

# Sedbergh & District LOOKAROUND

February 2008

Issue 252

Donation 50 pence

Apart from the Christmas issues, this is the biggest ever *Lookaround* so thank you to everyone for the contributions.

Sedbergh & Dent Parish Councils have submitted details about their respective Plans for the future. Please complete the surveys and submit them. It's your

chance to have a say in what happens in our area. Dent have had theirs delivered, Sedbergh's is in the centre of this issue.

Further copies can be obtained from the Community Office or Lookaround Office.

*Dennis & Jacky Whicker*

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# CHILDREN'S BIRTHDAYS FEBRUARY 2008



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6	Lucy GIBSON	7
6	Chloe KENDAL	10
7	Bethany COUSINS	5
9	Nurgul SEN	5
9	Zak BAINES	5
11	Hannah KITCHEN	4
11	Lisa ANDERSON	7
11	Thomas BROWN	10
12	Daniel HALL	2
14	Robbie SPROUL	9
17	Elizabeth COLTON	10
18	Leanne POSTLETHWAITE	10
19	Chloe COWIN	4
19	Abbie GAME	7
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28	Rebecca STANTON	11

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## BED & BREAKFAST

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Mrs S Gold-Wood .....	Number Ten Main Street, Sedbergh (2008/02) ..... <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins .....	Brantrigg, Winfield Road, Sedbergh (2008/09) ..... <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh (2008/10) ..... <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar .....	Apley House, 27 Loftus Hill, Sedbergh (2008/09) ..... <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope .....	The Old Joinery, Garsdale, Sedbergh (2008/12) ..... <i>F/D (4 poster); ES; CH; TV; P; NS; DW; CW</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs R Gardner .....	Oakdene Country House, Garsdale Road, Sedbergh (2008/05) ..... <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012

## CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Borrett Barn Flat, Marthwaite, Sedbergh (2008/02) .....	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Caravan, Marthwaite, Sedbergh (2008/02) .....	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175
Sycamore Cottage, Lunds, Sedbergh (2008/09) .....	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356

### KEY

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



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### ALLEN

Mellie, David and Lyn, would like to thank all relatives, friends and neighbours for their prayers, cards and messages of sympathy following the sad loss of Bill, also for donations for Chapel Funds. We would like to thank Rev. T. Widdess for his lovely service, also Billy Thwaite the soloist and Brian Park for the reading. We would also like to thank Brian Goad for his help and kindness with the funeral arrangements.

=====

### CAMPBELL

Raymond and family would like to thank the many relatives and friends who have supported them following the sudden loss of Joan on 2nd January. Thank you to Brian Goad and Tim Widdess for their help and understanding with all the arrangements. To date there is a total of £1,085 collected for Leukaemia.

=====

### CAPSTICK

George and Heather would like to thank family, friends and neighbours for the cards and words of comfort following the sad loss of our dear sister Margaret.

=====

### CUMBRIA STOVES/DUNCAN LAW

Many, many thanks guys for a very good job very well done. Hope it wasn't too stressful and experience. There was a bit of head scratching went on at times! Love from the "hot house", Sarah and John (Rhumes).

### DICKIE

Tom and Isobel would like to thank Colin Weir and the British Legion and friends for their kindness in giving Isobel lifts to the hospital. It is very much appreciated. Also thanks to all who sent cards and gifts.

=====

### DODD

Mark would like to say a big thank you to all his family and friends for cards and gifts received on his **18th Birthday**.

=====

### GARDNER/CAPSTICK

Congratulations to Thomas and Michelle on your engagement. All the best for the future. Love from All the Family.

=====

### HALL

Mabel Hall would like to thank all relatives and friends for all the cards and congratulations on the special occasion of her being **100 YEARS OLD** on 13th February 2008. All family and



friends are invited to join Mabel at Gladstone House from 1pm that day.

=====

### HALL

Congratulations Mum/Nana/Great Nana on your **100th BIRTHDAY** on 13th February 2008. With lots of love from all the family.

## PERSONAL & SMALL ADS £1

### HOPE/TURNBULL

Janet & Robin would like to thank everybody in Garsdale, especially Marion, Bill & Zena for being so kind & extending a very warm welcome to us.

=====

### HUNTER

Congratulations Lyn on your **21st Birthday** on 24th February. Love and best wishes for the future from Mum, Dad, Caroline, Pete and David. Happy Birthday Auntie Lyn. Love from Lucy and Ben. XX.

=====

### KENDALL

My sincere thanks and appreciation to the Sedbergh Fire Brigade lads, 'The Bull' staff and all kind friends for their calls, cards and gifts whilst I have been hospitalised. John.

=====

### MIDDLETON

In Memory of Bruce. Sincere thanks to all who gave donations at the Cremation. We have sent £600 to the Dialysis Unit at WGH in his memory. Sarah and Family.

=====

### MIDDLETON

To all relations, friends and neighbours, a big **Thank You** for all the gifts and cards sent to me over Christmas and also for my **94th Birthday** - I had a great day. Wishing you all a very happy and healthy 2008. Cissie

### METCALFE

Ann and family would like to thank everyone for the beautiful cards, letters, flowers, kindness and messages of sympathy received following the death of John. Thank you to all who have given such wonderful support and care over the last few months, the Staff at Sedbergh Health Centre, the District Nurses, Staff at Westmorland General Hospital and all family and friends who have visited and helped in so many ways. Thank you also to the Rev. Dwin Capstick for a very moving service and the support and prayers of Sedbergh Methodist Church.

Grateful thanks to Brian Goad for his caring and efficient funeral arrangements, to Angela and Mary for excellent catering and to all who gave so generously to our chosen charities.

=====

### PRATT

Dorothy, Judith, Andrew and families would like to thank everyone for their wonderful care and support over the last seven years and to us since Alan's death. We thank you too for the love, prayers, letters, cards and flowers and the very generous donations given in memory of Alan. The total to date is in excess of £2,200. Our grateful appreciation goes to all who attended the funeral and to those who took part in the service. We also thank Brian Goad for all his care in arranging the funeral.

## PERSONAL & SMALL ADS £1

### SEDGWICK

Doreen and Roy would like to thank everyone for their love and support and sympathy cards following the sad loss of their dear sister Margaret, and grateful thanks to Doctors and nurses for their care, also Rev. Brown and Brian Goad and his team for their help and kindness.

### SPROUL

Well done Eilidh. On Saturday 12th January 08 Eilidh Sproul (Yr 8) representing Settlebeck School won the Cumbria schools cross country championship for the Junior girls (Yr 8 & Yr 9). Well done on your achievement. All your family and friends are proud of you.

### TOMLINSON

A big thank you to our friends, family and especially Alice's carers, for all your help, support and good wishes before, during and since my operation. Thank you also to the doctors, staff and district nurses at the Sedbergh Medical Practice and doctors and staff at the Royal Lancaster Infirmary. I will soon be out and about again and I am very grateful to you all. George.

### FOR SALE

1994 Abbey Hereford 2 berth Caravan. Dry, clean, well looked after, stored inside. Cassette Toilet, shower, full cooker, fridge, heater. Extras included e.g., stabiliser. £1750 ono. Tel: 015396-621898.

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Farm cottage for pensioner and daughter in return for domestic help and small rent. Country folk. Phone 0207 2503998

### NEW FEATURE

It has been suggested to me for a few years now about including an Index for *Lookaround*. I have always resisted and felt that if I did include one, then you may just go straight to

a particular page and not read anything else. But then, if you do read everything then you just want a quick reference to find it again, then an Index would come in handy.

Comments welcomed.

DJW

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**SEDBERGH PARISH COUNCIL**  
*Summary of the Minutes of Sedbergh Parish Council Meeting- 6 December, 2007*

Before the Meeting started, all those present stood in thought and prayer for the Chairman, Cllr Alan Pratt, who is seriously ill.

P.C. John Orr and Police Community Support Officer Karen Dakin attended in response to the Council's concerns about public order. PC Orr informed the Council that the recent crime rate was around the average, with the main cause for concern being the anti-social behaviour of local youths congregating in the bus shelter on Main Street in the evenings. The

Police are following up complaints by residents by writing to the parents of persistent trouble makers, although it was emphasised that no damage has been caused and no offences committed. Councillors took the opportunity to raise the issue of cars creating a hazard by parking on the corners of Long Lane and Castle Haw. PC Orr informed the Council that the Police did have the power to charge offending motorists with obstruction.

Dr Phillip Batty gave an update on plans for and progress of the proposed new Health Centre. Dr Batty and Dr Lumb are to amalgamate into a single primary care practice for Sedbergh at the



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**Valentines Menu**

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SOUP OF THE DAY (Vegetarian)

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\*\*

**Main Course** *all cooked to order using locally sourced fresh produce*

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\*\*

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CHURCHMOUSE CHEESE & BISCUITS

Creamy Lancashire cheese with celery & grapes

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NIGHT**

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behest of a NHS directive. The existing Health Centre on Loftus Hill was built in 1986, but 20 years later it is proving 'not fit for purpose', i.e. too small, and that is even before the planned amalgamation. In the future the need for a larger Health Centre will be even greater because of Sedbergh's increasingly ageing population and the high level of illnesses and diseases associated with this section of the population (already higher than the County average). It will also be driven by the NHS policy of decentralising many primary care diagnostic and treatment services away from the hospitals and into local communities so as to better facilitate people's access to them.

Doctors Batty and Lumb have considered a range of possible options for an improved health centre over the last three years, from enlarging the present facility, to refurbishing disused buildings, to new build on empty sites, but most of these options proved to be either impracticable or impossible. However, the owners of the auction mart site, James Hall & Co., have made an offer to release part of that site for a new Health Centre alongside the development of a new Spar retail store (along the same lines as the 'Booths' situation in Kirkby Lonsdale). The condition of this offer is that it is defined as a single development as far as applying for planning permission is concerned. Therefore, if this is refused, the proposed development will not proceed. Dr

*(Continued on page 10)*

Batty explained that negotiations and planning are still at a very early stage and that there are various key details which have yet to be settled before any such application is made.

It is estimated that such a new health centre will cost £1.8 million. It is hoped that the Ambulance service will be relocated to this site as well, although no agreement on this option has been reached. Doctors Batty and Lumb intend to place articles in the *Lookaround* and hold public meetings to explain to the public the reasons for the need to relocate the health centre and their plans for a new health centre. They also intend to set up a Progress Committee which could include a member of the Parish

Council.

Councillors raised the concern of many elderly people who live at the far end of town and who would experience difficulty in getting to the Auction Mart site. Dr Batty replied that he appreciated that it was an issue which needed to be addressed and that one solution would be the establishment of a voluntary car service. Several Councillors felt that this was something which the Parish Council, together with other public and voluntary organisations, could and should support. The Council thanked Dr Batty for this comprehensive briefing.

District Cllr Stephenson provided a correction to the previous Minutes in

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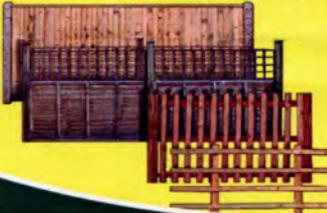
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This Team Leaves It Clean

that meetings with the Police regarding problems caused by Travellers had made some progress. He has also arranged another meeting with the Police on the same issue and to include Cllrs Blair and Lancaster for 19 December.

The Parish Council was concerned that the Christmas lights in Main Street did not appear to be new and that they were not all installed in time for the recent Christmas late night opening.

The Council's Planning Committee made comments and recommendations in respect of the following applications:

- Craiglands, Joss Lane Sedbergh.-

erection of porch and conservatory. Comments - there is no mention of raising the height of the chimney on the application although it is on the plans. *No Objections.*

- 29 Havera, Sedbergh - two storey extension to create larger bathroom and shower room *No Objections*
- 23 Fairholme Sedbergh - erection of conservatory. *No Objections.*
- West Shaldon, Station Road, Sedbergh - erection single storey kitchen extension and create disabled access *No Objections.*
- re Hole House, Howgill - erection

*(Continued on page 12)*

of agricultural building and lean-to. *No Objections.*

- 6 Sycamore Avenue Sedbergh - erection of 3 metre fence, *No Comments.*

Decisions received from YDNP

- 7 Sycamore Ave, Sedbergh – Installation of French windows – *Granted.*
- The Green, Frostrow – Conversion of peat store to additional living space – *Granted.*
- Dales Way Cottage, Millthorp – Erection of porch – *Granted*
- Yew Tree Cottage, Sedbergh – Re-roofing – *Granted.*
- 9 Guldrey Terrace, Sedbergh – Erection of garage – *Granted.*
- Bramhaw, Station Road –

Conversion of adjoining barn – *Refused.*

The minutes of the Audit Committee meeting of November 27 were accepted by the Council. Councillors were provided with a copy of the risk assessment (incorporating a formal procedure) for handling car park money and the key points were brought to their attention. A job description for a part time assistant to assist with the car park money was also discussed and agreed upon.

The Council then authorised the payment of the invoices from:

- SLDC – lease of Joss Lane car park and market rental - £3141.75
- Sedbergh School – use of rooms for 2 meetings - £47.63

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Councillors considered a report detailing the circumstances of the loss of £40 of car park receipts in September. They were unable to conclude how it was lost, and the Council decided to note the matter and to take no further action. This incident reinforced the need for formal procedures now in place for handling car park money.

The Council decided not to make a formal response to the letter from Mr C. Cowperthwaite published in the *Lookaround*.

The Council decided to write a second time to SLDC raising the issue of responsibility should accidents and injuries occur as a result of the potential hazards of surface water, ice, damaged tarmac which could occur during the coming winter months.

A 'Have-You-Paid-and Displayed' sign will be placed at the entrance/exit of Loftus Hill car park. It has been agreed with SLDC that the rubbish that is left for collection at Loftus Hill car park will now be stored out of

public view behind the toilet block.

The Council will seek permission from YDNP to use their logo on the town signs in an attempt to improve their visual impact.

The Council held a second workshop on 26 November about identifying projects which will enhance and improve the town over the next few years. A range of issues were considered, and there was broad agreement upon how to proceed and to develop a Parish Plan. A public consultation document will be written during December and another workshop will be held in January.

Illustrations of play panels which could be erected in front of the children's play area as a guard against footballs were met with general approval, although some concern was expressed about the possible cost. It was agreed to look into the possibility of getting grant aid towards the cost.

In the centre of this *Lookaround*, you will find a Questionnaire regarding the Parish Plan. Please take time to fill it in and submit it.

### **DENT PARISH COUNCIL**

The December meeting approved the comments submitted to the National Park on the proposed affordable housing development above Ghyllside. It also agreed the 2008-09 budget and set the precept for 2008-09. There was no meeting in January, but as usual the full minutes are published on the Dentdale website [www.dentdale.com](http://www.dentdale.com).  
*2008-09 Budget, Precept and Car Park Charges*

The December meeting discussed the draft Parish Council budget for 2008-09 which projected an expenditure of £12,680 (excluding car park costs). If the precept remained unchanged at £5,875 the total income

would be £7,725 leaving a deficit of £4,955. If the projected surplus from the car park was added and parking charges remained unchanged, this would reduce to £3,295.

A number of options were considered and rejected to cover this shortfall, including introducing a £5 annual charge for residents' parking permits, increasing the 2-hour car park charge, reducing the amount allocated in grants to local organisations and removing the amount set aside for contingencies. After discussion, it was decided to increase the precept by £1,295 (equivalent to an extra 4.5 pence per week per household) and reduce by £2,000 the reserves held for

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unforeseen major repairs in the car park and toilet block.

A detailed breakdown of all the budget figures are published on the Parish Council pages of the Dentdale website [www.dentdale.com](http://www.dentdale.com).

*Proposed affordable housing development above Ghyllside*

The Parish Council's formal response to this proposal was agreed at the December meeting, which incorporated issues raised by members of the public including the level of demand for housing in the Dale, the external appearance of the houses, traffic issues and drainage. Since then, the National Park Planning Committee members have held a site meeting to familiarise themselves with the layout of the site, and at the time of writing, the application for planning permission is still being processed by the National Park.

*Car parking in Dent*

In last October's Lookaround, I explained that in order to take action on the street parking issues raised by residents in July's survey, the Parish Council would need to meet with Cumbria Highways as they were the body responsible for implementing any changes. That meeting has now taken place, and as a result Cumbria Highways have agreed to:

- arrange for the painting of entrance bars in the parking bays around The Green, to discourage parking across driveways
- draw up a scheme to restrict parking at the junction of The Green with Flintergill, for possible

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- inclusion in the 2008-09 programme of works
- draw up and submit to central government a proposal for a no parking zone on the cobbles, marked by not by yellow lines but by signs at each entrance to the cobbled area
- work out how to give the Parish Council control of the land opposite the Sun Inn and Dent Stores so that we can use some of it for parking by holders of Residents' Car Park permits (parking on the rest of the land would remain unrestricted as at present).

*Stonehouse Bridge*

Following further discussions with Cumbria Highways, they are giving further thought to their proposal to put legally enforceable width restrictions and bollards at Stonehouse Bridge,

*(Continued on page 16)*



# Managing Safely Course

3<sup>rd</sup> - 6<sup>th</sup> March 2008

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- 16<sup>th</sup> / 17<sup>th</sup> edition
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as the matter is not easy to resolve. There is a legal restriction on vehicles over 8' 3" wide on all roads, and so Cumbria Highways' will not put a width restriction on any road unless it is for 7' 6" or less. As some farm vehicles are wider than this, a 7' 6" restriction would not be helpful at Stonehouse, where the problem is not so much the width of the bridge – it is at least 8' 4" at its narrowest – but the angle at which it is approached, particularly when coming down the dale.

### *Residents' car park permits*

If you change your car please don't forget that you will need a new residents' car park permit. New

permits can be obtained from Dent Post Office on production of the old one. If you need to renew your £60 annual permit for a holiday cottage, second home, camper van or business vehicle, please contact the Car Park Administrators, John Hyde or Hilary Firth, or the Parish Clerk, John Ioannou.

### *Next Meeting*

The February meeting will be at 7.30pm on February 4<sup>th</sup> in the Sedgwick Room. The public is welcome to attend as always, and to raise matters of concern in the Public Forum item which takes place about 8pm.

*Jock Cairns*  
*Chair, Dent Parish Council*

# *Sedbergh Office Services*

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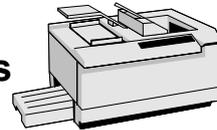
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## **COUNCILLOR'S CORNER**

Happy New Year to one and all! I hope you all have had an opportunity to spend quality time with friends and family over the Christmas period and have been able to take advantage of what our small, but highly active community has had to offer (arguably allot more than some areas five to ten times the size of our population!). We had the first of the two pantomimes that are being organised for this year, Puss in Boots, and what an incredibly professional production that was, drawing talent from across the area and engaging the audience throughout the evening. Equally impressive, was the launch of the

community film programme, Flicks in the Fells, that opened to a packed audience and showed a film, Atonement, which has been highly profiled in the press recently and received a number of awards. I hope these films continue to be well supported and many of you have a chance to go along and see a matinee or evening show; you will not be disappointed!

What is disappointing, is the constant eroding of local government funding that we are witnessing year after year, which in turn threatens our levels of funding for local activities and events, the heartbeat of our rural

*(Continued on page 18)*

## A RECIPE FOR SEDBERGH AND DISTRICT

Return this form by April 31<sup>st</sup> 2008

NAME \_\_\_\_\_ Age: adult / under 18  
ADDRESS (inc. Post code) \_\_\_\_\_  
Telephone number \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Please confirm  
E-mail address \_\_\_\_\_  
Name of Recipe \_\_\_\_\_  
List of Equipment \_\_\_\_\_  
List of Ingredients \_\_\_\_\_  
Instructions/Method \_\_\_\_\_  
Picture enclosed yes/no Picture e-mailed yes/no  
Story (60 words or less, please attach)

Please send or bring entries (photocopy accepted)  
to Sedbergh Tourist Office / Sedbergh Community Office  
72 Main Street, Sedbergh, LA10 5AD  
or e-mail to : [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

communities. Early in January, a delegation from South Lakeland District Council met Local Government Minister, Iain Wright MP, and challenged the proposal to increase government funding by 1.8% this year and then by half a per cent the following two years. Inflation is currently running at 2.1 per cent. This not only represents a reduction of the SLDC grant in real terms but also, as the Delegation pointed out, fails to take account of the significant pressures on our district due to the lack of affordable housing and a low wage economy.

My co-Councillor, Kevin Lancaster, and I, will need to be constantly

vigilant of potential funding reductions on our community services and general provision. We have seen this already with Policing, as I noted in my last *Lookaround* article. The Police staff, that Kevin, I and Parish Councillor, Dorothy Blair, worked with just before Christmas, regarding preparations for the annual migration to Appleby Fair, were very supportive and committed to addressing the challenges we faced on that particular issue. But it doesn't detract from the point that Policing levels in our area are severely challenged. My letter to the Chief Constable of Cumbria, just before Christmas, drawing his attention to a strained infrastructure

and inviting him to visit our area, was supported by Dent Council and Tim Farron MP, both of which sent letters of support to the Chief Constable. I am still waiting a response, but I will share it with you, once I hear.. I live in hope!

