

Sedbergh & District

LOOKAROUND

July 2008

Issue 257

Donation 50 pence

We have not had a great deal of response with respect to any change in *Lookaround*. About 20 say yes, 4 say no so for the foreseeable future, things will stay as they are BUT, if there is more than 96 pages of information, something

will be cut as that is the largest the printer can deal with.

Last month, we lost all of our 'Inbox e-mails' for the last 6 years so if we have missed anything this month, we can only apologise. *Dennis & Jacky Whicker*

Saturday 12th July

St Andrew's Church, Sedbergh

TEDDY BEAR SERVICE

for 0 - 5 year olds

This will be a short Service for young children accompanied by a parent or carer.



There will be stories and music followed by refreshments.

Bring a favourite toy.

DENTDALE W. I.

invite you to a

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7.30pm **Friday 25th July**

Methodist Chapel School Room

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CHILDREN'S BIRTHDAYS JULY 2008



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

The recipient this month is:-

Jenny Storey who is

9 years old on 14th July

Please collect your vouchers from

Sedbergh Office Services

13 Kings Yard, Main Street, Sedbergh

which can be used in any shop in

Sedbergh & Dent.



Day	Name	Age
2	Niamh METCALFE	4
4	Ben GREENSMITH	4
4	CJ MIDDLETON	5
5	Holly ROSS	6
6	Hosannah McCALLUM	11
9	Hannah LENNON	5
10	Milly BROOKSBANK	5
11	Samuel HARPER	6
14	Chloe DALZELL	6
14	Jenny STOREY	9
14	Kishore LENNON	11
15	Jerome McKENNA	5
16	Iasmina CALUSERU	10
18	Scarlett O'NEIL	9
24	Ruben PARK	3
24	Tristan SCOTT-HALLAM	10
25	Antony COWIN	3
27	Akira CRESSEY	3
27	Mike STOREY	7
28	Kate BAINBRIDGE	11

PERSONAL & SMALL ADS £1

BAINES

George, Jacky & Harry would like to thank everyone for all the good wishes, cards and gifts that Harry received during his recent stay in hospital. Harry has now made a full recovery.

CHADWICK

The family of the late Doreen Chadwick would like to thank all friends and neighbours for their much appreciated help and kindness at this sad time and for donations to the North West Air Ambulance Service of £200. We would also thank the Rev. Vic Hopkins for the special service at St. Andrews Church and the following interment at Lancaster Crematorium. Also for the very sensitive funeral arrangements by Mr. Brian Goad of J J Martin Funeral Services.

CLARK

Happy **18th Birthday** Rebecca on July 18th. May all your dreams come true. Love Mum, Dan, Emma, John, Josh and Aimee. Xxxx

DENTDALE CHOIR

Dentdale Choir's new season begins 9th September in the Dent Memorial Hall at 7.30pm. New members welcome. Tel: 25594.

JAMES

Chris, Liz, Tyler and Elyah would like to thank everyone for cards, good wishes, flowers and gifts received in the birth of Solomon William on May 13th. Thank you all.

LEIGHTON'S BARBER SHOP & HAIR SALON

The Salon would like to welcome Clare, the newest member of our friendly team. Clare, who is new to the area is a fully qualified stylist with lots of fresh ideas and we look forward to working with her.

WHICKER

A very happy **50th Birthday** Jacky on 8th July 2008. Lots of love and best wishes from Dennis, David, John & Charlotte. XXX XX X



WHICKER

Congratulations on achieving your **Golden Jubilee Year** Jacky. From all your friends in Sedbergh.

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Arts & Heritage Centre

Mooch around the mill on a long lazy summer day and lounge by the river with some delicious freshly prepared food at Weavers Tea Room.

River

Paintings by Frances Winder Textiles by Jan Hicks

5th July - 3rd August

Jan Hicks and Frances Winder are exhibiting work based on their sketches and studies of the River Kent. Paintings, sculptural embroideries, drawings and applied embroidery pieces all reflect the inspiration of the river in all its moods from source to sea.

Workshop

Frances and Jan are running a workshop on 26th and 27th July.

Day One is spent sketching the River Clough and

Day Two applying that inspiration to embroidered pieces.

For details on these and more workshops, visit www.farfieldmill.org or contact the Mill directly.

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### DENT PARISH COUNCIL

The June Parish Council meeting was a relatively short one, but the issue of noise in the village at weekends was raised in the regular Public Forum item. This agenda item takes place every meeting about 8pm and is an opportunity for anyone to raise any issue that they wish.

As usual, the full Parish Council minutes are published on the Dentdale website [www.dentdale.com](http://www.dentdale.com).  
*Dent Post Office*

Following the discussion at the Annual Parish Meeting in April, agreement has now been reached with Sedbergh Post Office for the Post Office outreach service on Tuesday and Thursday mornings to

be sited in Dent Stores. A number of technical issues are now being investigated by the Post Office, and so it is unlikely that any change will take place before late August or early September at the earliest. When this outreach service is set up, its existence will only be guaranteed for twelve months. Beyond that, it will depend entirely on how much it is used, so it really will be a case of "use it or lose it".

When the small group of volunteers from the annual parish meeting met to consider the whole issue, Catherine Vinsen offered to co-ordinate support for the new scheme. If you would like to help with this, please contact her on 25815.

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This Team Leaves It Clean

### *Highways Stewardship Scheme*

Joe Nicholson, the local County Councillor, reported that Cumbria Highways were introducing a Highways Stewardship scheme to cover the whole county which would be similar to the Lengthsman scheme proposed a year or so ago. In essence, all parts of the County will have locally-based workers responsible for the roads in their area. They will be able to carry out minor repairs themselves as well as maintaining verges, drains and culverts. More details will be released at a meeting in Sedbergh in early July, but the Parish Council felt that on the information received so far, the scheme had the potential to improve roads maintenance in the Dale.

### *Noise Nuisance*

A member of the public raised the issue of noise in the street made at weekends in the early hours of the morning by customers of the George and Dragon. The Parish Council undertook to raise the matter with the pub's owner.

### *Ann Wilson*

Thanks were expressed to Ann Wilson, who resigned from the Parish Council at the end of June. Ann has served on the Parish Council for a number of years, during which time she has been Chair and Vice-Chair as well being closely involved with the management of the car park and with planning issues. Her detailed knowledge of Dentdale and the people who live here will be considerably missed.



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and much more

### *Proposed Ghyllside development*

The decision to give planning permission for the 12 affordable houses on the field above Ghyllside was reported last month. Those who have looked at the YDNPA's website will be aware that the plans that have been approved are for stone-faced houses, with only five elevations – those facing the beck – to be finished in painted render.

### *Next Meeting*

The next Parish Council meeting will be held on July 7<sup>th</sup> at 7.30pm in the Sedgwick Room. The public is welcome to attend as always.

*Jock Cairns  
Chair, Dent Parish Council*

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SEDBERGH

### **SEDBERGH PARISH COUNCIL**

At the Annual Meeting of the Sedbergh Parish Council held on Thursday 22 May, 2008, Mrs Dorothy Blair stood down as Chairman of the parish council and I was elected to the post. I consider it to be great privilege to have been elected to this position and will endeavour to do my best for Sedbergh and district and its inhabitants whilst I am Chairman.

However, I would wish to pay tribute to both the late Alan Pratt and Dorothy Blair in respect of their work as Chairmen of the council. Alan was a wise and thoughtful chairman with a deep understanding of the local community and its people and was always at pains to ensure that their interests were well served.

Dorothy worked tirelessly as his Vice-chairman especially over the past two years and has recently steered the council through a difficult period. The parish owes both of them a great debt.

As for the future there are a number of challenges facing the town and the

parish council. These include the proposed development of the Auction Mart site, the future of the Community Office, the development of a Parish Plan and the impact of the Appleby Horse Fair on our community. Each of these involves the need to develop good working relationships with other agencies and to this end I hope that during my time as Chairman these can be achieved for the benefit of Sedbergh.

For those who wish to contact any member of the Parish Council there is a full list of Councillors addresses and telephone numbers at the Community Office and in the parish notice-board on the wall in Main Street next to Ellie's.

*Vic Hopkins, Tel. 21455*

### **DENTDALE DIBBERS**

Please do get in touch if you are interested in getting a gardening group together of any shape or form. Would the gentleman who rang please get in touch again. Sarah Dent 25212.

## JULY GARDENING

As I look out of the window and across to the birch and sycamore trees at the end of the garden, I can see that the fresh bright colours of the spring foliage have already darkened, and everything has become a uniform mid green. This makes a lovely backdrop for the various grey/blue leaved trees and shrubs which are dotted around the garden.

In pride of place in the middle of the lawn is the Atlantic Cedar (*Cedrus atlantica glauca*) with its graceful spreading boughs, bearing whorls of pale blue/green needles. The Cedar obviously likes it here. At 20 years old it is around 20ft high and 20ft wide. It will ultimately eat up the whole lawn,

but it is so beautiful that it is impossible to think of curtailing its growth.

In the "Rose Border" (it only has 2 roses in it, but old names are hard to change), are two more, grey leaved subjects: Weeping Silver-leaved Pear (*Pyrus salicifolia* 'Pendula') and Woolly Willow (*Salix lanata*). The former is an excellent small tree for small gardens. Mine is around 25 years old and is about 8ft high and 10ft wide with branches sweeping down to the ground. It grows here unchecked, but this tree can if needed, be pruned down to keep it smaller, or pruned up to give space for plants to grow underneath and although it always looks a little shocked and clipped after its annual September chop it recovers well and looks as good as new in the next growing season. The willow has furry soft grey leaves and makes a low spreading bush, perhaps 4ft high and 6ft wide in 20 years. It bears large catkins in late spring as the new leaves unfold.

Last, but by no means least is a shrub called Oleaster (*Elaeagnus angustifolia* 'Quicksilver'). This deciduous plant has very silvery leaves and stems and a graceful arching habit. Flowers which are born in summer are small and pale yellow and sweetly scented. The plant makes a lovely foil for blue *Geranium* 'Rozanne', pale pink Rose 'Stanwell Perpetual' dusky pink Oriental Poppy 'Patty's Plum' and lavender blue *Viola cornuta*.

*Elaine Horne*

SEDBERGH & DISTRICT

# HISTORY SOCIETY

A Tour of  
Middleton Hall & Church

**Wednesday 9th July**  
**2 pm**

Meet at 2 pm at the Hall.  
Park on the grass verge on the  
main road or ring  
015396 20726  
for a lift  
Members only on this occasion

---

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

### DENTDALE W.I.

The midsummer meeting was chaired by Nancy Murdoch as President Catherine Sugden was on holiday. We heard two reports, the first from Judith Newsham on the group meeting held in May in Barbon's beautiful village hall, apparently it had been well attended, and the Brazilian speaker had been interesting.

Kate Cairns gave a report on the talk by the Driving Agency aimed at the older driver and entitled "Arrive Alive" which Dentdale had hosted in the Memorial Hall. Dentdale WI members helped with the refreshments and we were well supported by members from other WI. Various safety features were talked through, and the speaker reminded us to always drive at one's own capacity!

Nancy then drew our attention to future events and said that due to summer holiday closure of the Memorial Hall for essential roof repairs, the Fashion Show booked for 25<sup>th</sup> July in aid of funds would be held in the schoolroom of the Methodist Chapel. Tickets will be £4 to include wine and bites.

Our support for Dent Gala this year will take the form of a cake stall as the kitchen will be out of action as previously mentioned, making it impossible for us to serve tea.

Our collection over the year for *pennies for friendship* amounted to £65 towards the valuable work of the ACWW

The guest Speaker for the evening,

Sophie Chaplin, needed little introduction. Sophie had been asked to present an evening of "Hands on Felting" and surprisingly quickly, she had us all starting to make a small felt picture. It was great fun as we laid out our merino wool strands to form a dense pad. With plenty of water and some soap and with lots of pummelling and rolling, we managed to get the felt effect. We had decorated the squares with a freehand design or a flower as we had been shown. Everyone entered the competition this month as our finished squares were placed together on a table to form a display of which we were all justly proud of our efforts and Sophie declared Rita Corpe's square the winner.

It is the summer outing next month to Clearbeck Gardens (July 9<sup>th</sup>) and all those going are to meet at Dent car park at 10.30 am

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### MAY WEATHER

May was certainly a month of extremes! We had an official drought with the lowest monthly rainfall I have ever recorded with only 0.63 inches and that was the result of two showers. It was also the longest period I have recorded winds from an easterly direction hence our dry warm spell. On only 2 days did we have winds briefly from a westerly quarter towards the end of the month. The easterlies were quite keen with gusts reaching double figures on all but 3 days. The maximum wind speed I recorded was 27.1mph but there were times when it was difficult to walk against the wind suggesting that the wind was much stronger. During the second week we had maximum temperatures in the 70sF with a high of 78.8F! A week later we had night time temperatures down in the 30sF on 3 nights with a ground frost on 2 nights and a low 34.2F twice.

I think May is my favourite month with all the fresh greens on the trees and hedgerows, the blossom on shrubs and an increase of garden and hedgerow flowers. It is also the best month for bird song, if you want to be up at 4- 4.30am!! The birds are busy feeding young and the migrants are either nest building or sorting out their old ones. The blackbird and robin have got their first clutches away in our shippon. Our "resident" swallows have obviously gone elsewhere this year. The house martin came and looked at last year's nest, which had been commandeered by a house sparrow, and promptly left not to be seen again! In fact I have seen very few hirudines this year, certainly around us. Also for yet another year I have not heard a cuckoo. I have heard a green woodpecker fairly regularly but have seen it yet. I was pleased to see a couple of pipisterelle bats flying around again after quite a period without them. The only downside for me with this month is that with the longer evenings come the midges. The pesky things make it impossible to work outside after tea. Another mishap, due the strong winds, was the blowing down of a goldcrest's nest. These gorgeous little structures of moss and hair are just perched on a branch in a conifer without much in the way of attachment hence it came to grief. I saw another nest which had suffered the same fate so let's hope these tiny birds managed to rebuild and raise a brood. Ah well you can't win them all!!

Philip Horner

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## FESTIVAL OF IDEAS

### *What's the Big Idea?*

Sedbergh is now beginning to attract national recognition as England's Book Town thanks to its growing programme of live events and book-related activities. One of the events promoted by the Book Town is The Festival of Ideas.

