follow up of individual complaints. Some 95% of



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KEEP OUR NHS PUBLIC



Public Meeting on Friday 19th May 2006

SAVE OUR NHS

Speakers Andrew Billson-Page from Kendal

Prof Wendy Savage from KONP

Will discuss the government reform programmed, its impact on the NHS and what we can do to stop the NHS Market.

People's Hall, Sedbergh 7.00 pm



users expressed satisfaction with the phone system, and those reporting trouble seemed to be calling at the busy times (we immediately follow up all reports of problems). Currently there is only space for one receptionist to answer calls, and in the old days the phone would have been engaged. Now callers enter the system but there seems no ability to stack callers. We are currently reviewing the system functions and will resolve all issues. In the meantime can I remind callers requesting medication to use the direct prescription line (20239) which has a 24 hour answer phone, or if your phone call is not time critical try and ring in the afternoon when the lines are less busy. Within the next 6 months a web site will be up and running which will allow on-line appointment booking, prescription requesting and electronic messaging.

We now have an ISDN telephone line into the Methodist Church Hall in Dent and have equipment on order that will

allow computer access from Dent to the surgery in Sedbergh. This should provide the same level of access to patient records when seeing a patient at the Dent clinic as if the patient was being seen in Sedbergh. It is hoped to have the new facility commissioned over the summer. This development clearly improves the service we offer for registered patients living in Dentdale.

Finally it is worth announcing that we have achieved the maximum 1050 Quality Points for the year 2005/6. This is a significant event and reflects well on all members of staff within Sedbergh Medical Practice who have worked hard over the past year. Quality points are part of a national standard that is rigorously assessed and as the title suggests are all about providing a quality service in General Practice. In this respect Sedbergh Medical Practice has been graded as a Quality Provider of Primary Health Care Services.

Dr William Lumb

MARCH WEATHER

Well "March many weathers" lived up to its name we had a bit of all sorts, snow, blow, rain, frost and the odd patch of sun. It came in a bit blustery, hardly like a lion but if left us rather more lion like with a depression and strongish winds. The maximum wind speed recorded was 26.2mph from the north west though again I suspect some filtering from by nearby trees. The pressure dropped below 29 inches of mercury for the last week corresponding with the blustery but slightly milder temperatures. The maximum temperature was recorded during this period of 57.7F. The minimum temperature was recorded on the 4th with a low of 12.2F(!!!!!!!)

Interestingly the windchill that night was only 12F due to the westerly and slightly less forceful blow no doubt. We had some bitterly cold winds during the month with windchill temperatures in single figures. Twice during the month we had falls of snow of about 3 inches. This seems to bamboozle my rain gauge which works on a lever system setting off an electrical trip. That amount of snow corresponds to 0.3 inches of rain but my instruments did not record it. Half way through the month we had measured approximately an inch of rainfall but the latter half made up for this and we ended up with 5.14 inches, the wettest month so far this year. They talk of water shortages even my ducks have wellies!! India is talking about

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KILLINGTON WI

*“When April with its showers sweet
The drought of March hath pierced to the
root.*

*.....
Then folk long to go on Pilgrimages”*

Roughly translated from the prologue to Chaucer’s Canterbury Tales.

Well, I hate to tell him that there was no drought in March –in fact Sedbergh received more than twice the rain it has had in March for the last 4 years, and April’s showers have been anything but sweet! Nevertheless the day before our meeting was definitely Spring, glorious Spring, enough to show the sodden lambs what the sun looked like and set them a-gambolling. However, by the time we

assembled in the People’s Hall it was bucketing down again and we were happy to be warmed by the bright glow of friendship! (OTT!) We were very happy to welcome another new member, Edith Robinson, and trust that she will enjoy her time with us.

Daffodils once again graced the table, as did the W.I. Cup recently won at the Spring Show (actually that is a fib as it is still away being engraved – but it makes a good sentence!) Shirley thanked us all for our efforts but had especial praise for two of our members, Dawn Stevens and Sarah Woof. Dawn had so many entries and as the results show, swept the board. She tells us that she will enter only selected classes next year so that should

give the rest of us a chance! Sarah, who was the only competitor in the adult Fancy Dress, was game enough to enter into the spirit of things and besport herself gaily in her splendid Bee costume.

Sue Sharrocks and Margaret Denton had attended the half-yearly council meeting and gave us a report on the rollicking good time they had had. They described the post business speaker as being like a female Ken Dodd but better! Then it was on to our own business and back to the thorny question of the future of our group within the W.I. After much soul seeking we have decided to stay within the Federation for at least another year, as we all value being members of KILLINGTON W.I. which celebrates its 65th birthday this year. Celebrations ahead.

In our perusal of the WI News we noted that our contribution to the Federation Memorial Bursary Fund in memory and appreciation of Pam Symonds had been recorded as a permanent record of her valued membership.

We then moved on to plans for future activities including Frostrow's April coffee morning at the U.R.C. rooms, the popular quiz at The Bull, and the Lune Valley Group meeting on May 15th at 7-30pm. The hosts will be Casterton W.I. in their lovely Village Hall and John Sykes will tell us about his travels in Patagonia. Do you think that his opening sentence will be, "When I was in Patagonia....."?

Our own speaker, Eileen Belshaw, a Liverpool lass who has worked in Cumbria for over 30 years, kept us in



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stitches for a good hour or more. Eileen is both a Community Nurse and a Community Midwife and deals with life from before conception (IVF) to after death. Although her title was, "It shouldn't happen to a nurse", she suggested it could be, "From sperm to worm!" If you have a chance to hear her don't miss it.

Our meeting concluded with chat, library books, tea and a birthday cake for Majorie Henson who celebrates her 80th this month. Many Happy Returns, Majorie! The raffle for a gigantic Easter Egg (we're all children at heart) was won by Pam Fenton who now finds herself with dozens of friends. The competition for 'a herbal remedy' was won by Barbara Kooper and Mary Fisher who don't find themselves with dozens of friends!

Our next meeting will be an interesting one, dealing with the resolutions to be discussed at the big Annual Conference. This will be followed by our speaker, Mrs. Olive Clarke OBE DL, who will talk to us on "The Lieutenancy". Do join us - 9th May at 2-00pm in the committee room of the People's Hall. *W.F.U.*

SEDBERGH PARISH COUNCIL

From the minutes of the meeting held on 23rd February.

Matters Arising:

New Bridge Lay-By - The planning officer has taken up the matter of the mobile home on the lay-by. Also a letter has been written to Cumbria County Council requesting them to take action to enforce removal of the mobile home.

JOSS LANE CAR PARK

We are still awaiting a reply from SLDC to our letter confirming the revised proposals made by Cllr. Barker. There was an article in Lookaround which was misleading and a letter will be sent to correct it.

HIGHWAYS

We have been advised that the

installation of the bollards requested for Main St. will take place in the financial year beginning 1st April 2006.

Various defects were reported as follows:-

- Garsdale Road at Moss Corner.
- Surface water freezing at the top of Black Horse hill is dangerous.
- Cautley Road, where the rut by St. Mark's was repaired it is now worse than before.
- Cautley Road pothole by Bratt House.
- Four Lane Ends is in need of attention.
- Outside Coal yard telecom lid has lifted.
- Main Street Crossings need attention as do Main Street pavements.
- Busk Lane near tennis courts rut across road.
- Corner Winfield Road and Joss Lane.
- Slow signs are needed on the approach to the playing fields.
- Kirkby Lonsdale road by Ashlea stop cock has sunk.
- Row Lane is again becoming difficult, mainly due to brambles overgrowing the road just before the Row.

QUEEN'S GARDENS

Mr. S Teal has resigned from maintaining Queen's Gardens. An advert will be put in Lookaround advertising the vacancy.

Mr. Hindson has completed work on raising the trees and opening up the view from the road so that now the cross is visible.

TOWN TWINNING

The Mayor of Zrece will be visiting on 20th March with a group of ten people

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 3rd May 2 45 pm
Leighton Hall
Guided visit to the hall and gardens.
Assemble at Leighton Hall Car Park
at 2 45 pm (gr 494745)
or Loftus Hill car park at 2 pm.

Wednesday 24th May 2 15 pm
Braithwaite Hall and
Middleham Castle
Short conducted tour of the hall
followed by a visit to the castle
ruins. Meet at Braithwaite Hall at
2.15 pm (gr 117858)
or Loftus Hill car park at 12 30 pm

Chairman: Richard Cann 20771
Secretary: Diane Elphick 20605
Treasurer : Marlene Mason 20509
Member Sec: John Sibley 25024



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and the will all be staying at Thorns Hall. They arrive on Monday night and will stay to Wednesday. The cost of the stay at Thorns Hall is £900 and it was agreed that as the Parish Councils contribution to the cost of the visit we would pay the bill at Thorns Hall. There will be a formal dinner on the Tuesday night and a party at Settlebeck on Wednesday night.

LIGHTING

A question has been raised about the status of the Merewood estate regarding street lighting and who pays for this.

The lights on the path through the middle of Maryfell may need replacement in due course.

OTHER BUSINESS

People's Hall - The People's Hall Committee urgently requires new committee members as it will be difficult to keep running unless they get new members

Thornbank Grass Cutting - The contractors cut the grass at Thornbank just as the daffodils were emerging. Cllr. Blair has taken this up with SLDC to request them to replace the daffodils if they now fail to grow.

PLANNING

Planning applications were considered as

follows:

LBC Retention north facing window at 9 Howgill Lane *No objections*

LBC Replacement windows and side door opening at Rawthey Cottage, Birks Lane *No objections*

FPP Change of use part retail area to coffee shop at Sedbergh Post Office, Main St. *No objections*

FPP Erection replacement porch at Bramaskew, Howgill *No Objections*

Amended plans erection extension at 32 Loftus Hill *No Objections*

Planning decisions were received as follows:

FPP Change use from shop to coffee house at The Gallery, 32 Main St.

Sedbergh *Granted*

LBC internal and external alterations to improve fire safety at Evans House, Sedbergh School, Main St. *Granted*

FPP Erection of extension at Underbank, Soolbank, Sedbergh *Granted*

FPP resurfacing existing athletics facilities at Sedbergh School, Malim Lodge *Granted*

FPP glazing existing open porch at 6 Sycamore Avenue *Refused*

An appeal has been made to the Secretary of State in respect of the refusal of planning permission for widening of existing barn door at Fawcett Bank

An Inspector's decision has been received in respect of the appeal against refusal of Planning permission for site at the rear of 14A Thornbank. The Inspector has dismissed the appeal.

An application for a lawful development certificate for camping field 20 units made up of 12 tents and 8 touring caravans.

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A SEDBERGH VIEWPOINT

I doubt whether I made an April Fool of anyone last month. I'm sure my "over the top" spoofs were soon spotted! However behind the frivolity there were issues which I think concern the well being of Sedbergh. Being a bit old in the tooth I may be out of touch regarding activities for teenagers but it does seem to me that there are things that would give them pleasure and keep them out of mischief that are not available to them in Sedbergh. Car parking too is a hot potato at the moment affecting the whole community and its economy.