Another aspect of community services, which Kevin and I have noticed has seen some cut backs, is with regard to refilling of the salt boxes. This no longer occurs automatically. For those who rely on these receptacles, please check them regularly, and call the Cumbria Highways Hot Line (0845 609 6609) to have them filled immediately; the Highways staff will come out and fill the boxes, but they now have to be prompted to do so.

But it is not all doom and gloom I hasten to add! As you know, there has been a small, but very active group of representatives from the Parish Council, the Playground Committee, the County Council and the Police and the young people themselves, to enhance the current shelter on the Sedbergh playground and make it water and wind proof for young people wishing to use it at night as well as for parents, youth and others, wanting to use it during the day. The Playground Committee, who manage this facility and have been very involved with our project, have received grants from both the Neighbourhood Forum and United Charities to fund this work, and we are still anticipating some financial support from the Parish and District

Councils. So we are hopeful that the work should be able to begin in the Spring, all being well!

Following the installation of plastic recycling and other recycling banks at Joss Lane Car park, we also have definitely done our bit towards recycling for the District, which has reached record heights this year and represents a 10 per cent increase in the number of people recycling.

Indeed, if these trends continue, the Council predicts that it will be soon recycling 50 per cent of all the waste it produces. In 2007, SLDC recycled 27 million plastic items, 15 million cans, 13 million newspapers, 9 million glass bottles and 165,000 books.

Whilst I think as a community, we all have risen to the challenge and are far more diligent about recycling, we still have to crack the nut regarding commercial recycling waste, which for various reasons, beyond the control of the Council, is not being encouraged and supported very effectively. Though I have to add, this is not a problem unique to SLDC. I think it would also be helpful to the people of Dentdale if we could secure plastic recycling in Dent this coming year also.

These are just some of the issues to be tackled and problems to be considered, but if there are others that need my attention, please don't hesitate to get in touch... I am only a phone call away!

Best Wishes!

*Cllr Craig Stephenson  
015396-20080*

### NOVEMBER IN NAIROBI

In November there was already violence at some election rallies, and a Police Chief determined to crack down on it. The violence after the election was mainly in some country districts, leaving Nairobi itself reasonably calm contrary to our news reports. At least, this was the situation until mid January when the Nairobi protests began.

Schools opened normally, some as early as January 2<sup>nd</sup>. There was some concern about Nyumbani's outreach programme in the slum area of Kibera, as the workers could not get to their clinic for a week or so to issue the much needed drugs and food to the AIDS victims. The clinic itself was protected throughout.

You may recall that with the help of Barclays Bank, Sebergh, £1830 was raised last September for Nyumbani, the Nairobi home for orphans with AIDS. The picture raffled was won by a teaching assistant at Finchley Catholic High School, a London Centre of Excellence for Business



In the Mathare Slum

Studies who support both Nyumbani and a new home for AIDS orphans, Kidzone. Whilst we were sorry the winner was not from Sedbergh, we were delighted to know that this school now aims to raise £10 per pupil to be divided between the two charities. With 1100 pupils this makes £11,000! So in the end our efforts have increased and multiplied beyond anything we could have hoped for.

When I visited Nyumbani in November, Sister Mary Owens, the Director of Nyumbani, and Protus, the Manager, were delighted with our efforts. They will use the money raised to pay the High School fees for 9 of the older children for a year. Laura Porchel, who came to

SEDBERGH & DISTRICT

## HISTORY SOCIETY

Wednesday 6th February  
Old Kendal  
*Trevor Hughes*

Wednesday 20th February  
King Arthur & the Lost  
Kingdom of Reghed  
*Tom Clare*

---

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

---

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

---

Chairman: Richard Cann 20771  
Secretary: Mike Beecroft 21878  
Treasurer : Marlene Mason 20509  
Member Sec: John Sibley 25024

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Sedbergh in 2003, will be one of them.

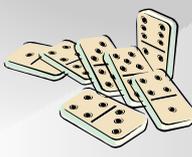
I found the children well and happy, even Elizabeth, who had been very sick earlier in the year. The children over 15 have moved into their purpose built hostels which are light and airy, have a communal kitchen, dining and living area. They sleep in study bedrooms with only two sharing. What a change from the old corrugated iron accommodation where space was cramped and which were hot by day and so cold at night they had to wear woolly hats in bed! These new hostels will also free up space in the cottages for the younger children where they aim to have 12

instead of 15 with one housemother.

There have been some interesting developments at Mary Happy School, whose pupils are half Christian, half Muslim, drawn from a poor area. Firstly, good progress has been made with the new computer courses, and with the teaching of French. They won a French Poetry Competition during the year, and produced a short play in French at the end of the year. Not a bad effort as they only have one hour's tuition each week. There is also a flourishing French Club after school with a hundred members! Many thanks go to Settlebeck High School for their support.

*(Continued on page 22)*

**L. F. H.**  
**DOMINO**  
**DRIVE**



Settlebeck High School  
 7.30 pm  
**Friday 22nd February**  
 Many Prizes

The Directors of the school, Richard and Mary Kinoti, have for many years wanted to set up an orphanage for destitute children. Over time they have supported needy children at the school with food and accommodation and seen the need for yet more support. It would take a very long time to raise money for purpose built accommodation so last May they converted 2 classrooms into dormitories, and took in 20 girls aged between 2 and 10 under the care of a housemother, and with the help of a highly skilled social worker. The accommodation is basic, but much better than what the children had before.

They live at school all the time, but the Directors always take two at a time home with them for weekends and holidays, where they play with their six year old daughter. This scheme will be extended to other families in time. Every holiday the teachers give up time to run activities for them or take them out, and of course take them for any medical care needed. It is heartening to see

so many people willing to help these children on a regular basis.

British Airways Community Relations Team have seen the project and agreed to support it. They have given money to buy bedding, and regularly send clothes. They even send regular deliveries of dried baby milk for the children. Richard, the Director has agreed to take the whole consignment each time and transport any tins that are out of date to the Elephant Orphanage! So he's looking after the elephants too!

There is a much initial expense before anyone will support such a project. It has to be seen to be viable and properly run. So funds are needed to pay for the children's keep and sponsors are needed for each child's education. Eventually the aim is for the project to become self sustaining like Nyumbani Village. It is not yet clear how this will be done, a lot depends on the initial donations to set up a scheme. One idea is to obtain property and use the rent as income.

The St Anne's Sunday Club for children from the slums is not running

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## Forthcoming Saturday cinema screenings at the People's Hall

23rd February – 15th March – 26th April – 17th May

On each date we'll be showing two films – a family film at 4pm and another feature starting at 7pm, apart from Gala Day in May when we'll just have an evening showing. Please look out for posters detailing the films to be shown nearer the time, or contact Sedbergh & District Community Office for further information, either in person or via the contact details below. Information can also be found at

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

**Flicks in The Fells** Telephone: 015396 20504 email: [flicks@sedbergh.org.uk](mailto:flicks@sedbergh.org.uk)

at present due to lack of personnel, but the education programme continues. They now have 2 nursery, 19 primary, 7 secondary and 3 college students, 31 in all. Each student's fees are sponsored. The college students are mothers training in catering, hairdressing or tailoring so they can support their families. In fact it is now a condition of sponsoring a child's education that the mother agrees to undertake training. The aim is to empower families to support themselves. This programme will eventually be amalgamated with Kidzone to become one registered charity, and the Directors of Mary Happy School, Richard and Mary, will oversee the programme, check on the schools and students' progress..

I had the privilege of visiting a home in the slum area of Mathare. I find it hard to believe people have to live like this. Our cattle are better housed. The shacks are made of single corrugated iron sheets, too hot by day, too cold at night. Rain comes in through joints in the roof. There is

one room, a charcoal stove, water that has to be fetched from a tap a quarter of a mile away, and no sanitation. The only lighting is from kerosene lamps as small as a single candle. No close work can be done in the 12 hours of darkness. Yet this home was spotless, the people are resourceful and resilient. I am full of admiration for them.

Great progress is being made to combat poverty, illiteracy and AIDS. Let us hope that Kenya's political troubles will soon be resolved with all working together for progress in this wonderful country. *Christine Wood*



One of the new Hostels

## BETTER DRIVING

### *Best New Year's Resolution?*

Put the car on a 'low-fuel' diet to slim fuel bills.

"Lean and mean motoring is one answer to rising fuel costs," says Neil Greig, Director of the IAM Trust. "A 'low-fuel' car diet for the New Year can offset recent price rises by slimming down your fuel bills by as much as 10 per cent. A trim and fit car is best able to manage the demands of winter motoring. Just apply the elements of all good weight-loss regimes:"

- Set a target
- Plan how you'll achieve it
- Measure your progress

*Set an MPG target*

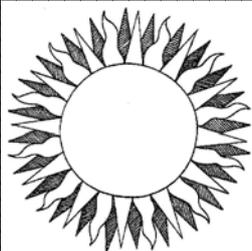
How many miles can you squeeze out of each gallon of fuel? Find out the official MPG figure for your car; few of us achieve this figure in everyday driving, so it's a good challenge.

*Make your car a lean, mean, green machine.*

Excess weight, wind resistance and rolling resistance all guzzle precious fuel. To achieve optimum weight loss, take out everything that is unnecessary for your journey. Remove roof racks or storage boxes to cut wind resistance and check tyre pressures regularly to minimise rolling resistance.

*Don't get steamed up.*

Use some detergent, kitchen roll or a



## OPTIONS for health and well-being

|                   |                                             |              |
|-------------------|---------------------------------------------|--------------|
| Deyna Hirst       | Yoga consultant                             | 015396 21556 |
| Ian McPherson     | Homeopathy and T'ai Chi                     | 015396 20648 |
| Melanie Missenden | Counselling and aromatherapy                | 015396 21058 |
| June Parker       | Acupuncture                                 | 015396 20972 |
| Rebecca Wheten    | Homeopathy                                  | 07792 285357 |
| Denise Williamson | Homeopathy and Bowen technique              | 015396 20846 |
| Victoria Reed     | Hypnotherapy                                | 07803 047643 |
| Peter Burridge    | Counselling                                 | 07817 718793 |
| Yvonne Cervetti   | Aromatherapy, Hot Stone Therapy and Massage | 015396 21303 |
| Ruth Francis      | Remedial massage                            | 015396 20275 |
| Elizabeth Hilton  | Light therapy                               | 015396 21800 |

*Health practitioners in the local area*

cloth, to get the inside of the windows squeaky clean. Clean windows are much less likely to mist up, so you'll need your fuel-hungry air conditioning or heated windows less

*Scrape and save!*

Running the engine for 10 minutes to clear frosted windows easily uses a litre or more of fuel before the car even leaves the driveway: A can of de-icing spray or good scraper is a better option.

*It's cool to be hot.*

Cars use much more fuel when the engine is cold so warm it up as quickly as possible. Reverse into your drive or parking space while the engine is warm and efficient. Then you can drive straight off in the morning, rather than manoeuvring back and forth with a cold, inefficient engine.

Fuel consumption for the first mile with a cold engine is heavy and fuel efficiency plummets with repeated short trips. Combine short errands into one longer journey or, for the occasional local trip, leave the car at home and enjoy the benefits of walking or cycling.



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*Less weight on the accelerator*

A heavy right foot is the biggest fuel waster- keep the pressure light! Driving smoothly and sticking to the speed limit dramatically cuts fuel consumption - and you won't need to worry about those safety cameras.

*Measure your progress.*

If your car has an MPG monitor, start using it. Or jot down the odometer reading on the back of the receipt when you fill up. You'll soon build up a picture of how well you're doing. And by saving fuel, you're also cutting emissions that cause global warming. So resolve to make 2008 your 'low fuel' year.

Did you know that Heated windows can add up to 3mpg to fuel consumption?

All the above information has been provided by the IAM (Institute for Advanced Motorists) in their latest Newsletter.

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### THANDI TALES V

Well – as we draw to the end of our full time work with Thandi the first thing that comes to mind is where have three years gone?

Thandi is the overall name given to two villages – De Rust and Lebanon, also a farm called Labanon, a fruit farm trust and a farm stall and restaurant which is called Thandi.

The Charity “Thandi Friends Project” offers support to these various organizations but also works with the local farm school and day hospital.

The school educates 650 learners up to matriculation – age is not important – some learners are in their early twenties before they matric. We have recently provided guitars, banjos and some brass instruments to enable them to start a band with a curious tone!

A lunch time meal is provided for all learners. Jam or peanut butter and

bread two days then pasta or rice the other three days. Its what we call “fill belly” food with little nutritional value. The education authorities say they can only provide money for education and parents should provide the money for food. The problem is that most families are very poor and we also have a number of orphans or child headed families. We are therefore looking at ways of buying 20-30 chickens a week that could provide some protein with the pasta or rice. We have also written to Jamie Oliver in the hope that his foundation can help. Another project we are looking at is to build a hostel at the school where some of our orphans and abused children could live during their school years.

The local day hospital has a catchment area population of 60,000 It has one full time Doctor, one part time Doctor and a group of dedicated

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## CHIROPODY CLINIC



**Kay Whittle**

MSSCh DipPodMed MBChA

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nurses. The queue to see Doctor starts about 5.00 am and the Doctors come on duty at 8.00. If the patient has not seen the Doctor by 5.00 pm they return at 5.00 the following morning. The facilities are fairly basic with TB patients and anti-natal and labour wards all in the same area. We recently had a visit from Rob & Gill Wright who live near St Helens but also have a home in Sedbergh. Rob is a G.P and he gathered together lots of medical equipment and brought out two suitcases full of things for looking in ears and eyes, blood pressure monitors, thermometers in fact lots of items that only the medical profession know what they are. When they took

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Wednesday 27th February  
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**Boarding House Cleaner**  
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**Kitchen Assistant**  
Monday to Friday 9am - 12.30pm  
**Kitchen Assistant**  
Thursday & Friday 9am - 2pm  
**School Cleaner**  
Monday - Saturday  
either 6am - 8am or 6pm - 8pm  
We may have hours that  
suit your commitments,  
so please ring  
Maria on 015396 20303  
for an informal chat

the equipment to the hospital they were treated like Royalty and introduced to staff and patients alike, they even received a round of applause from the patients. More medical equipment is now being gathered and we hope to make use of a container that the Lions Club are sending out here in April.

Father Christmas paid our communities a visit and handed out footballs, cricket bats, paints, cosmetics, books and school bags etc. Thank you Killington WI knitting ladies for providing the finances to do this with some additional help from some other good friends who were visiting South Africa just before Christmas. Also thank you Ronelle a South African lady from near Thandi farm stall who provided everything at below cost and also packed all 150 presents.

We have now reached our target of 150,000.00 Rand (approximately £11,500.00) to build a crèche within our Lebanon community. The Quaker

*(Continued on page 28)*

Sedbergh Bowling Club

**A G M**

White Hart Sports & Social Club  
Committee Room

Thursday 28th February

7:30 pm



All Welcome

community in Cape Town donated 50,000.00 Rand and The Foundation – The Learning Journey from the Netherlands donated a further 65,000.00 Rand. This with other donations should mean that work can start within the next few weeks. Once completed the crèche will help many single parents to find work thus enabling them to earn and move away from poverty. Our child headed families, where both parents have died leaving the eldest child to take charge of their siblings, will also benefit because that eldest child can then return to education or find employment. We have one 18 year old girl who works occasional weekends at Thandi Kitchen; she has four brother and sisters to look after.

Sedbergh School are a great support to our community and we are now in the process of obtaining a passport and visa for one of our rugby players so that he can come to Sedbergh school to receive training in coaching.

I don't know why but everything in

South Africa seems to take an age to achieve.

We have also received great help from Upper Eden Rotary, Killington WI, as mentioned earlier, and many many local individuals for which our communities are truly grateful.

Although our time commitment to Thandi draws to a close our work here will carry on for many years. The charities aims are *“To relieve poverty, hardship and distress and advance education particularly, but not exclusively, among the Thandi community by the provision of material assistance, vocational & skills training to create more jobs and skills, thus giving the large number of unemployed people in the area the means of a better future in the new South Africa”*. We have a dedicated group of Trustees in the Sedbergh/ Kirkby Stephen area who will endeavour to achieve these aims. We also have many volunteers in South Africa who work with us to help put our objectives into practice.

If you wish to help our work the easiest way is with a financial contribution – all donations go to the project - nothing goes out for administration.

Our treasurer is Michael Metcalfe-Gibson, Town Head House. Ravenstonedale. 015396 23646

Chris and I look forward to seeing all our friends this summer at The Cross Keys.

Thank you so much and God Bless.

Alan Clowes

### SLOVENE SINGERS VISIT TO FOLK CAROLS FESTIVAL

Many thanks to everyone who helped with the visit of the singing group Pella from Slovenia who joined our Folk carols festival and sang carols from the former Yugoslavian republics alongside the Gladly Solemn Sound choir at our Friday concert and the Cautley Carollers at our Saturday Ceilidh, and who taught some of their excellent songs at a workshop on Sunday.

In particular, thanks to Jeff and Sam from Dentdale who provided some excellent lights for the concert, Penny Legat who joined two of her violin students for the concert, Sedbergh Primary School who made the singers so welcome when they sang at the school (and who gave them a sneak preview of some of the songs in their Christmas show,) and George Handley, who not only invited us all to visit his Italian class where we sang a



very international version of Silent Night, but also provided lodgings for the singers during their visit.

It was a wonderful visit, and left many of the English singers inspired to join a combined English and Slovene choir we are forming to celebrate Slovenia's presidency of the EU. Some of you may have seen some of our singers on Country File on the BBC when the television came to film the Cautley Carollers singing in the rain outside Roger and Judith Bush's house, a merry throng of Lakeland Voices with the Slovenes singing in a candlelit Cumbria Cave, and their presenter Adam receiving a rain-lashed singing lesson on the banks of the River Rawthey. I don't watch television myself and thought they were from the wireless until they turned up with lights and cameras.

The next visit of singers from Slovenia will be for the International Harmony Singing Festival over the weekend of June 6-8 here in Sedbergh when singers from all over Europe descend on the town for a weekend of concerts, song swaps and informal singing.

*David Burbidge*

Philip Horner  
**Fencing & Walling**

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**SEDBERGH & DISTRICT  
HISTORY SOCIETY**

*Members' Evening.*

The annual Members' Evening is always an eagerly anticipated occasion and as usual we weren't disappointed. Judith Robinson began the proceedings with her fascinating talk entitled 'Researching John Atkinson's Copy Book'. She showed slides of the beautifully handwritten pages of John Atkinson's arithmetic book. He was thirteen and a half in 1863 when he tackled a variety of problems, many of which would have been quite beyond some of the audience! The actual content of the problems gave an interesting insight into nineteenth-century life. For example, one question concerned the calculation of a servant's wages, and another showed that the rate of death duties depended on the relationship between the deceased and the beneficiaries of his will. Judith

suggested that references to places like Middlesex and Sydenham indicated that the author of the textbook from which the questions had been copied probably lived in the south of the country.

Using censuses and parish registers, Judith had spent some time researching John Atkinson's family, and she discovered that he had spent most of his short life at Cragg Stones in Cautley, where his father was a farmer and butter dealer. Although the book was unmarked and there was nothing to show whether John Atkinson had worked on the problems at home or at school, Judith was curious to find out about his education. In this investigation she was helped by Diane Elphick, who has researched local education in the nineteenth century. Judith could find no record of him on a school roll, but she concluded that since his family were nonconformists he was most

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*(Continued on page 3)*

probably a pupil at the Sedbergh British School. Furthermore as an 1868 newspaper mentioned his two younger brothers, James and William as prize winners at the Sedbergh British School, it seemed likely that James had also attended there.

Joyce Scobie's presentation about Liverpool cow keepers was equally enthralling. Until Joyce became engrossed in this study she had had no idea that such a large number of local families had started dairies in the city. An economic depression was responsible for this migration, which began in 1818. Joyce described how hard life was for the dairymen. Milking started at 5am and was followed by the first round of the day. This procedure was repeated in the afternoon and sometimes there were even three milk rounds. The women of the family made butter which was sold in the shop with milk, eggs and preserves. Care of the animals and

cleanliness were priorities, and some fine specimens won prizes at local shows.

Communication with home was kept alive in a number of ways. Some women came back to have their babies, and children often returned for a spell of fresh air. Many people came home to retire, but Joyce said that dairying was such hard work that some men did not reach retirement age. Although stricter rules and regulations made life more difficult for the cow keepers, they numbered 900 by the turn of the century. However, during and after the First World War they began to dwindle, until in the 1970s there were only 4 left.

Interestingly, the Wilson family provided a link between these two excellent talks. Peter Wilson, who had inherited John Atkinson's diary, is a descendant of Robert Wilson who had written a diary about his time in Liverpool as a cow keeper.