Launched in the summer of 2007 the festival immediately established a unique reputation as an exciting and challenging project that intends to address issues of public concern by examining and debating new ideas and developments in the fields of politics, morality, global warming, science and the arts. The 2008 festival is scheduled to take place from 17 – 20 July when venues throughout the town will host talks, presentations and debates.

Audiences will have the chance to air their own views at the end of each presentation when the 'Ideas Exchange' session takes place.

"These Ideas Exchange sessions are not only innovative but vitally important," says the Festival's new Director John Rice, "They offer the opportunity for everyone to either agree with certain viewpoints or disagree by challenging the opinions of others in a constructive and positive way. The Festival will, in future, maintain its high standards whilst nurturing community and educational involvement in the free exchange of ideas. For me this is one of the most exciting aspects of this unique festival – the chance for local

## 'RAISING THE ROOF'

*St Andrew's Church, Dent*

# CRAFT DAY

**Saturday 12th July**

1pm to 5pm

Admission to Hall £2.50

*includes Refreshments*

Victorian Altar Frontals will be on display in St Andrew's Church & you can make yourself part of history by 'adding a stitch in Time' to a Pulpit Hanging in the Victorian style.

The Memorial Hall will have Crafts on display, some of which you can 'have a go at doing yourself'.

Crafts such as:- Silk Printing,  
Tatting, Rag Rug Making,  
Bobbin Lace, Spinning, Knitting,  
Walking Sticks & Alpaca Crafts.

people, from children to mature residents, to be involved in creative thinking and positive, transformational action. This is what separates the Ideas Festival from other festivals – the fact that it can, and will, change things."

John Rice, a widely published poet and storyteller, has recently moved to the Book Town and comes with a track record of having organised many literary and music festivals in the south of England, including the Kent Literature Festival which is now in its 28<sup>th</sup> year. He has worked for the Arts Council and has been director of a major arts centre. For the past 17 years has been managing a

countywide programme of international arts exhibitions, festivals, live events and cultural projects for Kent County Council.

Guests already confirmed for this year's Ideas Festival include Martin Bell, the former BBC journalist famous for his reports from war-torn areas of the world; the widely acclaimed author and philosopher Raymond Tallis who will be exploring what makes up our 'souls' and our consciousness. Baroness Shirley Williams, the well-respected politician will be the festival's special guest this year and she will be talking about 'The Age of Ideas' that we live in. Other guests include Mark Lynas whose film for National Geographic earned him the title of 'Emerging Explorer' in 2006, and Richard Holloway, former Bishop of Edinburgh and founding member of the Human Fertilisation & Embryology Authority. A variety of other speakers will be addressing issues such as eco-living, diversity & equality in Cumbria, belief and science. *The Mail on Sunday's* Peter Hitchens will close the festival with a fiery speech about the future of British politics as he sees it.

An important new development this year is that there will be opportunities for children and their families to be involved in the festival. For example there will be a thoughtful session presented by Philosophy 4 Children at which children can present and debate views on a wide range of important subjects that concern all of us. Also, the world renowned theatre



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company Shakespeare 4 Kidz will present four half-hour workshops for families. These fun-packed workshops will look at how Will got the ideas for his plays. John Rice promises more of this kind of community and education work for the future: "I am determined to make local people feel involved in and proud of this festival. It has huge potential to become an important opportunity for Sedbergh to be seen, both nationally and internationally, as a town where imagination and creativity are held in high esteem. As an active, inventive Book Town Sedbergh could become the engine room where ideas are generated to drive local prosperity and gain national recognition. The Ideas Festival will aim for nothing less."

The Ideas Festival brochure outlining all of the events is now available throughout the town. In case of difficulty contact: John Rice, The Old Bull Hull, Briggflatts Lane, Sedbergh, Cumbria LA10 5HN. Tel: 015396 20929 or email poetjohnrice@btinternet.com  
*Tip of the day.....book early!*



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### **SEDBERGH PRIMARY SCHOOL**

#### *Application for Premises Licence*

Under the Premises Licensing Act 2003 schools need to have a license to cover entertainment such as our class assemblies and Christmas concerts. As part of this application I am informing all Sedbergh residents that I am duly applying for such a license. We are not intending to change our practice in any way but if anyone would like any more details do please contact us at Sedbergh Primary School 015396 20510 or call in. We will be very happy to explain further.

*M. Cullen.  
Sedbergh Primary School.*

### **SEDBERGH BOWLING CLUB**

Sedbergh Open Pairs were played on 25th May, this year sponsored by Skipton Building Society. Sixty four entrants enjoyed the competition in spite of strong winds. The very dry conditions and a very fast green, making it challenging.

There was an assortment of home-made refreshments on sale which were delicious. The President for 2008 Mr. Jim Greenbank presented the prizes and congratulated winners Dave Nelson from Victoria Club and Keith Hoggarth from Netherfield. Runners up Jean Taylor and Michael Butcher from Allithwaite. Sedbergh players Arthur Bramham and Christine Williams lost in the quarter finals.

Both May and June Taster Sessions were successful. Many came to find out more about the sport, and enjoyed playing in such beautiful surroundings and lovely weather.

We have a number of new members joining us. We are not planning any more tasters, but please ring me (Linda, on 20279) if you are interested in tuition, which can be arranged to suit you.

**GRAHAM J MOFFAT**



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### DAME MARY PETERS

The report in the June Lookaround concerning the presentation of the Metcalfe Trophy mentioned that Dame Mary Peters had a grandmother who lived in Sedbergh.

Her grandmother was Mary Metcalfe, of Nether House, Garsdale and later of Liverpool. Mary Metcalfe was one of the 12 children, (3 boys and 9 girls) of Christopher and Jane (Dinsdale) Metcalfe. Mary, and another sister, went to Liverpool to help her brother Edmond Metcalfe, who had a milk house in Woolton, when he became ill. Sadly, he died when only 27 and is remembered on his parents' gravestone at Low Smithy Garsdale. Mary Metcalfe met and married Robert Henry Peters and they lived at Langstane House, a reminder of 'home'. Their family, like many others who moved away, retained links with Garsdale and the children visited their grandparents for

holidays.

This Metcalfe family can be traced back in the parish registers for several generations, for much of the time living in Lower Garsdale. Christopher and Jane moved into Nether House in the 1860s. In the census and trade directories Christopher (died 1916) is recorded as a farmer and quarry foreman. When Jane died in 1928, another local family, who stayed until the 1970s, took on the farm.

Moving further back in time, Christopher was the son of John (born 1809) and Isabella (Wightman) Metcalfe. John and his older siblings were baptised in Sedbergh, so they don't feature in the Garsdale Baptisms. His younger siblings appear in the Garsdale baptisms, children of William and Mary Metcalfe of Giles.

John and Isabella became strong Methodists and their son, John, was a Lay Preacher living at West Mostards, Garsdale in 1901. John and Isabella lived at Hind Keld and then moved to Ratten Row and John developed the quarries there. John, Isabella and a son, Christopher or a brother, feature in pictures taken by the Brunskills in their Sedbergh studio in 1866. Interestingly copies were preserved in a Bible owned by one of their granddaughters.

The connections between local families are strong and so this Metcalfe family have links with others that moved to Liverpool, including the wartime comedian Tommy Handley. But that's another story!

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## **SEDBERGH TOWN BAND**

### **GALA 2008**

The Town Band again led the parade from the fire station to the Lupton fields, Back Lane, providing a rousing start to 2008's most successful event.

In the course of the afternoon, from the shelter of their own marquee, the Band played a much appreciated selection of the more popular numbers in their repertoire.

### **BAND TRIP TO DUMFRIES**

On Sunday 25th May the Band gathered at the Cairndale Hotel, Dumfries, to make the recording of the C.D., that is part of the events arranged to mark the tenth anniversary of the formation of the Town Band.

A two hour recording session on Sunday evening was followed on the three subsequent mornings with 9.00 to 1.00 pm sessions and a further two evening sessions, Monday and Tuesday. This enabled some eighteen items to be recorded to the combined satisfaction of Director of Music Alan Lewis and recording technician Malcolm.. Much practice combined with repeated playing of the selected pieces that are to comprise the C.D., was required. The finished article is scheduled to be ready to coincide with the Anniversary Concert in Powell Hall on Saturday 27th September.

Afternoons were free and members of the Band, many accompanied by wives, husbands and families, made use of the hotel's facilities (which included a swimming pool and fitness

centre) and visited the various attractions in this popular tourist area.

The final evening of the visit started with a presentation at supper to secretary Hilary Hodge and Director of Music Alan Lewis by the Band as a mark of appreciation for all the organisation that had gone into setting up the trip. This was followed by a concert given to an audience comprising the Band's supporters and other guests in the hotel.

### **ANNUAL GENERAL MEETING**

The A.G.M. was held immediately before the regular Wednesday rehearsal on June 4th.

The Chairman, Sandra Waters, reported a busy year just gone that saw the Band in Italy as well as giving concerts and playing at a number of functions locally. She drew attention to the acquisition of a specially designed trailer to transport instruments, stands etc., to playing venues. She proceeded to allude to the various activities that will be marking the tenth anniversary of the Band's formation including a major concert in September to be held in Sedbergh School's Powell Hall, the availability of a C.D., recorded recently by the Band in Dumfries and the publication of a history of the Band's first ten years.

Finally she announced that Douglas Thompson had agreed to become the next president replacing John Metcalfe who has served in this position since the Band's formation. The President's Cup, given by John and awarded to the player who has made the most progress in the year,

# SEDBERGH FESTIVAL OF IDEAS

Thursday 17th to Sunday 20th July

All Bookings made at  
TIC Main Street

## Thursday 17th

8pm People's Hall: Reflections of a War Zone Thug £7.50 (£5)

## Friday 18th

4pm Farfield Mill: Standing on Dignity £6 (£3c) *includes refreshments*

7.30pm People's Hall: Living well within our means £7.50 (£4c £2s)

## Saturday 19th

10am People's Hall: Varieties of Consciousness £15 (£6c) Ideas only 11.45am £6 (£2.50c)

2.30pm Farfield Mill: Who on earth was Jesus £6 (£4c)

4pm People's Hall: Philosophy for Children £3 (£2s £10f)

5pm SS Powell Hall: The Kingdom of Infinite Space £7.50 (£4.50c)

6pm, 6.30pm, 7pm & 7.30pm People's Hall: Where did Shakespeare get his ideas? £2.50 (£1.50s)

8pm SS Powell Hall: The age of Ideas, the era of the Imagination £7.50 (£5c)

10.30pm Dalesman Inn: Late Night Comedy of Poems & Pints Free

## Sunday 20th

10am People's Hall: Varieties of Consciousness £12 (£5c)

11am SS Powell Hall: Six Degrees £6 (£4c £2s)

2.30pm SS Powell Hall: Shaking the Kaleidoscope £6 (£4c)

4.30pm SS Powell Hall: The Political Future of the UK, if there is one

6.30pm Dalesman Inn: Festival Feedback Free

will be a constant reminder of his connection with the Band.

Treasurer Carl Storer reported a sound financial state of affairs but warned that significant commitments meant a temporary halt would have to be placed on further major expenditure.

The meeting closed after the existing committee was elected in toto to serve another year.

### **MASTERCLASS**

The second of five arranged masterclasses took place on Sunday 8th June. Nick Hudson, a world renowned trombone virtuoso, in the morning joined the Band in the Sedbergh School Band Room. He

took the players through various numbers, though he started the session with an illuminating and valuable lesson on the importance of and techniques involved in warming up before playing. Exhibiting a full range of wit and perceptive insight he was able to add polish to individual and collective performance.

In the afternoon, in the U.R.C., he gave a recital in which he demonstrated an astonishing level of accomplishment on this most demanding of instruments.

After playing his demonstration pieces he coached the trombonists in the audience.

GB

### **SETTLEBECK CROSSING**

Mrs Kirby's article in last month's *Lookaround* is a very good summary of the dangers, concerns and penalties concerning the Settlebeck Zebra Crossing. Many of you will be aware that I am on duty at the crossing most weeks and of course when I am there, nearly all the drivers adhere to the speed limit. I intend to vary my duty day each week whenever possible so that my presence is not so predictable! The Constabulary's Traffic Manager, Roger Mallett, visited the crossing at my request and it was he who proposed the repainting. I spoke to CCC Highways department in early June and they have this in hand. You will also know now that the flashing amber lights have just been installed on new lamp standards so the crossing's presence will be much more visible than in the past. The question of adding a 20 mph speed limit has been raised with me but it is very rare for such a limit to be added to an A road unless it is part of a much wider traffic calming scheme. It would seem that many of the offenders who drive carelessly or even dangerously in the vicinity of the crossing are local people. There is no excuse for this behaviour, careless driving put lives at risk unnecessarily so I would urge all motorists to adhere to the 30 mph limit, do not overtake anywhere near the crossing and make sure to stop for everybody waiting to cross.

*Special Constable Michael Roberts  
Sedbergh Police Station*

### **ATTENTION FELL RUNNERS**

'A Hell of a Rise Hill'. Dentdale Fell Race. 2 pm. Saturday 23rd August. Part of the Dentdale Show.

An Ascent of 1385 feet in 1.45 miles and then return by the same route.

Current record holders 2007 -John Heneghan 27.21, Sharon Taylor 34.15.

Why not come and give it a go?

John Heneghan says "It's a cracking little race".

This race will be one of the short races in the English Championships 2009. If you run it this year you will gain local knowledge.

For more details telephone John Hyde on 015396-25503 or F.R.A. Calendar/ Handbook 2008., dentdaleshow.com dentdale.com/fellrace

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### HOWGILL W. I.

Our June meeting was held at Firbank Church Hall. President Mary Silva opened the meeting by giving a warm welcome to everyone.

Sadly we are losing two members Liz Coupe and Judith Todd who are moving out of the area. We send them our good wishes.

A warm welcome to a new member Maggie l'Anson. Maggie is no stranger as she is a former member now living back in Firbank.

Six members had an enjoyable evening at the Group Meeting hosted by Barbon W. I. Mary Silva's hand knitted doll was 3rd in the competition. Congratulations to Thornton-in-Lonsdale and Dent who were 1st and 2nd.

Two member joined the 'Arrive Alive' meeting at Dent to brush up their knowledge and driving skills on country roads to high speed motorways.