Just as the Book Town is getting into gear car parking becomes an issue. Whilst perhaps visitors are willing to pay to park on the odd occasion local people who make the Book Town work are suddenly penalised for working in town. It has been fascinating to see Joss Lane car park almost empty in the early days of April with the result that on street parking has increased considerably. I hope that the Parish Council will be able to fulfil its desire to operate the car parks, make reasonable charges and so encourage people to come to Sedbergh for both business and pleasure to the

benefit of the local economy.

Two book shops have opened in the last month and I wish them every success. I have heard many appreciative comments about Westwood's at the old cinema and I have overheard staff there say how happy they are with the spacious premises.

I believe there is to be an official Book Town launch soon which no doubt will be featured elsewhere in *Lookaround*.

Thanks to all who were involved in staging the Spring Show; organisers and exhibitors alike. There was a good entry in most classes, though I did note that the same names appeared many times. We certainly have some talented people in our community. Thanks folks for keeping the show on the road. The additional venue at the St John's Ambulance HQ, though a little cramped, added to the proceedings and it was good to see the displays of the local organisations (and taste the Zrece tippel!). Thank you from an appreciative viewer.

If you missed out there is still the Gala to look forward to (always my favourite event of the year) and this year the biennial Music Festival as well. I'm thinking I won't be able to fit in a holiday

away this year. There is always something happening in town to keep me at home. I know several folk who think that living in Sedbergh is all they need for a holiday. We have everything here.

I had hardly finished last month's article and forecast increased rainfall as a result of global warming when it happened and we had days of heavy rain. Sorry; maybe my April Fool's hoax wasn't so off target after all. Fortunately the weather over Easter was fairly good and the influx of visitors seemed to enjoy themselves from what I have heard.

With local elections for South Lakeland District Council being held on 4th May I am amused by the candidates' electioneering literature. Why is it that they are going to do so much for the benefit of Sedbergh when they want our vote yet they seem to achieve so little once elected? They propose to do what should have been done years ago it seems to me. I once raised an issue with a local councillor, only to be told that the council employees determined the policies and so nothing could be done. That isn't what we elect councillors for. They make the policies based on any advice they seek from their professional officers and if

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they can't do that they aren't fit to serve on my behalf. The impression I get is that all too often councillors want to join an elite club rather than serve their electorate's needs. I'm also amused that some candidates campaign on national issues over which SLDC has no concern or responsibility. Despite my cynicism I shall be voting on May 4th, and I hope you will too. We can't complain if we haven't taken part in the democratic process. May the "best man" win!

Finally this month, thanks to Dennis and Jacky for producing 20 years worth of *Lookaround* (and for the celebratory Afternoon Tea).

Best wishes
N Hastle

DENTDALE WI

Our April meeting moved to a different venue being held in the Methodist church and school room to accommodate Dentdale Players who were performing in the Memorial Hall. As the meeting fell in the busy holiday period before Easter our numbers were down slightly. However, there was quite a full business meeting and lots of reports given. Catherine Sugden reported that Dentdale members had received six certificates at the Sedbergh Show with entries from Catherine, Dortelis Powell and Gill Ioannou. Perhaps, encouraged by this success, more members would enter next year.

A sub committee was formed to arrange a display of information about all aspects

of WI which will be presented at the Heritage Centre opening on 13th May.

Members were reminded about the group meeting on 15th May to be held in Casterton. There will be a speaker, supper and a chance to meet members from the group. Tickets will be available at our next meeting for all those intending to go along.

News of the July outing was given which will be to the Cartmel area with a high tea catered by Cartmel WI. The idea met with considerable enthusiasm.

Members volunteered to form a team for the Pub Quiz at the Bull Hotel Sedbergh in aid of "Cycle Cuba" and are looking forward to the event and we shall wait to see how successful they are.

Brian Adams our speaker spoke briefly

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28th May

Starting at approximately 9 am

All monies raised will be shared between the late Jackie Wilson and Joanne Burrow Breast Cancer Appeal Fund, Cystic Fibrosis and Young Kidz (local children's groups)

Approximately 60 Sedbergh, Tebay, Kirkby & Local lads & Lasses will attempt this feat. Please give your support on the day and by guessing the time it will take to complete the course.

The closest guess wins £50



about the history of the National Gardens scheme and then proceeded to delight us with slides of private and public gardens open to the public under the scheme. A lot of the slides were of Holehird gardens in the Lake District showing them in all seasons giving us ideas for our own planting. Pat Allen (that's me) won the competition for a flower arrangement in a coffee jar lid and Alice Ellison went home with the raffle prize.

Next month's meeting May 10th is back in the Memorial Hall when a WI advisor will be talking about the 2006 resolutions.

SEDBERGH TOWN BAND

On Saturday 1st April the Band provided music from the time of the

opening of the People's Hall doors to the public to the official opening of the show. After the speeches, the Band gave an hour's worth of background music for the entertainment of those viewing the exhibits.

Three familiar numbers preceded local M.P. Tim Farron addressing the visitors to the show before declaring it open. The subsequent music featured both established numbers and some pieces that are new to the Band's substantial repertoire, including a first public playing of the popular revival 'Is this the way to Amarillo?'

The Band join in congratulating the organisers and exhibitors alike in producing a first rate show of exceptional quality.

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MEMORIES

I am a subscriber to Lookaround and have also been a contributor. As the years pass by and memories become greater and more important I wondered if there are any of my old school friends still out there in the wider worlds. I lived originally on Maryfell estate at a time when the area was "prefabs". We moved in to number 2 Thornsbank when it was originally built (although in those days the structure had to stand for over a year to enable the plaster to dry out). I went to the British School in the days of Mr Downhill and then went to QES, Kirkby Lonsdale. I certainly achieved little at school except for the odd GCE! On leaving school I joined the Gas Board in Kendal. this was a strange choice because

it involved in working in a laboratory... and I was terrible at sciences of any sort!! National service began in the Royal Air Force in 1955 and I finished my career with the RAF in 1957. A short resumption at the Gas Board found me most unsettled and, having been trained in accounting in the RAF, a correspondence school I was studying with obtained an interview for me in St James Street, London W1. My career in accounting started with an insurance company then progressed to the AEI in Enfield, Lotus Cars in Cheshunt, Hertfordshire then to an Electronics firm in Holloway Road in London. Eventually I joined the newspaper industry .. Welwyn Times division of Westminster Press, moving from here to the Evening



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and hope to breath new life into the old Dragon.



A DENT BREWERY HOUSE

Press in York (same newspaper group.) I changed companies to Northcliffe Newspapers in 1979 and moved to Lincoln ..Lincolnshire Echo .. and retired in 1997 as Finance Director.

I married Margaret (daughter of a London policeman) in 1961 and we have three sons and eight grandchildren.

Since retiring life has stepped up a gear!! I am a Rotarian, member of Probus, President of Lincolnshire YMCA, Trustee of a charity called Break and chairman of Lincolnshire Association for the Elderly Housing Association. I remain a trustee director of my company pension scheme and treasurer to a variety of organisations. We are practicing Christians.

Sadly, our eldest grandson (aged 9) is severely affected by autism so I am grateful that I am a trustee of Break - a charity providing holidays for mentally and physically handicapped children

I don't know if this little epistle is of any use but I thought it would be lovely to hear from anyone in Sedbergh or further afield who may remember me be it from St Andrew's Church choir (from 8-15), the Youth Club at Settlebeck or any other capacity .. perhaps playing in the stream up Thorns Lane or even memories of Eric (Dad) who worked for Braithwaite's and was a friend of Sid and Doris Braithwaite. Mum was Florence Bainbridge and Uncle Billy (William Bainbridge) is remembered on the war memorial. Dad was a keen gardener and rented the old walled garden from Sedbergh School - at Akay .. memories of the Pepper Pot when it was complete. To complete the family was big sister

Cynthia and little brother Brian.

I am also trying to make contact with Maurice and Janet Dixon. Maurice was an old school friend in the fifties and I have lost touch with him. This year he has sent me a Christmas Card and I am unable to reply. Last time I heard from him he was in Locksheath area of Southampton. *Philip Hutchings*

If anyone has an address, could you please drop details off at *The Lookaround* Office.

SEDBERGH TOWN BAND

***Lookaround* 20th Birthday.** Band Chairman Sandra Waters and Committee member Gerry Blackwell were privileged to accept *Lookaround's* invitation to the Band to send two representatives to their celebration of twenty years producing this invaluable local news magazine.

Our congratulations go to Dennis, Jacky and John Whicker and all who are responsible for the eagerly awaited appearance of this publication. Our thanks are particularly due to them for providing us, and other local organisations, with the means of recording our activities for the perusal of the Sedbergh and District readership. There is no doubt that much of the Band's success in terms of well attended concerts and an increase in playing membership is thanks to the publicity achieved through the *Lookaround's* pages.

The positive enthusiasm expressed by all who attended an excellent celebratory tea party in Sedbergh School's Queen's Hall demonstrated admirably the high esteem in which the magazine is held.

FESTIVAL 2006

Brochures are now available giving details of all the concerts and events. Thanks to the generosity of Patrons and Sponsors the cost of each event has been kept to the very minimum. Overall the Festival presents a wide variety of music making to suit all tastes.

One of the major concerts will be given by the Edinburgh Camerata. It has always been the policy to make the Festival as local as possible and most of those taking part have some local connection. In the case of the Edinburgh Camerata one of the members is Hugh Thomas, born and brought up in Sedbergh and son of Richard and Dorcas Thomas.

The Camerata was founded in 2000 when Will Dawes organised a group of friends to sing in Turin at the invitation of the city's university. Since then the choir has attracted some of the foremost singers in Scotland's capital and given many more concerts, performing a diverse repertoire from Palestrina to Penderecki and various commissioned works. Camerata feature regularly at the Edinburgh International Festival specialising in large scale projects such as the All Night Vigil (Rachmaninov), Spem in Alium (Tallis) and Requiem (Duruflé). This year they will perform the 1605 Requiem by Victoria, along with works by Howells and Mäntyjärvi. Further afield the Choir has ventured to Dunkeld, Greenock and Tenby, and they are delighted to be making their second appearance at the Sedbergh Festival - having performed Leighton's Mass for double choir in Dent Parish Church in 2004.

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The programme for Sedbergh this year will include Frank Martin's Mass for Double Choir, Howells Requiem and Allergri's Miserere.

The Camerata's Conductor is Will Dawes who studied music at Edinburgh University where he directed and performed with numerous choirs, orchestras and ensembles, as well as being a choral scholar at St. Mary's Episcopal Cathedral. His achievements as an undergraduate won him the Keasbey Bursary 'for outstanding contribution to the musical life of Edinburgh University and the city as a whole'. In 2004 Will took up his place at the Royal Academy of Music to study Choral Direction, participating in

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masterclasses with Stephen Layton, David Hill, Timo Nuorane and the BBC Singers. Will also maintains close connections with the institutions through which he trained, such as being a member of staff on the Eton Choral Courses and as Associate Conductor of the National Youth Choirs of Great Britain.