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Many towns, villages and regions are famous for a local dish – Yorkshire Pudding and Cumberland Rum Nicky, Bakewell Tart and Grasmere Gingerbread to name a familiar few. So far as we know the Sedbergh area has not got a **Signature Dish** although we do have some very fine food producers and preparers.

The Chamber of Trade is expanding the annual Charter Market, which will be on 16<sup>th</sup> August this year, into a much more 'foodie' event. There will be a very big farmer and producer market and several demonstration kitchens placed around the town,

themed cafes, celebrity chefs and the usual entertainment. It would be great if we had a newly launched Sedbergh Recipe Book to sell at the Charter Market and we hope that researching, inventing, photographing and generally having a really good time with food will be something individuals, businesses and groups will want to do this Spring.

*We suggest four categories of entrant:*

**Businesses**, these could be any producer of food on the farm, any café, any non-food type of business whose employees might want to join together to invent something, any pub or hotel etc.

**Groups**, adult and under 18s, e.g.



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WI's and church groups, school classes or the youth club but groups that do not have a business link **Individuals**, adults and under 18s. ( hey - we do want some men and boys here not just all females!!) *What would you have to do?*

You would have to invent a dish which was typical of Sedbergh and district, it does not necessarily need to use local produce but it could do.

The dish would need to have a really good NAME e.g. Dent Doughnuts, or Garsdale Lamb Garland, Rawthey River Roll or Howgill Hotpot, Steadman Steak etc – but it must be a recipe with a twist, you cannot just copy something out of a book and put your own name to it, but it could be an old family recipe of Granny's. Judges will be looking for originality.

The dish can be absolutely anything: a pudding, or main course, sweets (like Kendal Mint cake), a sandwich, chutney or jam or other type of preserve, something fit for a banquet or for the kid's supper.

When you have tried your recipe out, probably on those guinea pigs called the family, you will need to make it again and make it look as pretty as possible, think of those arty illustrations in food books, then send the recipe with 1) equipment you will need list, 2) ingredients list and 3) instructions 4) picture 5) (this part is optional), a 60 word story of how the recipe was invented or where it came from all on the entry form on Page 18.

(The entry form is available to down-



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Judges headed by Gillian Cowburn of the Westmorland Gazette will then choose from the hundreds! of entries the best in each entrant category and over a selection of types of food. We will ask you to prepare the dish for a judges tasting which will be held in the People's Hall in May. From this tasting a prize winner in each category will be chosen and from those winners ONE OVERALL winner will be chosen.

We will then bring all of your culinary wizardry, inventiveness and expertise together into an elegant and collectible recipe book which we will all be proud to own and to sell.

**SEDBERGH TOWN BAND  
ANNUAL CHRISTMAS CONCERT.**

The Annual Christmas Concert took place in the People's Hall on Tuesday 4th December. As in previous years it was a sell-out and an audience of two hundred packed the hall to participate in a programme that had something for everyone.

As always it was a great pleasure to see a number of children entering into the pre-festive spirit - they were foremost in responding to the music, singing the carols and conducting the Band. They well deserved the presents brought by Father Christmas who was able to interrupt his busy schedule to distribute, appropriately at a musical gathering, flutes to all the children.

the programme followed the pattern that has successfully evolved over recent years - two halves in which popular Christmas music and traditional carols alternate. The lengthy interval was devoted to serving mulled wine and mince pies to the audience by band members, whilst the hatch was manned to distribute soft and hot drinks to those

whose preferences lay in that direction. Following the visit of Father Christmas and the distribution of his presents, the raffle was drawn with a very large number of prizes being won.

Each member of the audience received a carol sheet but instead of a programme this year Carole Gotham introduced each item, be it Christmas music or Carol, accompanied by an anecdote or two regarding the item about to be played. The amusing clarity of her remarks that reflected much research, was greatly appreciated including when she temporarily forgot the nature of the occasion, reverted to type and invited the congregation to stand and sing the next hymn.

In the course of the evening eight popular carols were sung with audience participation. The Christmas music featured such favourites as 'Let it Snow;', 'Rocking Around the Christmas Tree', 'Last Christmas' and 'The Christmas Song'. The successful charity fund-raising Jackson and Richie number 'We are the World' received an excellent and

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sensitive treatment by the thirty seven strong band (the largest number to date to represent the Town Band on a single occasion). New to the Band's repertoire were Gustav Holst's original composition of 'In the Bleak Mid-Winter' and a German traditional number 'Schneewaltzer'.

At the end of the concert Carole Gotham addressed the audience expressing the Band's wishes that all had enjoyed the proceedings and recounting briefly the creation of the present Band just under ten years ago. She praised the skills of Bandmaster Alan Lewis and recounts the fabled techniques he uses to gain the best out of his players.

This theme was taken up by Band Secretary Hilary Hodge who presented Alan with a photographic collage of the trip in the Summer to Fiuggi in Italy, as a mark of the Band's appreciation of his endeavours.. In the course of her remarks she expressed the gratitude felt by the Band towards Sedbergh School for allowing the Town to use their Band Room facilities and to the

Headmaster for being instrumental in enabling the setting up of the Band when brass playing instruction was first muted. It was particularly gratifying that these words could be addressed directly to Mr. Hirst who had found time in a busy end of term schedule to lend his support to the evening.

Hilary concluded by drawing attention to the fact that September 2008 would see the tenth anniversary of the Band. This mile post is due to be marked in a number of ways, the most significant being the compiling of a professionally recorded c.d. Five days will be spent in the Spring in an hotel in Dumfries rehearsing and recording, the venture testimony to the musical progress made by the Band.

It just remains for your correspondent to make some expressions of gratitude towards the many people to whom the Band owes so much, not least 'Lookaround' who faithfully carry all our news to a wide readership. Besides the support of

*(Continued on page 36)*

the Headmaster of Sedbergh School it has been a great pleasure to welcome members of the School's C. C.F. Band to our ranks in various concerts over the year. As always our thanks go to all the shops and businesses who have kindly displayed our posters. Particular thanks go to Nisa, the Green Door and the Information Centre for undertaking so cheerfully the task of acting as sales outlets for tickets to the concerts . The lighting for the Christmas Concert was particularly fine and our thanks go to Steve Longlands. No one could have failed to appreciate the magnificent Christmas Tree and for this our thanks go to Martin Powell who also kindly loaned a number of the chairs that helped to seat the capacity audience. We are also most grateful for the generous gifts from Spar and Pratt's which helped to make the raffle such an attractive success.

Throughout the year and particularly at the Christmas Concert the ladies have been fantastic - besides playing in the Band Hilary, Sarah and Sandra have been foremost in fund-raising activities whilst without the labours of Jean, Val, Sandra, Faye and Sheila the Christmas Concert would never have achieved its smooth precision.

Finally the Band would have little incentive were it not for the magnificent audience that supports all our various performances - in the words of Festre 'We strive to please you every day- and hope we gain some success in this ambition.



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Steadman's were one of twelve retailers to win out of 2,500 nominations

Owner Garth Steadman together with his wife Jean, are invited to London to attend a reception for the winners at the Cholmondeley room at The House of Lords on February 6<sup>th</sup>. Garth said: "We are absolutely

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delighted at the news. To get through to the national final is an achievement in itself and to win the regional section is fantastic. We were told that our win is a testament to our importance within our community. It is good to be recognised for our commitment to sourcing local produce and supporting local producers

"The certificate will have pride of place on our shop wall amongst other awards we have earned this year. It's excellent for our customers to see. It reinforces why they have chosen to shop at a high quality independent butcher." It is also good for moral for the staff who contribute to the success of the business and it's achievements.

The winner of our free competition on all Game purchases before 31 December was Mrs Fawcett from Dent. She won a signed copy of Clarrisa Dixon Wright's Game Cookbook.



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### FAMILY MUSINGS

Greetings for this new year, may we all know a healthy and happy one and please, please could we have a bit easier one here if this can be arranged! Of course life is not like that, not even in this land of Family Musings where one person (me) would feel much happier putting the cat on a collar and lead and taking her for a walk rather than going on my own .. the offspring I am not allowed to write about just raised her eyebrows heavenward and said in a very exasperated tone "Mother!".;

I miss my brother, I even miss the difficulties, the times when he was very particular, in a way I think being like that was part of his way of coping with the

Myeloma, although he was like it all his life, he had something else to focus on ie moulding us to how he wanted us to be yet loving us for who we are as well. His birthday was difficult, the anniversary of Dad's passing although it was 7 years ago was so hard the anniversary of Mum's death is approaching but I will be better prepared for the awful emotional roller-coaster this time.

Utter chaos reigned here for about a week when the old fireplace was removed and the work carried out to fit our new stove a new pump for the radiators and the arrival of two new radiators We had floorboards up in 4 rooms inc the hall, Mitts thought it was great fun to go under the house I am not to sure what the Plumber thought, I know he had at least one sleepless night about our antiquated heating system and there were a few tense moments before it all worked. The Stove man or I should say men had a few tense moments as well, a bit of head scratching went on, not just hubby, but as I said all was well, we have a wonderful hot house now well worth all the disruption. Next came the re-decoration of the living room, which meant everything had to be moved and I tried to sort things out and did actually throw some things out although you might not think so!

This is the year the garden really gets a make-over and the year you see less of me and who knows perhaps a make-over for the gardener too! Hubby and I went out on our bikes on Christmas Day and Boxing Day and intend to keep going out on them as much as possible at present a

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push up the last bit of the Laning is needed for me but hopefully will not be permanent. Slimming Clubs and "weigh ins" are not my scene but gentle enthusiastic encouragement is welcome. A recent new form of exercise was helping hubby sweep water out of the village hall after a flood, but we don't want to have to repeat that thanks.

Being invited to take part in the Cumbria Women of The Year Luncheon at Grasmere in November was a wonderful honour and experience, to be with all those ladies from all around the county, eat a lovely lunch, listen to interesting amusing speeches and meet the lady who was awarded the Cumbria Woman of the Year 2007 was just wonderful. Thank you to who ever nominated me, it was an amazing experience. I wore, not one of the wedding outfits but the 50th birthday outfit, great to have such a choice. A reporter who was there from a Silloth paper chatted to me and it appears he used to spend his summer holidays in Dent, his fathers family had stayed for years with my fathers aunt and uncle at Seige Gill House when it was a Guest

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House. He remembers the cobbled streets and Flintergill with great affection and asked a lot of questions about life in the village.

One aim this year is to visit Cornwall, perhaps not to stay at the dear hotel on the beach where my family went for approx 15yrs but certainly to re-visit special places and meet up with special people. There was a certain magic about Pendower, as soon as one glimpsed the sea around the bend in the lane the holiday had begun, and apart from a quick change the unpacking had to wait, we just had to make sure the beach was there and all was well in our little bit of heaven down country. Caves and rock pools to explore, cliff paths to walk, cream teas to consume .. perhaps they are part responsible for chubby me?! I am not fat, just a good all-rounder, take that however you like-there are just a few things I wouldn't do.

Enjoy life, be kind and "let who would be clever" as someone once wrote in an Autograph book of mine, remember those .. "picture of an Airoplane Out Of Sight" etc..? Bye for now. *Sarah*

## KILLINGTON W I

*Ring out the old year!*

*Ring in the new!*

We may as well start with the old one, as due to the fact that my computer has more control over me than I do over it, my November report did not reach our revered editor. (*it's still somewhere in Hyperspace! Ed.*)

November was our AGM when all sorts of interesting reports were presented to the assembled company, and all sorts of members were elected to committees and such like. Suffice it to say, at this late stage, that an excellent year, healthy finances and an increasing membership were scintillatingly summarised. Happily our committee and officers remain much the same (so please refer to last year's comments for praise of the same!) though we are delighted to welcome Margaret Fearnhead to the committee.

After all the official business we were entertained by the life stories of some more of our members. We heard Margaret Denton's tale of her training as a teacher and her work as a domestic science teacher in Liverpool, in the days "when we taught them to cook". We heard how Margaret and Andy decided to return to Sedbergh to raise their family. I'm very glad that they did. Joyce Bird told us of her early life in distant lands, being brought up in Argentina, (or was it Brazil?), being taught by a not very well read American governess, and meeting a very handsome midshipman at a party on

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board HMS Ajax. Needless to say he later became Commander John Bird and she later became his wife.

December was our Christmas lunch. This year we returned to the Sedbergh Golf Club for a delightful meal cooked by Ruth Gardner and her staff, and splendid post-prandial entertainment provided by Jackson Martin. It was an excellent start to the festive season. The winner of our wonderful hamper was Barbara Kooper. Joyce Swann had amassed the most points in our competitions throughout the year, and as Humphrey Littleton says, "What do points mean? Points mean prizes!" So Joyce duly carried away a lovely

white azalea.

January soon came round and found us all back in the committee room at the People's Hall. Our clever "fixtures secretary", always provides us with a speaker who, in the depths of our soggy winter, will give us glimpses of joys to follow. This year we were treated to a talk with slides by Ron Davies, entitled, "Life as a Country House Gardener". The garden in question is Winderwath Garden, of which none of us had ever heard. However it is in the Eden Valley, in Temple Sowerby and our ignorance will soon be replaced for we certainly intend to visit it this year. The first slide Ron showed was of a woodland glade with a carpet of snowdrops and golden aconites. It was wonderful, and the rest of the talk took us through the rest of the year, and round the whole garden. It was excellent! Unfortunately, or perhaps fortunately, it proved to be quite an expensive meeting as Ron had brought along lots of interesting plants for our own gardens. Moreover, several of us were further tempted to buy a beautifully illustrated book called, "The Gardens of the Lake District". I bet you wouldn't have been able to resist either! Certainly a case of, "the Devil did tempt me and I did spend!"

We did also conduct WI business. It is pay-up time again. As usual we had a super tea enriched by the cake for our special birthday girl, Brenda Nolan. Our traditional January competition for "a Christmas card" was won by Nora Capstick, with a

clever 3-D triangular card with robins on all 3 sides. Did you notice that there were an unusually large number of robins on this year's cards but not a single choirboy? The raffle was won-definitely!

Our next meeting will be on 12<sup>th</sup> February at 2-00pm, in the committee room of the People's Hall. The president of our own Sedbergh History Society, Richard Cann will tell us about "Church and Charity in Sedbergh". Do come along for enlightenment and enjoyment.

*W.F.U.*

---

#### **HOWGILL W.I.**

The January meeting was held at Howgill Village Hall. President Mary Silva opened the meeting by wishing everyone a Happy New Year.

A warm welcome was given to a new member Carol Mills. Our singing group enjoyed taking part in the carol service at Howgill Church. We all agreed it was an excellent performance enjoyed by all.

Members are interested in forthcoming events in the Federation calendar. A visit to Oldroyd and Sons rhubarb growers on Wednesday February 13<sup>th</sup> is popular. A walk around Whinfell is planned for Friday January 25<sup>th</sup>.

Mary gave a warm welcome to Andres Lowe, a former buildings officer for the Lake District National Park Authority who presented his latest talk "Lakeland Architecture". A superb selection of slides allowed us to become building detectives

*(Continued on page 42)*

focusing on features inside and out which create a buildings character. Mary thanked Andrew for an excellent presentation, taking us through the centuries in the beauty of the Lake District..

The monthly competition a photograph of an old building was won by Tanya Hoare, with Helen Beare second. The raffle winners were Tanya, Helen and Audrey. The evening was brought to a close with a Jacobs Join and get together. We meet again on February 7th, when David Oates will speak on National Legal Services, at Firbank Church Hall at 7.30pm. Visitors and new members welcome.

A. H.

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### **FROSTROW W. I.**

Our President, Anne Petyt, welcomed everyone to the January meeting. There were quite a few apologies but, for those able to attend, it was well worthwhile turning out on a cold winter's night.

The W.I. Walking Group had enjoyed recent walks and members who attended Federation events around Christmas were well-pleased.

The Committee has suggested having alternative activities for members who cannot join the walks e.g., a Craft Day - and several members were interested.

Ann introduced Martin Lewes, BBC Radio Cumbria's Kendal reported, whose voice is familiar to most of us. He began by showing us the equipment he has needed until very recently - weighing 20lbs and necessitating a studio. With modern technology this has been replaced with a single lightweight piece of equipment and can be transmitted from his office. Martin explained how, most of the time, he is reporting day to day events but at any time can be called out to very dramatic happenings such as the Grayrigg rail disaster, so needs to be very versatile.

Next Martin spoke about the procedure when our area goes digital in about a year's time. There were quite a few questions, then Jean Jones thanked our speaker warmly.

The competition was won by Marjorie Fishwick and Pauline Mather won the raffle.

At the next meeting on February 6th

in the People's Hall Committee Room, Ann Burrow will take us on "A Personal Journey in Creative Embroidery". If you are interested, do come along as a visitor or prospective member.

M. F.

#### DENTDALE W.I.

In opening our meeting, we all agreed with President Catherine Sugden that the Christmas meal at the Barbon Inn had been an excellent way of rounding off the year for Dentdale WI

Now, a new year, and a new programme and the January weather truly predictable! Rain was lashing down and coming under the door into the kitchen of Dent Memorial Hall, so, we were pleased that our speaker Laura Clare did not have too far to come from her house in the village.

During the course of the business meeting, Catherine read out a letter from the Dentdale Run Committee asking for our assistance with the preparation and serving of refreshments for competitors taking part in the run on 8<sup>th</sup> March and then we spent some time talking about the courses on offer in the WI news. Three members are off to the Consultative meeting on 14<sup>th</sup> January, five members will go to hear the Forensic Science talk at the Bryce Institute on 27<sup>th</sup> February and two members will attend the day course for the Award in Food Safety on 3<sup>rd</sup> March.

Our Speaker, Laura, described briefly her journey into Yoga from an early age. Later she trained as a yoga therapist and more recently has attended courses in London to learn how Yoga can help with specific health problems. Yoga is an

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ancient practice dating back thousands of years and there are many interpretations but is never meant to be a gymnastic practice. The aim is to use bodily and mental exercises to promote energy and flexibility and awareness of breath. Time then, for a little participation as we either all stood or sat through a posture giving ourselves a little workout. Laura was thanked by Dorte-lis Powell.

Judith Newsham's tip for relaxation was chosen for the competition winner and Kate Cairns won the raffle prize

Next month's meeting is on the 13<sup>th</sup> February when Gill Ioannou will give an illustrated talk "Around the Horn" and any new members or visitors welcome to join us.

PA

### **DAY CARE CENTRE**

The Parish Council were informed just before Christmas that the People's Hall Committee had received a letter from Age Concern saying that they no longer required the room (at the People's Hall) for use as a Day Care Centre.

This news came 'out of the blue' to the Parish Council and on receiving it I contacted Social Services for an explanation. Their explanation was that the People's Hall did not provide the facilities i.e- ramp access and disabled toilet, I assured them that the People's Hall did in fact have these. They also said that numbers had been dropping and that as they

gave monies to Age Concern to run the Day Care Centre it was up to them how they used it. They (Social Services) informed me that Age Concern have decided to move the Day Care Centre to Barbon where it was 'hoped' that it may attract people from Kirkby Lonsdale to attend (at present there is only the people from the Sedbergh Day Care Centre attending). Social Services also said that they may take people from Dent to Barbon (I did point out the problems over Barbondale in winter or should a car transporting these people to Barbon break down and how difficult it would be to get help on a road which is not a well used road. )

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I also asked the question had they (Age Concern) looked at other possible sites in Sedbergh and Social Services where not aware that they had (the gentleman I spoke to at Social Services (who did speak to me at length about the situation) did admit to me that he had never stopped off in Sedbergh -just passed through, and seemed unaware with regard to facilities such as Gladstone House.

I am concerned that few people in Sedbergh were unaware that ANOTHER service was been taken

from us. After all we never know whether or not we may need those services in the future (we all age whether we want to or not) I would be pleased to hear your views on this matter - however old you, or even if you were aware that we had a Day Care Centre in Sedbergh when you or a relative or friend or neighbour could have made use of it had they known of the facility.

Your views are important on this matter. You may leave any messages for me at the Community Office (which is situated above the Tourist Information Centre on Main Street)

*Dorothy Blair*

### TRAFFIC

*Sedbergh visitors*

“Ever been to Sedbergh?”

“No . What’s it like?”

“Don’t bother if you are in a hurry.

With a bit of luck you won’t be stuck in Main Street for less than 20

minutes behind a SPAR delivery van unloading a week’s groceries. When

you reach the end of Main Street, just check you haven’t come on a

Wednesday - that’s Market Day and if the sun is shining you won’t find a spot to park.”

“So where do I park then?”

“Well you could circle the town via Back Lane, where you had better not park or a local 90 year old resident might come at you with her walking

stick, and then try Joss Lane car park the second time round. Hopefully they will not be unloading barrels of beer at the Bull. The trouble with the Joss Lane car park is that some locals have bought a 24 hour/365 day parking permit for £65 and they use it as their private car park”

“£65? That would cost me £600 in Lancaster!”