Final arrangements were made for our summer outing to Broadleighs at Windermere. Members were reminded of our Coffee Morning in July.

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June is the month when we break with tradition and members become the speakers, with a selection of poetry and readings.

Mary Silva took a nostalgic look back to the 1970's with some interesting snippets from the archives.

The competition for a single flower in a vase was won by Mary Silva with Bridget Postlethwaite second. Raffle winner was Bridget Postlethwaite. A quiz to name the birds was won by Tanya Hoare, with Dilys McCaffery and Barbara Axford joint second.

A Jacobs Join supper and a special treat of Bucks Fizz brought the evening to a close.

Due to a booking error Ivan Day cannot be with us on July 3rd for our Open Evening. We are pleased to say Duncan Campbell from Kendal has agreed to stand in at short notice. The theme is cookery -U Cook, I Cook, demonstrating a four course meal cooked with low fat, at a low temperature. Do join us at Howgill Village Hall at 7.30pm. Everyone welcome on July 3rd.

A.H.

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# BARBECUE



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 @ The Vicarage, Loftus Hill  
 Adults £3.50 under 16 £1.50  
 Under 5 Free

### CHAMBER OF TRADE

From the minutes of the meeting held on 19<sup>th</sup> May.

#### *Matters Arising from the minutes of April's meeting*

The Chamber, Farfield Mill and the Book Town are working together to deliver a programme of advertising for Sedbergh as a whole. May has seen a month's advertising on The Bay Radio Station comprising competitions every day.

M. Dawkins reported that the Sedbergh Lifeline First Aid training prize was won and the lady winner booked for more of her staff. Matthew was pleased with this result and has listened to the radio spots and says that they have been punchy and noticeable.

Remainder of the year's advertising rough details:

- Sponsorship of Lakeland Radio Time Checks June 1<sup>st</sup> 2008 – August 31<sup>st</sup> 2008 inclusive
- Outside Broadcast – Sedbergh Charter Market 16<sup>th</sup> August 2008 now **cancelled**
- 151 X 30 second commercial

spots including production x 2 creatives & licensing for The Bay to be used between May 1<sup>st</sup> 2008 & April 30<sup>th</sup> 2009

- A dedicated 'Sedbergh Today' web page on Lakelandradio.co.uk with feature links to Sedbergh/Farfield Mill to commence in May 2008
- Winning Weekend competition 'The Big Idea' to promote Sedbergh Festival of Ideas in July 2008
- The launch and continuation of an on-line and on-air 'Big Read' book club to promote Sedbergh Festival Of Books and Drama in September 2008
- A budget allocation of £1000 to be used for specific Farfield Mill activity between May 1<sup>st</sup> 2008 & April 30<sup>th</sup> 2009
- Around 120 spots between mid November and mid December to advertise Christmas in Sedbergh and at Farfield, exact nature of promo and wording of ads to be confirmed.
- The availability of a Sedbergh COT airtime discount package for individual traders for November & December 2008 and January 2009

#### **Spar:**

Planning documents can be viewed in the tourist office but must not be removed from there.

Members of the Chamber are asked to put any concerns in writing to the Secretary.

#### **Brown signs:**

Jean Pearson from Farfield Clothing has been dealing with Tim Farron. All we are requesting is a sign on the M6 both North and South reading Western Dales, this seems to have been agreed though implementation would seem to be waiting for the end of a pilot study of brown signs to the Lake District etc. which ends shortly.

The Chairman will write again to Tim Farron and to stakeholders.

**Charter Market:**

The members present at the meeting decided that it was better to **cancel this event** due to lack of support from traders from outside town and general over commitment amongst Chamber members..

**Sedbergh Book Town:**

Carole Nelson representing the TIC and Hilary Hodge representing the Board of the Book Town explained that it would not longer be possible for the TIC to make bookings for accommodation providers who were not quality inspected as this action opened the Book Town open to legal action if a visitor had problems with accommodation. Members of the Chamber present were all inspected and it is not believed that this decision will affect any Chamber member adversely. The Chamber listing of accommodation providers on the website will continue to be inclusive. After much discussion it was decided that the TIC would charge between £3.00 and £5.00 as a flat rate booking fee for bookings made.

**Finance:** Chamber banking has

\*\*\*\*\*

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(Group talks given : enquiries 015396 22033)

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now been moved to NAT WEST. Will those members who pay subscriptions by standing order please note the new payment details below.

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Sedbergh Chamber of Trade has great pleasure in inviting any trader or business person from the district to join our group. Please telephone 015396 20034/22079 for details or Nigel Close 015306 21000 membership secretary.

### COUNCILLOR'S CORNER

It already seems some time since we were elected and we are beginning to get our feet under the table! In Peter's case this means a seat on the Licensing Committee and in mine a seat on the Planning Committee. We are both also involved with Overview and Scrutiny Committees and various Task and Finish Groups.

Well, the gypsies have come and gone for yet another year. No-one, I think, can deny that there haven't been serious problems again ranging from fouling of the river banks, inappropriate pasturing of horses, traffic offences, squalid encampments and intimidation of other road users. I

personally had to report three incidents to the Police. All this despite the various meetings between police, statutory agencies, District Council members and officials and representatives of the various Parish Councils. Obviously this process of liaison and sharing of information needs to continue and Peter and I intend to play a part in this ongoing exchange.

I am particularly interested in the rapidly growing Transition Towns movement (for more details see June Parker's article in the June edition of the Lookaround) which is unfolding in this part of the world under the umbrella of South Lakes Action for Climate Exchange and Transition



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South Lakes. This is a grassroots movement empowering local communities (there are now over sixty in the country as a whole) to progress towards sustainability under the growing threat/challenge of Peak Oil and climate change. I am liaising with local activists and also attended a mini Climate Change Conference at Kirkby Lonsdale on the 15<sup>th</sup> June addressed by Kate Rawles an environmental lecturer at the University of Cumbria and by Tim Farron MP. The questions arising from these two speakers and the chaired discussion session afterwards proved to be inspiring and informative. It was a well attended event and hopefully there will be more over the coming months.

Anyone who would like to be involved or know more please contact me direct. It is envisaged that there will also be a public meeting in Sedbergh examining Transition Town issues more closely with particular reference to:

1. Eco-friendly and affordable housing
2. Local food production
3. Community transport schemes
4. Development of alternative sources of energy

The forthcoming wind farm application in respect of a site at Old Hutton although not in the Sedbergh and Kirkby Lonsdale Ward is close to its boundaries and some of our Ward residents may well have views on the subject which they may wish to communicate to us.

Peter is showing a strong interest in

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SEDBERGH SCHOOL  
MEDICAL CENTRE**

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PUBLIC MEETING  
TO DISCUSS THE PROPOSED  
NEW HEALTH CENTRE**

**WEDNESDAY 23rd JULY  
AT THE PEOPLES HALL  
7.30 pm  
ALL WELCOME**

the Dent Parish Plan and all your District Councillors are likely to be involved in meetings with Dent Parish Council and other interested parties. I attended the Sedbergh and Kirkby Lonsdale Neighbourhood Forum on the 17<sup>th</sup> June at which the Parish Plan was discussed and also very strong views expressed by residents of Sedbergh and Sedbergh Parish Councillors on the whole gypsy issue.

Please do feel free to contact either of us at any time over any matters of concern which you may have or in respect of any issues you would like to discuss with us. We are only a telephone call or an email message away.

Best wishes.

*Ian McPherson: Tel. 015396 20648*

*ianmcpherson24@hotmail.com*

*Peter Woof: Tel. 015396 20857*

*peterwoof@hotmail.co.uk*

### UNITED REFORMED CHURCH

There has been much talk of late about refurbishing halls and venues in Sedbergh and at the United Reformed Church on Main Street, we seem to be following the crowd.

Over the coming months we plan to upgrade the access and facilities at the URC to make it easier to get in and more comfortable to use. Gone will be the steps and the dangerous leap into Joss lane and instead a delightful courtyard entrance, a new disabled toilet inside and redecorated hall. Coffee mornings, party bookings and other user groups will all be able to enjoy the easier access and facilities.

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### KENNEL CLUB

*Kennel Club Good Dog Citizen Awards*

On Thursday 12<sup>th</sup> June 2008 Sedbergh Dog Training held their Bronze and Silver awards at the Peoples Hall.

The Kennel Club Good Citizen Dog Scheme Bronze Awards aims to produce a dog that will walk and behave in a controlled manner on a

lead, will stay in one position on command, will allow its owner to clean, groom, and inspect it. The dog must also be able to positioned by its handler for inspection ie, stand, sit or lie down on either side or on its back, all on a lead. The dog must come to hand when called. The Bronze award aims to provide the handlers with basic knowledge and understanding and training their canine companion. The test is non competitive but the examiner should be satisfied that dogs are worthy of passing.

Sixteen dogs and owners took part in the Bronze Award and one in the Silver Award.

The examiner Walter Edmondson is retired Police Dog handler and force dog trainer from the West Yorkshire Constabulary.

He commented that of all the Bronze examinations he has carried out over the last five years this was the most impressive he had seen.

I must congratulate all those who took part for their dedication in getting their dogs to the required standard.

The following owners and dogs who passed, were as follows, Christine Greenfield with Pablo, Helen Doyle with Solar, Roma Singleton, with Mole, Emma Dawson, with Nell, Barbara Dawson with Floss, Nicola Bloomfield with Bella, Judy Speers with Buster and Beano, Julie Wilkinson with Ghillie, Ria Nelis with Flicka, Rosemary Mason with Darcey, Jonathan Harper with Molly, Louise Woodhouse with Mish, and Lorraine Hind with Sam, Bonnie, Anita Udale, and Charlie Karen Bruce Lockhart.

The Silver Award winner was Claire Roper with Monty. C A Robertshaw

**RUTH POSTLETHWAITE**

I would like to thank all customers for their support over the many years I have been mobile hairdressing. Life has changed a bit now.

I left Sedbergh and finished work a little earlier than I intended. Sorry to all those who had to rearrange Christmas Hair Do's. Thank you to Lynn, Jill, Helen, Liz and others who took on extra work at such a busy time.

I was admitted to the Friarage Hospital at Northallerton on 15th December 2007 and gave birth at 25 weeks at James Cook, Middlesborough on 20th December. The Doctors had warned us he may not survive if born this early but George proved to be a fighter when he arrived. Our son was tiny, weighing only 1lb 10oz. George was in hospital at James Cook, the RVI at Newcastle and the Friarage at Northallerton for a total of 18 weeks.

George was allowed out from hospital on 28th April weighing 6lb 10oz. Finally Paul, George and I were a family at home.

George weighed 8lb 11oz on 12th June. He has to return to hospital for a further operation this summer.

We would like to thank everyone for the cards, letters, flowers, phone calls, text messages, visits and presents received. They really helped us through this difficult time.

*Paul, Ruth & George*

**FESTIVAL RELIGION?**

Politics, science, morality, consciousness - and religion! That's

the menu for this month's Sedbergh Festival of Ideas. So what's religion doing here? Don't we get enough of it on Sundays?

Frankly, the three sessions on religion won't be of much interest to those with minds closed to new ideas! Sunday morning is given over to "body, mind and spirit", with newly-elected District Councillor Ian McPherson, among others, challenging us to sample the riches of eastern spirituality. In the afternoon, Richard Holloway, the former Bishop of Edinburgh, takes a critical look at how religion has tried to answer the big questions: Where do we come from? What are we? Where are we going?

On the Saturday afternoon, Stephen Mitchell, chair of Sea of Faith and author of a book intriguingly called "God in the Bath", joins me to discuss what historians, rather than theologians, can tell us about the man Jesus, and to ask whether the Jesus of history is the same as the churches' Christ of faith. Not for the faint-hearted, this one! In all three sessions the Festival will welcome believers, non-believers and don't-knows, to listen and to participate in the "ideas exchanges". As Gallileo told the Pope, "God gave us minds to think with, and ideas to subject to reason". Which could be the motto for this year's Festival.

Brochures available and tickets on sale at the Sedbergh Tourist Information Centre, 015396 20125.

*David Boulton*

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**FAMILY MUSINGS**

Chewing. Can you chew every morsel of food you put in your mouth? You can? Good. I am very pleased for you, and a teenie bit put out because as yet I cannot chew everything I try to eat, some has to be sucked, some gets under my top dentures, (why do I say "top dentures" I haven't any bottom ones .. not yet, work starts again in September) some just slips down. One thing I am happy to do is eat my words, yes, the ones I have said in the past about how going to a Slimming Club was not for me and I could not understand why people do. Some of the best laughs of recent weeks have been on a Thursday eve at "Weigh In", they are a great bunch of folks and daughters and I are happy to be there and as I write this I have "lost" nearly 1½ stones!

Sheer grit and determination have a large part to play in any weight loss and in life in general, this "ulcer" or whatever on my leg has taught me a lesson in perseverance, when all around me are undecided, trying to help, there I am underneath it all coping with the burning. Life,

especially family life needs us to buckle down and sally-forth putting a smile on our face and getting on with "stuff".

On a recent holiday in Blackpool the hotel put-on entertainment every evening and it included a 13yr old boy with an amazing voice, a pair of Beach Donkeys, and a what-so-ever-you-call-it a man dressed up as a woman.. and "he" had better shaped legs than I have!

The scattering of my brothers Ashes overlooking the dale was something of a wild event, it was very windy, first blowing our lunches on paper plates all over the garden and sending plastic cups of wine and juice across tables and peoples laps, then nearly blowing us away up on the hillside. Me thinks he had his own agenda "you think you are scattering me here but in fact I am off West, South, North and East!" It was a happy family get-together, tinged with sadness but

**Paul  
Hoggarth**



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nevertheless a good time, bringing family from as far as Stockport, Rugby and London and friends from Bristol who were pleased to see where he had hailed from and been brought up.

I have been taken to task about my comments last month about locals and off-comers, good, people talking about it is a good idea, two people told me that everyone is 'civil' to each other, and gets along to a certain degree which left me wondering if that is enough for harmony. Of course in some respects if off-comers did not get on the committees the groups would not exist, or would they, if they did not do it would people born here step forward? Some questions will never get answered and I do not have the answers, tolerance on all sides is vital, we have a wonderful heritage here.