Judging by their performance in Dent in 2004 this will be an evening to remember.

All the Sedbergh organs were featured in the 2004 Festival: St. Andrew's, the Methodist, the URC, Powell Hall, Sedbergh School Chapel and Cautley PC. In the coming Festival there will be two organ recitals, both in St. Andrew's Church. The first by Ian Pattinson who is organist of Lancaster Priory. The second by Dorothy Davis. Dorothy will be known to many in Sedbergh as the daughter of Mr. Hunter. She was brought up in Sedbergh and has since studied the organ with Walter Hillsman at University College Oxford and later as a pupil of Simon Lindley. Dorothy is based in Sheffield and has given recitals in Chester, Blackburn and St. Giles Cathedrals, Leeds Oxford and Sheffield Town Halls and she plays regularly at

Sheffield Cathedral.

The organ will also be heard to good effect in Faure's Requiem and Britten's St. Nicolas.

This year the musical world celebrates the lives of Mozart and Shostakovich and the music of both these composers will be featured in the Festival.

During the Festival there will be five Lunchtime Recitals with lunch available from 12 noon and music at 1 pm. Before four of the evening concerts dinner will be on offer. Dinner places will be limited to 30 and should be booked in advance at the Tourist Information Office. No tickets are needed for any event, just turn up at the door.

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TIM FARRON MP

Elections are always a busy time for politicians and the local elections taking place on 4th May are no different. I have been out helping our candidates on the doorsteps. We have even seen a visit from my new boss, Ming Campbell, to the constituency to lend his support. He very kindly interrupted his holiday on Ullswater for a walk around Ambleside to chat to people, meet some of our candidates and have a look at a rather exciting affordable housing development in the centre of the town.

I do believe, however, that to be successful at an election you have to have been working hard for the electors for several years prior to the big day. The task of the election itself should be

simply to remind people what you have achieved so far and communicate what you hope to achieve if they vote for you.

To this end I have been careful not to allow the elections to distract me from the day job.

The past month has been particularly busy as the Single Farm Payment scheme introduced by the Government has moved from being a problem to becoming a crisis; particularly so for the hill farmers that work up on the fells above Sedbergh and Dent. In addition to not receiving the single farm payment that is due from the Government they are also suffering from delays in receiving the hill farm allowance.

I have written to Defra to ask that they receive particular priority for payment as

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their finances are in such a dire situation. I have also written to the Chancellor of the Exchequer to ask that he gives farmers a tax allowance to compensate for the additional interest payments that they have had to make as they extend their overdrafts even further whilst they struggle to keep their farms going in the face of this Government bureaucracy and incompetence.

The only people to come out of this appalling situation well are the banks whose agricultural advisers must be well up on their targets for this year.

The way that the Government has managed to create this situation out of a well intentioned development is beyond belief. Much of the problem seems to stem from their belief in ambitious IT

solutions to issues. We are seeing a similar approach in the National Health Service and I worry that we may see the same chaotic results. The sooner that they learn that IT solutions take much longer to implement than they think and will inevitably cost more than they budget for, the better for all of us.

If I can help you with these or any other issues then please don't hesitate to contact me. According to our most recent figures we have had 10,000 letters into the office over the past year, all of them valuable in keeping me in touch with what really matters to you.

You can contact me either at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at tim@timfarron.co.uk Thanks for your support *Tim Farron MP*

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SMILE – BUT DON'T SAY CHEESE

I have recently been involved with a new programme developed by the UK Taiji Qigong Foundation (www.uktqf.co.uk), promoting specific exercises for women's health, with special emphasis on breast care. I am hopeful that there will be sufficient local interest to be able to organise a weekend seminar in Sedbergh or Dent soon. (An attempt to run an event in Lancaster faltered because of lack of a suitable venue.)

In Chinese medicine causes of breast disease can be:

- Emotional: sadness and grief affect the heart and the lungs causing contraction in the chest and hindering free flow of Qi (energy, pronounced "chee") and blood. Anger, frustration and resentment affect the Liver, which disrupts the flow of Qi and Blood in the whole body and, in particular, can cause tightness of the shoulder muscles. The acupuncture point on the top of the shoulders,

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between the base of the neck and the shoulder joint, is one of the main points for treating the breasts.

Release of tension from this area allows a better flow of Qi down into the chest.

- Dietary: Jane Plant, in her book "Your Life in Your Hands", identified dairy produce as being a major factor in breast disease. This ties in with traditional Chinese medicine, which recognises that over-consumption of dairy produce can lead to the formation of soft lumps (not only in the breast). The breast cancer rate in China is higher amongst that section of the population, which has adopted a Western-style diet.
- Lack of exercise: this means that any small blockages, which would normally be cleared by adequate movement, can remain. The Chinese use the analogy of a river silting up, causing the flow to become sluggish, which in turn leads to the deposit of more silt. Some women are more susceptible to this process in their pre-menstrual phase and may notice lumps which appear at this time, then disappear again.

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- In older women, a decrease in the body's vital substances also plays a role.

None of the above mentioned types of pathology is life-threatening. The damage occurs at a later stage, when the types of stagnation described above give rise to heat and the formation of toxins. Let's prevent this happening now, before it is too late.

The exercises taught for breast care include both whole body exercises and some which focus particularly on the chest area. The examples below form part of a set of ten simple exercises.

1. Smile! Make an exaggerated smile, tensing the neck muscles. Hold for a few seconds. Remember to breathe. Repeat several times (nine times is often suggested as a useful number of repetitions). If you want to know how this affects the breasts, rest the fingers in the spaces between the ribs on both sides of the upper chest, above the breasts. You should feel some movement there, when you do the exercise. One of the main acupuncture channels follows this line from the corners of the mouth, to the jawline, down the neck to the

chest (and carries on downwards as far as the feet). The simple act of smiling activates this channel. This is a Daoist longevity exercise.

2. Parting the clouds: stand with the feet parallel, slightly more than shoulder width apart and allow the backs of the knees to soften. Make large movements with the arms, drawing a circle with each hand. Begin by moving the hands downwards and outwards, Sweep the hands outwards and upwards to cross above the head. Lower the crossed arms down the centre and repeat nine times. Then do nine times in the opposite direction. This is a whole body movement and the hips rise and fall gently in concert with the shoulders. Breathe in as you come up and out as you go down.

If you would like to know more, or if you need clarification about the exercises, please get in touch. My number is (015396) 20972.

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**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

Sedbergh beekeepers held their 10th Annual General Meeting on 20th March, twenty-five members, 'Friends' (informal members not yet keeping bees, and retired members), and guests attending. The formal business was complete in less than an hour, the Chairman's, Treasurer's, and Secretary's reports for 2005/6 reflecting the club's very successful, indeed another record year, of growth in numbers, achievements, and enjoyment of the craft. The Chairman presented Tommy Brooks with the Bill & Mary Eglin Trophy for his outstanding contribution to the club and members over the ten years since it was founded; the new Lunesdale Trophy for the overall

winner of the 2005 Honey Show to Bill Eglin; and the new Novice Trophy for the best novice entries at the Honey Show to Enid Hastings. The new committee was then elected: Vic Hopkins, Chairman; John Rogers, Treasurer; Malcolm F-U, Secretary; and Tommy Brooks, Bill Eglin, Richard Challenor, Alan Tett, and Bill Hastings, Ordinary Members. After refreshments, we continued the evening with a review of the principles of swarm management, and a demonstration by our new treasurer, John Rogers, of a piece of hive equipment that allows the beekeeper to kid the bees into thinking that they have swarmed when the haven't!

The club was, for the 10th time, well represented at the 10th Sedbergh Spring Show on 1st April. Vic Hopkins is to be

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heartily congratulated for winning the Local Organisations' Promotional Stand competition with the club's display. As this was decided by the votes of the general public that visited the St John Ambulance rooms where the competition was held, we are doubly proud. Thank you to all who voted for us!!

This very poor spring weather, that has seemed to go on and on, has undoubtedly held back the growth of new bees in our hives, so that when Spring does come - with a bang - we may be short of bees to make the most of it! We're not expecting the record honey crops this year that we enjoyed in 2004 and 2005. But hopefully the bees (and the weather) will yet surprise us!

Our first meeting in May will be at the official opening of the Dent Village Heritage Centre from 11am on Saturday 13th with our promotional display of this oldest of practical crafts. Then we shall be repeating our live bee demonstration (weather permitting) at 2.30pm on Saturday 20th May at Sedbergh Gala. Finally we shall be holding our second apiary visit of the season at the Long House in Garsdale at Bill & Marion Smith's apiary at 2.30pm on Saturday 27th May. This time of the year is usually the peak of the swarming season and one of the most important times for detailed inspection of every colony. Not only are we looking for the usual things, lots of bees, a healthy queen laying lots of eggs, healthy larvae and pupae, plenty of stored pollen and honey, with space for more, and freedom from any signs of disease, but also for the telltale signs that the bees have taken the decision to swarm, Nature's way of reproducing the colony.

If the beekeeper has missed the signs before, and the swarm has gone, this too can be readily seen. We have guest bee suits for both adults and children if you would like to see for yourself and get some 'hands-on' experience. You will be made most welcome at any or all of these events. *Malcolm Fraser-Urquhart*



LADIES N. F. U.

For our April meeting Elaine Horne gave us a talk with slides, on plants for Spring and Summer.

She first talked to us about herbaceous plants followed by shrubs, telling us what kind of soil they required, also which plants grew well in shady damp conditions, plants for ground cover, in gravel and paving stones.

This was followed by question time where a few of our members asked her for solutions to their problem plants. She told us that the soil in Sedbergh was very stony and more on the neutral to acid side. Tea and biscuits were then served followed by our monthly meeting.

Our next meeting is on Tuesday 16th May, "In the Footsteps of Beatrix Potter" by Mrs Maggs. This will be held in the Peoples Hall Committee Rooms.

ALZHEIMER'S AWARENESS WEEK

2nd - 8th July 2006

Alzheimer's Disease is a physical disease which causes a progressive decline in the abilities to remember, learn, understand, communicate and reason. It is the most common type of dementia and was first described a century ago by Alois Alzheimer, a German neurologist. 'Coronation Street' fans that have been closely following the Mike Baldwin storyline, played by Johnny Briggs, will realise it is just that - a storyline. Sadly, for many people in our region Alzheimer's Disease, and other forms of dementia, is a fact of everyday life and affects every street.

Dementia has a ripple effect on family members, friends and neighbours. This fits in with the theme of this year's Alzheimer's Awareness Week, **"Dementia Affects Everyone"**.

Following a two-day Greater Manchester TV special the Society's helpline received over 5,000 calls. During

awareness week the Society is promoting a full programme of events throughout South Lakeland to ensure that as many people as possible have a chance to participate, learn about our work and give us their support.