“There is a way of reaching Joss Lane car park without going down Main Street. Go up Howgill Lane, alongside the Dalesman, and when you get up the hill, just put the nose of your car cautiously around the right hand corner at the top. It’s called Bainbridge Road. It’s a two way road, but permanent parking on one side

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*Closed Monday to Thursday Lunch times*

Saturday open all day 12 noon to 11 pm

Sunday open all day 12 noon to 10.30 pm

Proprietors: David and Elizabeth Martin

| Starters                                     |        | THE HEAD<br>AT<br>MIDDLETON     | Fish Dishes                     |       |
|----------------------------------------------|--------|---------------------------------|---------------------------------|-------|
| Prawn Cocktail & Marie Rose Sauce            | £4.10  |                                 | Salmon Steak with Parsley Sauce | £9.70 |
| Garlic Mushrooms on Toast                    | £3.65  | Grilled Rainbow Trout           | £9.70                           |       |
| Pate with Garnish, Toast & Butter            | £3.50  | Breaded Scampi                  | £6.99                           |       |
| Soup of the Day                              | £3.30  | Breaded Haddock                 | £6.99                           |       |
| Egg Mayonnaise                               | £3.40  | <u>Vegetarian Dishes</u>        |                                 |       |
| Grapefruit Cocktail                          | £3.40  | Tropical Vegetable Curry        | £6.99                           |       |
| Garlic Bread                                 | £2.50  | Stilton & Vegetable Crumble     | £6.99                           |       |
| <u>Extra Special Main Courses all £11.45</u> |        | Vegetable Lasagne               | £6.99                           |       |
| Loin of Pork in Cider & Apple Sauce          |        | Mushroom & Nut Fettuccini       | £6.99                           |       |
| Lamb & Apricot Casserole                     |        | Broccoli & Cream Cheese Bake    | £6.99                           |       |
| Chicken with Basil, Port & Dill Sauce        |        | Vegetable & Pasta Bake          | £6.99                           |       |
| Venison Steak with Red Wine Sauce            |        | Vegetable Tikka Masala          | £6.99                           |       |
| Venison Casserole                            |        | Macaroni Cheese                 | £6.99                           |       |
| Supreme of Pheasant Chasseur                 |        | <u>Rice Dishes</u>              |                                 |       |
| Pork in Pepper Sauce                         |        | Chilli                          | £6.99                           |       |
| Cod & Prawn Crumble                          |        | Chicken Tikka Masala            | £7.99                           |       |
| <u>Main Courses</u>                          |        | <u>Salads</u>                   |                                 |       |
| Roast Dinner of the Day                      | £6.99  | Ploughman's Lunch               | £5.99                           |       |
| Mixed Grill                                  | £12.40 | Cold Meat Salad & Roll & Butter | £6.99                           |       |
| Fillet Steak                                 | £12.40 | Prawn & Rice Salad              | £6.99                           |       |
| Sirloin Steak approx. 8oz uncooked           | £10.30 | <u>Sandwiches</u>               |                                 |       |
| Half Roast Chicken                           | £7.99  | Prawn with Marie Rose Sauce     | £4.80                           |       |
| Chicken Kiev                                 | £6.99  | Ham, Beef, Cheese & Tomato;     |                                 |       |
| Lasagne                                      | £6.99  | Cheese & Pickle or Salad        | from £2.90                      |       |
| Steak & Kidney Pie                           | £6.99  | Toasted Sandwiches              | from £3.10                      |       |
| Cumberland Sausage                           | £6.99  | Portion of Chips                | £1.70                           |       |
| Gammon & Pineapple                           | £6.99  | Mixed Side Salad                | £1.70                           |       |
| Barnsley Lamb Chops                          | £9.99  | Portion of Mushrooms            | £1.70                           |       |
| Marinated Lamb Steak (6oz)                   | £9.99  | Roll & Butter                   | £0.65                           |       |
| Pork Chop in BBQ Sauce                       | £7.60  |                                 |                                 |       |
| Cheese & Ham Pasta                           | £6.99  |                                 |                                 |       |
| Tuna Pasta Bake                              | £6.99  |                                 |                                 |       |

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*Menu*

has turned it into a single track road. You can see up the length of the road, about 300 yards, and if nothing is coming, go for it; then three blind corners, right and left and right again and hey presto! you descend onto Joss Lane car park on your left.”

“Sounds interesting. Aren’t there any other car parks, easier to get to?”

“Well, there’s Loftus Hill, but that’s usually full. I used to sneak into the Health Clinic car park next door, but now they have put up intimidating notices about that.”

“How do the locals manage?”

“They are a patient lot!”

“But what about the Parish Council. Why don’t they do something about

it?”

“They’re dammed if they do something and they are dammed if they don’t. If they want to get in at the next election, it pays them on the whole, to do nothing. I sometimes think that people in places like this enjoy being 50 years behind the time.”

“Maybe. Let’s go to Kirkby Lonsdale then.”

Visitors often tend to exaggerate (don’t we all?) but if you think there is a traffic problem in Sedbergh don’t just moan. If you have any *constructive* ideas, rather than criticisms, do write to your Parish Councillors.

*Maureen Lamb*

### COUNCILLOR'S CORNER

Following on from my last article before Christmas, members of the Yorkshire Dales National Park are going to be briefed on the review of the boundaries of the park at a special Policy Development Forum to be held in Barbon; next week as I write this, last week when you read it. Graham Dalton, Roger Bird, Malcolm Petyt and I, the four Cumbrian members had hoped to precede this briefing with a tour around the areas being considered. Very few members showed any interest in this proposition. Surprisingly, one member even objected to holding the briefing in Barbon, he didn't want to travel further from his home that

Bainbridge. There will be more to say on this next month after the briefing has been held.

A planning application for all or a part of Sedbergh Auction Mart site is imminent, or so I am told as a member of Sedbergh Parish Council. Until the application is in, it is difficult to speculate as to its exact nature although it is widely expected that it will include plans for a new Health Surgery on part of the site. Again, there will be more opportunity to discuss this next month when we will know what exactly is being proposed. Once again I would like to reassure everyone that there is no question of members of the Planning Committee entertaining development of all or part

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of this site without a thorough and detailed site visit where everyone with a view can express their opinion.

Few items produce a greater collective groan than the supposedly free glossy newspapers which public bodies produce on a depressingly regular basis. Ken Livingston came in for a lot of criticism last week for distributing his version of this, "The Londoner" to MPs, MEPs and council leaders throughout the United Kingdom. By all accounts the format is the traditional one with a picture of "Our Ken" on every page in a typically unconvincing photo-opportunity.

Responses back to the story in the broadsheets pointed out that most

public authorities do this.

In this, SLDC and YDNP are as guilty as any. YDNP actually produces two, one aimed at informing residents, the other at informing visitors. I think there is some merit in the second, a regular publication which is given freely to visitors from pubs, guesthouses, shops and the like. It would be difficult to justify the main SLDC Newsheet or the special one intended solely for council tenants. What the criticism of Ken Livingston in the press failed to point out was that public bodies are put under a lot of pressure from national government to produce and distribute

*(Continued on page 50)*

this drivell. They might not cost a lot to produce, probably about 0.5% on the council tax for the SLDC versions but should there be a change of administration after May. I for one will be putting these publications in the recycling bin, permanently.

This is the first dry day we have had in quite a while and the land reflects this. Thankfully South Lakeland no longer has to worry about the effects of flooding on the Sedbergh Road and Sandylands areas of Kendal because of the massive Stockbeck flood alleviation scheme. I remember very well the difficulties the local councillor Simon Butterfield and the then MP Tim Collins had with the funding for the scheme. One month

we were going to be given the money to do it, next month we weren't. I don't think there are any schemes the size of Stockbeck still needed in South Lakeland but there are many small areas subject to localised flash flooding, two in this ward. I hope Defra are serious in providing money to solve these issues in the future. There was one occasion where a threatened withdrawal of funding from Stockbeck could actually have bankrupted South Lakeland – no council should ever be put through this.

My first meeting of the new year was a Licensing Sub-committee to consider three taxi driver licences. These sub-committees are special



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meetings where three members of the Licensing Committee sit as a panel to look at a particular application, whether a taxi matter, a gambling matter or liquor licensing. We sit in what is called a “quasi-judicial” capacity with one of the council’s solicitors present and copious support staff. In truth, the most surprising aspect of these meetings is just how few of them there are. To my mind this supports the view that by and large the alterations made to licensing laws three or four years ago have worked, at least in South Lakeland. I write this, well aware of one alleged incident locally over the Christmas period which would lend support to a contrary view.

I first became involved in public life a dozen years ago because of my concern over the lack of housing in the Sedbergh Dales. The application for the second stage of Ghyllside in Dent, twelve units is being considered at the moment. Committee members have been on site, on a very cold day just before Christmas. I hope there will be more news next month.

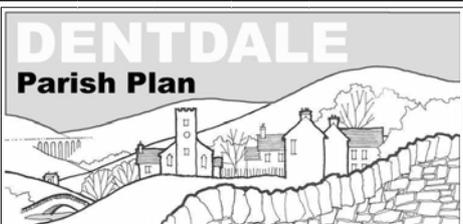
Suddenly everyone is talking about MUGAs, Multi-Use Games Areas. Two are planned or constructed in Kendal and another near Ulverston. Within the national park one is being proposed at Reeth – I was an observer at a surprisingly confrontational site visit. Clearly these things attract markedly differing viewpoints. Depending upon how the proposal goes for Reeth I wonder if it would be possible to establish one

somewhere in our area ? Of course, within Sedbergh, access to the wider public was a condition when the school was given permission for the all-weather hockey pitch.

I am pleased to see the plans to alter the shelter on the playing area to make a youth shelter. Already this has attracted grants of £1,000 each from the Neighbourhood Forum and Sedbergh United Charities. It was good at the Neighbourhood Forum to see a representative from Garsdale and one from the Spellbound Theatre thanking the forum for grants awarded at previous meeting. A nice touch which reflected well on the Sedbergh area.

To contact me please ring 015396 20800 or 07980 844 695 (preferred) or email [kjlanc@kjlanc.demon.co.uk](mailto:kjlanc@kjlanc.demon.co.uk) or else write to me at Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS

*Councillor Kevin Lancaster*



**DENTDALE**  
**Parish Plan**

**Please return  
your questionnaire  
as soon as possible**

*Say what you want and influence  
what happens*

### A PLAN FOR DENTDALE

Opinions and ideas about the future of Dentdale are still being collected for the Dentdale Parish Plan.

Meetings took place before Christmas with members of the farming community and local businesses to collect their views, and school children at Dent Primary school as well as secondary school students were also involved in giving their opinions. In January, a questionnaire was delivered to every household and these are due back shortly (please return yours as soon as possible if you haven't already done so).

It will take a few weeks to analyse all this information and produce a clear view of what all the different sections of the community want for Dentdale's future. In the meantime, here are some of the things that people have said:

- Farming is the key to Dentdale's attractiveness, character and identity
- Farming needs other job opportunities to subsidise it, especially after 2012 when government subsidies end
- More visitors to help the pubs and cafes, particularly at off-peak times
- Fewer visitors are needed at peak times.
- More play equipment including a see-saw and a skate park
- More amenities for teenagers and somewhere for them to meet up with Internet / computer access
- Minibus to take groups of people

to things

- A better train service with earlier and later trains to make the Dale attractive to commuters
  - Support from YDNPA for houses for farm workers and young families
  - Promote more low cost housing
  - Market the Dale as a whole
- Putting together a plan for the future like this takes time to do thoroughly, and a lot of work has gone on in the last few months, including:

- **Research:** Extensive research has been completed to produce an economic, environmental and social profile for Dentdale as a base-line for the survey. Four areas of focus were agreed for

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## HOUSE FOR SALE - OPEN DAYS

*Is your house bursting at the seams? Are your teenagers driving you mad? Do you like to have lots of visitors?*

There is far less choice when you are looking for a new house to buy in Sedbergh than in some other towns and villages and perhaps its all just too much trouble to think of moving

**BUT** almost everyone likes to have a nose around someone else's home.

You are invited to **OPEN VIEWINGS** at 5 Castlehaw, Sedbergh on Friday 8<sup>th</sup> February from 2 – 6pm and Saturday 9<sup>th</sup> February from 10am – 4pm.

5 Castlehaw is for sale at £255,000 – It has 4 bedrooms one en-suite, a family bathroom, sitting room and large dining kitchen, conservatory porch, downstairs loo and workshop, there are gardens front and back and 2 parking spaces.

Please book your time of arrival and collect particulars from Cobble Country, 59 Main Street, 015396 21000.

Local Occupancy restrictions mean that only buyers who have paid rates for 3 years in Cumbria will be able to buy this home. (The rate payer could be either partner.)

the plan, namely

1. Farming and the environment
  2. Businesses and the economy
  3. Social and community issues and services
  4. Recreation and culture
- **Funding:** Approval has been gained for £2400 worth of grants, to pay for the questionnaire and public meetings
  - **Events:** A well received stand was staged at the Dentdale Show and hosted by 10 volunteers – feedback was received from 34 visitors which will be incorporated into the report.
  - **Questionnaire:** The questionnaire was written, developed, piloted and distributed.

A lot of people have contributed their time and effort to achieve all this, so we're now ready for the next stage – analysing all the views we're collecting and writing them up in a report. When this has been done there will be a public meeting to discuss both the findings of all the surveys and the priorities for action.

## PUSS IN BOOTS

The cast and crew of Spellbound Theatre would like to thank everyone who came to watch their production of "Puss in Boots" at Settlebeck High School at the beginning of the New Year and made it such a success. It was wonderful to see so many people supporting live, local theatre. We had excellent attendances for all four performances, with Friday night and Saturday afternoon being nearly sold out. We hope everyone enjoyed the show as much as they appeared to, judging by the responses to the various traditional "He's behind you!" and "Oh no he isn't!" routines. Space doesn't permit naming all the many individuals, organisations and businesses who helped and supported the production in many different ways, so a big thank you to you all.

Our AGM will have taken place by the time you read this, so hopefully in the next Lookaround we'll be able to give a fuller report on the pantomime, as well as our plans for future productions.

*Spellbound Theatre*

**TIM FARRON MP**

I would like to say New Year - new set of challenges for us to take on. However, sadly this is not the case. The hospital continues to be the focus of much of my time.

When the plans to close the acute services at Westmorland General Hospital were announced we were told that this would lead to the provision of better, more modern health care for the people of South Lakeland. Increasingly, it is becoming evident that this is not the case.

There were not enough beds to provide the acute cover needed over the Christmas period even with three hospitals working. The idea that closing the beds at the Westmorland General Hospital would improve this state of affairs is clearly just fantasy. Similarly we were promised a state of the art ambulance service that could provide patients travelling to hospital with similar coronary health care to that they would receive when they arrived at hospital. Again this is far from being the case. In fact nothing much appears to have changed at all and if anything we have a more dated service.

Many people from Sedbergh and Dent and the area around signed the petition against the planned changes to the hospital, joining us as we marched through Kendal and linked arms around the hospital. The Hospitals Trust cannot simply ignore this and plough ahead with plans that seem certain to result in poorer health service provision for the all of us who

live around here. I have taken the evidence we have collected over the situation to the Health Minister, Alan Johnson, and he has promised to have a look at it and consider the situation.

The proposed Post Office changes are also continuing. We are starting to hear of "Field Change Advisers", as the people charged with recommending which offices will close are called, appearing around the area. We have had over 3000 signatures to our petition to keep Post Offices open and more impressively over 500 letters in support of individual Post Offices – Allithwaite is at the moment with over 150 letters in support and some lovely posters from local school children.

One thing that has changed is that I now sit in my party's Shadow Cabinet with responsibility for The Countryside. I have always been a bit wary of taking on tasks that might distract me from working for the people of this area. However, having responsibility for The Countryside seemed so close to what I am already doing in fighting for our needs on issues like health, rural services and agriculture that it felt a good thing to take it on. It will give me much better access to Government Ministers and so our case should get an even better hearing.

I use Sedbergh as an example of much that is good in the Countryside in many of these discussions. The continual efforts that you put in to keep the community vibrant through

events like the Year of Culture should be an inspiration to many other rural communities.

As ever if there are any other issues you would like me to raise I can be contacted by writing to at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or emailing me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

Thanks for your support

*Tim Farron MP*



Everyone enjoyed the challenge and it certainly gave people a focus on some of the cold, wet evenings. Positive benefits of feeling fitter, dropping a dress size and losing 2 inches round the waist were noticed and £155 was raised for Aspire with a big contribution from the Rawnsley family.

The over 50's swimming group also rose to the challenge of swimming the 22 miles from Dover to Calais, getting to Calais so fast, in fact, that they had time to swim back as well! The photograph shows many of our dedicated Channelers; the full group was Isabel Stacey, Florence Brown, David and Helen Beare, Peggy Postlethwaite, Pat Bainbridge, Pauline Hughes, Jean Ianson, Alice Clegg, Anne Hunter, (who swam over 7.5 miles!!) Ozzie Tat, Shirley Lawrie, Donald Westgate, John Raw, Mel Mawdsley, Lorraine Millington, Mary Fisher, Brenda Lane, Alex Riley, Sheila Gunson and Anne Pitt. A fantastic sum of £206 was raised including a large amount from Florence Brown and generous sponsorship from the Lookaround, for which we are very grateful.

Kate Thexton

### **Daphne Jackson**

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#### **ASPIRE CHANNEL SWIM**

Over the last term, several teams have been challenging their fitness and raising money for the charity aspire, who support people with spinal injuries.

Over 12 weeks the following teams swam the 22 miles (1408 lengths):

1. Olivia Baron
2. Jacqueline Smith and Teresa Baron
3. Thexton family
4. Ball family and Jo Lavery-Hoffe
5. Angela Weirmouth and Steve Rawnsley
6. Sandra Longlands, Neil Howarth, Linda Gardner, Linda Winn and Kim B

### COUNTING THE CALORIES

There has been a lot of material on calorie counting in the post-Christmas press. Today one daily paper has devoted a double page spread to “20 ways to lose your blubber”. Most of these involve substituting one item of junk food for another. For example, replace Big Mac (493 calories) with Filet-o-Fish (385 calories) and Twix (275 calories) KitKat (110 calories). In my view, it would be best to cut out these items entirely and favour unprocessed food, both for weight loss and for good health.

In another article in the same paper a “personal trainer” deliberates on the best time of day to exercise – the sole criterion being to burn as many calories as possible. His conclusion is, that 9 am after breakfast is a good time.

It seems obvious that this is an overly simplistic approach. How you eat, when you eat and what you eat (not only how many calories) play a big part in whether

you gain or lose weight. And, more importantly, in how healthy you are. Equally, exercise can be beneficial or harmful depending on the person’s health and fitness, the time of year, the weather conditions and the time of day.

Based purely on calories, it might seem a good idea to skip breakfast, have celery, grated carrot and low fat yoghurt for lunch and just have one meal in the evening. According to traditional Chinese medicine this is likely to have just the opposite effect. The digestion and metabolism are strongest early in the day, so breakfast like a king. Cold raw food is hard for the body to process, so prefer warm cooked food. A warm soup or stew is a much better lunch for a slimmer than one based on salad. Food eaten in the evening is much more likely to contribute to weight gain, so eat sparingly in the evening and not too late. It is said that for every time we overeat in the evening, our life expectancy diminishes by one day. (And by one month for every time of getting drunk.)

Similarly there are good and bad times of day for exercising. The best time for vigorous exercise is the morning. This is the natural time of day for strenuous activity as the body’s energy peaks around midday. The worst time of day is late afternoon and evening and it is said one should never exercise at sunset. At this time of day the body’s energy is naturally declining and withdrawing in preparation for the night. Many people only have time for exercise after work in the evenings. While this is not a good time for vigorous exercise, it can be a good time for gentle exercise such as

## ACUPUNCTURE



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**June M. Parker**

Dip Ac, MBAcC

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yoga or Tai Chi.

I am often asked if acupuncture can help with weight loss. I recently saw a website offering acupuncture treatments for weight loss in London for £100. For anyone with a railcard it could well be cheaper to come up for treatments in Cumbria. Acupuncture is more about good health. Part of this can be, that the digestion and metabolism work more efficiently and this may help with weight loss. But a reassessment of eating patterns, exercise and other lifestyle factors would still be necessary.

For more information on this point of view, see "Listen to Your Body" by Bisong Guo and Andrew Powell (University of Hawaii Press 2001), or you can contact me by telephone (015396 20972).

*June Parker*

### **ROSE THEATRE GROUP**

Rose Theatre Group presents it's 4<sup>th</sup> Pantomime this year. It's amazing since Robin Hood was meant to be a one off. RTG hope you enjoyed Spar Wars and How the North West was Sung, as much as we enjoyed performing them. When thinking about what to do this year it occurred to me that Andrew Lloyd Webber hadn't yet touched one particular Bible story, the story of Noah. So this years offering is 'Noah's Lark'. Our version may not be true to the original but it will be Panto! (*Oh no it won't!*)

The RTG is planning to run a workshop in March to make the Animal heads for the children taking part. It will be at the Peoples Hall date

yet to be fixed but probably Sunday March 2 or 9, 11 am to 5pm. Of course you don't have to be there all day.