Daughters are very busy but I cannot say very much at the moment,



but certain "speculation" about town is really amusing to hear regarding the future of my mums old shop, could really start a rumour but will resist. Hopeful of it all working out and falling into place we wish them all the best with their venture.

Me hiking was a miss-print last month it should have said hiking, I have been out on my bike but as no-one is certain I should have been driving with my leg in bandages getting out on the Bike was a bit doubtful too.

I think the Circuit Prayer Walk might have me beaten this year, certainly not on my bike anyway.

Chocolate and sweets hardly ever pass my lips these days, a rare slice of cake sometimes and oh! every morsel is enjoyed. I love sherbert lemons but on trying one recently to take away the taste of the gummy-stuff I use to fix my dentures with it got well-stuck on the top plate and stayed firmly there for ages providing a pleasant taste until slipped away. Life is never dull and is about to get even more exciting .. *watch this space!*

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### ITALIAN RENDEZVOUS

Forty people, the majority from Sedbergh and district, have recently returned from two visits to Central Italy, with memories of momentous experiences of both the cultural and the gastronomic kind. Historically and geographically Italy takes some beating. The Roman Empire and the Renaissance are two monumental ingredients of its history, and its volcanoes, lofty mountain-peaks and varied and extensive coastline are fascinating geographical features. And then, of course, there is its exquisite cuisine.....

All of these formed part of our recent visits. We were formally welcomed by the Mayor in the attractive spa-town of Fiumicino where we stayed. This lovely town, about 40 miles from Rome and about the size of Kendal, was looking particularly verdant this year after lots of rain. Wild flowers were everywhere in the lovely valley where the healing waters rise - waters that once cured Michelangelo of kidney-stones. The town, steeped in history, is surrounded by beautiful mountain peaks.

Our hotel is family-run and comfortable, the food authentic and beautifully cooked. Single rooms are provided (for us) at no extra charge and we are regarded as friends rather than guests. Strategically placed between Rome and Naples, we explore the area, having our own coach every day and the very best guides at every location. A day in Rome and a day in Naples always form part of our tour. This time, we

visited The Vatican Museums, The Sistine Chapel, The Colosseum and The Catacombs while in the capital, and looked at the entire Roman Forum from an excellent viewpoint on the Palatine Hill where the rich and famous of the ancient city chose to live. In Naples, we visited the park named after the Latin poet Virgil, enjoying glorious views over the Bay of Naples to the Isle of Capri and the Sorrento peninsula. We explored the ancient city of Herculaneum preserved for all time under a massive wave of molten lava when Vesuvius erupted in the first century A.D.

Those were city days. We had quieter days in the country - a visit to the beautiful abbey of Subiaco where St Benedict, Patron Saint of Europe, began his work, and a visit to the farm on the edge of the Abruzzo National Park where DH Lawrence wrote one of his novels. We spent an

## JOB VACANCY

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(Post HS478)

Salary Scale E, SCP 19-23

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56 hours standby paid at  
£1.94 per hour over a 7 day week.

For an informal discussion,  
please contact **Gordon Aitkin**,  
Supported Housing Manager  
on 01539 717713 or 015396 20525

evening tasting wine and gazing over acres of vines with tiny green grapes just beginning to show. We went to an extensive open-air market in a mountain village, in the middle of the cherry season. We ate a wonderful organic meal cooked by friendly farmer, Loreto, and his whole family, and we were the honoured guests of The Baron at a Medieval Banquet in the Castle of Fumone.

We combined all this with some entertaining Italian classes in the hotel, listening to the language and trying to make ourselves understood - even those party-members who had never studied the language at all but chose to join us. A high spot was an introduction by Pierluigi, our Italian

tour-guide, to the Father of the Italian Language, Dante - a fascinating experience.

This was certainly a holiday with a purpose - as one participant said, "one of the best ever". We learned a lot, lived well, and got to know the country and its people. There will be another visit to Fuggi in October (16th to 23rd) when the programme will include the sights of Ancient Rome, a walk to the famous fountains, a visit to a country market, a sight-seeing tour of Naples and a meal at the farm, to mention only a few "goodies" - with further opportunities to get to know the language and culture of Italy even better.

*George D. Handley*



## THE DALESMAN

Main Street, Sedbergh Tel: 015396 21183



# SHIRE HORSE DAY

TUESDAY 29th JULY

- 1200: Shire Horses arrive. Rides for children round Sedbergh
- 1200: Bouncy Castle, Punch & Judy, Balloon Making
- 1pm: Buffet
- 5pm: BBQ & Bar
- 6pm: Live Music till Midnight

Tetleys £1 a Pint  
Bottles of Carlsberg £1



### DENT CRICKET CLUB

For the third time our fixture 1st June v Holker had to be cancelled due to rain.

We had a glorious day 8th June to welcome the Bellringers (Kirkby Malham) . We thought we had them on the rck at 1 for 2 wickets, then 8 for 3 down but good, aggressive batting by J. Bagnall 42 and B. Russell 20 got them to a total of 113.

Mark Dodd bowled beautifully to take 4 for 21. The youngsters Joe Clare (14) and Xavier Baines (14) also bowled well to take 2 for 17 and 2 for 27 respectively.

Xavier Baines also took an absolutely brilliant catch, above his head from a very hard hit straight drive.

Cricket is a cruel game, our stand in Captain David Burton who scored 57 last year (his first 50) was out 2nd ball for a duck, 0 for 1. Although Xavier Baines only made 10 runs he batted with great determination for 19 overs. Bellringers bowled exceptionally well, good length and line. Rob Mitchell 15, Mark Dodd and Xavier 10 were

# farfieldmill

### Part Time Cook required

Two days per week,  
plus one weekend Per month,  
and some holiday cover.

For further details:  
Please call Sandra O'Neill 015396 21958

our best batsmen. All out for 72.

Man of the Match for his batting, bowling and fielding was Xavier Baines. Another young player with ability and promise. David Baines held on to a fine pressure catch off his sons bowling, caught D. Baines bowled X. Baines. It's great to see the youngsters playing. They are the future.

June 15th v Bentham Exiles.

Another fine day of cricket. Captain Burty won the toss and put Exiles in to bat. David Baines took an early wicket, 2 for 1. Even at 74 for 4 we had a good chance. A fine innings by P. Wintley 70, got Exiles to 148.



*Sedbergh*  
**LOCAL PRODUCE & FARMERS' MARKET**



**Wednesday 30th July** Joss Lane, Sedbergh  
*Invite your friends to come along and shop at Sedbergh's Farmers' Market.  
Lots of new and exciting stalls as well as your favourite weekly Wednesday traders.*

**Future Dates:-**  
27th August ~ 24th September ~ 29th October

We again bowled and fielded well. Martin Knapton outstanding in the field. David Baines was the pick of the bowlers with 4 for 26. Chris McClurg took 3 for 27.

Xavier Baines again impressed with 3 overs, 1 for 5. Mark Dodd again bowled well without much luck. His only wicket was Bill Longlands who we loaned to Exiles. It was nice to see Bill back in Dent on leave from Germany.

Chris McClurg and Rob Mitchell got off to a confident start. Chris got a jaffa and was bowled. 15 for 1 quickly became 15 for 2, then 34 for 3. Rob Mitchell batted very well and got us halfway there before being out

for 35. David Baines 19 not out and Martin Knapton 22 put on a good stand for the 9th wicket to get us within 30 runs of victory.

Unfortunately Bill Longlands bowled Martin and we lost by 27 runs.

Everyone enjoyed the day. Although we are a young side now I am encouraged by their ability and enthusiasm. They can only get better as they mature. Rob Mitchell was Man of the Match for his excellent innings.

We desperately need a scorer. If you know anyone who can help please call John Hyde on 015396-25503 or David Burton on 015396-25537.

## THE DALESMAN THAI NIGHT

Main Street, Sedbergh Tel: 015396 21183

*with Thai Chef Aie Fearn*

**Thursdays 3rd & 31st July**

Choice of Starters and Main Courses

*Example Menu*



### Starters:

Fried Won Ton & Sweet Chilli  
Chicken Satay with Peanut Sauce  
Thai Fishcakes & Sweet Chilli

### Main Courses

Tom Yam with Coconut Milk, Lemon Grass & Lime  
Pad Thai  
Thai Green Curry in Coconut Milk  
Thai Red Curry in Coconut Milk  
Stir Fried Chicken with Garlic, Chilli & Holy Basil  
Sweet & Sour Chicken, Pork with fresh Pineapple & Onion  
Beef or Prawn in Oyster Sauce  
Stir Fried Crab in Yellow Curry with Spring Onion



### **CUMBRIA WILDLIFE TRUST**

#### *A new heyday for hay meadows?*

It is estimated that less than 500 hectares of upland hay meadows still exist today in Cumbria. Conservation organisations, Cumbria Wildlife Trust and Cumbria FWAG, are joining forces to halt the loss of both upland and lowland hay meadows and to restore them to their former beauty.

Hay is the traditional winter food for livestock in the Lake District and only a few years ago our valley bottoms would have been filled with the distinctive sight and smell of meadow flowers such as globeflower, wood cranesbill and melancholy thistle. A combination of ploughing, drainage, reseeding and fertiliser have destroyed many of these gems.

Hay meadows have been identified as an endangered habitat in the Cumbria Biodiversity Action Plan. The Cumbria Hay Meadows Project is a three-year project that aims to identify and maintain hay meadows in the Lake District National Park and the wider Orton area, and to restore them where possible. Hay Meadow Ecologist, Claire Cornish, will survey 250 sites for their variety of flowers over the course of the project.

Ms Cornish said: "The data collected from each site will be used to create a management plan for the meadow, which the landowner will use as a guide. The data will also provide the basis for future conservation work on hay meadows in the area, creating a guideline for site quality and a list of flower seed donor sites, which can be

used in restoration projects."

As well as finding and assessing sites, the project will also work with farmers, Natural England and environmental consultants to turn management plans in to practical action on the ground. Bunty Wright, Hay Meadows Project Adviser, will visit farms to discuss the potential for upgrading any Tier 1 land within the Environmentally Sensitive Area (ESA) which meets the criteria for Tier 2 meadows and will also draw up Environmental Stewardship Higher Level Scheme applications on behalf of farmers.

Ms Wright said: "As well as getting out and visiting farms I will be holding some demonstration days on hay

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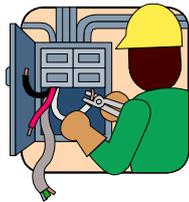
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meadow restoration for farmers who would like to know more. There will also be a newsletter, a hay meadow plant identification guide and we will be offering other related events over the duration of the project."

The first year of the project will target the Orton area where the twite, a small brown finch, is still thought to be breeding. It is one of the last known sites in Cumbria. The decrease in numbers, thought to be 80% since 1990, has been attributed to the reduction in the number of hay meadows. These are vital as they provide seeds, especially those of dandelion and sorrel for twite chicks. The project is particularly interested

to include hay meadows within 3km of the moorlands around Sunbiggin Tarn and Ash Fell.

Any farmers or smallholders with traditional hay meadows who are interested in having a free botanical survey and advice regarding the opportunities for maintenance, restoration or enhancement should call Bunty or Claire (CWT) on 01539 816300.

## SEDBERGH GALA TUP

*A plea to the Editor of Lookaround to be sung to the tune of "How much is that doggie in the window?"*

What weight was that great tup at the Gala?

The one with the Zebedee fleece?  
I've worried and wondered ever since then

Will no-one provide me some peace?  
What weight was the great tup at the Gala?

He came all the way from the Tees  
His coat was all brushed for the Show Ground

And almost reached down to his feet.  
What weight was the great tup at the Gala?

I won't rest until I find out.  
He looked a bit like a local Rough tup  
But had a more upper-class pout.

What weight was the great tup at the Gala?

I've asked all the people I've met  
Not one of them knows of the answer  
And some of them knew not the sheep.

Help please to 61 Main Street.

*Henry Wilson*

## FARFIELD MILL

*Waterloo School Visit – Thursday 5<sup>th</sup> June*

Farfield Mill opened its doors to a party of schoolchildren from Waterloo School in Blackpool on the 5<sup>th</sup> June as the group came to participate in workshops including spinning and weaving wool and experience poetry reading from children's author John Rice.

The group of 90 children, aged between 9 and 10, enjoyed an eventful day which also involved a tour of the Mill and a chance to watch Farfields resident artists at work.

John Rice led the workshops with renditions of some of his favourite poems from his vast collection and had the children joining in and reciting with him. Rice isn't a stranger to working with kids, after visiting some 2000 schools, libraries and festivals in his career. He has also had 13 books published including a book of Scottish Poems, of which he edited. He has also worked in radio and television, on shows such as BBC Radio 2 Arts Programme and children's TV show Jackanory.

Dilys McCaffery also showed the group how to use wool to make clothing items such as skirts or trousers using an old spinning wheel. The demonstration interested the children who asked questions and were keen to watch the experienced weaver at work. McCaffery, a resident artist at Farfield, was happy to answer questions and the kids enjoyed being able to watch how clothes were made in years gone by.

The group also got an opportunity to

tour the Mill, look at the work produced by the resident artists at Farfield, and find out about the Mills history, including how it was run, what it produced and how it was restored.

They also got to look at the sites original mill and Dobcross looms.

The visit gave the youngsters a wonderful insight into Farfields past and also how the tradition of hand making products is being carried out to this day in this old historic building.

**SAM KONCZYNSKI**



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## SWIMMING CLUB

It's been another busy year with lots of members learning to swim, and many more moving up through the groups; Rainbow Awards were extremely popular with around 100 members wanting to obtain proof of their progress! Samuel Roper and Sophie Woof swam the maximum distance of 3000 metres, so well done to them and everyone else; all of you will by now have received your certificates in assembly at school.

This year more swimmers than ever have moved up from beginner groups into intermediate groups which are now bulging at the seams! So make sure you get in touch soon if you wish

to participate in September (Ring Mrs. J. Smith on 20760). We will continue to offer lessons and adult swimming on Tuesdays and Thursdays for three terms of nine lessons.

All our teachers are qualified, having passed the ASA Level 1 course during 2007. We now have a full year's experience of teaching, and it's great to see the swimmers benefiting from this. We cater for the entire range of ability, using a variety of approaches: encouraging water confidence, technique improvement, secondary length swimming and introduction to life saving skills. Unlike the SEAL awards that are done at school swimming lessons, this means that as swimmers become proficient they learn procedures for saving someone else's life. Our students learn to use stop-watches to record each other's timings to improve on week by week.