Many people are surprised to learn that Alzheimer's Disease is just one form of dementia and that the Alzheimer's Society offers help to people with other forms of dementia, and support for their carers. The South Lakeland branch of the Society is housed in new quarters on the top floor of Stricklandgate House, 92 Stricklandgate, Kendal LA9 4PU.

Telephone 01539-741631. Open Monday to Friday from 9 am to 5 pm. A lift is available for those who cannot manage the stairs.

The Wednesday Club, which meets monthly for younger people with dementia and their carers is celebrating its first anniversary in July. The club meets in Benson Green Day Centre at Kendal and is proving to be a great success and provides facilities for all of South Lakeland.

The Alzheimer's Society will be hosting a street collection and Coffee Morning in Sedbergh on Wednesday 21st June, from 10 am to 12 noon, in the United Reform Church Rooms. As well as coffee, tea and biscuits, there will be a raffle, a Bring and Buy cake stall and a small exhibition to raise dementia awareness. Cakes and raffle prizes are, as always, most welcome. Mrs. Angela Harvey, the Society's Branch Manager, and other members of staff will be available to offer information and advice to anyone that requires it. Please come along and support the event.



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PEPPERPOT CLUB

In the April edition of *LOOKAROUND*, we were able to report that a generous grant had been received from Sedbergh and Kirkby Lonsdale Neighbourhood Forum, together with a gift from an anonymous donor, which enabled Sedbergh Pepperpot Club to purchase a glockenspiel for the use of the Pepperpot Music Makers.

The good news this month is that a further grant has been received! A sum of £100 has kindly been awarded to Sedbergh Pepperpot Club by Sedbergh United Charities and Widows Hospital to cover the cost of the sweatshirts with the Pepperpot logo which the Music Makers are seen happily wearing in the photograph. We very much appreciate this generous help.

Sportsprint of Kendal produced the sweatshirts for the youngsters at a special price, so we are very grateful to them too.

Not only did the grant from Sedbergh

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United Charities cover the cost of the sweatshirts, but there is something left over which will go towards the performance of *The Midnight Thief* which the primary-aged Music Makers will perform in St Andrew's Church at 10.30 am on Saturday June 17th during St Andrew's Festival. Please come!

For further details about Sedbergh Pepperpot Club, including Pepperpot Music Makers, please get in touch with Shirley Smith (015396 21196).



SAVE THE NHS

Because Labour kept to the Tory spending plans for the first 3 years after the 1997 election, it was only in 2000 that more money was put in to the NHS - and very welcome it was, after years of inadequate funding. Waiting times had continued to rise; the UK had fewer doctors per head of population than most European countries (and still does); and we spent under 7% of our GNP on health compared with 8-10% in most parts of Europe and 15% in the USA. The budget for the current year is £76 billion - twice what it was in 1997. This sounds a lot, but is only about £1300 per person per year or £25 per week - very good value for a comprehensive health care service from the 'cradle to the grave'.

In March 2005 the government launched a document 'Creating a patient-led NHS-delivering the NHS plan'. This document, which I doubt if many of the public have read, states that "this moves from a 'patient-centred NHS' to a 'patient-led NHS'" - "the ambition is to move from a service that does things to and for its patients to one that is patient-led - these changes are profound - the ambition is... to change the whole system." Whilst criticisms have been made that the NHS is not responsive to patients' needs and is organised for the convenience of the professionals and not for the patients, there have been improvements over the last decade and most people in surveys rate their experience with the NHS positively. The Consumers' Association

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(Which?) did a survey last year and found that what most people wanted was a good local hospital. There was no demand for a 'patient-led NHS'. What exactly does a 'patient-led NHS mean? I believe that this slogan is yet another example of politicians' spin and is a smoke screen to hide the government's real agenda. If you read the bulletins about progress in delivering this plan on the DoH website there is no involvement of patients.

What we have are the stated key elements of the plan, patient choice, payment by results (PBR), tariff payments, multiple providers (NHS, private and voluntary sectors), a strategic shift into primary care and practice based commissioning. One directive required that patients who were referred to a specialist by their GP should be given the choice of five providers including one in the private sector. How can patients possibly know enough about the different options to make an informed choice? This directive was modified at the end of last year after some discussion. The national tariffs had to be withdrawn in February this year as the deficits from 'Trusts' became apparent. Neither primary care trusts nor GPs are trained and able to do effective commissioning of services. The whole ill-thought-out scheme has contributed to the current wave of deficits and managerial decisions to sack staff in order to balance the books.

On the one hand Patricia Hewitt says the projected deficits (now approaching a billion pounds) are only about 1% of NHS expenditure, and on the other she is demanding that the deficits be dealt with immediately, even though many have built up over several years as managers

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used creative accounting to keep the hospitals functioning. She also attributes the overspend to a few 'rogue' trusts and poor managers, completely ignoring that government actions have increased costs over which the managers have no control. NHS managers from as far a part as County Durham, Darlington and Woolwich have said that staff are to be 'rebalanced' because of the PBR system and work going to private ISTCs (independent sector treatment centres) or the high costs of the Private Finance Initiative building schemes. The PFIs lock hospitals into contracts for ancillary services for years - and in some cases the private provider still owns the hospital after 30 years. This is like paying a mortgage on your house but not owning it at the end of the contract. Another extra cost was incurred because the government negotiated new contracts with both hospital consultants and GPs. Because ministers did not listen to doctors' leaders who told them (on the basis of surveys) that most doctors did more work than they were being paid for, these contracts have turned out to be much more expensive than expected - but local hospitals or primary care trusts have

(Continued on page 44)

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had to bear the extra cost. Similarly, the government initiative 'Agenda for Change', quite rightly increased the pay for ancillary staff (who have been underpaid for years), but these increases had to be paid for locally. Time and again, the government's new policies have made it desperately difficult for local NHS providers to balance their budgets.

The government is to be congratulated for reducing waiting lists, but one of the ways it has done so is by the use of ISTCs. These private contractors are paid 11% more than the NHS for every case they treat, and they are paid for a guaranteed number of 'customers' whether they treat them or not. The cost of this lunacy is greater than the current deficits across the whole of the NHS. Patricia Hewitt's first statement when she became Secretary of State for Health was to say that another 3 billion was to go into ISTCs. Why? We now hear of hospitals laying off staff. They cannot afford to pay them because they have worked hard to meet the government targets to reduce waiting lists and are overspent. Anxieties about the quality of care in ISTCs, which initially were not allowed to use NHS staff have been

documented. While they may have been a useful short-term solution to the capacity problem, private providers would be unnecessary in a properly funded NHS. The introduction of competition is part of the government ideology, which they insist - without a shred of evidence - will 'drive up quality' and they are busy creating a real market in health care.

The effect of the governments' reforms is not to give patients a driving seat in running the NHS (even if that is what people wanted), it is to break up the co-operative NHS. In the past (before the Clarke reforms of 1990) a GP could refer a patient anywhere in the country. Now 'Choose and Book', an expensive IT experiment, is breaking the links between GPs and hospital specialists in Cumbria and may well increase health inequalities rather than enhancing patient choice.

Wards are closing at the Westmoreland General Hospital and community hospitals in North Cumbria from Wigton to Keswick are threatened with closure. A recent government White Paper suggests that services should be moved out of 'expensive' district General Hospitals to the community. Whilst many people would like to be treated in their



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own homes, the special nurses with advanced training to visit them daily are not yet trained let alone employed. Further removal of funds from the hospital service can only lead to greater chaos as hard pressed managers try to keep things going. Two thirds of hospital beds are occupied by people over 65 and a considerable proportion of the budget is used for care during the last year of life, so these 'reforms' are particularly relevant to the population of Cumbria, with its large number of retired people.

The public are baffled (as are many health professionals) by the constant re-organisations, changes of service configuration, policy U-turns and discrepancies between the Department of

Health Press releases (part of government spin) and what is happening on the ground, but are unsure what to do.

On 19th May, **Keep Our NHS Public**, a campaigning group calling for a halt to the commercialisation of the NHS and public debate about the government plans, is holding a meeting at the People's Hall Sedbergh at 7.00pm and hopes that as many people as possible will come. Andrew Billson-Page of SOS Save Our NHS Services, who organised the march in Kendal in February, and Wendy Savage FRCOG, a member of the KONP steering group, will speak and answer questions.

Visit www.keepournhspublic.com for information about the campaign.

SEDBERGH Y.F.C.

In March a few of us went along to the final of the Ballroom Dancing competition held at the George Hotel in Penrith. A great evening was had with Grayrigg coming first and going through to the northern area finals in the Isle of Man.

Yvonne Capstick and Emma Middleton celebrated their twenty-something birthdays with a themed night out in Kendal. Other young farmers joined us and the theme was 'Emergency Services' hence the increase of policemen/women, nurses, doctors, firemen and life guards around the town that night. A great night to remember was had by all!

At the end of March we paid a visit to the Fire Station in Sedbergh courtesy of our very own Fire-fighter chairperson, Jayne Moorhouse. James Brownrigg and Alan Irving from Procter Memorial also joined us. They visit us once a year to have a look through our records and score us on the running of the club. An award to the best club is given on Field Day.

Since last month tug of war training has started on Monday evenings at Ingleton for both male and female teams. Last year our females came second - so keep it up guys!!

On the 12th April all the pre-Field Day work was handed in for judging, the entries included a painted pint glass, decorated toilet seat and a bat box to name but a few! We are now waiting patiently for the results which will be given on Field Day.

As advised last month, our Annual Field Day this year takes place on the 20th May near Ulverston where members willingly (well, not always!) take part in activities such as flower arranging,

cooking, singing, mini-digger handling and limbo dancing as well as the Grand Finale. Anyone is welcome to come along and watch all going on, its good fun. In the evening the members can breathe a sigh of relief that they've once again done their best for another year and celebrate with a live band and beverage.

We must also mention that it's not just the members that get involved in preparations for and on Field Day but also past members, neighbours, mums and dads and anyone else we manage to rope in to lend a hand, for which we are most grateful.

If you require any information with regards to the Field Day or Young Farmers itself, please call Valerie on 21032.

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YOUNG KIDZ

The Story So Far.....

As reported in the March edition of *Lookaround*, Young Kidz has been set up to raise monies for local Clubs, Society's and Charities in the town and will benefit our children, from baby's right through to 18.

After our brilliant start with the Bingo Night we didn't do quite as well with the Casino Night raising just £160 but we know where we went wrong and the next one will be bigger and better! A big thank you goes to the guys who ran the tables for us, Tom Moffat, Trevor Wearing, Dave Wearing & John Siemaszko. We had a Roulette Wheel, Poker Table and 2 Black Jack Tables.

With a weekend for 2 in Edinburgh as the prize for the person with the most chips at the end of the night, competition among the "punters" was fierce yet light hearted and an excellent night was had by all. First Prize went to John Goad, 2nd to Janet Bowman and 3rd to Jacky Baines. A big thank you to The Bull, Dave Wearing and Bay Scaffolding for donating prizes and to all the Bull for letting us host our evening.