The Indiana Mae Rose is selling well around the world and over the years it will make a great deal of money for Ali's Dream. Also it will raise awareness to the need for more research in the area of childhood tumour.

This year down south in Ipswich my daughters are planning an auction and dinner dance, a DJ Party, (whatever that is) and a Kids Fun Day, all proceeds for Ali's Dream.

Last year the RTG was able to donate £500 to M S and another £500 to Derian House. We hope to do the same for Cystic Fibrosis and St Ann's Club Africa an organisation supported locally which helps to fund education and care for Aids Orphans.

Of course there is nothing to donate without your magnificent support and that of RTG generous sponsors. The RTG would like to thank it's sponsors, Garth Steadman, The Pulse Gym, Woofs of Sedbergh, John Jordan, Dennis Whicker and JMP Food Services, Sedbergh Theatre, Booktown Ltd, and Simon Shaw. Plus all the good folk who give us raffle prizes and those who advertise in our show programme.

RTG very much hope to see you at this years, 'Late Late Panto'. Shows are Thursday/Friday Saturday 7.30 start 17/18/19 April with Saturday Matinee.

Happy 2008 *Sandra Gold-Wood*

### **NOVEMBER WEATHER**

The month looked like being a dry one as it was not until the second week we actually measured any rain. Even then half the month went with only ½ inch of rain. The second half made up for it with 2 ½ inches making a total for the month of 3.15 inches. Temperatures showed a similar pattern with the maxima being in the 50sF in the first part dropping to the 40sF later in the month. The maximum temperature recorded was 59.4F and a minimum a lowly 22.6F. The pressure too reflected this pattern being in the high 29 inches of mercury at the start and ended with one of 28.61 on the last day. Winds were variable in strength but not in direction. Only 2 days did the wind not blow from the North Westerly quarter and the highest strength measured was 24.2mph. Wind chill was a significant factor and on only 9 days did the chill not drop the temperature below freezing. Mid month gave us a dusting of snow on the fells as often happens at this time of year.

There has been a marked increase in bird activity and I am filling up the feeders more often again. They must have read Lookaround when I asked where they had gone!! The woodpeckers have also put in an appearance again as have an army of long tailed tits. Small slugs keep coming out on the damp milder nights. Rabbits are still providing amusement for the dogs when let out first and last thing in the day. The winter jasmine continues to flower as do the green hellebores. One of my

jobs during the month was to clear flag iris and reed mace from one end of the pond so that the goldfish had an area to get down deep. The plants had spread that much that the affective depth was reduced to just over a foot of water. A trip to Leighton Moss provided plenty of shellduck, shovellers and greylag geese but only a few mute swans. The Bewicks and trumpeter wanss must have gone onto the marshes. We did see a red deer stag and 4 hinds.

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### **CHURCHES TOGETHER IN SEDBERGH**

Following the well supported ecumenical Lent Course in 2007, Churches Together are pleased to encourage everyone to come to this year's course. Details for the February meetings are already fixed, and the dates and venues are also arranged for the March meetings, as set out below;-

12 Feb. Quakers Peace Testimony  
Valerie Finch @ Briggflatts Please share transport and note there is parking at lane end rather than at the meeting house.

19 Feb. URC Issues in Social Justice  
Carole Gotham @ URC

26 Feb. Methodist Music and Testimony  
George Hamilton IV @ Methodist Church

4 Mar. Anglicans tba @ Dentdale Methodist Chapel

11 Mar. Roman Catholics tba @ St Andrews, Sedbergh

For further details please speak to your clergy, or contact Martin Dodds on 015396 20308.

## FEBRUARY GARDENING

Many of the gardens in which I have been working over the last few weeks currently contain small lakes, and those which are supposed to have a well bounded pond or stream have turned into water meadows. Although some of the areas remain moist all through the year, I know that the majority will revert to their free-draining, relatively dry selves in the spring and summer, so it is no use to filling them with moisture requiring things such as *Astilbe* and *Rodgersia* as these will go crisp and brown at the edges during the first hint of a dry spell. Most ordinary herbaceous perennials – *Phlox*, *Geranium*, *Helenium*, asters and Japanese anemones are not phased by winter wet, but if you find that areas of garden are sitting under water for weeks on end then it may be best to chose things which thrive in wet and dry conditions.

One of the most striking plants in my garden is the variegated form of our native “Flag” iris, *Iris pseudacorus* ‘Variegata’. This plant has beautiful cream and green striped foliage and yellow flowers. It grows in two places in my garden; at the damp margin of a pond, and in the rubble soil up against the front wall of the house. It certainly makes a larger plant in the wet pond area, but it seems very happy away from water, and does well and grows steadily in spite of fairly frequent grazing by the local dairy herd. Many members of the buttercup plant family are at home with changing levels of moisture in he

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soil. (The botanical name for buttercup, *Ranunculus*, comes from the Latin, *rana*, a frog, because they grow in marshy ground where frogs are found.) I grow *R. aconitifolius* in its single and double, white flowered forms, and *R. acris* ‘Flore Pleno’ with squat, very double yellow blooms. Larger flowered “Globe Flowers”, *Trollius x cultorum* and *T. europaeus* with their beautifully scented yellow or orange flowers grow on river banks which are regularly submerged in winter floods, but seem to take to “normal” soil in my borders.

All of these plants flower in the first half of the year, so to extend the season add “Purple Loosestrife” (*Lythrum salicaria*) and “Hemp Agrimony”, (*Eupatorium cannabinum* -no relation to cannabis but the leaves look similar) or one of its American cousins, *E. maculatum* and *E. purpureum*, (“Joe Pye Weed”), *E. rugosum* (“White Snakeroot”) or *E. perfoliatum* (“Boneset”) The first four have pink or purple flowers and the last two white, and all seem able to cope with floods or dry soils.

Elaine Horne

**SOUTH LAKELAND  
DISTRICT COUNCIL**

*Recycling News*

Towards the end of 2007, Defra released the national waste and recycling statistics confirming that in South Lakeland we recycled just over 30% of the domestic waste collected in 2006/07. That placed us in the top half of the league table of how much was recycled in each council area.

Most local authorities are continuing to expand the range of recycling facilities provided, and we were no exception to this during 2007. We added another 23,000 homes to the kerbside recycling service, and now provide paper, glass and can collections almost universally throughout the district. Around 12,000 of those homes also started using the green waste bins and the remainder are scheduled to start receiving those collections in April, again meaning the service will be almost universally provided.

We have also increased the number of sites with plastic and cardboard banks, and have seen the quantity of these materials we collect each month more than double since November 2006.

All of the secondary schools in South Lakeland now have recycling banks for their paper and these have also been introduced at some of the larger primary schools. We have also given away over 5,000 re-usable shopping bags to help reduce the number of plastic bags used in the district.

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As a result of this there has been a big increase in the number of people that are recycling and we expect that for 2007/08 the amount of waste that is recycled and composted will exceed 40% of the total collected. We'd like to thank everybody who has used the services that are provided and helped keep South Lakeland clean and green in 2007.

If you have any questions about recycling or waste minimisation please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at [customer.services@southlakeland.gov.uk](mailto:customer.services@southlakeland.gov.uk)

Thank you for recycling.

## FLORENCE BROWN

*Retiring after 49 years at Sedbergh School.*

Florence Brown is retiring at the end of December 2007 having started work at Sedbergh School in 1958. Florence a farmer's daughter from Cautley, worked in Evans House for Ken Bishop on the private side when Housemasters were still fortunate enough to have their morning tea brought to them in bed and their baths run!

Florence, along with the other domestic staff, worked six and a half days a week and on their half day off, used to get the bus into Kendal or visit the cinema in Sedbergh when there were three or four different films



shown every week. She remembers being very pleased with the £2 a week wages she received as a 15 year old.

One of the highlights of her time at Sedbergh was the visit of Her Royal Highness Queen Elizabeth and Prince Phillip who visited Sedbergh in May 1991. Florence and the other House cooks were introduced to Her Majesty who enquired whether the boys were fussy eaters! Florence said "We all replied no although of course the real answer was yes, very."

She also remembers the day of the famous Wilson Run in 1993. Florence had become the cook in School House and the winner that year and the record holder Charles Sykes, came to the kitchen to ask her for some cooking oil which he smeared on his legs and arms to keep the biting wind out!

School House Housemaster Christopher Morgan said, "Florence retires after 38 years in School House and will be missed by all the boys and staff who she has known so well. School House will not be the same without her, she has been an outstanding employee and really deserves her retirement. All the boys and staff in the House, wish her the very best for the future."



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## **SEDBERGH PARISH PLAN**

*Why does Sedbergh and District need a Parish Plan?*

Sedbergh Parish Council has decided to produce a Parish Plan which will provide the basis for future strategy within the town. The decision was reached following two parish councillors attending a recent Voluntary Action Cumbria seminar concerning Parish Plans.

It is Government policy to increase individual participation in public life and for public bodies to consult communities about the delivery of services. As part of this policy of active citizenship, the Government wants to give more power to Parish Councils to decide what's best for their own communities. A Parish Plan might increase the chance of getting local authority support to enhance a Parish's economic, social and environmental well-being.

It will give evidence to help inform policy-making by a range of organisations, from the local planning authority to police and health services. It will also help to develop and maintain effective working relationships with all those outside bodies who provide services to our community, now or in the future.

Organisations and funding bodies that work with rural communities often ask to see written evidence of need, community consultation and plans for implementing the project before they will consider offering funding. The Parish Plan could be used to provide this information and to accompany the funding bid. Local authorities are also required to draw up "community

strategies" to promote or improve the economic, social and environmental well-being of their area.

The main aims of a community strategy are:

- To identify what sort of services, activities and support are needed
- To make links between services and organise them better to avoid overlaps
- To promote local people's involvement in planning and improving services in the areas where they live.

A Parish Plan can help feed into this process and give our community in Sedbergh and District a real voice and influence in the wider community.

In South Lakeland, 28 of the 71 Parish Councils have, or are developing Parish Plans, these include Barbon, Casterton and Dent.

As a first step the council is seeking the views of residents within the parish as to what they would like to see happen in Sedbergh and have included a pull-out questionnaire in this edition of Lookaround. Please let us know what you think by completing the questionnaire before 22 February. *Councillor D Blair*

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## **CHURCHES TOGETHER REVIEW**

Did you know that the various churches and chapels in the Sedbergh District work together in a voluntary organisation known as Churches Together in Sedbergh and District? This basically covers the area that many of you would associate with the local Methodist Circuit. Each church sends representatives to the meetings and we work together to promote the growth and ministry of Christ's Church in our area. You may not be aware of the kind of thing that Churches Together has organised over the past year, so we are taking this opportunity to tell you about them.

During Lent 2007, Churches Together organised some very well attended Lent groups. Each denomination was given the challenge of trying to explain to the wider faith community the distinctive flavour of their tradition. We all learned much about the variations in the way the churches organise themselves, what they do and how they worship. Yet our destination is one and the same, the living God revealed in Jesus Christ.

In the summer of 2007, the Rev Carole Gotham organised the performance of a Christian Musical 'Saints Alive' in Sedbergh and Dent. It was a real coming together of the talents as the churches recalled the wonderful story of the coming of the gift of the Holy Spirit. It was great to see our younger people showing their

gifts for dance, drama and music and for the musical to come to Dent during the week of the Folk Festival, when many visitors could see it too.

We also held a series of week day lunch time prayer meetings in May at Dent Church. Praying together is fundamental to what we do. We also had some nice picnics in the churchyard, it felt as though that was only week last year when the sun actually shone!

Churches Together also co-ordinates the commemoration of the service of Remembrance, which is one of the largest community gatherings in the year; the act of witness to the events of Good Friday on the streets of Sedbergh and the joint Carol Service, much loved by so many in the community.

These are the highlights of the year, there is also much low-key co-operation and fellowship in the churches locally. We have come a long way from the horrible competitive attitudes of the nineteenth century as we understand we are pilgrims travelling together on the same journey.

The committee of Churches Together does need a new secretary. Our current secretary, Martin Dodd's performs an extremely useful enabling role in the life of the churches and we would like the work to carry on when Martin steps down in October. If you would like to help the work of Churches Together, please speak to Martin on 20308.

*Peter Boyles*

**Paul Hoggarth**

**Building Contractor**



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**FAMILY LEARNING COMES  
TO DENTDALE**

On three Saturday mornings leading up to Christmas eight families arrived at Dent CE Primary School eager to take part in Arts and Craft activities and have lots of fun together. This Family Learning programme has been an opportunity for children and parents to develop their creativity and practise new skills, with the help of a talented tutor.

This series of workshops was arranged through Extended Services in the Dent-Kirkby Lonsdale-Sedbergh Cluster working in partnership with local schools, the Family Learning Team (Cumbria Adult Education Services) and Library Services. We wish to extend a special thank you to Dent Primary School for hosting the workshops and the crèche for under-5s.

A wide range of free Family Learning courses are available, held in local venues at family-friendly times including Story Sack making, Healthy Living with Your Child as well as

French and Spanish. Family Learning programmes aim to deliver a 'planned, purposeful and progressive activity, which enables children and adults to enhance each other's learning' (Cumbria Family Learning Plan, 2007-8).

Tempted to have a go? Here's what some of the families said about their experience in Dent....

*"It was fun!"*

*"This is better than anything I've ever done before"*

*"It's been good for us to learn something together"*

*"Having a crèche made it possible for me to come along"*

We would like to offer more Family Learning opportunities in Dent, Sedbergh and Kirkby Lonsdale, in partnership with local schools and libraries. If you are interested in participating or would like to find out more please contact Jane Sparrow-Niang, Extended Services Cluster Co-ordinator on 07515 327588.

*Emma Brown*

*Community Development Worker*



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### **GALA PARTY**

Once more the Children's Christmas party took place at the Peoples Hall on Saturday, Jan 12. Children from reception to year five at Sedbergh Primary School are invited to attend. This year we had approximately 100 children attending the party. Unfortunately the entertainer did not arrive this year and the party had to be shortened by half an hour.

However Jeanette Swallow kindly stepped in and organised the games and dancing. Also Kevin Kendal proved to be a talented DJ and our Gala Queen, Robyn Lewes, children of committee members and the girls from Sedbergh School helped with the entertainment.

The party tea was very much appreciated by the children, especially the beautiful cakes made by May Brooks. All the children had a lovely time and joined in enthusiastically.

It was a lively and often noisy afternoon but the children were delightful to be with, thank you to all the children for being so polite and well behaved.

We would like to thank the

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committee members who 'pulled together', gave up their time and worked so hard to put the party on. We apologise to parents for shortening the time but in the absence of the entertainer two and a half hour seemed a daunting task

A special thank you must go to Jeanette Swallow and Kevin Kendal, Robyn Lewes and the girls of Sedbergh School. Their help was essential for the smooth running of this year's party.

The party, which continues to be free for all children, happens because of all the hard work the group put in to the Gala and Bonfire night. Of course without the generosity of local people none of these events would take place.

If you want to help the Gala continue or have any ideas, thoughts, equipment or muscle power to lend, please don't hold back! Call or speak to one of the committee members now. The next monthly meeting will be held on Monday February 11th in the Peoples Hall Committee Rooms beginning at 7.30 pm. All are very welcome. Enquiries 015396 20764/20402



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### **SEDBERGH CANOE CLUB**

We are a very broad church of paddlers with people paddling kayaks and canoes, on rivers, sea and canals. We had a very active 2007 with trips on the sea amongst the seals of Walney Island, along the cliffs of St Bees and amongst the birds of the Kent and Lune estuaries. The coastguard did meet us after a sunset trip from Silverdale to Arnsdale! Our local rivers offer a lifetime of enjoyment as wildlife corridors and for exciting white water, outside of the fishing season of course, although only a few hardy types venture out in the depths of winter. We also had trips further afield to Scotland and North Wales, running our annual river safety course on Tryweryn. Unfortunately we had four kayaks stolen from Killington lake, despite being locked up. This was as much a morale blow as it was a physical loss. We have managed to borrow some kayaks to offer members and are now in the process of constructing a cage to keep our remaining boats in.

The year ahead looks very exciting: Fri nights is club night at Sedbergh school pool in the winter and at Killington lake when it's light enough. We are hoping to run regular family sessions at Killington lake on Saturday mornings and to offer more coaching, our paddling programme continues to evolve with so many local opportunities and with such a diverse group of interests in the club. As ever we extend an invitation to ANYONE who'd like to give canoeing

a try, to explore some of our local waters, get outside and enjoy without even leaving footprints. If you're interested phone 20118

*Mike Hinson*

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### **SEDBERGH TOWN BAND**

#### **Freda Trott**

The death of Freda Trott on Friday 14th December was felt keenly by the inhabitants of Sedbergh. High amongst her multitude of interests and accomplishments was music, particularly the teaching and spreading of involvement and support of it as testified by her leaving her entire estate to pay for a musical education for children in Sedbergh.

The Town Band were privileged on two occasions to play works composed by Freda. In the Annual Christmas Concert 2004, her composition 'Lullabye' was given its public premiere in an arrangement by Alan Lewis. A few months later in the Band's Summer Concert held in May 2005, a piece that she entered in a competition for "a new harvest hymn or hymn on a rural theme", was played. The composition, 'Another Year on the Wane', won first prize in the competition organised by the Diocese of Bradford and judged by the Bradford Diocesan Rural Forum and Alan Horsley, the Bradford Cathedral Organist. The judges particularly commended the quality of the original words and music. In the Sedbergh performance the first verse was sung by Stuart Shields whilst the audience joined in the other two verses.

**CHARITY WOMEN'S  
TRUCK PULL MAY 2008**

On Sunday 25th May we will be holding our annual charity truck pull event. Our planned route for this year and first choice for the large mixed team was Hawes to Sedbergh, but because of the very narrow roads between the Moorcock Inn and Sedbergh, North Yorkshire Police have strongly advised against this route.

We are now looking for 40 female volunteers from Sedbergh, Tebay, Kendal and district to pull approximately two tons of transit van size vehicle (sponsor to be found), from Devils Bridge, Kirkby Lonsdale to Sedbergh, a distance of ten miles.

This will be followed by a children's afternoon activities and adult evening events in the Bull Hotel Beer Garden. All monies raised from this years event will be shared between local children's groups, Breast Cancer, Cystic Fibrosis and Cerebral Palsy. All females wishing to support our event and charities contact Caspa, Tank or Mags.

We will be leaving Devils Bridge at approximately 10am and arriving back in Sedbergh sometime in June. Tents, oxygen, zimmer frames and walking aids will be supplied. Please give us your support.

*Caspa*

**NEWS FROM SEDBERGH CDC**

Thank you to everyone who attended our courses during the autumn, making it the most

successful ever.

For the first time we have been able to run a number of classes in Kirkby Lonsdale with great support from Queen Elizabeth School, the extended schools coordinator Jane Sparrow, and other people in the town. Italian, computer courses, yoga and Christmas floral design have all been popular, and we ran a very successful felt making workshop.

The next course to start in Kirkby Lonsdale will be Using Your PC for Home or Business on 18<sup>th</sup> February. This is a 15 week course which covers using the PC, Word Processing, Spreadsheets, Internet & Email.

We also have lots of space on our yoga courses in Sedbergh, Kirkby Lonsdale and Tebay. Give us a call if you would like to join a class, or just go along to have a look.

Congratulations to Ann Parker and the members of her Sugar Craft class. Ann took a table of items (many of them made by her class) to the International Craft and Hobby Fair at the NEC in November and won an award for the best display table in the show.

We have also completely redesigned our website. Have a look at [www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk) to see full information on all our courses.

After Easter we hope to organise a series of workshops in a variety of subjects, so watch this space! As always we can be contacted on **015396 21031**.

*Chris Wood*

### A WEEK IN ITALY

Would you like to join other Sedbergh people for a holiday near Rome? Two groups of around twenty people will be going from this area from **May 14th to 21st** and from **May 28th to June 4th**. The nucleus of each group are members of Italian classes in the area, but a few more places are available. Both holidays include almost full board in the comfortable hotel in Fuggi known to so many people here (including Sedbergh Town Band) and visits to famous places in the area include, in Rome, The Colosseum, The Catacombs, The Vatican, The Naples Archaeological Museum and the Herculaneum, nestling under Mount Vesuvius. There are wonderful gastronomic experiences like a medieval banquet in Fumone Castle and lunch at a farmhouse where the English writer D H Lawrence once stayed on the edge of the beautiful Abruzzo National Park. Free Italian lessons are an entirely optional extra during the week. If you are interested, please contact George Handley (Sedbergh 21411).