5 more voluntary life guards have just taken their RLSS Bronze Medallion awards which mean they are qualified for 24 months - without this no swimming would be possible so thank you to all the volunteers. Thanks also to Sedbergh School for allowing us to continue using the pool, and ensure that members can swim locally.

---

#### **LAST OF THE RED HOT LOVERS**

Barney Cashman at the age of 47 wants to join the sexual revolution before it's too late, but Barney Cashman is a gentle sober soul with a true blue wife of 23 years and absolutely no experience in adultery,

so he fails in each of three seductions.

First he tries a flaunting sexpot who likes cigarettes, whiskey and husbands other than her own. Barney is not properly set up for such compulsions, especially in his mother's apartment, so he flunks the course. But he's got a better idea; a kooky actress friend should be just the ticket.

But she turns madder than a hatter. So that leaves his wife's best friend. But unfortunately the friend is a sternly driven moralist who sees sin round every bend. Obviously Barney was born to failure.

Vague Theatre Company's summer 2008 tour takes on Neil Simon's excellent play *Last of the Red Hot Lovers*. Performed 'in the round' VTC transform your village hall into Barney's mothers living room; the scene for his many attempts at adultery!!! Come along and get up close with the action in this hilarious comedy from the talented playwright of such great shows as *The Odd Couple* and *Plaza Suite*.

"Mr. Simon has created a great character here. . . . It is extraordinarily funny and yet also charming. . . . He is as witty as ever, perhaps wittier" ~ *N.Y. Times*

"Delightfully hilarious and witty, as well as filled with wisdom about human nature . . . . An uproariously funny author. But he is far more than that. He has a mellow and compassionate understanding of how weak and essentially well meaning mankind behaves. . . . A genuinely brilliant play" ~ *N.Y. Post*

### DENT CHURCH APPEAL NEWS

We are very grateful to David O'Brien for providing a very clear overview with regard to the Appeal and the St Andrews Church restoration project:

At the end of 2007 it was learnt that the application to the National Heritage Lottery Fund to repair the north aisle roof had been successful. In the first four months of 2008 our architect John Barnes has driven forward detailed investigations into the structure and weatherproofing of the whole building.

To our surprise the Victorian top water drains to the south and north of the church are in good order. It was no surprise that other aspects of the building are in a worse condition. More dry rot was found to be starting in the laths of the north aisle roof. The whole of that ceiling has to be taken out and replaced (with ventilation to the underside of the outer covering). The structural frame at the top of the bell tower is seriously rotten. Some of the timbers appear sound at the surface but are rotted from the wall side to within 2" of the outer surface. The whole frame and the woodwork in which the six bells are hung have to be stripped out and replaced. The tower walls will have to be tied to prevent any outward spread of the walls and ultimate collapse of the tower.

To replace the north aisle roof the organ will have to be dismantled, parts stored, and completely rebuilt when the major works are finished. In the tower the bells will have to be

Sports injuries?  
Repetitive strain?  
Sciatica?  
Stress/tension headaches?  
Back/neck ache?

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Josephine Lade LCSP (Assoc)

lowered and the clock and its mechanism removed. This is in addition to the work that was anticipated: picking out cement pointing from exterior walls, chipping off cement plaster on interior walls, and re-pointing and re-plastering with lime mortar. Scaffolding will be erected inside and outside the church.

It is expected the works will be started in March 2009 and take three months to complete. The church will be closed for the duration. The congregation and visitors will be invited to worship at St John's, Cowgill, (the church patronised by Dent's famous ancestor, Adam Sedgwick), four miles up the dale.

While these investigations into the building have been going on the PCC Appeals Committee has initiated a flurry of support and events. In the first three months the Committee has raised funds to add to the initial Heritage Lottery grant of £168,000 to bring the appeal just short of £190,000. The target of £300,000 is still a long way over the horizon.

*Peter Boyles*

### **KILLINGTON W I**

No competition. No raffle. No birthdays! Surely even I can't make a mistake this month!

Our coffee morning at the URC Rooms was a great success. Thank you to all those who supported us, and especial thanks to all our members who baked, sold, served coffee, bric-a-braced, raffled, washed up, and did all the other things which make a Sedbergh coffee morning a unique occasion.

The gods favoured us with a beautiful day for our summer outing on June 10<sup>th</sup> to Edenlea Garden, at Culgaith near Penrith. Several carloads of us disgorged at our destination, awaiting those who had decided to come via the scenic route! (not me this time!). Our hostess was waiting to show us the garden, which she and her family have developed over the last 40 years. I have never seen a more beautifully manicured garden. The stonework in the garden is mostly of Old Red Sandstone, warm and beautiful. I made the mistake of assuming that the soil in the garden would be sandy and fertile but soon learnt that, like the rest of us, they had to cope with intractable Boulder Clay, a gift from the last Ice Age. However, this had enabled them to incorporate ponds in the garden and we enjoyed watching a pair of swans and their seven cygnets. Our afternoon was finished off with a splendid tea.

Another garden outing awaits us next Tuesday, and then in August our summer Tea Party. Will this be the

years that I take my long promised swim in the River Rawthey? Rawther depends on the weather!

Tuesday September 9<sup>th</sup>, at 2-00pm, will see us, sober, and back in the People's Hall. There's always room for more so do join us if you can. Somebody may showing a belly but it won't be me!

*WFU*

### **CHARITY FUNDRAISING**

*Settlebeck and Young Cumbria  
Charity Fundraising*

We are two girls named Rachel and Becky, aged 15, who attend Sedbergh Youth Group every week. We had heard of groups in our school doing key-funds and had attended a few events like discos. We decided we would like to raise money for charities that were close to us; the Brain Tumour Trust as a friend of ours recently had a brain tumour, and the Parkinson's Society as both of Rachel's granddads have it. Paulyne suggested a key-fund to help us.

Preparations soon began and before we knew it, it was the night. We were so excited and just couldn't wait for it to start. The DJ arrived and really got the party started. People soon started flooding in and the hall was buzzing. We just couldn't believe it when it was time for everybody to leave.

We were astounded when Paulyne told us we had made £260.00 – we were so proud and so pleased it had run smoothly. All our thanks to Young Cumbria who supported our efforts to run a good disco for young people in Sedbergh.

*Rachel Bainbridge &  
Becky Lowther Year 10*

### **DENTDALE METHODIST CHAPEL**

It was good to hear from three people recently that (a) they read this regular column and (b) appreciate it.

We appreciated the visit of one of our former Ministers recently. Rev Eric Card now living in Holme and this set us wondering how many Ministers we can actually recall. I can remember Rev Monkhouse, Rev Hills, Harbach, Blanchard, D Hall, Eric & G Hall but have I got them in the right order?? I am sure someone will tell me!

Our evening services continue and we welcome everyone, in May we held an eve of singing "old favourites" which was much enjoyed, some of us are going to services in other places in the morning or afternoon, getting fed is so important as we live out our Christian faith. Harry Hutchinson was the Preacher at the May United Service in St Andrew's church, the next of these being Aug 24th. Our event that eve will now be held at the chapel due to the Memorial Hall being out of action due to building works, please do not be put-of by the venue you will be very welcome.

We will be joining the Dent Foot congregation on two Sunday afternoons July 27th & Aug 31st and have no evening services on those dates. The Prayer Room is open every day as is the chapel, and we now have a lovely new weather-proof notice board, many thanks to all concerned. The Millennium Quilt showing the interests and hobbies of the children in the school at the turn of the Century hangs in the chapel,

do call in to see it.

Meanwhile we carry on with the Quiet Gardens on the 2nd weekends, but for shorter periods of time, the services and if we can help you by prayer or a listening ear, always in confidence, please do get in touch. If you need our practical help in some way we will do our very best to meet your need or find someone who can.

*SE Woof (Secretary)*

### **CUMBRIA SCHOOLS CRICKET**

*The 22nd ESCA/Bunbury U15 Regional Cricket Festival will be held from Monday 21st to Friday 25th July.*

The Cumbria Schools' Cricket Association has great pleasure in hosting for the first time this prestigious event.

The Festival will be based at Sedbergh School, by kind permission of the Headmaster, with matches played at both Sedbergh School and Netherfield Cricket Club, Parkside Road, Kendal.

Matches at Sedbergh School and Netherfield Cricket Club will be of 50 overs per side duration, and will be played on Monday, Tuesday and Thursday, commencing at 10.45am. Wednesday is a designated rest day. On Friday, there will be two Twenty/20 format matches played at Sedbergh School in the morning, starting at 10.00am.

This festival brings together the most talented U15 cricketers in the country, from which the full England U/15 squad is selected.

Players in recent years have included: Michael Vaughan; Ian Bell

Alistair Cook; Andrew Flintoff; Matthew Hoggard etc and Cumbrian Paul Nixon, the current Captain of Leicestershire County Cricket Club, and One Day England Internationalist.

Regional Caps will be presented to the four teams on Monday 21st July, at 9.00am, on the steps of Sedbergh School main cricket pavilion, by John Crawley (Lancashire, Hampshire and England).

There will be a Festival Dinner on the Thursday evening at Powell Hall, Sedbergh School, for the players, officials and invited guests. The main speaker will be Geoff Cook (Northamptonshire, Durham and England), the Head Coach of Durham CCC.

*Martin Cope  
(Festival Director)*

#### **LADIES N. F. U.**

The outing on the evening of the 17th June was to Leighton Hall, when twenty eight members and friends left Sedbergh by coach.

We were met by Mrs. Reynolds, the current owner, who then took us on a guided tour of the house and told us all about the Waring and Gillow furniture in the house. She told us that they had inherited the house, her husband being a descendant of the Gillows family.

After admiring the beautiful interior of the house, we all sat down to a lovely buffet meal in the restaurant, after which we had a stroll around the lovely gardens. We then returned to Sedbergh after what had been a most enjoyable outing.

#### **HOW SAFE IS YOUR HOME ?**

Cumbria Fire & Rescue Service is working to reduce the number of people being killed or injured in house fires. One of the ways we are doing this is to carry out Home Safety Visits.

Every home in Cumbria is eligible to apply for a FREE Home Safety Visit to help you recognise and deal with the potential fire hazards in your home and fit a smoke detector where necessary. If you contact us, we will help you design a "fire plan" so that you will know how to react if you have a fire in your home

Cumbria Fire & Rescue Service have already carried out more than 18,000 of these Home Safety Checks. This service is completely Cumbria Fire & Rescue Service Cumbria Fire & Rescue Service have already carried out more than 18,000 of these Home Safety

Firefighters in South Lakeland have carried out more than 9000 of these Home Safety Checks.

This service is completely FREE OF CHARGE and will not take up more than 30 minutes of your time. These FREE Home Safety Checks will be carried out by local Cumbria Fire & Rescue Personnel who will always carry an Identification Card. **Never let anyone into your home until you have seen their ID Card.**

Call now to arrange for a Fire Officer to complete a FREE Fire Safety Check in your home and to discuss your fire plan on 01539 797628 or 0800 358 4777.

### FREE KIDS FOOT CLINIC

During the Summer holidays there will be a **free children's foot clinic** offered on **Thursday mornings** at the Chiropody clinic, "Pedi-Care" House, Howgill Lane.

There is no need to book an appointment, just turn up on a first come-first served basis..... although you may have to wait a bit!

Hours 9.30 to 12.30.

*Kay Whittle, Chiropodist*

### RECYCLING NEWS

During April South Lakeland District Council completed the introduction of kerbside recycling as the standard service throughout the district. As a result over 50,000 households are now recycling as part of their everyday routine. The first changes were made in 2003 and at the time over 90% of the district's waste was sent to landfill, around 40,000 tonnes of waste every year. We have also introduced and extended the network of plastic and cardboard banks during recent years and

these have been very well used with banks at the busiest locations being emptied every day, including weekends and bank holidays.

South Lakeland now makes a massive contribution to improving the environment by recycling thousands of tonnes of waste every year. During April you recycled around

1,300,000 newspapers

770,000 glass bottles

1,500,000 cans

3,900,000 plastic bottles

50 tonnes of cardboard

30 tonnes of clothing

Around 45% of the waste collected in April was either recycled or composted, a big change from 2003.

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.

## CHIROPODY SERVICE

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MSSCh DipPodMed MBChA

Pedi-Care House, Howgill Lane, Sedbergh

9am to 5pm Tuesday - Friday

Tel: 22122



**\*\* FREE KIDS HOLIDAY CLINIC THURSDAY am \*\***

**Supplier of HJ Hall Socks**

### **DENT GALA**

August Bank Holiday Monday. We plan to start at 11am on 25th August and everything will be in the field behind the Primary School, please keep collecting things, many thanks to those who have already agreed to help in one way or another, the more helpers we have the less onerous it is for anyone.

There will be lots to do for all ages and for dogs, book the date now. To offer help please contact Graham Dalton or Sarah Woof.

---

### **AIR AMBULANCE FUNDRAISER**

A big thank you to all who gave donations, baked lovely cakes, brought bric-a-brac and plants, did all the notices and gave raffle prizes and helped on the day to make £1,525.00 for the Great North Air Ambulance fundraiser in Dent, and thank you also to all who came and supported it. Thank you all!

---

### **DENTDALE CHOIR**

There was a full house in the Dent Memorial Hall for the Dentdale Choir's Spring Concert of well-known opera choruses and folksongs, followed by supper. £650 was contributed to the St. Andrew's Church, Dent "Raise the Roof" appeal. Thanks to all who gave so generously.

The choir reassembles on September 9th and will give a mid-term concert on the evening of Tuesday 21st October in the Memorial Hall. Please check September's Lookaround for more details.

### **DENT CAR PARK**

A big thank you to David Hartley for the sinks and soil, Ian Fletcher, Dennis Taylor, Pauline Woods-Wilson for the hanging baskets and Bob & Rita Dobson for the plants and watering equipment.

*John Hyde, Car Park Manager*

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### **NATIONAL TENNIS FINALS**

Sedbergh's Senior Tennis team has won their Regional Final in the Aberdare Cup by beating Canon Slade 5 rubbers to 1 away at Bolton.

The team has now qualified for National Finals, where they will compete as one of the top 16 schools in the country this July.