A raffle on St Patrick's Night raised £55. 1st Prize of a Meat voucher for Steadman's Butchers was won by Mr Graham; 2nd Prize of a Booze Hamper was won by Sally Brooks & 3rd prize of a large teddy and cosmetics was won by Peter Carty. Thank you to all those that bought tickets on the night

Next was the Race Night, "**A Night at the Dogs**", There were 10 races each sponsored by a local business (thank you

to you all!). Each dog was "sold" before the night and the winning owner received a bottle of wine or Easter Egg (depending on age!!). The night including proceeds from a raffle raised £290. Thank you to Steve & Allison for letting us host the night at the Bull Hotel and Deano and the rest of the staff for helping out on the night.

We cannot thank all local Businesses and individuals enough for all their support thus far by either donating prizes, attending the events, buying raffle tickets or helping out. Remember this is for **Your** children, grandchildren, nieces and nephews please continue to support us at our future events. THANK YOU!!!

Who are you supporting?

Sedbergh Playgroup, Zebras Toddler Group, Howgill Toddlers, Sedbergh Swimming Club, Sedbergh Badminton Club, Air Ambulance, Sedbergh Parents Support, Sedbergh Junior Football, Sedbergh Youth Group.

If there is a Group, Society or Charity that you think would like to benefit from the 2007 yearly fund raising and they have time to help organize fundraising events during the year the deadline for applications is December 31st 2006. Please contact the Secretary, Jacky Baines on 015396 21287 for further information.

Future Events:

Sunday May 28th Truck Pull – Kirkby Stephen to Sedbergh followed by a Fun Day at the Bull Hotel.

Saturday August 5th – Robbie Williams Tribute Band, Peoples Hall

COMMUNITY OFFICE NEWS

GREEN MARQUEE

Don't forget to come to the Green Marquee on Gala day and explore the often fascinating world of environmental and sustainable living. Even the government have acknowledged that drastic steps need to be taken on a personal, community and political level to reverse the damage that human beings have done to this planet so please let this be a step you take towards finding out how you can play a part for your own sake and those of your children and grandchildren.

POLITICAL ISSUES AND PHILOSOPHICAL IDEAS (PI) CLUB

The next meeting will be Friday 5th May – 7p.m. at the Community Office. We will be discussing the concept of choice and whether there really is one under New Labour?

Cost is a £1 donation to the Community Office per meeting. For further details please ring Deyna on 21556.

AGE CONCERN / HOMEOPATHY / SLCVS

Don't forget about these clinics on Wednesday mornings – if they don't get

used we will lose them so please call in with any concerns!

AGE CONCERN LUNCH CLUB

Age Concern are have now organised a lunch club for over 55's, beginning on June 5th at the Bull Hotel. This is a great opportunity to get out and meet other people. It will cost £6.50 for a two course meal with tea and coffee, so do call in for a form to register your interest.

CAR PARKS

Still no news on when the Parish Council are likely to take over the running of the car park. Please stay loyal to local shops while it is in transition. Any concerns about the parking situation, please ring SLDC on 01539 733333 to ask for clarification on the matter.

ALLOTMENTS

Sedbergh School are doing their best to assist us in the provision of allotments and things are moving forward. As soon as I have any definite news, I will let people know.

OPENING HOURS

From the end of May we will be opening again on Friday afternoons until 4p.m.

BOOK VOLUNTEER / ENTREPRENEUR

We have loads of books to sell now and we will be doing some book fairs this summer as well as having a stall some Saturdays outside the TIC. Would anyone like to volunteer to run this book stall on a regular basis? Or perhaps an enterprising teenager can make us a proposition whereby you take a percentage for each book sold? Call in to discuss.

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SEDBERGH GALA QUEEN

My name is Jenny Lamb and I am hoping to be this year's Sedbergh Gala Queen. I live at Crosedale Beck Farmhouse between Howgill and Sedbergh. I'm fourteen years old and in my fourth year at Settlebeck High School. Although I only moved here five years ago my family is strongly connected with Sedbergh. My Great-great-grandfather, Alfred Braithwaite, moved to Sedbergh from Kendal in 1899 and lived at number five, Settlebeck cottages just beside the school. He founded 'Braithwaite's Coaches' and, I am told, was quite a character. My grandmother, Betty Braithwaite, was born, raised and married in Sedbergh and my mother was christened here.

At school I am studying French, History, Drama, Catering and Music along with the compulsory subjects; Maths, English, Science and Business and Communication. My main interests are drama, singing and spending time with friends and family. I have been in various plays and concerts since the age of six including performances with the Rose Theatre Group, Spellbound Theatre and Stuart Manger's "The Bench". I was also involved in the Sedbergh-Zrece twinning programme as I was twinned with Ines Cvelfer, a Slovenian girl of my age. In the future I am hoping to continue in the performing arts, or pursue a career in psychology.

I am eager to take up the responsibility of Gala Queen because I enjoy being involved in the community and I believe that life is full of opportunities and I am enthusiastic to make the most of everything. I am a hard-working and

friendly person and I would enjoy supporting local events. When we first moved here, I was impressed by the role of Gala Queen as it was something I had not seen before. I had heard stories of my great grandfather, George Braithwaite, taking my mum with him as he judged the Gala floats when he was on the council. I would really like to be part of that Gala.

DIALECT DIGEST

The month of May currently includes two bank holidays, and in past times, another day was set aside to celebrate the restoration of King Charles II. Pepys' Diary of 1st June 1660 records that 'Parliament had ordered the 29th of May, the King's birthday, to be kept for ever as a day of thanksgiving for our redemption from tyranny, and the King's return to his government.'

In 1651, the King had supposedly avoided capture after the Battle of Worcester by hiding in an oak tree. This gave rise to the custom for the 'common people' in many parts of the North, and especially children, to wear oak leaves in their hats. And woe betide anyone who failed to comply, as they were apparently chased and beaten by boys wielding bunches of stinging nettles, while the following verse was recited: 'Royal oak day, t' twenty-ninth o' May. If ya deean't give us a hallida', we'll all run away.'

Another May saying, apart from the well-known one about 'not castin' a clout till May be out' is: 'Ya moan't wesh blankets i' May, Or else ya'll wesh yer soul away.' Little chance of that happening nowadays, I would think, with the widespread use of duvets!

WORMS, COMPOST AND ALL THAT ROT.

In any good garden soil there will be a network of tunnels, allowing air to reach the plant roots and water to drain away instead of sitting in puddles on the surface. These are made by several species of earthworms which eat their way through the soil, digesting the remains of dead animals and plants, previously partly digested by fungi and bacteria. Some earthworms pull dead leaves down into their tunnels from the surface, usually at night (remember the early bird), and also “empty their bowels” as worm casts. These casts can be upsetting if they divert the line of your putt, but are otherwise a GOOD THING, because worms cannot “eat” stones and pebbles, and these are gradually buried deeper by the wind-spread casts, which also contain recycled minerals from the earthworms’ food. Charles Darwin (think Evolution) made an unsurpassed study of earthworms and his measurements showed that in an old pasture a layer of fine material 5mm deep was deposited annually on the surface as worm casts.

If you remove mowings from your lawn, you are depriving the worms of a good feed. However, if you have a lawn mower which will distribute the mowings evenly the worms will be grateful. The only drawback, for some people, is that you may thereby encourage a moss called *Rhytidiadelphus* (say “Pretty-dire-delfus” but leave out the P). Learn this off by heart and you will amaze your neighbours by your knowledge and probably win Mastermind. Gardening experts in this country will tell you to rake out this moss and/or kill it with

Paul Hoggarth

Building Contractor



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chemicals, but gardeners elsewhere, especially in Japan, have beautiful *Rhytidiadelphus* lawns from which they carefully remove the odd tuft of grass. Our lawn tends towards the Japanese model.

I digress. If you collect up a lot of plant material from the lawn, flowerbed, vegetable garden and kitchen, all but the tough and woody stuff can go on the compost heap. There are various quite technical ways in which good compost can be made quite quickly, in a matter of weeks, but these involve a good deal of hard work mixing the layers, or the use of something like a large buttertub which can be rotated at regular intervals. Most of us just rely on adding to the heap as material comes to hand. We ourselves have two wooden bunkers, one for fresh material and the other for last year’s accumulation to mature. Towards the end of winter we spread or dig in the material from the mature pile around the garden and turn the “young” pile into its place, mixing the material as well as possible at the same time; so it is a two year cycle.

What happens in the compost heap is unbelievably complex, providing theses for countless university doctorates, but

one or two clear facts emerge. When the process of decay is at its peak, one teaspoonful of developing compost may contain a thousand million bacteria and a similar volume of fungal threads, each species feeding on some particular portion of the dead plant material. (We even had a good crop of delicious Shaggy Ink Cap toadstools on our compost heap one year). Also involved will be mites, springtails, bristletails, beetles, nematodes ("roundworms") and earthworms (especially the red-banded Brandling worms). The end result of all this complicated food web should be a pleasant crumbly, nutrient-rich material which will help your next crop of flowers or veggies. If your garden doesn't have room for a compost heap, do remember

to put all your plant remains into the green bin so that South Lakeland can make compost on a bigger scale.

Query: After the Cumbria Wildlife Trust A.G.M. recently, we had an enjoyable quiz, and in the ensuing discussion we were reminded that a few years ago there was a great fuss made about a New Zealand flatworm which was spreading through Britain, threatening to exterminate our native earthworms with predicted dire consequences. None of us had heard anything about this invader for quite some time, and we still have our earthworms. Has anyone heard any more about this threat?

(Repeat after me: Rhyti-dia-delphus).

J D M

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SEDBERGH GOLF CLUB

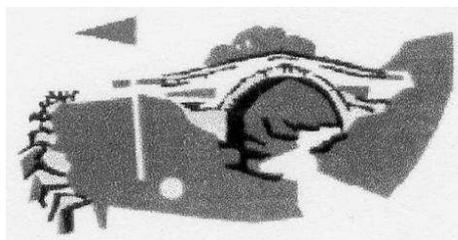
With the arrival of light nights and slightly improved weather, the new golfing season has arrived. The well supported prize presentation evening for all last years trophies was followed by the Captain's Drive In, which welcomed Maureen Prince and Michael Stoker as the new Club Captains. We are sure they will be well supported during the following year.

Thanks go to Ron Gerrard, last year's Captain, for all his help and time given to the Club.

Two competitions have been held already, with the Individual Stableford being won by Robert Moffat, on a card playoff from Phil Gardner. Trevor Gardner finished third. The Easter Egg Medal, held on Easter Sunday in fine conditions, attracted 36 golfers and was won by Barrie Staveley, who beat Trevor Gardner on a card playoff, after both finished with Nett 65s. Phil Gardner finished in third, with a Nett 68.