### SEDBERGH TOWN BAND CHRISTMAS CAROLS

The playing of Carols this year started off with a trip to a venue new to the Band. In November the Secretary was contacted by the Kendal Town Council with a request for the Band to play carols on the birdcage located at the top of Finkle Street. The invitation was taken up and on Saturday 1st December the shoppers of Kendal were entertained to a two hour selection of carols played under the baton of Bandmaster Alan Lewis.

On Sunday 16th December and again on Thursday 20th December the Band performed at Booth's in Kendal for the third year running, gaining many compliments from the festive shoppers. So many member of the Band insisted on playing on Sunday that it was possible for a group to play outside as well as one inside the store.

The evening of Friday 21st saw the Band making their customary trip around the local pubs, and on Christmas Eve a small group of the Band calling themselves 'The Bus Stop Buskers' completed the carol playing engagements at the Main Street Bus Stop.



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### THANK YOU FOR YOUR SUPPORT

To everyone who supported the Beth Poole Brain Tumour Trust by buying Holly Wreaths.

Thank you to Angela and Terry at NISA for selling them for us. We raised a total of £314. A big thank you to you all.

## SETTLEBECK HIGH SCHOOL

### *The Night Before Christmas*

For the Senior Citizens' Concert, the Drama Club, consisting of Year 7s and 8s from Settlebeck High School, performed a play called 'The Night Before Christmas'. Miss Rea, the organiser, spent a long time writing the script and helping the Drama Club rehearse. Andrew Allan also helped us with sound, lighting and props. Before we went on stage we were very nervous as it was our first performance at the Drama Club. Fortunately, the audience enjoyed it and we enjoyed performing it too.

We are very thankful that we have the opportunity to be in a drama club and are able to perform our work. Thanks to all local shopkeepers and businesses

*Leah Murray, KC Baggs  
and Rowan Hall*



I would like to say thank you all for the lovely raffle prizes you gave to Settlebeck for our annual Senior Citizens Concert in December. There was a fantastic range of donations, all gratefully received by those (many) with winning tickets!

Thank you also for supporting the students who asked for and collected donations; they were helpful and well-organised at school and earned

certificates for their Citizenship files. The team this year were: Patrick Booth, Sam Whitehead and Jonathon Harper.

*Judith Walsh*

To All the shops that have donated a prize to our raffle.

Thank you very much for your kindness.

*Will Thexton, Phil Baines  
Alistair Bainbridge*

## SEDBERGH & DISTRICT SPRING SHOW

*Saturday 12<sup>th</sup> April 2008*

Sedbergh's own Spring Show for the Town and local community.

Christmas is over and the evenings are beginning to pull out nicely. Spring is very definitely on its way! So **now** really is the time to think about your entries for the **SPRING SHOW**. The list of classes was printed in December's issue of Lookaround, and the entry forms will be in the March issue. Please encourage all your family to take part – the more the merrier! Remember, light lunches and refreshments will be available all the time the show is open, so you can make a day of it.

We would also like some of you to help on the day of the show and the previous day – nothing difficult, but setting up display boards, notices, table-shifting and so on. Please contact our show Chairman, Margaret Milburn –tel. 015396-20610 to let us know that you are willing to lend a hand.

Finally, **now** is the time to get busy with your entries. *WFU. Secretary*

**THE BALIOL  
SPECIAL SCHOOL TRUST**

*Sports Auction & Race Night*

We would like to thank everyone who came along to support us on Friday 7th December when we held a sports auction and race night in the Bull Hotel. Of course the most important people to thank are Steve and Alison at the Bull for allowing us to use their facilities free of charge. This was greatly appreciated and we hope we can call upon you again when we have our next event. We would also like to thank the sponsors of our races who were: J M Pratt, Gary Sedgwick, MK Conversions, D T Close, Martin Powell, J J Martins, Kendal Security and Park & Whiteley. We also had whiskey and wine donated from businesses around Sedbergh - thank you all for those. The evening was really good fun and a total of £1050.00 was raised. Tony Playfoot was our auctioneer for the night (although he did not know till he got there) and his wit and humour went a long way to get folks to bid on match tickets, golf sessions, rugby shirts etc. Thanks Tony, hope we can book you again in the future.

What are we raising the money for? We would like to make our football pitch at Baliol School an all weather pitch, which of course means it can be used all year round whatever the weather. This would also be available to the whole community as our playbarn is, which has been a very useful facility during the winter months for Settlebeck School, Sedbergh Football Teams and Pulse

Gym Ladies Tag Rugby team to name but a few.

Of course an all weather pitch will cost a huge amount of money and we will be approaching various bodies including the National Lottery Fund for donations, but we must be seen to be making an effort to raise funds ourselves. We are therefore very grateful for your support and hope that you will continue your generosity at future events.

Thank you once again and a Happy New Year to all from Baliol School.

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**TOY LIBRARY**

The Toy Library will open again for lending on Thursday February 7th at 2.30pm in The Peoples Hall.

On February 21st we will be holding our AGM. This will run alongside our normal lending session, and start at the earlier time of 2pm. Views and comments grateful received.

Other sessions this term will be held on March 6th, March 20th and April 3rd. All welcome.



You've heard of 'Liverpool European Capital of Culture '08'

But have you heard of .....

**SEDBERGH  
TINY TOWN OF  
CUMBRIAN CULTURE '08!**

We're looking forward to a great year in 2008 with a terrific programme of cultural goodies for everyone to enjoy – yes, we're always very busy here providing those culture vultures amongst you with loads of tasty morsels. This year our menu is loaded with 3 big festivals, Producer Markets, and a new Foodies Charter Fair.

**Sedbergh Festival of Music** June 14<sup>th</sup> – 29<sup>th</sup> featuring Martin Roscoe and Alla Kravchuk

**Festival of Ideas – What's the BIG IDEA?**

July 17<sup>th</sup> – 20<sup>th</sup>

**Charter Fair and Foodie Fest** with Clarissa Dickson Wright  
16<sup>th</sup> August

**Festival of Books and Drama & Fringe Weekend**

September 6<sup>th</sup> – 21<sup>st</sup>

**Producer Markets** – last Wednesday of each month from April.

There's loads to write about in Sedbergh, we can find you sob stories, feel-good stories, winning against the odds stories, cute kiddies, cuddly pets (especially dogs), and an absolutely enormous group of talented organisers, performers, writers, musicians and actors all working together to make this Tiny Town between the Dales and the Lakes **the Cultural Destination in**

**2008!**.....apart from Liverpool that is.

.....and apart from us you'll find all sorts of celebrities in Sedbergh this year .... now where did I put that phone number?

---

*Dear Lookaround,*

After being sent a copy of a letter printed in December's edition I felt I had to reply. Although not mentioned by name it was clearly aimed at me.

First of all, formerly of Flat 1, 86 Main Street and second, not of no fixed abode, because when I moved out of my flat in Sedbergh, I moved up to Penruddock near Penrith, to share a house with my friend. That's when Graham and Carol Woof let me stop in their yard to save me travelling. Then at weekends I would either be travelling up to Penrith or down to Nottingham to visit my Mum, who was ill at the time.

So why this person thinks that makes me 'unfit to work' as he put it, with vulnerable children? Also this seems to be a change of heart on his part, as not so long ago he signed my Police Criminal Record check.

Sadly as many of you know my Mother lost her fight against her illness, so this meant I had to move back to Nottingham to look after my Dad.

So, I hope this slanderous letter aimed at me will not make any of you think any less of me.

May I also thank you for the support I've received already.

*Dave Gent*

**THE ROYAL BRITISH LEGION  
SEDBERGH & DISTRICT BRANCH**

This is an appeal and an invitation to all Sedbergh people to join this Branch of the Royal British Legion. You will have seen in the newspapers and on the TV the conditions in which so many of our service men and women are fighting and living in Iraq, Afghanistan and at home. They and their families need practical support wherever they may be - help and rehabilitation for those who have been wounded, financial support which the Legion can supply and, above all, to feel there really is an organisation on which they can rely to befriend them.

There are at present 67 members in this local Branch of the Legion. Membership is open to all men and women whether they have been in the Armed Forces or not. The annual subscription is £12 a year, £11 of which goes to the Legion's head offices in London. As many readers will know, we hold a Branch Supper each year, a Coffee Morning to raise funds in the summer and we try to arrange film evenings and talks by those who have been in the war zones. Each November there is the Service of Remembrance in St Andrew's Church. The Committee meets each month in the White Hart Club.

There will be a warm welcome and gratitude for all who join the Branch. It is the younger members of the Forces and their families who need to know that they are not forgotten.

*John Pease, President*

**SEDBERGH MUSIC FESTIVAL**

*June 13th. - 29th.*

This will be the fifth Music Festival since they began in 2000. The first Festival celebrated the Millennium, and the main purpose was to provide a platform for the abundance of musical talent in the Sedbergh area. This continues to be the basic principle behind the Festival.

The Sedbergh Summer Singers have performed at each Festival, with major choral works including Messiah, Creation, St. John Passion, St. Nicolas and Faure's Requiem. As a change this year we hope to put on two performances of Gilbert and Sullivan's comic opera 'Trial by Jury'. Anyone interested in taking part, either as a singer/actor or behind the scenes helper is invited to come along to a first meeting on Monday March 3rd, at 6.30 in Guldrey Lodge (Sedbergh School Music School in Station Road) when a DVD of the opera will be shown followed by a preliminary 'sing through'. Rehearsals thereafter will be in St. Andrew's Parish Room.

As a new feature, the Festival will kick off with a Ceilidh in the Peoples Hall on Friday June 13th with the celebrated Cornerstone Band.

The opening concert will follow on the Saturday with the Besses o'th'Barn Band, one of the most famous names in the Band world. Not to be missed.

More news of the Festival in future editions of the Lookaround.

*D.H.Cox*

### **DENTDALE METHODIST CHAPEL**

A happy new year to you all, Christmas seems ages away but it was great to hear Doreen Sorrenson's message at our Carol service and have the opportunity to talk to her or for her to pray with people after the service. Fellowship continued over tea and we used our new modern boiler for the first time. Some of us were able to help with the Carol Singing and £120 was sent for the work of NCH in this area. On New Years Eve we held a short service where we looked back & looked forward trusting God to help and guide us, hopefully this can be built on to become a regular event.

We are very grateful to some anonymous givers who by the donations they have made have enabled us to repay the Circuit sooner than we otherwise would have been able to do so for money loaned to us for work done on the schoolroom roof, the accessible we and the car park.

Work is to take place to replace the water supply to the next door property and there will be about a week when the lane is out of action, part of our car park will have to be dug up but will be made good again. We are grateful to "next door" for their help with our water supply and to all the people who make things possible by their generosity ie those who clean the premises and in summer mow the grass.

HOPE 2008 is the theme in the churches calendar and we plan to

play our part in this, various events for fellowship and fund-raising will be announced as soon as the arrangements are made, our services continue at 2pm unless we join with our Anglican friends, details on the notice boards. Arrangements are in hand for a monthly Bible Study led by our Minister and we are exploring the possibility of a Home Group during the week. Sending parcels to our troops in Afganistan and Iraq is our latest task, details in the chapel. God Bless You.

*S E Woof (Secretary DMC)*

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### **1st SEDBERGH SCOUTS**

#### *Christmas Post*

1st Sedbergh Scouts would like to thank all those who supported the 2007 Scouts Christmas post service. 1,357 cards were delivered in Sedbergh and Millthrop over the three week period and £211 raised for Scout funds.

Particular thanks are extended to the hard working 'postpersons' who delivered the cards at such a busy time and to the premises that accommodated the post boxes – The Green Door, Morphet's Garage, Nisa Stores, Sedbergh Office Services and the Community Office.

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### **SEDBERGH ANGLERS**

The Annual General meeting of the Sedbergh and District Angling Association will take place on **Friday 7 March 2008** at 7.30 pm at the White Hart Sports and Social Club in Sedbergh.

### **SEDBERGH & DISTRICT ART SOCIETY**

The first meeting of the 2008 programme took place on Friday January 11th and was an illustrated talk by Catherine Macdiarmid. Catherine showed slides and spoke of her career thus far. She had always had an interest in drawing which led to a University Degree in Art and continues today as a practicing Artist and Teacher..

Her work focuses mainly on the human form. She has exhibited widely throughout Cumbria and nationally. Her work has been selected for show at both M.A.F.A. and the B.P. Portrait Award Exhibition at the National Portrait Gallery. Employing photo montage techniques she achieves a realness that can only emanate from passionate emotions and a painters ability to articulate feelings with paint.

The next meeting will be the Annual General Meeting to be held on Friday February 8th, commencing at 7.30pm in the Sedbergh School Chaplaincy. Members are encouraged to bring along current work in progress. *R. G.*

### **HOWGILL TODDLERS**

Want to meet other parents> Come and join us at Howgill Village every Monday from 1.15pm to 3pm (except School holidays).

We do craft activities and have lots of toys for all ages, from babies of four years old.

Everyone welcome, Mums, Dads, Grandparents and carers. For more information call Jackie on Sedbergh 22050.

### **NEIGHBOURHOOD FORUM**

What is Neighbourhood Forum? It is an opportunity for individuals and groups to:

- Raise issues of local concern
- Promote activities and upcoming events
- Meet your local Councillors and Police Officers
- Listen to representatives from local groups present their applications for grant funding

The Forum is held on a regular basis in the Sedbergh and Kirkby Lonsdale areas and usually Chaired by Councillor Joe Nicholson.

If you would like any further information, contact Sinead McCann on 01539 773448.

### **EASTER SERVICE**

Celebrate Easter this year with an Early Start!

Why not join us for an Easter Sunday (23rd March) Sunrise Service at the Winder Trig Point.

We will meet at Joss Lane Car Park an hour before sunrise (0452 am) and join others in a walk up Settlebeck Gill or meet at the top.

Timings will be posted on the URC notice-board, Joss Lane, or ring Carole 22030 for more details.

Enjoy a time of reflection and celebration as the Sun rises.

All welcome, from any church or none, locals and visitors!



*Carole Gotham*

**GARSDALE CAROL SINGING**

The amount raised from Carol Singing in the Dale for NCH Action for Children came to £300.

Heartfelt thanks to all who contributed by singing or giving. Once again a big Thank you to Auntie Agnes. M.A.

**COMMUNITY OFFICE NEWS**

*Flicks in the Fells – our new Community Cinema*

The next show is 23<sup>rd</sup> February. Unfortunately we are often unable to book films far enough in advance to include the titles of the films we are showing – please ask to be added on to our email list if you would like these sent directly to you or look out for posters and flyers in the Office .

We now have a Popcorn machine and we will be selling Organic pop corn – secured despite a world wide popcorn shortage!

There are still openings for groups to run refreshments in this years programme. Please ring us to discuss the possibilities – 20504.

It would be good to see more businesses advertising at the cinema – this is done as a PowerPoint presentation before the film starts and costs £10 for the first advert and £5 for any subsequent showings. Please email details of your advert to the office ([office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)) including wording and a picture if possible.

***Vacuum Cleaner***

Our vacuum cleaner retired at Christmas and we would be grateful if anyone who has a spare one, in

decent working order, would like to donate it to the office. Please ring us on 20504 or email [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

**YDNP**

Please note that there will be no Planning Surgery on Wednesday 27th February.

*Andrea Burden*

**LIVING**

Just a line to say I'm living  
That I'm not among the dead  
Though I'm getting more forgetful  
And mixed up in my head.

I've got used to my arthritis  
To my dentures I'm resigned  
I can cope with my bi-focals  
But - ye Gods - I miss my mind

Sometimes I can't remember  
When I'm standing by the stair  
If I should be going up for something  
Or have just come down from there.

And before the fridge so often  
My mind's full of doubt  
Now did I put some food away  
Or come to take some out?

So remember I do love you  
And wish that you lived near  
And now it's time to post this  
And say goodbye my dear

At last I stand beside the Post Box  
And my face - it sure is red  
Instead of posting this to you  
I've opened it instead!

**PULSE COMMUNITY GYM NEWS**

Hi and a Happy New Year to everyone, especially our members and potential members who want to 'FEEL GREAT IN 2008'. This, you will gather is our slogan for the year – watch for posters in the shops. If you would like some further information on how to join the gym, or to have a look at it, please ring Baliol School on 015396 20232 and ask for Dot or ring Garry Holmes on 07772112820. We have deals for couples and family memberships and you can pay on a monthly basis by standing order at your bank.

We started our 'FEEL GREAT IN 2008' year by hiring a skating rink for the weekend of 11-13 January which proved to be a great success with children and adults alike. Thank you to those who came along and took advantage of the chance to skate. Quite a lot of you asked if we would be doing it again – well, we just about managed to cover the cost of hiring it so, yes, we do plan to do again in the next 12 months. If anyone has any suggestions on how to make it even better next time, please let us know,

or indeed if you have any complaints, then equally this would help us for the future.

The Pulse Community Gym is here for the community and we welcome any suggestions for events that will encourage people to get fit, have fun and 'FEEL GREAT IN 2008'.

**SEDBERGH TOWN BAND  
Instrument S. O. S.**

An increase in the size of the Band and an influx of those starting in the beginners' class has put a strain on the number of instruments available for loan. It would be much appreciated by the Band if any reader in possession of an unwanted/unused brass instrument would be willing to donate/loan it so that the recruitment policy can continue to go ahead in the knowledge that all interested can be provided with an instrument.

As finances allow, the Band continually adds to its stock, but most encouragingly at present demand is such that it is in danger of outstripping supply. However, this does not mean that potential recruits should be discouraged - we will ensure that an instrument will be made available, so anyone interested in joining the Band/taking up an instrument in the beginner's class please contact the Secretary, Hilary Hodge, on Sedbergh 20314 or come to the Sedbergh School Band Room at 6pm on a Monday.

If anyone can help out as regards instruments please contact Bandmaster Alan Lewis at the Band Room, telephone number 22230.

**M WINN & SONS LTD**  
 (Established 1894)  
**Sedbergh**  
**General Builders & Joiners**



Contact R. M. Winn  
 015396 20649

**GEORGE ALAN PRATT**

On 8th December last the Parish Council were told of the death of its Chairman, Alan Pratt. It was very sad new and a blow to all of us who had watched Alan fight with enormous courage and faith for the last 7 years against cancer.

He was elected to the Parish Council almost 30 years ago and had held the position of Chairman for just short of 20 years. That in itself tells you of the man.

He cared passionately about Sedbergh and the Dales and its people and excelled as Chairman in his dealings . He was always fair and just and, after careful consideration, had a flair for saying just the right words.

He always represented the Council, often accompanied (and always supported in his role) by his wife Dorothy, with great dignity and charisma whenever the occasion arose.

Even during his illness when he was in various stages of treatment he would Chair the Parish Council meeting and almost 'brush aside' what was going on with his own fight against cancer.

We, as a Parish Council, will continue to work for the good of Sedbergh in his name.

His leadership will be greatly missed by all the Councillors.

*Dorothy Blair, Vice Chair*

**THE CAUTLEY CAROLLERS  
GOING THE ROUNDS**

Those who live near Farfield and

Frostrow will be used to the visit of the Cautley Carollers on an evening near Christmas, but we never fail to be amazed by the kindness and hospitality of the homes we visit where we sing our festive harmonies on the doorstep - and in most cases round the welcoming fires - of our good friends and neighbours.

Many thanks to all of you from Roger, Judith, Dorcas, Penny and myself.

Judith is most famed on these evenings for saying: 'This is just like being in a Thomas Hardy novel.' Here's the writer himself describing a 19th century carolling expedition in Under the Greenwood Tree (with only one or two minor changes) which could just as easily have been our nocturnal tour on the Friday before Christmas:

'Just before the clock struck six they lighted the lanterns and started. The moon, in her third quarter, had risen since the snowstorm; but the dense accumulation of snow-cloud weakened her power to a faint twilight. The breeze had gone down, and the rustle of their feet and tones of their speech echoed with an alert rebound from every post, boundary-stone and ancient wall they passed. Beyond their own slight noises nothing was to be heard, save the occasional bark of foxes in the direction of the Frostrow Fell, or the brush of a rabbit among the grass, as it scampered out of their way.'

*David Burbidge*

### **HEALTH CARE IN SEDBERGH**

It is well known that the doctors in Sedbergh have been looking for land in the town for the past three years in order to build a new health centre. Naturally, along with other changes occurring in the NHS, this has caused concern, especially for those vulnerable and disabled patients who feel that moving slightly further away from their homes may cause additional difficulty.

There has been no investment in primary care premises in Sedbergh since 1986. Room utilisation surveys have confirmed that the existing health centre is not suitable for the services that are required in Sedbergh and there are several quality standards that can not be met.

The plan would be to centralise all existing services in one new purpose built health centre. The school practice would merge with the health centre and the combined team would have a wider range of clinical expertise for the population. Additional specialist services would be brought into the health centre, reducing travel to hospitals for key investigations and treatment.

Cumbria Primary Care Trust, in line with national policy, is commissioning services so that patients can be looked after closer to home. New premises in Sedbergh are vital for the delivery of a wider range of services, and to provide twenty first century medical care.