Captain Sophie Dutton, Annabel Hamilton, Sophie Wilson and Helen Clerey have played exceptional tennis to cruise through such a high standard of competition, by beating Kirkby Stephen, Sedbergh's B team, Arnold School and Canon Slade. Indeed the closest match was our own A v B teams, which bodes well for the future of Sedbergh tennis.

Head of Girls' Games, Hayley Christy said "the girls have done tremendously well to reach the National Finals for the first time and it is a credit to them and their coach Clare Leech."



### **ARKWRIGHT SCHOLARSHIP**

Angus Donald and Robinson Udale from Sedbergh School have been awarded an Arkwright Scholarship.

Angus Donald (SH) and Robinson Udale (P) have been selected to receive an Arkwright Scholarship after successfully passing the Arkwright Aptitude Paper demonstrating flair and originality in solving Engineering Design problems and presenting GCSE work to a panel of interviewers earlier in March and April.

The Selection Process culminated in an interview for short listed candidates at one of 6 Universities. A team exercise presented by the university provided the interviewees with an experience of the challenge



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and excitement of engineering related careers. Parents and young people toured the university and explored the diversity of engineering and the rewards of a career in the sector.

Scholarships are sponsored by Industry and Charitable Trusts and will be formally presented at a ceremony hosted by The Institution of Engineering and Technology, Savoy Place, London on Friday 31<sup>st</sup> October 31<sup>st</sup> 2008. During the day Scholars have an opportunity to meet their sponsors and other Scholars.

The Arkwright Trust was founded in 1990 and supports young people during their A Level years by awarding £250 a year to assist with the purchase of materials and books.

Angus and Robinson will also carry the status of 'Arkwright Scholar' into university. The School's design and technology department receives £225 per year for the next two years.

Pictures:

Angus Donald (SH) and his rocking chair.

Robinson Udale (P) and his automatic watering device.



## The Cross Keys Temperance Inn

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Alan & Chris Clowes are now back at The Cross Keys after spending nearly three years as volunteers on an empowerment project in South Africa.

Two girls from the Thandi project, Sharon and Edwina, have returned with them and will be staying for three months.

This will be a great opportunity for them to receive training in the hospitality industry.

Hopefully with their help, Alan & Chris can introduce some new dishes to the menu.

Please check our opening hours and look out for menu changes. For further information phone Alan or Chris on 015396 20284 or check the web site [www.cautleyspout.co.uk](http://www.cautleyspout.co.uk)

### **SEDBERGH AND DISTRICT HISTORY SOCIETY**

Eleven members of the Society made the long trek to Whitehaven on 28th May and were rewarded by fascinating glimpses into the history of this town which was once among the leading ports in the country. Mr Ralph Lewthwaite, who was born in Whitehaven, was a very knowledgeable and amusing guide. The Society is most grateful to him. The starting point of the guided walk was where Captain John Paul Jones, who had grown up in Whitehaven, made landing during his raid on Whitehaven in 1778, a raid which caused consternation in the country.

We were told about the forts and many cannon which guarded the town and saw the earliest pier, dating from 1634. Also, we learned about the coal mines, particularly Wellington Pit, which ran out under the sea for five miles. The last to close was the Haig Pit in the late 1980s.

Among the industries which Whitehaven boasted were: salt (salt from the Whitehaven saltpans was exported as far as Chester by the monks of St Bees), rope making, a foundry, mineral extraction and linen making - the latter spawning an estate of over 100 houses with its own school and church in the mid 18<sup>th</sup> century.

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Sugar, rum and tobacco were imported and, until 1926, a mineral railway ran through the centre of the town to the quay. There are some fine buildings and the town was laid out according to the plan of Sir John Lowther who was able to look, from his 'castle', all the way down Lowther Street to the quay. His castle was Whitehaven Hospital from 1921 to the 1980s. The town has boasted a bath house (built 1813), a customs house, several fine churches, a refuge school, a water treatment works, assembly rooms (1736), market halls, and theatres, the last of which lasted from 1736-1930. Also, there were many fine mansions and a beautiful square, named Washington Square,

after its connections with George Washington.

Several famous people were connected with Whitehaven including Mathias Read, the father of Cumberland painting and William Brownrigg, a physician whose work to make pits safer saved many lives.

The local heritage and civic societies have done much good work on putting up informative plaques and in trying to preserve and renovate the fine old buildings. A big redevelopment scheme is underway at the old Wellington Pit.

Where SDHS goes her Majesty follows as she visited Whitehaven in early June.

*Elspeth Griffiths*

|                                              |        |                                   |            |
|----------------------------------------------|--------|-----------------------------------|------------|
| <b>Starters</b>                              |        | <b>Fish Dishes</b>                |            |
| ▲ Prawn Cocktail & Marie Rose Sauce          | £4.30  | ▲ Salmon Steak with Parsley Sauce | £9.99      |
| ▲ Garlic Mushrooms on Toast                  | £3.90  | ▲ Grilled Rainbow Trout           | £9.99      |
| ▲ Pate with Garnish, Toast & Butter          | £3.80  | ▲ Breaded Scampi                  | £7.39      |
| ▲ Soup of the Day                            | £3.50  | ▲ Breaded Haddock                 | £7.39      |
| ▲ Egg Mayonnaise                             | £3.60  | <b>Vegetarian Dishes</b>          |            |
| ▲ Grapefruit Cocktail                        | £3.60  | ▲ Tropical Vegetable Curry        | £7.39      |
| ▲ Garlic Bread                               | £2.75  | ▲ Stilton & Vegetable Crumble     | £7.39      |
| <b>Extra Special Main Courses all £11.95</b> |        | ▲ Vegetable Lasagne               | £7.39      |
| ▲ Loin of Pork in Cider & Apple Sauce        |        | ▲ Mushroom & Nut Fettuccini       | £7.39      |
| ▲ Lamb & Apricot Casserole                   |        | ▲ Broccoli & Cream Cheese Bake    | £7.39      |
| ▲ Chicken with Basil, Port & Dill Sauce      |        | ▲ Vegetable & Pasta Bake          | £7.39      |
| ▲ Venison Casserole                          |        | ▲ Vegetable Tikka Masala          | £7.39      |
| ▲ Supreme of Pheasant Chasseur               |        | ▲ Macaroni Cheese                 | £7.39      |
| ▲ Pork in Pepper Sauce                       |        | <b>Rice Dishes</b>                |            |
| ▲ Cod & Prawn Crumble                        |        | ▲ Chilli                          | £7.39      |
| <b>Main Courses</b>                          |        | ▲ Chicken Tikka Masala            | £7.99      |
| ▲ Roast Dinner of the Day                    | £7.39  | <b>Salads</b>                     |            |
| ▲ Mixed Grill                                | £12.99 | ▲ Ploughman's Lunch               | £6.20      |
| ▲ Sirloin Steak approx. 8oz uncooked         | £11.99 | ▲ Cold Meat Salad & Roll & Butter | £6.99      |
| ▲ Half Roast Chicken                         | £8.20  | ▲ Prawn & Rice Salad              | £6.99      |
| ▲ Chicken Kiev                               | £7.39  | <b>Sandwiches</b>                 |            |
| ▲ Lasagne                                    | £7.39  | ▲ Prawn with Marie Rose Sauce     | £4.99      |
| ▲ Steak & Kidney Pie                         | £7.39  | ▲ Ham, Beef, Cheese & Tomato;     |            |
| ▲ Cumberland Sausage                         | £7.39  | ▲ Cheese & Pickle or Salad        | from £2.99 |
| ▲ Gammon & Pineapple                         | £7.39  | ▲ Toasted Sandwiches              | from £3.20 |
| ▲ Barnsley Lamb Chops                        | £10.99 | ▲ Portion of Chips                | £1.85      |
| ▲ Marinated Lamb Steak (6oz)                 | £10.99 | ▲ Portion of Onion Rings          | £1.85      |
| ▲ Pork Chop in BBQ Sauce                     | £8.99  | ▲ Mixed Side Salad                | £1.85      |
| ▲ Cheese & Ham Pasta                         | £7.39  | ▲ Portion of Mushrooms            | £1.85      |
| ▲ Tuna Pasta Bake                            | £7.39  | ▲ Roll & Butter                   | £0.65      |

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## Menu

## DRIVING TIPS

### *Emergency Vehicles*

Deciding what to do when you hear an emergency vehicle approaching can be a dilemma. Do you stay where you are and potentially block the progress of an emergency vehicle? Or do you move into a position that may put you or other road users at risk?

Unfortunately, some drivers over-react to emergency service vehicles travelling on "blues and twos" (blue lights and two-tone horns). This is often because they don't hear or see the emergency vehicle until it's too close, and then take drastic action to get out of the way.

The IAM (Institute of Advanced

Motorists) says that good driving practice will alert you early to emergency vehicles: regular mirror checks (side and rear) for example, and keeping the windows slightly down around town, so you can hear sirens approaching.

Don't panic and just brake. It's natural to want to react. But instinctively putting your brakes on immediately in front of an emergency vehicle doesn't help: it slows the progress of the emergency vehicle and jeopardises other road users.

Think about where you are on the road. You should deal with the problem in the same way that you deal with any other potentially hazardous driving situation. What is

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Don't cross red traffic lights or speed to get out of the way. The emergency driver has training and legal exemptions that you don't have. Bus lanes and box junctions can be problems too, but let them resolve the problem of breaking the rules – not you.

If you are moving it may well be that you can continue at a reasonable pace and the emergency vehicle can follow you out of a pocket of congestion (such as a blocked one way system). In that scenario, attempting to pull over too soon, or slow down, might just cause a needless obstruction and so hamper the progress of the emergency

vehicle.

Indicate your intentions clearly Don't pull in opposite other obstructions, such as centre bollards. If you are thinking about pulling over across an entrance to a school or factory, you may be unwittingly preventing the emergency vehicle reaching its destination. And do think about where you are asking the emergency driver to overtake you – on the brow of a hill or a blind bend can be placing him or her in a very difficult position.

Get out of the way as soon as you can do so in safety.

*Tips from the Institute of Advanced Motorists Web Site and by permission.*

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### EXTENDED SERVICES

#### *Forthcoming events*

Family Learning at Sedbergh Ideas Festival, 17-20 July

“*Philosophy for Children*” family workshop facilitated by Dr Barry Hymer & Elizabeth Dawson on Saturday 19<sup>th</sup> July, 4-5.30pm suitable for children 7-13 years, People’s Hall, Sedbergh. Tickets available from Sedbergh Tourist Information Centre Tel: 015396 20125

“*Where Did Mr Shakespeare Get His Ideas?*” Shakespeare4Kidz presents four 30-minute workshops for families on Saturday 19<sup>th</sup> July, suitable for children 8-13 years. Tickets available from Sedbergh Tourist Information Centre Tel:

015396 20125

#### *Summer Holiday Activities for Children & Young People*

Information about holiday activities in South Lakeland & across Cumbria is available on [www.help4me.info](http://www.help4me.info) and [www.watson4u.com](http://www.watson4u.com) (website for young people 13+).

#### NEW DEVELOPMENTS IN THE CLUSTER

High Quality Wrap-around Childcare *New childminder* offering before & after school care in the cluster.

Joanne Saunders is based in Casterton. Call on 015242 71957 or [rouvenacj@hotmail.com](mailto:rouvenacj@hotmail.com) or contact via Cumbria’s Children’s Information Service on 0845 7125 737.

*Settlebeck High School & Queen*

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---

We would to invite you to visit the resident artists and makers at the Mill during July for **FREE**

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Paul Girling - greenwood furniture maker

Clyde Olliver - stone and stitch artist

Jan Hicks - felt pictures and jewellery

Rebecca Callis - hand thrown porcelain

Bring this advert with you any time in July and two adults will get free entry (children free)

Sorry we couldn’t get you a free cup of tea also but do take a look at the tasty new menu.

hope to see you soon!

---

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*Elizabeth School joint activity programme:* Students and staff from the Settlebeck Learning Resource Centre and QES Student Support Unit are participating in a joint activities programme including ghyll scrambling, orienteering, and windsurfing.

*Sedbergh Primary School:* Liz Rice, a local textile artist is working on the "Sound Quilt" project with a group of students from Year 5. This is an exciting family learning project that involves oral history, ICT and textile design. Also, children are working with a children's poet, John Rice, to develop a performance that will take place during Sedbergh Festival of Books & Drama later this summer. Some children will appear in a brand new children's poetry programme on *CBeebies* called *Poetry Pie*. For more details about John and his work with schools check out his website [www.poetjohnrice.com](http://www.poetjohnrice.com)

*Sedbergh Youth Cafe:* The Monkey House Youth Café for 11-18 year olds in Sedbergh opened in April. The Café is held above the Sedbergh Library on Fridays from 7.30 to -

10pm. This project is a joint venture supported by Young Cumbria and Churches Together and aims is to provide a safe space for young people to meet and chat. Young people will be involved in the planning and monitoring of the cafe. Over 21's who wish to help please contact Carole Gotham on 015396 22030.

*Holiday Activities:* Young people from Sedbergh & Dent Youth clubs will be participating in residential trips during the summer holidays. Farfield Mill Arts & Heritage Centre in Sedbergh plans to offer arts & crafts workshops and family learning programmes. Helen O'Grady Drama Academy will run a summer school from 28<sup>th</sup> July – 1<sup>st</sup> August at Queen Elizabeth School, Kirkby Lonsdale where there will also be a Football Fun Week from 11-15 August run by Westmorland & South Lakeland Football & Sports Development Scheme. Guides to holiday activities in South Lakeland are available on [www.help4me.info](http://www.help4me.info) and [www.watson4u.com](http://www.watson4u.com)

Parent Support

*Dent C of E Primary School:* A short

*(Continued on page 50)*

ICT course for parents and carers - "Are your kids Googling you?" - was held in May & June at Dent Primary School with tutor Chris Wood from Sedbergh Community Development Centre (Adult Education).

*Sedbergh Primary School:* Exciting new Family Learning programmes are being developed with a local artist & children's poet.

Swift and Easy Referral to a Range of Services

*Guide to Services in Dent-Kirkby Lonsdale-Sedbergh:* A guide to local services for children, young people and families is being drafted and will be circulated for comment. If you have suggestions for services to include please send details to j.

sparrowniang@queenelizabeth.cumbria.sch.uk

*Adult Education:* Watch out for the autumn programme – coming soon! Contact Sedbergh CDC on 015396 21031 for more information & to book courses.