The new season again promises to be a good one. The course and especially the greens are in excellent condition for early season. Visitor numbers have continued to rise with numerous visiting parties already having committed to playing golf at Sedbergh.

Memberships are still available, or if you have never played but are tempted, please ring the club for advice on



015396-21551. We can arrange taster sessions and lessons if required. Clubs and balls will be provided so there is no need to go out and buy new equipment whilst you try.

It is intended to provide lessons for the primary school children shortly and the ever popular ladies group lessons will be repeated. Again, please ring for further details.

SEDBERGH & DISTRICT HISTORY SOCIETY

The Annual General Meeting of the society was held in Settlebeck School on Saturday 25th March. After the minutes of last year's AGM had been approved the officers of the society presented their annual reports. Apart from the usual lectures and visits the year had been dominated by 25th Anniversary celebrations. Two successful exhibitions were held in Sedbergh and Dent and there had been an enjoyable dinner at which the guest speaker was Sir Christopher Booth. The society had also launched a web-site, www.sedberghhistory.org, and had gained some new members as a result. The finances of the society were sound and there were 279 subscriptions to the society meaning it had about 350 actual members spread throughout the world.

The Very Reverend Ingram Cleasby was re-elected as President and the existing officers and committee members were re-elected en-bloc with the addition of Mrs Josie Templeman. After the formal part of the meeting the large number of members present took part in a short quiz and then enjoyed splendid refreshments provided by the members themselves.

FROSTROW W. I.

Members sent their good wishes to their friends in the W. I. who were ill – notably Dorothy Gerrard and Jennie Dawson. Discussion followed the recent Report on higher subscriptions and the new W.I. magazine. It was reported after several Committee members had attended a special meeting that these decisions had been taken only after a questionnaire had been sent to all members and the findings checked. Members were encouraged to try out the new system.

Elaine Horne the Speaker talked about various composts and their specific uses in the garden.

Elaine demonstrated the best methods of planting alpines which needed to be kept out of harsh weather and then showed members how to plan tubs of lily bulbs followed by pricking out of seedlings. Many questions were ably answered and members were looking forward to better weather for gardening to start. Jean Jones offered the Vote of Thanks. The Raffle was won by Margaret Faulkner.

JT

MAY MUSINGS

Time is flying by. The wedding seems to be coming towards us at an alarming speed. Elder daughter came for Easter, not that I put any pressure on you understand. I just sent a few text messages asking when coming and can you stay a while until the message got through and she and D came Saturday-Monday. Son came Saturday, not for supper as he and T having an Indian take-away later but he tucked into some nevertheless. Younger daughter went to Whittington Races but came for breakfast

on Monday. We had open house on Saturday, friends in Sunday for tea and family including the little twins and Auntie Rose for dinner and the Easter egg hunt on Monday!

A lovely bustling family Easter and the dishwasher decided to die on us. I found the washing-up quite therapeutic but felt bereft when only cooking supper for three on Monday as numbers had reached nine for meals! My brother suggested leaving the table in numbers, “Number one move away now” etc.

Cleo coped with Scuby the twins dog invading her garden and lazed on the lawn as Scuby chased the ball continually and the egg hunt became hide and seek and tig and torment D who took it all in good part.

Help is at hand for me, I know some folk think I am a bit odd. I would rather be odd than a bore or known as narrow minded. I have a very open mind and I love my family. This helps me go along to our elder brothers “blessing” as he and his male partner of over 40 years make their relationship “legal”. To help at hand is my faith, my family and my “sheep pen”! No real sheep in sight. I mean my new shed in the garden, my prayer room, my retreat, my quiet place, bought with the proceeds of the sale of furniture left my by dear Barbar, who died just a year ago and who loved sheep. Just one thing, this “sheep pen” could easily be mistaken for a wendy house/children’s play house! That is what it is, so will serve two purposes. When I bought it the chap said I would not be able to stand up in it. He never moved a whisker when I said, I don’t need to stand up in a prayer room! Go on, do something different and enjoy it!

MAY GARDENING

Some plants bring out the worst in people, and in my experience the ones which cause the most bad behaviour all have blue flowers. Well behaved, even timid, committed gardeners will forget themselves and tramp over borders, squashing other plant in their wake in order to get a close up and hands on view of the Himalayan Blue Poppy *Meconopsis x sheldonii*, while others will wobble from stone to stone in a rockery to kneel before *Gentiana verna* the Spring Gentian. I can't blame them - I'm guilty myself, although, of course I only did it because someone else had paved the way first!

Meconopsis x sheldonii is certainly a most exceptional colour and puts me in mind of the rich blue of the Mediterranean sea. This colour comes from one of its parents - *M. grandis*, also a plant of great beauty, but in my experience, not so long lived as its offspring as it has a tendency to fade away and die after flowering, especially when grown in dry conditions. *M. betonicifolia*, the other parent can also be short lived if allowed to flower as a young plant, but it does grow very easily from seed so one plant flowering can yield 50 plants for the following year.

Two other blue *Meconopsis* can occasionally be found in cultivation; the wonderfully named *M. horridula* with purplish red flowers and the beautiful, dainty Harebell Poppy, *M. quintuplinervia* with lavender blue flowers. Not all *Meconopsis* are blue. Our own native Welsh Poppy, *M. Cambrica* comes in yellow or pale orange forms, usually single but occasionally fully double. *M. napaulensis* has pink, red or purple flowers.

Elaine Horne

SEDBERGH POETRY GROUP

We shall celebrate our First Anniversary on 15th June by which date over 20 meetings will have been accomplished always with between 6 - 9 members.

A 'workshop' approach has been maintained throughout. This means that our leader Jonathan Allen, himself doing his Master of Studies at St. Martins College, Lancaster, provides initial words or phrases to act as initial stimuli for members to turn into poetry there and then. After a strict time limit of some 20 minutes each of us then reads their lines to the group. He or she, is not allowed to speak whilst their work is discussed by the rest of us. Now you may not think this is much of a fun way to spend an evening but we actually all enjoy ourselves greatly!

Of course we do other tasks involving writing pieces at home and then 'editing' them at meetings. Some poems have gone through 5 or 6 revisions with really major changes before we are satisfied. As a result we have become a very cohesive and determined group and we aim to publish our first anthology to coincide with the Literary and Drama Festival in August. This will contain the fruits of our labours and should form a natural sequel to "Sedbergh Writers" published in 2006. All members of the group will contribute several of their own works, and on this occasion contributors will be limited to members of Sedbergh Poetry Group.

We should like to thank Booktown for their long term support in our first year.

For further information please contact wither the Secretary, Christine Wood on Sed. 21750 or the Chairman, John Mander on Sed. 20905.

SEDBERGH TOWN BAND

Munro's

Congratulations go to Band member, trombone player, Ernie Hailwood on successfully 'bagging' all 284 Monroe's, (A Monro is an isolated peak in Scotland over 3,000 ft.).

Over a period of six years, showing enormous commitment, determination and stamina Ernie has achieved a feat that places him amongst a small and distinguished elite.

Spar Wars - The Pantomime

The Band was again well represented in this year's pantomime, so impressively written and directed by Sandra Gold-Wood. Assistant Bandmaster Tony Crofts took charge of all matters musical whilst Band members Keith Wood, Ernie

Hailwood and Hilary Hodge appeared in various guises on stage whilst Chris Chambers and Carl Storer were active behind the scenes.

Zrece Visitors

Sadly the recent visitors to Sedbergh were unable to fit a projected meeting and social with the Band in the course of our weekly rehearsal into their extremely full schedule.

However a number of the Band were able to meet up with the visiting party in the Dalesman after rehearsal and express our pleasure in seeing them back in Sedbergh.

It was particularly pleasing to renew acquaintance with the Mayor and Zdenka who were such important figures during the Band's visit to Slovenia last summer.

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SEDBERGH PEOPLE'S HALL

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The annual general meeting of the People's Hall took place on Monday, 3rd April. An encouraging number attended, including representatives from the following organisations: Dog Training, Farfield Mill, Frostrow WI, Gala Group, Ladies NFU, the Partially Sighted Group, Sedbergh Booktown, Sedbergh CDC, Sedbergh Christian Centre, Sedbergh Methodist Church, Sedbergh Poetry Workshop, Sedbergh Town Band and the Spellbound Theatre.

Steve Longlands, the Chairman, welcomed everyone and reported that the Hall now has a new licence thanks to the hard work of Malcolm Fraser-Urquhart to whom the committee is deeply indebted. Michael Garnett of the Dalesman is the Designated Premises Supervisor and the committee is very grateful him, also. New booking procedures were introduced and other works undertaken in connection

with the new licence. In addition, a major works plan has been started, with some jobs already completed and others in the pipeline. He also reported that Sam Rusling had joined the committee during the year and that Malcolm Fraser-Urquhart and Margaret Mason had left it; both are sorely missed. Margaret has served the People's Hall faithfully for a great many years in several capacities. Mrs Helen Hoggarth was appointed the cleaner during the year and Jim Hoggarth continues as caretaker. The committee is very grateful for his continued devotion to the Hall and its welfare.

The following were elected to the People's Hall Management Committee: Andrew Allan, Ian Bell, Andy Denton, Ron Gerrard, Elspeth Griffiths, Hilary Hodge, Tim Ingle, Sandra Longlands, Steve Longlands (Chairman), Anne Petyt, Cicely Robertshaw, Sam Rusling, Kath Swift, Josie Templeman and Chris Wood. Others have offered help and expertise

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We are Authorised and Regulated by the Financial Services Authority

and Deyna Hirst, of the Community Office, is investigating grant-aid for improvements to the Hall and its environs.

For the future, apart from the major renovation and development works, the committee is considering forming 'the Friends of the People's Hall', and how to celebrate the Hall's fiftieth birthday, which falls in November.

We thank the Parish Council and all those who help or support the People's Hall, including the hirers. Particular thanks are due to Janice and Sam Rusling of Sedbergh Office Services without whom the Hall could not function.

SETTLEBECK HIGH SCHOOL

Year 10 Reunion

Did you leave Settlebeck High School in the summer of 1996? If so you are warmly invited to join your class mates 10 years on at 'The Head' at Middleton on

Saturday 24th June 2006 from 7.30pm. A opportunity to catch up with each other and share fond memories of what people say are 'the best days of your life'. Remember - it's not a reunion without you!

A RHYME

I wandered lonely o'er the fell
When all at once I heard a roar
Two boys in blue like bats from hell
If you want peace prepare for war.

But ponder when you hear that noise
And think upon those other boys
Who fought the Hun and kept us free
Until there came the HSE.

Fly while you can you loyal few.
The Mandarins will do for you;
The foe within will shoot you down
To get more cash for Gordon Brown
"Martial"

TIME TO SPARE?

Are you interested in people and have you some time to spare? At S.L.C.A. (South Lakeland Carers Association) we support unpaid carers, i.e. people who look after and/or help a friend, neighbour or a relative of any age who lives with them or lives in their own home or a residential home and who cannot manage without their help. To help us to help these carers we need more volunteers! We have a Family Support Worker who goes out and about all over the South Lakes area giving support but more is needed, could you help?