The doctors are holding a public meeting at People's Hall, Sedbergh on Friday 29<sup>th</sup> February 2008 at 7.30

p.m. in order to explain the need for new premises and to answer any questions or concerns. Your attendance would be very much appreciated.

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### **MARY DAWSON**

*Daughter of William Dawson*

Older Sedbergh people will recall the family of William and Elizabeth Dawson who in their later years lived on Bainbridge Road. It was William who, at the end of the nineteenth century, went to his employer John Handley at Sedbergh Railway Station, where new businesses had begun to distribute the coal that at last could be brought here from the Yorkshire Coalfield by train, to ask for a higher wage to support his growing family. The youngest member of that family, Mary, died on the very last day of 2007, within a couple of months of her 105th birthday.

She was born at Hawkrigg, two miles out of Sedbergh on the Kendal road, and would walk with her older sisters to the British School in Joss Lane. She was the youngest of six children, the oldest of whom, John, inherited the coal business which continues to this day under William's great-grandson.

After her marriage at Sedbergh Methodist Church, Mary moved to the London area, where she has lived ever since. She made her last visit here in 1990 when she was guest of honour at a gathering of the Dawson Family held at The Hylands. Her death marks the end of an era.

*George Dawson Handley*

**SOUTH LAKES  
SOCIETY FOR THE BLIND**

*Sedbergh Group*

The group did manage to have its January party this year in spite of several volunteers and members going down with some very unpleasant gastric or flu viruses. Alan Adamson very generously offered the use of his house with its wonderful position above the valley, and the weather was kind for the time of year.

A glass of wine or fruit juice set the party off in the right mood, and everyone then tucked in to a buffet of sandwiches, cakes and pastries.

Gordon Axford welcomed the members to the first event of 2008 and remembered the people who were not able to be present because of illness.

Dennis Whicker, May Pruce and Barbara Axford entertained us with some delightful poems, jokes and stories. This was interspersed with wonderful singing by three members of the Dent Choir:- Anthea Boulton, Wendy Cooke and Chris Taylor. Not only did the three ladies encourage everyone to join in the singing – and after a glass or two of nectar most people did – but they took the place of the absent volunteers and helped to serve the buffet. All the contributions were very much appreciated and the only disappointment was that Dennis refused to dance a jig. It was felt that an injured knee was no excuse.

A demonstration of the making of

the 'Talking Lookaround' will be the topic of the February 19th meeting. The March 18th meeting will be another 'memory' session, this time on the subject of 'Schooldays'. Members are encouraged to bring along artefacts and memories of their experiences at school.

New members with sight problems, and also volunteers are always welcome. Meetings take place on the afternoon of the third Tuesday in the month. For further information telephone Sedbergh 21019 or Kendal 01539 742633. *JGL*



**GRAHAM J MOFFAT**  
BUILDER  
PLASTERER  
ROOFER  
QUALITY WORK  
Tel: 015396 20907

Dear Editors,

I just wanted to speak up for Dave, the bus driver Mr Parr criticised in the December issue of the 'Lookaround'. I have had the pleasure of being driven by him many times on the 564, and have seen how he worked taking people to and from the Age Concern Day Centre; he was always considerate and thoughtful, a model driver. It was sad when Dave moved from Sedbergh (for family reasons, I believe).

Andi Chapple

### **SOUTH LAKELAND CARERS ASSOCIATION**

We have been very happy to have our monthly Support Groups at "Thorns" where we were very well looked after by Kath but are now moving to a new venue, the committee meeting at the Peoples Hall. The next meeting will be on Tue March 4th and then every 1st Tuesday in the month except August when we lunch at Dent. We meet from 2-4pm and anyone who cares for a friend or family member is very welcome, do phone the office if you require more information or a lift.

Volunteers are a vital part of our work with Carers and we are always on the look out for new ones, if you think you could help please contact us.

On Wed July 30th we will be running a coffee morning in the URC rooms and invite you to come along, support a worthy cause and find out all about us. We work with GP surgeries to try to ensure all Carers are identified as such and we hope to have a Carers Centre up and running in Kendal one day a week before long.

*Support Worker SE Woof*

### **SEDBERGH SCHOOL CONCERT SERIES 2007/8**

Following the very successful launch of the Concert Series with the visit of Julian Lloyd Webber in September, the series continues with **Oboeworks** on 1 February, at 7.30pm in the Queen's Hall.



Oboeworks consists of four of the country's leading chamber musicians. They all have busy careers as soloists and work regularly with chamber ensembles, giving recitals and performing concertos in the UK and all over the world. Oboeworks has enjoyed considerable success in festivals and concert halls throughout this country and in Scandinavia. Several new quartets have been written especially for them and in 2005 Oboeworks premiered an arrangement of a Schubert Quartet at the International Schubert Festival in Denmark.

The members of Oboeworks are Imogen Triner (oboe), Roger Huckle (violin), Moira Alabaster (viola) and Richard May ('cello).

Their concert programme on 1 February will include works by Mozart, Antal Dorati, Richard Rodney Bennett, Bach and Francaix.

Tickets are £10 and £8 for concessions (senior citizens/ students), and are available from the School Events Manager on 015396 22283.

Sports injuries?  
Repetitive strain?  
Sciatica?  
Stress/tension  
headaches?  
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Josephine Lade LCSP (Assoc)

## DECEMBER WEATHER

The falling pressure at the end of last month was continued into this month and was heralded by a blustery start. In fact the whole month was fairly windy even the mid period of high pressure. The maximum wind speed was 24.4mph and on only one day was that not blow from the North West. This was quite interesting in that during the middle of the month we had a period of high pressure with recording of over 30 inches of mercury for 8 days. This is the longest period over 30 inches I recall since setting up this system. What I found interesting is that during these periods in winter the winds are usually from the East hence the very cold weather we associate with anticyclonic conditions. Certainly the temperatures reflected this as the maxima were in the 30sF or low 40sF during this period. We had 8 days with minima in the 20sF (20.5F to 27.1F). The lowest temperature for the month was actually outside this period at 19.0F!! Wind chill was again notable when on only 1 night did the temperature not fall below freezing. During the anticyclonic period it fell to 9F!!!! We actually had a spell of 11 days without measurable rainfall in the middle of the anticyclone. 14 days would have been an official drought! However it soon made up for it with a total for the month of 6.07 inches! Our heaviest 24 hours collection was 1.5 inches, 2.45 in 36 hours. We were let off lightly when compared to places like Keswick which had 4 inches in the same period. Twice during the month Baugh Fell had a covering of snow.

In spite of my efforts to clear the pond of plants so the fish could go deeper I still lost 3 large fish and a small one when the pond was frozen over for several days. This was allowing for the fact I always clear an area of ice to allow the pond to breathe. On the bird front there has been a lot of activity. Blue and great tits are back in numbers, longtailed tits drop in from time to time as do the great spotted woodpeckers. We have also had a goldcrest around and a rarity, for us, in a pair of tree creepers. After the frost the blackbirds have made short work of the crab apples. Owls continue to call having established their territories. The excessive rain makes hunting difficult for them apparently especially barn owls which cannot survive many days without being able to hunt. We have a young male sparrowhawk around at the moment. I knobbled a rabbit with myxomatosis in the garden. Fancy having myxy in December especially after a frost! We normally associate the disease with the end of summer or autumn. The winter jasmine continues to flower. Many bulbs are well through and we have a pink hellebore in flower. When we were carol singing, the week before Christmas, there was a daffodil in full bloom in a garden in Sedbergh.



## MK CONVERSIONS

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Sedbergh LA10 5ES

Tel: 015396 22038

Fax: 015396 22039

Builders, Joiners & Roofing  
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**ST. MARK'S CHURCH, CAUTLEY**

A Musical Floral Demonstration was held in November 2007.

Many thanks for all the support we received for the above event. Thanks to your generosity, we raised a total of £1000.

**Stephenson & Wilson**  
 15 Fell Close, Sedbergh LA10 5AP  
**General Builders**  
 Plastering ~ Roofing ~ Extensions  
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|                                                 |                                                                                   |                                            |
|-------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------|
| Paul Stephenson<br>015396 21557<br>07810 595543 |  | Tom Wilson<br>015396 20954<br>07790 946578 |
|-------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------|

**TRAVELLERS**

A meeting recently took place between Police Officers, our S.L.D.C. representative, Craig Stephenson., and Parish Councillors, Kevin Lancaster and myself to discuss the travellers which descend upon Sedbergh and the surrounding areas in May and June in connection with the Appleby Horse Fair.

In recent years the number of travellers has increased and become more mobile due to the use of horse boxes/wagons and not quite so many horse drawn vehicles- When it was mostly horse drawn vehicles they needed to stop at regular intervals in order to feed and rest the horses thereby using the verges/laybys whenever necessary. This need has now changed somewhat and to the east of Sedbergh it has now become a different scene at the May/June

time of the year.

The meeting took place in order that some form of plan may be made to cope with the ever increasing numbers of travellers. Part of the ongoing deliberations is to take into account the feelings of those mostly affected from the area of Settlebeck to the boundary of our Parish at the top of Cautley. We would ask those affected if they would be kind enough to put their concerns in writing (however briefer long) so that we may take these to our next meeting with the Police Officers and relevant members of South Lakeland District Council and if necessary the RSPCA, which will take place in the next few weeks.

We ourselves as Parish Council will also be putting our written concern and plans to the next meeting regarding the travellers.

The Police at the recent meeting did wish that in this article I did express to the people of Sedbergh and the Dales that if they had any problems not just with travellers but any other police related incidents that they should ALWAYS ring the police (telephone number 08453300247) NOT TO RELY ON SOME OTHER PERSON TO CALL THEM and in that way they can then assess just how serious the problems is. (i.e. the more calls they receive - the more serious they take the situation).

Correspondence on the above can be sent to or left addressed to me or the Clerk to the Parish Council, at the Community Office, 72a Main Street, Sedbergh.  
*Dorothy Blair*

### STEADMAN'S OF SEDBERGH

Steadman's Butchers are prepared to challenge any Haggis producer North of the Border to a "haggis tasting competition" with independent judges. Garth Steadman said that "our reputation has been built by producing premium quality products like Black Puddings, Haggis, Sausages, added value products" and is second to none. Our Haggis is sent to all corners of the British Isles by mail order and is praised by connoisseur's from The North and South.

Steadman's have won 11 of top product awards in the Guild of Q Butchers 2007 Smithfield Awards.

The Smithfield Awards are among the most prestigious in the meat industry and a true indication of excellence. Products were subjected to detailed assessment and sampling by a panel of independent judges. Almost 600 products from Q members throughout the U K were assessed by a panel of experts at MLC Headquarters at Milton Keynes.

Steadman's won seven gold, three silver and one bronze with perfect marks going to their Black Pudding, and Cooked Belly Pork.

*Gold award* winning products were Haggis, Spicy Lamb Grillsticks, Cooked Belly Pork, Pressed Ox Tongue, Crispy Duck in Plum Sauce, Black Pudding Loaf, and Cottage Pie with a Leek and Potato Topping.

*Silver Awards* went to Brandy and Herb Pate, Huntsman's Pie and 1lb Pork Pie.

The awards were presented to

Garth at a special lunch in Butchers Hall, London, by T V chef and restaurateur Paul Rankin.

G A Steadman

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### KIRKBY LONSDALE EMBROIDERERS

Our December meeting was a very enjoyable afternoon with a Jacobs Join and a very informative talk about Stumpwork given by one of our members, Anne Reid.

The January meeting was a 'hands on'. We welcomed Marie Constance-Brown who showed us how to create a Trapunto, (stuffed that is), Toadstool. Fascinating and we also had a lot of advice and very handy tips along the way. We all enjoyed ourselves and - something which doesn't very often happen - we went home with a completed piece of work!

Our next meeting is on Thursday 14th February at the earlier time of 1pm. Val Osborn will be showing us how to create Shadow Work at a workshop. Visitors and guests are most welcome and we meet at Barbon village hall.

Further details from Ann Hunter on 015242 41120.

## **GARSDALE BROADBAND**

### *Community Endeavour Brings Broadband to Garsdale and Grisedale*

The high turnout of residents at an initial meeting in Garsdale Village Hall in March 2007 highlighted the very real need for a fast reliable broadband connection in our rural community. It was incredible to see just how many people felt disadvantaged by not being able to access broadband. Business development, farming, children's school work and keeping in touch with family and friends was being held back by the lack of an internet connection, even the slow dial-up connection was deteriorating and becoming non-existent in some cases. Having had no success with British Telecom there was a need to find an alternative solution to our lack of Internet access.

The meeting was the start of a real community effort to attempt to get a reliable broadband service in the dale. A committee was formed to try and solve the problem. We had the support of our MP, Tim Farron, the Parish Council, local schools and of course the local community. The North West Development Agency agreed to provide funding for the project and Kencomp, the local computer company, provided the technical expertise.

Over the next few months the committee worked closely with Kencomp, the North West

Development Agency and the community to bring broadband to the dale. The help and co-operation of residents who agreed to have equipment sited on their land or property was essential to success of the project.

The landscape of Garsdale and Grisedale means that is not the most easily accessible area. Eventually the technical problems were solved, funding was secured and any necessary planning permissions granted. The installation began in August and by the end of October most people were connected.

As with most innovative projects there have been some teething problems but Kencomp have been quick to respond and sort out difficulties, often at weekends.

It is a remarkable achievement in a small community to go from no broadband to having the ability to connect to a fast, reliable broadband service in six months.

Our success was only made possible by the grant from NWDA, the technical capability of Kencomp and the help, support and patience of Garsdale and Grisedale residents.

Thanks to everyone who has helped to get this project up and running. Hopefully we will all be able to enjoy the benefits of having fast, reliable Internet access for many years to come.

*Jane Taylor  
Garsdale and Grisedale  
Broadband Committee*

### PHOTO CALL

Another successful month with names for all except one on the football team photo. My thanks this time go to Andrew Cressy, Sarah Severn, Elaine Lewis and Martin Dickie. The class photo was 1992.



From left to right.  
Back row.

Ian Gornall, Zoe Joyce, David Labbatt, Thomas Gardner, David Whicker, Andrew Cressey, William Johnson, Kate Severn, Paul Sayner, Middle row. Elaine Sedgwick, Luke Mellard, Philip Gardner, Daniel Henry, Julia Twist, Vicky Hayhurst, Nicola Winn, Marie Irving, Rebecca Haigh, David Butterfield, Benjamin Woof, Richard Hennedy, Lindsey Gardner. Front Row:

Alex Bell, Abigail Staveley, Jessica Ramsbottom, Hannah Kliszat, Ellen Bowden, Laura Pope, Claire Cousins, Laura Moore, Ria Allinson and the football team:

Back Row: Robert Eastham, xxxx, Jodie Mitchell, Edward Waller, Steven



### RICHARD HOGGARTH HEIGHT OF WINDER, SEDBERGH

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& Landscape Gardening

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Tel: 015396 20805 Mob: 07799 420433

Bateman, Stephen Graham.  
Front Row: James Cullen, Andrew Booth, Roger Lockyer, Michael Nelson.



This month I have another football team from the 1970s I think with just a few missing names.

Back Row: John Postlethwaite, Robert Mason, Graham Moffat, Sam Konczynski, Alistair Parrish, Trevor Taylor, Stuart Harding.  
Front Row: Gary Bowman? Alan Winn. xxx, xxx, xxx.

Names and date if known to Shirley Tebay, Walnut Bungalow, Dent, LA10 5QT. Tel (015396) 25001 or by email [shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com)

| <b>ORGANISATION</b>                   | <b>CONTACT</b>     | <b>Tel:</b> | <b>015396</b> |
|---------------------------------------|--------------------|-------------|---------------|
| After School Club                     | Mrs Packham        | Sed:        | 21484         |
| Age Concern South Lakeland PH (M & F) | Mrs Alderson       | Sed:        | 20814         |
| Angling Association                   | Mr Wright          | Dent:       | 25533         |
| 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                            | Mrs Dodds          | Sed:        | 20308         |
| Bowling Club (Queen's Gardens)        | Mr Killops         | Sed:        | 20279         |
| Bridge Club                           | Mr Estensen        | Sed:        | 21060         |
| 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)              | Mr Hartley         | Dent:       | 25317         |
| Dog Training (Sedbergh)               | Mrs Robertshaw     | Sed:        | 20316         |
| Farfield Mill Arts & Heritage Centre  | Mrs Hamilton       | Sed:        | 21958         |
| Fire Service (Tuesday Evenings)       | Mr Packham         | Sed:        | 20302         |
| First Responders (Dent)               | Mrs Pilgrim        | Dent:       | 25589         |
| Football Club (Dent)                  | Mrs Mitchell       | Dent:       | 25432         |
| Football Club (Sedbergh)              | Mr Moffat          | Sed:        | 21797         |
| Gala Group                            | Mrs Fisher         | Sed:        | 20764         |
| Garsdale Village Hall                 | Mr Adams           | Sed:        | 21085         |
| Golf Club                             | Mr Lord            | Sed:        | 20993         |
| Good Companions (Dent)                | Mrs Woof           | Dent:       | 25275         |
| Gladstone House                       |                    | Sed:        |               |
| Help Tibet Northern Branch            | Mrs Howarth        | Sed:        | 20090         |
| History Society                       | Mr Cann            | Sed:        | 20771         |
| Howgill's Harmony                     | Mr Burbidge        | Sed:        | 21166         |
| Howgill Harriers                      | Mr Brassington     | Sed:        | 21212         |
| Howgill Schoolroom                    | Mrs Stainton       | Sed:        | 20665         |
| Howgill Toddlers                      | Mrs Alderson       | Sed:        | 22050         |

|                                                |               |             |            |
|------------------------------------------------|---------------|-------------|------------|
| Kent Lune Trefoil Guild                        | Mrs Mitchell  | Sed:        | 21144      |
| Ladies National Farmers Union                  | Mrs Escholme  | Sed:        | 20376      |
| LETS around Sedbergh                           | Miss Wheaten  | Sed:        | 20959      |
| Liberal Democrats                              | Mrs Cleasby   | Dent:       | 25476      |
| Methodist Church Hall                          | Mrs Jackson   | Sed:        | 20530      |
| Playgroup (Sedbergh)                           | Mrs Gunning   | Sed:        | 20226      |
| Over 60's (Dent)                               | Mrs Murdoch   | Dent:       | 25335      |
| Parent Support Group                           | Mrs Goad      | Sed:        | 20402      |
| Parish Council (Dent)                          | Dr Ioannou    | Dent:       | 25023      |
| Parish Council (Garsdale)                      | Mrs Donaldson | 07967       | 972160     |
| Parish Council (Sedbergh)                      | Mr Chivers    | Sed:        | 21456      |
| People's Hall                                  | SOS           | Sed:        | 20788      |
| Peoples Hall Day Centre (Mon & Fri)            | Day Centre    | Sed:        | 21126      |
| Pepperpot Club (Sedbergh)                      | Mrs Smith     | Sed         | 21196      |
| Pistol and Rifle Club                          | Mr Middlemiss | Sed:        | 20662      |
| Playing Fields (Sedbergh)                      | Mr Hinson     | Sed:        | 20118      |
| Rag Ruggers                                    | Mrs Hennedy   | Sed:        | 20899      |
| Residents Association (S & D)                  | Mrs Capstick  | Sed:        | 20816      |
| Royal British Legion *                         |               |             |            |
| Scouts                                         | Cubs          | Sed:        |            |
|                                                | Scouts        | Mr Mawdsley | Sed: 20723 |
| Settlebeck High School P.T.F.A.                | Mrs Wood      | Sed:        | 21385      |
| South Lakeland Carers Association              | Mrs Woof      | Dent:       | 25212      |
| South Lakeland Voluntary Society for the Blind | Mr Axford     | Sed:        | 21019      |
| Squash Club                                    | Mrs Cooling   | Sed:        | 20622      |
| Slimming Club                                  | Mrs Uttley    | 01539       | 722568     |
| Swimming Club                                  | Ms Pakeman    | Sed:        | 21279      |
| Tennis Club                                    | Mr Robinson   | Sed:        | 21014      |
| Town Band                                      | Mrs Waters    | Sed:        | 20457      |
| White Hart Sports and Social Club              | The Committee | Sed:        | 20773      |
| United Reformed Church Rooms                   | Mrs Howarth   | Sed:        | 20428      |
| Westmorland Gazette Correspondent              | Mrs Gold-Wood | Sed:        | 21808      |
| Women's Institute (Dentdale)                   | Mrs Sugden    | Dent:       | 25303      |
| Women's Institute (Frostrow)                   | Mrs Mather    | 015242      | 76333      |
| Women's Institute (Howgill)                    | Mrs Hoggarth  | 01539       | 824683     |
| Women's Institute (Killington)                 | Mrs Sharrocks | Sed:        | 20754      |
| Young Cumbria                                  | Mrs Hartley   | 01524       | 781177     |
| Young Farmers Club                             | Miss Capstick | Sed:        | 21032      |
| Young Kidz                                     | Mrs Baines    | Sed:        | 21287      |
| Zebra's Baby & Toddler Group                   | Mrs Metcalfe  | Sed:        | 20654      |
| * = Latest Amendment                           |               |             |            |