*Art Co-ordinators – Practice exchange*

Art co-ordinators from schools in the Dent-Kirkby Lonsdale-Sedbergh cluster met together at Farfield Mill Arts & Heritage Centre, Sedbergh in April to explore collaboration. Farfield Director, Clare Hamilton, and newly appointed Exhibitions & Audience Development Officer, Ann McChesney, shared ideas about new developments and opportunities for

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educational visits, family learning programmes, and holiday activities at Farfield. A follow up meeting to explore a project proposal focusing on "Sketchbooks" will be held at Sedbergh Primary School on 16<sup>th</sup> June with resource people Cherrie Trelogan (Cumbria Arts) and Lucy Kitson (Study Support, Children's Services).

*Saturday School & Family Learning – Sedbergh Town Band:* A funding bid has been developed by Sedbergh Town Band to support a new Saturday School with family learning sessions, plus taster sessions and workshops in local schools and community venues. The application is for a total of £8,983. Unfortunately an application to the Clore Duffield Foundation earlier this year was unsuccessful but bids are being developed to submit to other funders.  
*Children's Centres in Dent, Kirkby Lonsdale & Sedbergh*

Commissioning of Children's Centre services has now been completed for the whole of Cumbria. Barnardo's has been commissioned to provide these services in the Dent-Kirkby Lonsdale-

Sedbergh area. At a cluster-wide workshop in Dent Roger Aitken from Barnardo's highlighted:

There are approx 220 children under 5 years living in this cluster area.

Children's Centres aim to improve the quality of life for children.. The challenge is how to build universal non-stigmatising services that are accessible to all and combine these with preventative and targeted services for children and families with higher levels of need. Children's Centres will help to improve the early identification of children who need extra help and will work closely with other local service providers.

Phase 3 Children's Centres (which is the category for the Dent-Kirkby Lonsdale-Sedbergh cluster) will not involve purpose-built buildings and there is limited capital available. Rather Children's Centres will make use of existing facilities and space in the community (schools, community centres, church halls, health centres, etc). Phase 3 Centres must start delivering services by April 2009.

To begin with Barnardo's will mostly

*(Continued on page 52)*

offer support to children under 5 and their families but over time they will co-ordinate the delivery of services for young people up to 19 years old. Barnardo's plans that all its Centres will initially provide services to children up to 8 years old. A key challenge will be to rural-proof Children's Centres so that services are accessible, using a wide range of methods & approaches to support children and families (e.g. parenting courses, texting to mobile phones, helplines, drop-ins, etc) Information about the arrival of Children's Centres needs to be widely circulated. Please inform spread the news of these plans.

*John Muir Award*

The John Muir Trust is looking for schools to take part in their environmental award scheme focused on wild places (which can include school grounds). It encourages the discovery, exploration and conservation of wild places. Students are expected to share their experiences and achievements with other groups in school or the wider community. Further information at [www.jmt.org](http://www.jmt.org) or contact Graham Watson (Regional Manager, Cumbria) on 01768 893656

[graham@johnmuiraward.org](mailto:graham@johnmuiraward.org)

*Young Carers – South Lakeland*

Young Carers Clubs are held in Kendal. Juniors aged 10—13yrs meet on the 1st Tuesday in the month and Seniors aged 14—18yrs meet on the 1st Wednesday in the month. For more details please contact South Lakeland Carers Association on

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*Rural Wheels*

Rural Wheels is a transport service for people in rural areas who do not have access to a local bus service. Customers are collected from home and taken to their destination or to link with bus and train services. Transport is available Monday to Friday, between the hours of 9.00am and 5.00pm. Two working days notice is required to book a journey. You may need to be flexible about when you travel. Children under 5 travel free and children and young people under the age of 16 must be accompanied by an adult. Payment is made via a pre-credited "smartcard" and passengers pay 30p per mile travelled. Joan Clarke Transport Co-ordinator on 01228 606721 is happy to provide more details.

## ROAD DANGERS

*Pedestrian crossings and Sedbergh's roads.*

How I sympathise with Lorraine Kirby. A mother should be confident of her children's safety in the vicinity of a pedestrian crossing. (Lookaround May) I don't wish to detract, but the letter raises the issue of problems on our roads in general. To my eyes our Main Street presents a disaster waiting to happen.

Efforts to design in, an apparently pedestrian friendly street have now been completely abandoned. I don't know why or by whom.

This road should be an area where children and everyone else for that matter can walk safely with careful drivers cautiously making progress to the car park at a steady 10mph.

The reality of course is that in far too many a drivers mind the car is king.

Never mind that running little boy who could so easily stumble under your wheels. Ignore the old lady who suddenly turns back to get her forgotten broly from the Spar. Or even that dog on a lead that decides to take to the road.

In this drivers head it must be that the vulnerable are to blame for their own deaths.

Why do these people drive like this.? Why do they abandon their cars simply for their own convenience? Why do they think nothing of driving across the pavement at speed to get past? Why does a cyclist have to be 'honked' at to get out of the way. (I've seen this) Why must mothers like Lorraine have to constantly grasp



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It shouldn't be like this. It doesn't have to be like this.

*Keith Wood*

*These issues along with my constant complaint of speeding drivers becomes evident on a regular basis with vehicles crashing in our areas and causing grief and distress to many around them. To date, we have not had a fatality and I hope we never will, but it will come and questions will be asked but the answers are already there. SLOW DOWN.*

*One of the hardest jobs I had in my professional career was to tell the Next of Kin that they no longer had a relative! Fatal accidents also cost about £1m to investigate as well as a lengthy investigation.*

*These issues reverberate with one word which covers everything - RESPECT. Have respect for yourself and others. It's all very well telling children to respect the road and its users but it seems the 'educated drivers' have no respect for other road users. Stop for a second, think and show respect.*

*DJW*

### **KILLINGTON SPORTS**

#### *Record crowd at Killington Sports*

Despite a worrying break in the weather on the previous evening when the field was being made ready, Killington again experienced fine weather for its traditional Annual Sports - held as always, on the Thursday of the Spring Bank Holiday week - with competitors of all ages entertaining a record crowd at Becks Farm, Killington, courtesy of John Capstick. As always, the Sports was a real family event with traditional Lakeland Sports such as Fell-racing and Cumberland & Westmorland Wrestling together with more traditional races and the usual fun events such as pillow-fighting,

egg-throwing and egg & spoon races. Following tradition, the evening started in the afternoon with a tea and races for local children – from toddlers upwards! This was followed by open children's races with youngsters taking part in races followed by tyre-racing, egg & spoon and sack races.

Entries came from all over Cumbria and our neighbouring counties, with many familiar faces among the regular attendees. Our regular handicapper and commentator, Roger Ingham, once again entertained the crowd with his humorous and extremely knowledgeable commentary, contributing a great deal to the success of the event.



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While the main races, including the annual Fell-races, took place in the main ring, the wrestling was fought out in the side ring and this year featured the 11-stone World Championship event that saw Richard Dixon defeated Craig Ridley to win an exciting final bout, with Watchia Noimai claiming 3<sup>rd</sup> place. The Championship cup and prize was presented by the President of the Wrestling Association, Mr Roger Robson. The wrestling was followed as usual by the Pillow Fights with Matthew Waller retaining his title in the Men's event.

Highlights of the racing were the ¼, ½ Mile, Mile and Fell Races for all age groups together with a Mountain Bike race in which Andrew Holden took the honours while the Ladies' prize went to Heather Addison, who took a tumble over her handlebars in the closing stages. The Senior fell race was won by Helm Hill's Tom Addison with Wharfedale's Ted Mason second and Mark Addison third. The U16 race was won by Jos Addison followed by Settle's Matthew Fretwell and Rory Addison with Helm

Hill's Melanie Hyder taking First Girl's prize. The U13 fellrace was won by Eilidh Sproul who was also first girl back ahead of Lauren Munro-Bennett and Megan Stuart. Ben Johnstone won the U11 race with Lauren Appleyard winning the First Girl's prize.

The evening concluded with the usual fun events such as Potato Races, Sack Races, Mixed 3-Legged Races, Egg-throwing and Tug o' Wars. The customary sideshows of Quoits, Pitch-penny, Coconut Shy, Horseshoe Throwing, Darts, Treasure Hunt and 'Guess the milk-yield of a Jersey cow' were all well patronised.

Much credit for another successful Killington Sports goes to all the Committee for the preparation of the field and organisation on the night. They would like to express their gratitude to all the sponsors of the events who once again supported the Sports by providing the prize-money and ensuring the Sports' financial viability and future. The Sports Committee were also grateful for the assistance of the Wrestling

*(Continued on page 56)*

Association who provided the Judges, and to the Fell-racing Association who recorded all positions and times in the Fell Races for the benefit of their members. Drinks and excellent BBQ refreshments were provided and sold throughout the night by 'Young Kidz Caterers' of Sedbergh in aid of local children's charities.

**Results**

*U11 Tyre Race* – 1st. Archie Barber, 2nd. Sam Gorst, 3rd. Harry Packham, 4th. Emma Dawson.  
*U16 Tyre race* – 1st. Nicholas Inman, 2nd. Alistair Bainbridge, 3rd. Scott Brocklebank, 4th. Daryl Hodgson.  
*U9 Boys 100yds* – 1st. Joshua Newbold, 2nd. Jay Ferguson, 3rd. Tom Willink, 4th. Sam Gorst.

*U9 Girls 100yds* – 1st. Georgia Gray, 2nd. Abbie Allan, 3rd. Annie Lindsay, 4th. Imogen Gorst.

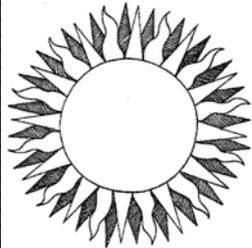
*U12 Boys 100yds* – 1st. Harvey Cook, 2nd. Bradley Thompson, 3rd. Lewis Gray, 4th. Matin Bainbridge.

*U12 Girls 100yds* – 1st. Rosie Kerr, 2nd. Chloe Halhead, 3rd. Megan Stuart, 4th. Lauren Appleyard.

*U16 Boys 100yds* – 1st. Ben Smith, 2nd. Adam Caton, 3rd. Will Crisp, 4th. Jake Hodgson.

*U16 Girls 100yds* – 1st. Alisha Casement, 2nd. Brook Hinsbergh, 3rd. Alice Kerr.

*U11 Sack Race* – 1st. Hannah Dodgson, 2nd. Annie Lindsay, 3rd. George Wilson, 4th. Lauren Appleyard.



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*U16 Sack Race* – 1st. Adam Caton, 2nd. Annabel Caton, 3rd. Connie Hodgson, 4th. Shannon Barnes.

*U11 Boys Potato Race* – 1st. Dylan Revell, 2nd. Harry Packham, 3rd. Chris Harper.

*U11 Girls Potato Race* – 1st. Chloe Halhead, 2nd. Donna Bentham, 3rd. Kim Cragg.

*U16 Boys Potato Race* – 1st. Ben Smith, 2nd. Adam Caton, 3rd. Jake Hodgson, 4th. Will Crisp.

*U16 Girls Potato Race* – 1st. Brook Hinsbergh, 2nd. Megan Stuart, 3rd. ? ,4th. Charlotte Knowles.

*Children Mixed 3-Legged* – 1st. Tracey & Jake Hodgson, 2nd.

Charlotte Knowles & Nicholas Inman, 3rd. Elizabeth & William Thexton, 4th. Becky & Annie Lindsay.

*Mens 100yds* – 1st. T. Matthews, 2nd. M. McMakin, 3rd. J. Richardson, 4th. A. Dunn

*Ladies 100yds* – 1st. G. Batty, 2nd. J. Addison, 3rd. F. Addison, 4th. H. Caton.

*Mens Sack Race* – 1st. I. Middleton, 2nd. G. Bearwood, 3rd. D. Lindsay, 4th. D. Charnley.

*Ladies Sack Race* – 1st. H. Caton,

2nd. E. Kerr, 3rd. T. Hodgson, 4th. J. Addison.

*Mens Potato Race* – 1st. J. Richardson, 2nd. R. Atkinson, 3rd. T. Mason, 4th. D. Charnley.

*Ladies Potato Race* – 1st. G. Batty, 2nd. J. Addison, 3rd. ? , 4th. C. Charnley.

*Ladies 200yds* – A. Casement, 2nd. G. Batty, 3rd. J. Addison, 4th. B. Hinsbergh.

*Mens 200yds* – T. Matthews, 2nd. J. Richardson, 3rd. W. Crisp, 4th. R. Atkinson.

*Senior Fell Race* – 1st. T. Addison, 2nd. T. Mason, 3rd. M. Addison, 4th. F. Blunt, 5th. A. Dunn, 6th. M. McGoldrick.



*Ladies* 1st. J. Dunn, 2nd. L. Whittaker, 3rd. J. Marshall.

*U16 Fell Race* – 1st. J. Addison, 2nd. M. Fretwell, 3rd. R. Addison, 4th. N. Till, 5th. B. Smith, 6th. H. Knowles.

*Girls* – 1st. M. Hyder, 2nd. B. Hinsbergh, 3rd. A. Kerr.

*U13 Fell Race* – 1st. E. Sproul, 2nd. M. Bainbridge, 3rd. S. Stockdale, 4th. S. Hambridge, 5th. D. Wilson, 6th. J. Brown.

*Girls* – 1st. E. Sproul, 2nd. L. Munro-Bennett, 3rd. M. Stuart.



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*U11 Fell Race* – 1st. B. Johnstone,  
2nd. W. Smith, 3rd. D. Goad, 4th. J.  
Stapleton, 5th. S. Hutchinson.

*Girls* – 1st. L. Appleyard, 2nd. C.  
Halhead, 3rd. L. Goad

*Local Boy* – J. Gorst

*Local Girl* – L. Goad

*Open Mountain Bike Race* – 1st.  
Andy Holden, 2nd. H. Addison,, 3rd.  
J. Richardson. 1st. Lady H. Addison.

*Mile Handicap* – 1st. T. Mason, 2nd. I.  
Addison, 3rd. F. Blunt, 4th. S. Carr,  
5th. J. Addison.