Perhaps you are interested but wonder what would be involved? First, telephone our office and leave your name and address, we will send you a simple form to complete and then invite you to come into the office to meet us, or one of our Support Workers will come and meet you at home. As you will appreciate, because of the nature of our work we have to "check out" our volunteers, but this can simply be a reference from two people who know you well. We will discover what you would like to do, i.e. can you play Scrabble, do you enjoy a game of Dominoes? Could you drive a carer to do their shopping or for a Doctors appointment? Could you help at one of our monthly Support Meetings by making the tea or chatting to those present, perhaps you could meet a carer for coffee and have a chat, walk the dog, sit with a cared-for, the ideas are endless.

We will help you all we can, reimburse your travel costs and arrange social activities for our volunteers to meet each other.

Please do give this some serious

thought, an hour a week or more, whatever you re able to offer will help a carer to have a break.

Our office telephone number is 01539-732927, we are situated at the rear of Stricklandgate House opposite the main Post Office in Kendal and our opening times are 8.30 am to 4.30 pm Monday to Friday. Messages can be left on the answerphone. As an alternative contact Sarah Woof for more information.

EDWIN MIDDLETON

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HOWGILLS GIFT & HOME

The only place to shop on Back Lane!

We would be pleased to sell tickets to any local events, plays etc and to display posters or information in our shop window (A5 or 8" x 6" size to fit window space).

Contact Carole on Sed. 21212 or call in at 16 Back Lane.

SPONSORED SWIM

Laura Gardner would like to thank everyone who sponsored her for Swimming the distance of the English Channel (22Miles/1408 lengths), over a period of time. She has now completed the distance, and as raised £314.00 to go to Breast Cancer Care.

MARK DODD

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Free Estimates



015396 25375
015396 21617
078156 67328



PAINTER & DECORATOR

Daphne Jackson
MSc (Ost) DO
Registered Osteopath
BUPA Provider

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Killington LA10 5EP**

**Please ring Kendal Practice
for appointments
01539 740452**

STEADMAN'S BUTCHERS

Another First For Steadman's of Sedbergh. Award-winning butchers Steadman's of Sedbergh are one of the first in Britain to be audited to the new standards now applying to membership of the prestigious Guild of Q Butchers.

The standards cover quality in every aspect of the business - from meat to meat products, shop appearance and product display, staff knowledge, general hygiene and customer service.

Information is required on the sourcing of meat in order to demonstrate support for British produce and beef roasts and steaks require to be properly matured to provide the best possible eating experience.

Both quality and hygiene are audited and graded A-D by the independent organisation EFSIS (European Food Safety Inspection Service) to the most rigorous standards in the meat industry.

Like other Q members. Steadman's voluntarily submit the business to regular inspection to be in the Guild and their Finkle Street shop gained top "A" grades for both quality and hygiene in the latest audit.

Britain's Best Sausage On Sale At Steadman's

Customers of Guild of Q Butcher Steadman's of Finkle Street, Sedbergh, are in for a treat when Britain's Best Sausage will be on sale.

The Pork and Caramelised Onion Sausage won the title for Q member Allan Bennett of Wolverhampton in the 2005 Meat Industry Awards of the Year. Organised by trade magazine Meat & Poultry News, the awards recognise the best products and ideas.

In line with the Guild ethos of sharing ideas among the membership, the winning recipe is now being made by Q butchers throughout Britain, literally from Shetland to Cornwall!

Jodie Mitchell
Agricultural Engineer

Tel: 015396 20742

Mob: 07974 157002



ALL MAKES ALL MODELS WORKED ON

SETTLEBECK HIGH SCHOOL*French Trip 2005*

In November 2006, 35 Year 8 students will be heading off to France for a 5-day residential. We will be staying near Le Touquet, activities include a day trip to Paris, visits to a Bakery and a Chocolate factory.

LOCAL ELECTIONS*May 4th 2006*

This year the polling station will be in the Methodist Hall on New Street not in the People's Hall. SLDC has agreed that parking on Joss Lane Car Park will be FREE on this day for voters in the election.

ORGANISATION	CONTACT	Tel:	015396
After School Club	Mrs Packham	Sed:	21484
Age Concern South Lakeland PH (M & F)	Mrs Alderson	Sed:	20814
Angling Association	Mr Dandy	Sed:	
Art Society (S & D)	Miss Nelson	Sed:	20034
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed:	21902
Book Group	Mr Wheten	Sed:	21488
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed:	20553
Butterflies Tots & Carers	Mrs Gerrard	Sed:	21217
Canoe Club (S&D)	Mr Hinson	Sed:	20118
Caving Club (Kendal)	Mr Teal	Sed:	20721
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dent Memorial Hall	Mrs McClurg	Dent	25446
Dentdale Players	Mr Duxbury	Dent	25535
Dent School (Friends of)	Mrs Mason	Dent:	25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
First Responders (Dent)	Mrs Brown	Dent:	25542
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mr Kooper	Sed:	20234
Guides	Miss Stephenson	Sed:	21731
	Mrs Mackereth	Sed:	20346
	Mr Lord	Sed:	20993
Golf Club	Mrs Woof	Dent:	25275
Good Companions (Dent)	Mrs Mackereth	Sed:	20346
Gladstone House	Mrs Howarth	Sed:	20090
Help Tibet Northern Branch	Mr Cann	Sed:	20771
History Society	Mr Burbidge	Sed:	21166
Howgill's Harmony			

JOHN SOUTER

21 Fairholme, Sedbergh

☎ 20904



**ALL RUBBISH
REMOVED**

SOUTH LAKES SOCIETY FOR THE BLIND

At the April meeting the group enjoyed hearing about the American experiences of Ray Fowler, a retired engineer who had spent some time working and living in the U.S.A.

Catherine Hannaford was on hand to convert the talking watches and clocks to summer time and also to bring us up to date with the latest news and gadgets for visually impaired people.

The group meets on the third Tuesday of the month at 2.25 p.m. in the Peoples Hall. Anyone with a sight problem is welcome as are new volunteers. For information contact 21019 or Kendal 01539 742633

ALZHEIMER'S DISEASE

Have you or has someone you know had a diagnosis of Alzheimer's disease or another type of dementia?

The South Lakeland Branch is here to help.

Our trained staff can offer emotional support and up-to-date information about all types of dementias and treatments.

We run day care, home support services, local support groups and organise activities. We have books and videos available for loan, a range of advice sheets and produce a regular newsletter.

We can also signpost people to other support services in this area.

If you would like more information about any of these services, would like to become a member of the Society, or are interested in doing voluntary work with the branch, please contact us at Alzheimer's Society, Stricklandgate House, 92 Stricklandgate House, Kendal LA9 4PU, Telephone 01539 742631 or www.alzheimers.org.uk/Southlakeland

Killington **MARQUEES**

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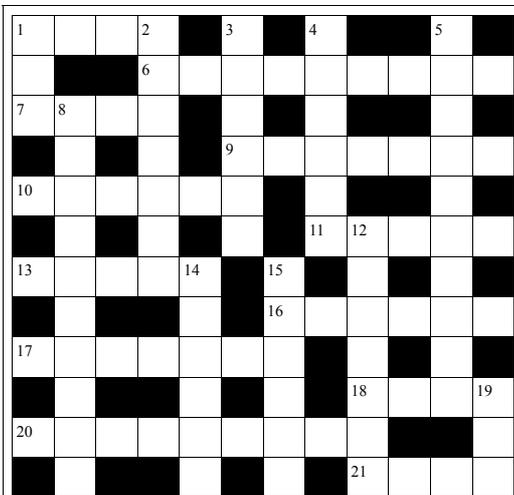
Call us for all your requirements

Tel: 015396 20602

killingtonmarquees.co.uk

SEDBERGH BARNARDO'S

The Sedbergh Barnardo Helpers Group wish to thank all the people who supported their recent Coffee Morning. Over £175 was raised towards Barnardo's many projects in the area. *E.S.M.*



14 Also given unfashionable increase (3,3)
 15 Get at Tina after change (6)
 19 Lad grows up to be a thug (3)
Answers to April - ACROSS: 2 Teletubby; 7 Pushy; 8 Scotch; 9 Art; 10 Drill; 11 School; 14 Fogeys; 17 Metre; 19 Nab; 20 Lulled; 21 Ripen; 22 Mature
DOWN: 1 Taped; 2 Testing; 3 Loyalty; 4 Tastes; 5 Broach; 6 Shawl; 12 Cumbria; 13 Octopus; 14 Falls; 15 Emblem; 16 Sanded; 18 Ennui.

Across

- 1 Cut around legs
- 6 Odd cure - a path taken by high-fliers? (9)
- 7 Item about small creature (4)
- 9 Strange u-turn - about rear! (7)
- 10 Dealing in stone (6)
- 11 Tips up with energy to annoy (5)
- 13 Revolution in fancy cleric centre (5)
- 16 Hear lecture in force (6)
- 17 Tie company news has shocking treatment at bottom (7)
- 18 Cloudy in Kentucky (4)
- 20 Officer's clumsy turn on ice (9)
- 21 Seize radium found in our land (4)

Down

- 1 Afternoon interrupted by a girl (3)
- 2 Unique sort of branch? (7)
- 3 Circus areas led by black bears (6)
- 4 Twenty second results (6)
- 5 Dazed celebrities found on top of vehicle (4-6)
- 8 One vote worry about creating sanctuary (5,5)
- 12 Farewell do, endless gin, rum...(7)

J J MARTIN
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Complete Funeral Service
 Day or Night
 Chapel of Rest

Day or Night
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HADRIAN'S WALL WALK

On 29th May, Alison O'Neil (Winn) will set out on her tod to walk 84 miles of Hadrian's Wall in 5 days. Firstly because she always wanted to and secondly to hopefully raise some money for charity.

Any money raised will be divided between Cystic Fibrosis and the Breast Cancer campaign.

The walk is such a small challenge compared to the challenge that Cystic Fibrosis and Breast Cancer sufferers face each day and if Alison can help in any way, it might just make a difference.

If anyone wishes to sponsor Alison, please contact her on 015396 20134.

**SOUTH LAKELAND
DISTRICT COUNCIL**

Recycling News 4th April

During the last six months we have gradually increased the number of plastic recycling banks in the district. We have now added more banks at Lake Road, Coniston, Berners Close, Grange and the Asda and Morrisons stores in Kendal.

These banks can all be used for household plastic bottles and containers, such as drink bottles, yoghurt pots, shampoo bottles and food trays. Please remember to wash the plastic and squash it wherever possible.

Each plastic bank also has a section for plastic bags, which can also be used for the plastic envelopes that magazines are sometimes delivered in.