## BUS SERVICES

| Sedbergh to Kendal via Oxenholme                  |                       |      |    |   | Blackhall Road, Kendal to Sedbergh via Oxenholme                 |                                                    |      |    |   |
|---------------------------------------------------|-----------------------|------|----|---|------------------------------------------------------------------|----------------------------------------------------|------|----|---|
| Monday to Friday                                  |                       |      |    |   | Monday - Friday                                                  |                                                    |      |    |   |
| 0745                                              |                       | 564  | S  | ❖ | 0830                                                             |                                                    | 564  | S  | ❖ |
| 0940                                              |                       | 564  | W  |   | 0835                                                             | Sch                                                | 564  | W  |   |
| 1005                                              |                       | 564  | S  | ❖ | 1030                                                             |                                                    | 564  | W  |   |
| 1015                                              | Wed                   | 564B | W  | ❖ | 1050                                                             |                                                    | 564  | S  | ❖ |
| 1240                                              |                       | 564  | W  |   | 1300                                                             | Wed                                                | 564B | W  | ❖ |
| 1300                                              |                       | 564  | S  | ❖ | 1330                                                             |                                                    | 564  | W  |   |
| 1440                                              |                       | 564  | W  | ❖ | 1410                                                             |                                                    | 564  | S  | ❖ |
| 1550                                              |                       | 564  | S  | ❖ | 1610                                                             |                                                    | 564  | W  |   |
| 1711                                              |                       | 564  | W  |   | 1625                                                             |                                                    | 564  | S  | ❖ |
| Saturday Only                                     |                       |      |    |   | Saturday Only                                                    |                                                    |      |    |   |
| 1005                                              |                       | 564  | S  | ❖ | 1050                                                             |                                                    | 564  | S  | ❖ |
| 1050                                              |                       | 564A | A8 | ❖ | 1410                                                             |                                                    | 564  | S  | ❖ |
| 1300                                              |                       | 564  | S  | ❖ | 1425                                                             |                                                    | 564A | A8 | ❖ |
| 1550                                              |                       | 564  | S  | ❖ | 1625                                                             |                                                    | 564  | S  | ❖ |
| Sedbergh to Kirkby Stephen                        |                       |      |    |   | Kirkby Stephen to Sedbergh                                       |                                                    |      |    |   |
| Monday to Saturday                                |                       |      |    |   | Monday to Saturday                                               |                                                    |      |    |   |
| 0900                                              | M-F                   | 564  | S  | ❖ | 0710                                                             | M-F                                                | 564  | S  | ❖ |
| 1120                                              |                       | 564  | S  | ❖ | 0940                                                             |                                                    | 564  | S  | ❖ |
| 1440                                              |                       | 564  | S  | ❖ | 1225                                                             |                                                    | 564  | S  | ❖ |
| 1655                                              |                       | 564  | S  | ❖ | 1515                                                             |                                                    | 564  | S  | ❖ |
| Sedbergh to Kirkby Lonsdale                       |                       |      |    |   | Kirkby Lonsdale to Sedbergh                                      |                                                    |      |    |   |
| 0945                                              | Thu                   | 567A | W  | ❖ | 1215                                                             | Thu                                                | 567A | W  | ❖ |
| Sedbergh to Cowgill                               |                       |      |    |   | Dent to Sedbergh                                                 |                                                    |      |    |   |
| 1330                                              | Wed                   | 564B | W  | ❖ | 1000                                                             | Wed                                                | 564B | W  | ❖ |
| 0940                                              | Sat                   | 564A | A8 | ❖ | 1035                                                             | Sat                                                | 564A | A8 | ❖ |
| 1500                                              | Sat                   | 564A | A8 | ❖ | 1600                                                             | Sat                                                | 564A | A8 | ❖ |
| Last Update: September 2007                       |                       |      |    |   |                                                                  |                                                    |      |    |   |
| M-F                                               | Monday to Friday Only |      |    |   | W                                                                | = Woof's of Sedbergh                               |      |    |   |
| Tue                                               | Tuesday Only          |      |    |   | S                                                                | = Stagecoach in Cumbria                            |      |    |   |
| Wed                                               | Wednesday Only        |      |    |   | A8                                                               | = Apollo 8      ❖ = Provided with Support from CCC |      |    |   |
| Thu                                               | Thursday Only         |      |    |   | Please note whilst every effort has been made to ensure that     |                                                    |      |    |   |
| Sat                                               | Saturday Only         |      |    |   | the times shown are up to date, they can change at short notice. |                                                    |      |    |   |
| Sch                                               | Schooldays Only (M-F) |      |    |   | For Comprehensive up-to-date information ring :-                 |                                                    |      |    |   |
| <i>All times are from and to The Dalesman Inn</i> |                       |      |    |   | Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)                |                                                    |      |    |   |

## 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**

*Church Wardens:*

John Beck 22109 & Lavinia Mahon 21740

### 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

**Rev. C Gotham Tel: 22030**

### 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**

*Church Wardens:*

Cautley: Judith Bush 20058 & Linda Hopkins 21455  
Garsdale: Mary Grant 20573 & Bill Mawdsley 20723  
Dent & Cowgill

**Rev. P Boyles Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;  
Cautley; Fell End;  
Garsdale Street; Garsdale Low Smithy;  
Hawes Junction & Frostrow

**Rev. T Widdess Tel: 20329**

### 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.*



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## DIARY OF EVENTS

*Dates are held up to 10th December 2008*

|                                                           |                                            |            |              |                                          |             |
|-----------------------------------------------------------|--------------------------------------------|------------|--------------|------------------------------------------|-------------|
| <i>"Lookaround Diary" What's missing?</i>                 |                                            | UR         | 6            | SS CCF Band Charity Concert              | SSPH        |
| For all entries marked (*), see Advert in last Lookaround |                                            |            | 6            | 1930 WIH The Finishing Touch             | HVH         |
| <b>FEBRUARY</b>                                           |                                            |            |              |                                          |             |
| 1                                                         | 1930 KVH Domino Drive                      | KVH        | 7            | 1930 Sedbergh Anglers AGM                | WHC         |
| 1                                                         | 1930 SS Concert Oboeworks (1)              | SSQH       | 8            | 1930 Art Society                         | SSC         |
| 1                                                         | 2000 Young Kidz Annual Bingo Night         | WHC        | 9            | 1000 Same Difference Exhibition Ends (9) | FM          |
| 2                                                         | 1000 Wilderness                            | FM         | 11           | 1400 WIK Belly Dancing                   | PH          |
| 3                                                         | 1115 SS Coffee Concert                     | SSQH       | 11           | 1930 FCH Domino Drive                    | FCH         |
| 4                                                         | 1930 Dent Parish Council                   | DMH        | 11           | 1930 CTiS Lent Course                    | StAS        |
| 5                                                         | 1830 50 years in the Dales                 | DCMH       | 12           | 1000 URC Coffee Morning                  | URCR        |
| 6                                                         | 1930 HS Old Kendal (20)                    | SHS        | 12           | 1915 WID A Two Course Meal               | DMH         |
| 7                                                         | 1930 WIH National Legal Services           | FCH        | 12           | 1930 CWT AGM & Mountain Flowers          | SHS         |
| 8                                                         | 1930 KS Domino Drive                       | KVH        | 14           | 1000 Shanties Exhibition Starts (9)      | FM          |
| 8                                                         | 1930 Art Society AGM                       | SSC        | 15           | 1000 URC Jumble Sale                     | URCR        |
| 8                                                         | 2000 Country & Western Night (8)           | Barbon Inn | 15           | 1600 Community Cinema (23)               | PH          |
| 8                                                         | SS Half Term Starts                        |            | 15           | 1900 Community Cinema (23)               | PH          |
| 8                                                         | SHS Half Term Starts                       |            | 15           | 1930 HS AGM                              | SHS         |
| 9                                                         | 1000 Same Difference Exhibition Starts (9) | FM         | 16           | 1100 SS Coffee Concert                   | SSQH        |
| 12                                                        | 1400 WIK Church & Charity in Sedbergh      | PH         | 18           | 1400 Blind Group Schoolday Memories      | PH          |
| 12                                                        | 1930 CTiS Lent Course                      | BF         | 18           | 1500 SS Wilson Run                       | Back Lane   |
| 13                                                        | 1400 Discover & Do                         | DCMH       | 19           | 1000 CA Coffee Morning                   | URCR        |
| 13                                                        | 1915 WID Around the Horn                   | DMH        | 19           | 1930 HS Coniston Coppermines             | SHS         |
| 15                                                        | 1400 Storytelling                          | DCMH       | 20           | SS End of Term                           |             |
| 17                                                        | SS Half Term Ends                          |            | 21           | SHS End of Term                          |             |
| 17                                                        | SHS Half Term Ends                         |            | 21           | Good Friday                              |             |
| 19                                                        | 1400 Blind Group Talking Lookaround        | PH         | 23           | 0452 Easter Service (74)                 | Winder Fell |
| 19                                                        | 1930 FCH Domino Drive                      | FCH        | 24           | Easter Monday                            |             |
| 19                                                        | 1930 CTiS Lent Course                      | URC        | <b>APRIL</b> |                                          |             |
| 20                                                        | 1930 HS King Arthur & Reghed (20)          | SHS        | 1            | 1000 Shanties Exhibition (9)             | FM          |
| 22                                                        | 1930 LFH Domino Drive (22)                 | SHS        | 2            | 1000 WIF Coffee Morning                  | URCR        |
| 23                                                        | 1600 Community Cinema (23)                 | PH         | 3            | 1930 WIH WG Cartoonist                   | FCH         |
| 23                                                        | 1900 Community Cinema (23)                 | PH         | 7            | SHS Start of Term                        |             |
| 26                                                        | 1930 George Hamilton IV (1)                | SMC        | 8            | 1400 WIK British Folk Songs              | PH          |
| 26                                                        | 1930 CTiS Lent Course                      | SMC        | 9            | 1000 NW Cancer Coffee Morning            | URCR        |
| 27                                                        | 1000 SMSC Coffee Morning (27)              | URCR       | 9            | 1915 WID Hanging Baskets                 | DMH         |
| 27                                                        | 1930 CWT Recent Surveys                    | SHS        | 9            | 1930 CWT Bird Migration Walney Island    | SHS         |
| 28                                                        | 1930 Bowling Club AGM (28)                 | WHC        | 17           | 1930 Noah's Lark                         | PH          |
| 29                                                        | 1930 Domino Drive/Tattie Pot               | HVH        | 18           | 1930 Noah's Lark                         | PH          |
| 29                                                        | 1930 Health Care in Sedbergh (78)          | PH         | 19           | 1400 Noah's Lark                         | PH          |
|                                                           |                                            |            | 19           | 1930 Noah's Lark                         | PH          |
| <b>MARCH</b>                                              |                                            |            |              |                                          |             |
| 1                                                         | St David's Day                             |            | 20           | SS Start of Term                         |             |
| 1                                                         | 1000 Same Difference Exhibition (9)        | FM         | 21           | 1200 Spring Show                         | PH          |
| 1                                                         | 1930 SS Choral Society                     | Carlisle   | 23           | St George's Day                          |             |
| 2                                                         | 1900 SS Choral Society                     | SSPH       | 23           | 1000 StAS Mission Coffee Morning         | URCR        |
| 3                                                         | 1930 FCH AGM                               | FCH        | 26           | 1600 Community Cinema (23)               | PH          |
| 4                                                         | 1930 CTiS Lent Course                      | DMC        | 26           | 1900 Community Cinema (23)               | PH          |
| 5                                                         | 1000 Sedbergh Playgroup Coffee Morning     | URCR       | 27           | 1000 Shanties Exhibition Ends (9)        | FM          |
| 5                                                         | 1300 Muncheon Music                        | SSQH       | 30           | 1000 GVH Coffee Morning                  | URCR        |
| 5                                                         | 1930 HS Rome's Northern Frontier           | SHS        | 30           | 1000 Producers Market                    | JLCP        |

*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.*

| <b>MAY</b>              |      |                                | <b>DIARY KEY</b> |                                             |
|-------------------------|------|--------------------------------|------------------|---------------------------------------------|
| 1                       | 1930 | WIH Quigong                    | HVH              | BF = Brigflatts                             |
| 3                       |      | Open Garden                    | GFK              | BS = Baliol School                          |
| 4                       |      | Open Garden                    | GFK              | BVH = Barbon Village Hall                   |
| 5                       |      | May Bank Holiday               |                  | CDC = Community Development Centre          |
| 5                       | 1430 | CWT Duck Race                  | Busk Lane        | CO = Community Office, Main Street          |
| 7                       | 1000 | Barnardo's Coffee Morning      | URCR             | CTIS = Churches Together in Sedbergh        |
| 12                      | 1000 | Christian Aid Week             | URCR             | CWT = Cumbria Wildlife Trust                |
| 13                      | 1000 | Christian Aid Week             | URCR             | DCMH = Dales Countryside Museum, Hawes      |
| 13                      | 1400 | WIK Resolutions & Music Quiz   | PH               | DCP = Dent Car Park                         |
| 13                      | 2030 | SS Collegium Musicum           | SSPH             | DMH = Dent Memorial Hall                    |
| 14                      | 1000 | CA Coffee Morning              | URCR             | DMC/S = Dent Methodist Chapel/Schoolroom    |
| 14                      | 1915 | WID Burnley to Hollywood       | DMH              | FCH = Firbank Church Hall                   |
| 15                      | 1000 | Christian Aid Week             | URCR             | FM = Farfield Mill                          |
| 16                      | 1000 | Christian Aid Week             | URCR             | GFK = Grassrigg Farm, Killington            |
| 17                      | 1000 | Christian Aid Week             | URCR             | GH = Gladstone House                        |
| 17                      | 1230 | Sedbergh Gala                  | Sedbergh         | GVH = Garsdale Village Hall                 |
| 17                      | 1900 | Community Cinema (23)          | PH               | HS = History Society                        |
| 18                      | 1130 | Coffee Concert                 | SSQH             | HVH = Howgill Village Hall                  |
| 21                      | 1000 | Firbank Church Coffee Morning  | URCR             | JLCP = Joss Lane Car Park                   |
| 23                      | 1445 | Young Kidz Football Tournament | PH               | KL = Kirkby Lonsdale                        |
| 24                      |      | SS Start of Half Term          |                  | KVH = Killington Village Hall               |
| 24                      |      | SHS Start of Half Term         |                  | LHCP = Loftus Hill Car Park                 |
| 24                      |      | Walking Festival               | Sedbergh         | MCCCKL = Methodist Church Centre KL         |
| 24                      | 1830 | FCH Barbecue                   | FCH              | PH = People's Hall                          |
| 25                      |      | Walking Festival               | Sedbergh         | SHS = Settlebeck High School                |
| 25                      | 1000 | Annual Charity Truck Pull      | KL               | SLSB = South Lakeland Society for the Blind |
| 26                      |      | Walking Festival               | Sedbergh         | SMCR = Sed. Methodist Church Room           |
| 28                      | 1000 | WIK Coffee Morning             | URCR             | StAS = St Andrew's Church, Sedbergh         |
| 28                      | 1000 | Producers Market               | JLCP             | SS = Sedbergh School                        |
| <b>JUNE</b>             |      |                                |                  | STO = Sedbergh Tourist Office               |
| 1                       |      | SS End of Half Term            |                  | URCR = United Reformed Church Rooms         |
| 2                       |      | SHS End of Half Term           |                  | WID = Women's Institute, Dentdale           |
| 4                       | 1000 | Dent Foot Chap Coffee Morning  | URCR             | WIF = Women's Institute, Frostrow           |
| 5                       | 1930 | WIH Members Evening            | FCH              | WIH = Women's Institute, Howgill            |
| 10                      | tba  | WIK Edenlea Garden             | Penrith          | WIK = Women's Institute, Killington         |
| 11                      | 1000 | Garsdale Church Coffee Morning | URCR             |                                             |
| 11                      | 1915 | WID Felting                    | DMH              |                                             |
| <b>Regular Meetings</b> |      |                                |                  |                                             |
| Howgill Toddlers        | 1315 | Every Monday                   | HVH              |                                             |
| SL Carers Association   | 1400 | 1st Tuesday                    | PH               |                                             |
| Dent Parish Council     | 1900 | 1st Tuesday                    | DMH              |                                             |
| Killington WI           | 1400 | 2nd Tuesday                    | PH               |                                             |
| Ladies NFU              | 1930 | 3rd Tuesday                    | PH               |                                             |
| Coffee Morning          | 1000 | Every Wednesday                | URCR             |                                             |
| Zebras                  | 1315 | Every Wednesday                | SMCR             |                                             |
| Sedbergh Juniors        | 1730 | Every Wednesday                | PH               |                                             |
| Sedbergh Seniors        | 1930 | Every Wednesday                | PH               |                                             |
| Toy Library             | 1430 | 1st & 3rd Wednesday            | PH               |                                             |
| Frostrow WI             | 1930 | 1st Wednesday                  | PH               |                                             |
| History Society         | 1930 | 1st & 3rd Wednesday            | SHS              |                                             |
| Dentdale WI             | 1915 | 2nd Wednesday                  | DMH              |                                             |
| SLS Blind Group         | 1415 | 3rd Wednesday                  | PH               |                                             |
| Sed. Parish Council     | 1930 | Last Wednesday                 | PH               |                                             |
| Toy Library             | 1430 | 1st Thursday                   | PH               |                                             |
| Howgill WI              | 1930 | 1st Thursday                   | FCH              |                                             |

*All entries are free*

### LOOKAROUND OUTLETS

The *Lookaround* is available from the following locations:-

#### Sedbergh

Sedbergh Office Services; Post Office; Green Door; Sleepy Elephant; Nisa; Ellies Bakery.  
Farfield Mill Tearoom

#### Dent

Post Office; Dent Stores; Meadowside

## 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 * |
| Tuesday   | 0830 - 1030 * |               |
|           | 1230 - 1300 * | Dent          |
| Wednesday | 0830 - 1030 * | 1430 - 1730 * |
| Thursday  | 0830 - 1100 * |               |
| Friday    | 0830 - 1100 * | 1430 - 1730 * |

#### Dr C Hunt

|          |               |               |
|----------|---------------|---------------|
| Monday   | 0830 - 1030 * | 1500 - 1800 * |
| Tuesday  | 0830 - 1100 * | 1500 - 1800 * |
| Thursday | 0830 - 1030   | 1430 - 1730 * |

#### H Pilling Nurse Practitioner

|           |             |               |
|-----------|-------------|---------------|
| Tuesday   | 0830 - 1100 | 1400 - 1700 * |
| Wednesday | 0830 - 1030 | 1400 - 1700 * |
| Thursday  |             | 1500 - 1800 * |
| Friday    | 0830 - 1030 | 1400 - 1700 * |

*The Health Centre reserve the right to offer any  
Doctor/Nurse practitioner at any time  
in the Open Surgeries*

#### Practice Nurses

|           |               |               |
|-----------|---------------|---------------|
| Monday    | 0845 - 1300 b | 1400 - 1730 b |
|           | 0840 - 1030 c |               |
| Tuesday   | 0845 - 1300 b | 1400 - 1730 b |
| Wednesday | 0830 - 1300 a | 1400 - 1730 a |
| Thursday  | 0830 - 1300 a | 1400 - 1730 a |
|           |               | 1400 - 1730 b |
| Friday    | 0845 - 1300 b | 1400 - 1730 b |
|           | 1200 - 1330 c |               |

a = Joanne Batty  
b = Anne Crome  
c = Kay Lumb (Blood)

#### District Nurse

☎ 015396 21690

#### Health Visitor

☎ 015396 20979

#### A Collinge Optometrist

|              |             |               |
|--------------|-------------|---------------|
| Every Friday | 0900 - 1300 | 1400 - 1730 * |
|--------------|-------------|---------------|

\* = *By Appointment Only*

### DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner, Mrs D Ross  
& Mr B Taylor

|                    |             |
|--------------------|-------------|
| Monday to Thursday | 0900 - 1700 |
| Friday             | 0830 - 1500 |

### LIBRARY Main Street ☎ 20186

|           |             |             |
|-----------|-------------|-------------|
| Monday    |             | 1700 - 1900 |
| Wednesday | 1000 - 1230 | 1400 - 1700 |
| Friday    |             | 1400 - 1700 |
| Saturday  | 1000 - 1230 |             |

### SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

0900 - 1700

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

### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

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

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

### RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

[www.cabkendal.ndo.co.uk](http://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

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

### POLICE

☎ 0845 33 00 247

### 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 \*

\* = *By Appointment Only*

|            |           |
|------------|-----------|
| MARKET DAY | WEDNESDAY |
|------------|-----------|

|                  |          |
|------------------|----------|
| HALF-DAY CLOSING | THURSDAY |
|------------------|----------|