We have also installed cardboard recycling banks at the following sites:

- Joss Lane, Sedbergh
- Booths, Kirkby Lonsdale
- Asda, Kendal
- Morrison's, Kendal

These can be used for all types of clean cardboard, again please squash or flatten the cardboard to minimise the amount of space taken. We publish the amount of waste collected each month on our website, if you would like to see how much we collect in the new banks log on at www.southlakeland.gov.uk

If you have any questions about recycling please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at recycling@southlakeland.gov.uk

Thank you for recycling.



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printers

of

Sedbergh Lookaround

Stamomgate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
 Sunday 08.00; 10.30 & 18.30
 Wednesday 11.15
Canon 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: Mr M Cope 20678

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30
Mrs T Satchell 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
 Cautley & Garsdale
Canon A W Fell Tel: 20283
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

SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday
Tel: 21436

*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

Ian McPherson	T'ai Chi, Flower Essences, Homeopathy	015396 20648
Denise Williamson	Homeopathy, Bowen Technique	015396 20846
June Parker	Acupuncture	015396 20972

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 13th December 2006

MAY				
1	May Day Public Holiday		27	SS Speech Day & Half Term Begins SS
1	1000 Drive Sale	RD	28 0900	Charity Truck Pull (28) KS - Sedbergh
1	1030 Collective Works	FM	28 1200	CWT Open Garden (27) Greenbank
1	1430 CWT Duck Race	Busk Lane	28 1400	Doers of the Word (27) BF
2	1400 Spinning & Rug Making	DCMH	29	Spring Bank Holiday
3	1000 StAS Mission Coffee Morning	URCR	30 1230	Butterflies in The Dales DCMH
3	1400 HS Leighton Hall (24)	LHCP	31 1000	Firbank Church Coffee Morning URCR
3	1430 SS Cricket	SS	31 1400	Dry Stone Walling DCMH
4	0700 Local Government Elections	SMCR	JUNE	
4	1130 SS Cricket	SS	1 1800	Killington Sports BFK
4	1930 WIH Fleece Embroidery	FCH	1 1930	WIH Members Evening HVH
6	1000 North West Book Fair	PH	2 to 4	Flora of the Fells Sedbergh
6	1030 Surface Tension Exhibition Starts (7)	FM	3 to 11	CWT Week Sedbergh
6	1130 SS Cricket	SS	3 1400	CWT Open Day Jubilee Wood
7	1130 SS Cricket	SS	4 1000	Digital Photography DCMH
7	1830 Healing Service	PH	4	SS Half Term Ends
9	1400 WIK Resolutions + The Lieutenancy	PH	6 1400	Spinning & Rug Making DCMH
10	1000 Carers Coffee Morning	URCR	7 1000	Dent Foot Chapel Coffee Morning URCR
10	1915 WID Resolutions	DMH	7 1030	Surface Tension Exhibition Ends (7) FM
10	1930 WIF Resolutions	PH	9 1100	Farmhouse Dairy DCMH
12	1100 Wash Day Blues	DCMH	10	Sedbergh Festival 2006 Begins Sedbergh
12	1930 McGee & Martin in Concert (12)	PH	10 1430	Beekeepers' Beck House
13	1130 SS Cricket	SS	11 1400	CWT Conservation areas SS Busk Lane
13	1200 Opening of Dent Heritage Centre (13)	Dent	11 1530	Jacob's Ladder DMH
14	1530 Jacob's Ladder	DMH	13 1400	WIK The Families of Holker PH
14	0930 Christian Aid Week & Shop (14)	URCR	14 1000	WIK Coffee Morning URCR
15	0930 Christian Aid Week & Shop (14)	URCR	14 1915	WID Sugar, Spice, Salt & Vinegar DMH
15	1415 SLSB Meeting	PH	14	WIF Outing TBA
15	1930 WI Lune Group Meeting	Casterton	17 1030	Pepperpot Midnight Thief StAS
15	1930 Firbank Parish Council	FCH	17 1130	SS Cricket SS
16	0930 Christian Aid Week & Shop (14)	URCR	17 1330	HS Lancaster LHCP
16	1415 SL Blind Group	PH	18	Father's Day
16	1800 Christian Aid Week & Shop (14)	URCR	18 1130	SS Cricket SS
16	1930 LNFU	PH	19	SLSB Outing TBA
17	0930 Christian Aid Week & Shop (14)	URCR	21 1000	Alzheimer's Coffee Morning URCR
18	0930 Christian Aid Week & Shop (14)	URCR	23	Dent Folk Festival Dent
19	0930 Christian Aid Week & Shop (14)	URCR	24 1130	SS Cricket SS
19	1900 Save Our Services NHS (19)	PH	24	Dent Folk Festival Dent
19	1930 Blitz on Fashion	DCMH	24 1930	SHS Reunion Head
20	0930 Christian Aid Week & Shop (14)	URCR	25 1315	CWT Little Asby Common LHCP
20	1130 SS Cricket	SS	25	Sedbergh Festival 2006 Ends Sedbergh
20	1230 Sedbergh Gala (1)	Sedbergh	25	Dent Folk Festival Dent
20	1930 Wanderers Presentation Night (21)	Golf Club	28 1000	NCH Coffee Morning URCR
21	1130 SS Cricket	SS	28 1130	SS Cricket SS
22	WI Group Meeting	TBA	JULY	
24	1000 Garsdale Church Coffee Morning	URCR	1 0930	Beekeepers' Sedbergh Convention PH
24	1230 HS Braithwaite Hall (24)	LHCP	4 1900	Neighbourhood Forum DMH
27	1430 Beekeepers'	Long House	5 1000	URCR Coffee Morning URCR
			5	SS End of Term

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

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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.

6	1930	WIH Belly Dancing	FCH	
8	1340	CWT Howgill Woodlands Walk	LHCP	
9	1530	Jacob's Ladder	DMH	
11		WIK Outing to Holker Hall		
12	1000	WIH Coffee Morning	URCR	
12		WID Outing	TBA	
12	1930	WIF Stained Glass	PH	
15	1430	Beekeepers' Inspection	Field Maple	
19	1330	HS Kendal Walk	LHCP	
26	1000	Network Coffee Morning	URCR	
26	1840	CWT Burnsbeck Moss	LHCP	
31	1000	Holiday Club	PH	
AUGUST				
1	1000	Holiday Club	PH	
2	1000	Howgill Church Coffee Morning	URCR	
2	1000	Holiday Club	PH	
3	1000	Holiday Club	PH	
3	1930	WIH Open Meeting	HVH	
4	1000	Holiday Club	PH	
5		Robbie Williams Tribute Band	PH	
9	1000	North West Cancer Coffee Morning	URCR	
9		WID & WIF	TBA	
9	1930	WIF All Things Bright & Beautiful	PH	
12	1430	Beekeepers' Varroa	Acre	
16	1000	StAS Mission Coffee Morning	URCR	
19	1000	North West Book Fair	PH	
19		English National Sheepdog Trials	Barbon	
20	1030	CWT Open Day	Smardale	
23	1000	Garsdale Church Coffee Morning	URCR	
24		Art Exhibition	SSC	
EDITORIAL				
<p>A few errors last month. The Settlebeck Story from page 8 was submitted to me by Susan Garnett well in advance as a Four Page Insert with nice photo's. I inadvertently entered it as a text article with only a few other photo's. Because of the way I inserted it onto the pages, the story became out of sequence and should have started with the paragraph "Thursday 10th February" to "..... Intriguing human fish". "The next day" was the last section. Apologies to Susan who put a lot of work into it and to everyone at Settlebeck School.</p> <p>You may have noticed that the last four pages were not printed which was a printers error.</p> <p style="text-align: right;"><i>D J Whicker</i></p>				
				DIARY KEY
BF				= Brigflatts
BFK				= Becks Farm, Killington
BS				= Baliol School
BVH				= Barbon Village Hall
CDC				= Community Development Centre
CO				= Community Office, Main Street
CS				= Casterton School
CWT				= Cumbria Wildlife Trust
DCMH				= Dales Countryside Museum, Hawes
DCP				= Dent Car Park
DMH				= Dent Memorial Hall
DMC/S				= Dent Methodist Church/Schoolroom
EG				= Embroiderers' Guild
FCH				= Firbank Church Hall
FM				= Farfield Mill
GL				= Garsdale Ladies
GVH				= Garsdale Village Hall
HC				= Health Centre
HS				= History Society
HVH				= Howgill Village Hall
JLCP				= Joss Lane Car Park
KC				= Killington Church
KL				= Kirkby Lonsdale
KVH				= Killington Village Hall
L				= Library
LHCP				= Loftus Hill Car Park
MCH				= Methodist Church Hall
MCKL				= Methodist Church Centre KL
PH				= People's Hall
RD				= Rhumes, Dent
SBH				= Sedbergh Bright Hour
SC				= Swimming Club
SCC				= Sedbergh Cricket Club
SHS				= Settlebeck High School
SIC				= Sportsman's Inn, Cowgill
SMCR/H				= Sed. Methodist Church Room
StAS/D				= St Andrew's Church, Sedbergh/Dent
SR				= Spooner Room
SS				= Sedbergh School (Premises)
STO				= Sedbergh Tourist Office
URCR				= United Reformed Church Rooms
WHC				= White Hart Club
WID				= Women's Institute, Dentdale
WIF				= Women's Institute, Frostrow
WIH				= Women's Institute, Howgill
WIK				= Women's Institute, Killington
WVH				= Westhouse Village Hall

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218
 Repeat Prescription ☎ 015396 20239
 Out of Hours ☎ 01539 781999
 Bay Call ☎ 0845 0524 999

Dr W Lumb

Monday	0830 - 1100 *	1500 - 1800 *
	1230 - 1300 Dent	
Tuesday	0830 - 1030	1500 - 1800 *
Wednesday	0830 - 1030	1430 - 1700 *
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

Dr A Orr

Monday	0830 - 1030	1430 - 1730 *
Wednesday	0830 - 1100 *	1500 - 1800 *

Dr C Hunt

Tuesday	0830 - 1100 *	
Thursday	0830 - 1030	1500 - 1800 *
Friday	0830 - 1030	1500 - 1800 *

Practice Nurses

Monday	0845 - 1300 b	1400 - 1700 b
Tuesday	0830 - 1300 a	1400 - 1730 a
Wednesday	0845 - 1300 b	1400 - 1630 b
Thursday	0830 - 1300 a	1400 - 1730 a
		1300 - 1800 b
Friday	0845 - 1300 b	1400 - 1730 b

a = Adele Reynolds

b = Anne Crome

District Nurse	Health Visitor
☎ 015396 21690	☎ 015396 20979

A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 *

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	

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125
 Open every day

COMMUNITY OFFICE ☎ 20504

Monday to Thursday 1000 to 1600
 Friday 1000 to 1300
 e-mail office@sedbergh.org.uk
 web page www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office
 ☎ 0870 1264061
 e-mail via site www.cabkendal.ndo.co.uk

PENSION SERVICE SURGERY

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

SLCVS @ Community Office

1st Wednesday every month
 10 am to 12 noon
 ☎ 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