*U16 ½ Mile Handicap* – 1st. B. Smith,  
2nd. W. Crisp, 3rd. N. Till, 4th. M.  
Fretwell, 5th. ? , 6th. D. Goad.

*Open Mens 400yds* – 1st. J.  
Richardson, 2nd. W. Crisp, 3rd. R.  
Addison.

*Open Ladies 400 yds* – 1st. A.  
Casement, 2nd. J. Addison, 3rd. B.  
Hinsbergh, 4th. M. Hyder.

*Adult Mixed 3-Legged* – 1st. H & J.  
Caton, 2nd. T. Baines & C. Hunter,  
3rd. I & J. Moorhouse.

*Wrestling*

*U12 Boys* – 1st. I. Hammond, 2nd. J.  
Hayhurst, 3rd. D. Revell.

*U15 Boys* – 1st. S. Brocklebank, 2nd.  
S. Mason, 3rd. J. Lashley.

*U15 Girls* – 1st. H. Hodgson, 2nd. C.  
Hodgson, 3rd. L. Wilson.

*Mens 13st.* – 1st. G. Brocklebank,  
2nd. R. Fox, 3rd. J. Harrington.

*Mens All-Weight* – 1st. T.  
Brocklebank, 2nd. R. Fox, 3rd. J.  
Harrington.

*Mens 11st. World Championship* 1st.  
Richard Dixon, 2nd. Craig Ridley, 3rd.  
Watchia Noimai.

*Pillow Fight*

*11 & Under* – 1st. J. Nicholson, 2nd  
W. Inman, 3rd. J. Bond.

*16 & Under* – 1st. P. Booth, 2nd. K.  
Ball, 3rd. J. Lashley.

*Mens* – 1st. M. Waller, 2nd. R.  
Atkinson, 3rd. T. Hodgson.

This year, the Sports event was followed on the Saturday night with a Ceilidh held on the Sports Field in a marquee kindly provided by Killington Marquees. Once again we were blessed with glorious weather and over 200 people, young and old, enjoyed a superb evening dancing (or just listening!) to Chris Bland and “Jump the Gun” band. Superb BBQ refreshments were once again provided by ‘Young Kidz Caterers’ of Sedbergh’. This event was held to raise money for North-West Air Ambulance and local Parish charities.



## **GARSDALE CHILDREN'S SPORTS**

On Wednesday 28th May Garsdale held their annual Children's Sports Day.

Even though It was overcast & forecast for rain, there was an excellent turn out & the rain held off for the whole afternoon so that the children, including toddlers, could enjoy an afternoon of sack races, 3 leg, wheelbarrow, skipping, relay, & egg'n'spoon.

The afternoon games ended with the fell race, with plenty of runners across two age groups. The youngest ran to the 1st tree quite a way up the fell & the older children ran to a 2nd tree. Well done.

### *Girls Over 11's*

Winner Ellidh Sproul 2nd no entry

### *Girls Under 11's*

Winner Morgan Turner-Lant, 2nd Danielle Brooks 3rd Anna Phillips.

### *Boys Over 11's*

Winner Ross Knipe 2nd Richard Thexton 3rd Michael Phillips

### *Boys Under 11's*

Winner Sean Cooper, 2nd Thomas Thexton, 3rd Michael Cooper.

We finished the afternoon in the Village hall with afternoon tea. Thank you to everyone who donated cakes & Sandwiches

In the evening we all got back together & let the parents join in for rounders, eggs throwing & wellie throwing & then supper in the village hall.

Although we did not have as much luck with the weather in the evening, getting wet did not dampen our

spirits.

The day was very well supported & thoroughly enjoyed by both children & adults. Thanx to everyone for their help & support.

Garsdale will hold a fun day at the end of the school summer holidays, everyone welcome (date to be confirmed).

The Committee would like to thank the following for their support as well as those who wished to remain anonymous.

Robin & Janet Hope Electro product & processes, Neville Woodfine Garsdale Restoration, Mark Grant Driving School, John Colton Lucid Training Centre, David Labatte Agricultural contractor, Anne Benville & Jill Fearnhead JMP Foodservice, Graham & Dave Riverdale Properties, Sue & Nigel Squirrel Cottage The Hive, Sutcliffe Construction Ltd (Hellifield. Nr Skipton), Christopher Wheelan Estate Agents, R and LA Bradley (Hind Keld East), Paul Hoggarth Building Contractor, W Dawson and Son Ltd, Three Peaks Ltd, Spar (Sedbergh), Powell's Fruit Merchants, Preston and Bramley Veterinary Surgeons, Ms H Paxton (Hind Keld West), Graham Robinson Joinery Ltd, D T Close (Sedbergh), R S Morphet's Garage (Sedbergh), Treadwell Flooring (Sedbergh), The Dalesman Country Inn (Sedbergh), G Steadman Butchers (Sedbergh), Nisa (Sedbergh), Green Door (Sedbergh)  
Thank you for supporting the events held for the children of Garsdale.

**COUNCILLORS CORNER  
APPLEBY HORSE FAIR:**

Since I wrote my last article we have had the annual Appleby New Fair and words cannot express how disappointed I have been in the general lack of improvement. Many people worked hard during the last year to try to reduce the impact this year and I had real hopes that there would be progress. Initially things looked quite promising. Certainly the travellers did not arrive as soon as they did last year and the small numbers there were at first seemed to be on their best behaviour. And then on Wednesday 28 May all hell broke out.

The stories of intimidation which

have been related to me directly and indirectly are unbelievable. I remain of the view that it is essential that we have a zero-tolerance policing policy. Once it is seen that no action is taken when horses are put into fields then they all do it. Yes, some had permission but most did not. At all times we have been telling people to ring the police 0845 number. It is unfortunate that a response was given that the horses were better in the fields than on the roadside. This is not acceptable. The idea that this is just a civil matter between the grazier and the horse-owner is perverse – the grass is being stolen just as surely as if they took chocolate from a shop counter.

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For the first time, the Chief Constable has been involved and I would like to thank everyone who has written to him. He made promises back in February and I know that he is keen to see that they are upheld. I do think that the SLDC Officers under John Barwise and the local police have done everything that they could be expected to do under the circumstances but they were simply overwhelmed by the numbers when they all came through. Those of us who have been involved during this last year intend to have another meeting as soon as possible in order to prepare for next year. However, if we can't see any realistic chance of improvement in behaviour then I wonder why we have to put up with this annual gathering at all.

*I received complaints on a daily basis about the behaviour of the Travellers and how the residents of our community have been treated. I just hope that all the calls made to the Police & SLDC were recorded to reflect the true problem that existed. Yes, there were plenty of Officials in*

*Appleby but the lack of their presence in our area was very much noted by all.*  
*Ed.*

**AUCTION MART SITE:**

Plans for a joint use of the auction mart site incorporating a new Health Centre and a Spar Supermarket were finally submitted towards the end of last month. The plans themselves do not differ much from what was expected. They are publicly available for all to see both in the Community Office and on the Yorkshire Dales website. I think that apart from the new estate this is the largest redevelopment there has been within Sedbergh parish for well over ten years. Please take the trouble to respond to the consultation. There will eventually be a site visit of the National Park Planning Committee. Although the development is within Sedbergh Parish it will have an impact in all the neighbouring townships affecting both retail and the provision of health services.

**TENNIS COURTS, GULDREY:**

The Tennis Club and Sedbergh  
*(Continued on page 62)*

Parish Council are in consultation with SLDC and its property arm, Norfolk Property Services over the future of the Tennis Courts on Guldrey Lane and the associated car parking. In the past they have been held on a short lease for SLDC. The problem with that is that it prevents the Tennis Club from pursuing Lottery funding. They require a long lease to ensure their money is not wasted. I think we are all eager to see a new arrangement which will allow Lottery funding so the premises can be improved. I would oppose any suggested change of use for housing on this site and am confident that YDNP would do the same.

**BIKE SAFE CAMPAIGN:**

A number of people have asked me about the orange signs which have proliferated on the A65, A683 and A684, "Think Bike" and "To Die for?". Kevin Tea from Cumbria Road Safety has emailed me to say that "Although Cumbria's killed and serious injury (KSI) total is falling – In 2007 we were below our Government target for 2010 – we have major concerns over two driver groups – young drivers and motorcyclists. The latter account for approximately 25 per cent of all KSI's in Cumbria. Because we have a substantial influx of riders from outside of the area we need to go beyond local TV, radio and newspaper coverage to get a safety message across, not only to motorcyclists but also other road users.

"In Cumbria there are three regional



Casualty Reduction and Safer Highways (CRASH) groups comprising organisations such as the police, the County Council, Capita, motorcycle groups, Amey, Amey Mouchel, and others who have an interest in road safety. On the southern CRASH group there are two county councillors who contribute to the decision making process. Last year the Northern CRASH group ran a pilot scheme using nationally approved posters on its premier biker route the A686. One poster – Think Bike! – targeted other road users to make them aware that there were motorcycles in the area; the other – To Die For? – was aimed at the motorcyclists themselves.

"Following the success of the campaign, this year the Western and Southern CRASH groups decided to run the same type of campaign. Because the posters are temporary they do not legally qualify as signs and do not need planning permission. They were erected late April/May and should be removed at the end of the biker season in September."

What do you think? Motorcyclists

have been a perennial problem on the road through Middleton and Garsdale all the time that I have been your District Councillor. Several years ago Paul Winn and I were marked out by the biker community as troublemakers because of the concerns we were voicing. And yet, they still continue. There was one killed at Thwaitebridge minutes before I arrived on a journey to Bainbridge. Then two days later another wrote off his bike and nearly himself at Garsdale Head. He had the cheek to try to sue me and SLDC for not warning him the road was dangerous – maybe the orange signs aren't over the top after all.

*No roads are dangerous if you drive*

*at the right speed for the conditions!  
You don't need signs to tell you this.*

*Ed.*

**COAL ROAD FORESTRY:**

A member of Yorkshire Dales, Will Weston is also a Forestry Commissioner so the concerns of the residents of Garsdale and Dent have now been brought to the attention of the Chief Executive of the Forestry Commission. It is always useful when a story begins to attract national attention.

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, LA10 5LS

*Kevin Lancaster*

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### **YOUR PARISH CHURCH**

Last month Tony Hannam described some of the challenges facing the congregation of Saint Andrews. Adding them all up we need an extra £15,000 per year if we are to continue to maintain the Church and the grounds to the high standard we believe is appropriate for Sedbergh as a major tourist venue. The Church is open twelve hours a day throughout the year and is visited by a large number of tourists who find peace and tranquility, and on less clement days, warmth and refuge from the elements.

For those of you living in Sedbergh who are not regular churchgoers your Parish Church is always available for your special family occasions such as

Christenings, Weddings and Funerals when you will receive an especial welcome. We believe the occasion will be more personal and meaningful because it takes place in the heart of your community where you and your family will probably have lived for many years.

An example of the sort of inflationary costs that we are having to meet is our gas bill which has increased during the year by £2,750 over our original budget. To meet these costs our regular worshippers are being asked to dig deeper in their pockets to continue to donate 3% of their income to the Church and we have also asked the "Friends of Saint Andrews", who are not regular worshippers but subscribe towards

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the upkeep of the fabric, to increase their contributions.

To those of you who are not regular worshippers or "Friends" we are asking you to help us with the running costs of your Parish Church by making a regular donation to the Church. We hold various fund raising events such our annual Bric a Brac sale, the Christmas Fair and "Ring the Church with Silver", which raise contributions from outside our regular worshippers. We are hoping to have a Flower Festival and Garden Trail next year. But the income from these events does not cover the day to day running costs of the Church such as heating and lighting. If we cannot raise extra income in the short term we will not be able to keep the

Church open except for services which we believe would detract considerably from the Town's facilities; and in the long term the Church will have to close as we have no substantial reserves to cover our excess of income over expenditure. If you haven't been in the Church recently may we suggest you pop in and see what a beautiful haven it is and how it reflects the history of our community.

If, after your visit, you feel you are able to help us you may like to complete the Gift Aid Form below, which will enable the Church to claim back tax, and a Direct Debit Mandate.  
*Lavinia Mahon & Tony Reed Screen*  
*Churchwardens*

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## **SETTLEBECK HIGH SCHOOL**

### *End of summer from SHS*

We're coming up to the end of the school year now and the end of the GCSE exams. The Year 11's have worked very hard, as have their teachers and we now look forward to hearing about the results of all that work, in August.

We are busy planning our end of term Activities week, which will involve students visiting museums, galleries and airports, working with playwrights, felt-makers and sports people and generally having a great time. Our biennial sponsored walk also takes place in the last week. As many of you will know, it's no mean affair, the longest walk being 17 miles

and the majority of students walking 12 miles. Thank you in advance for any sponsorship you are able to offer our students. We are raising money for both school and charity.

We are also preparing to say goodbye to some colleagues and welcome others.

Liz Hurr is leaving us and moving on to new things after 24 years at Settlebeck High School. In this time she has held the roles of Science Teacher, Head of Science, Advanced Skills Teacher, Senior Teacher and Deputy Headteacher, in all those roles Liz has positively influenced the lives of hundreds of young people. Liz has worked for four Headteachers and has been the Deputy for two - her

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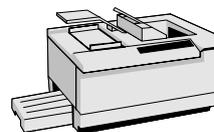
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meticulous attention to detail, wide experience and total reliability have made her an invaluable support to both. She will be very much missed by students, parents and colleagues past and present. We would like to thank her very much for her hard work and total commitment to Settlebeck High School and we wish her a very happy future.

Mike Tebay has also retired, after 7 years as the Site Manager at Settlebeck. Mike made a very significant contribution to the working environment at Settlebeck, keeping the buildings and grounds in an excellent condition. He arranged and oversaw the contractors whenever there was major work going on in school, most recently the new kitchens and dining room. His organizational skills were superb and we shall miss his quiet sense of

humour too. We would like to thank Mike for all his hard work and the hours he put in and wish him a very happy retirement too.

Stephen Burrowes is leaving, after 11 years at Settlebeck, to become the Associate Director of the Science Learning Centre for the West Midlands based in Keele. Stephen has been at Settlebeck as Head of Science and Joint Head of Lower School. In these roles he has overseen the very successful Science Department and also had the oversight of students in Years 8 and 9. In addition, Stephen had a role across Cumbria as an Advanced Skills Teacher, working with other Science departments to help improve their skills and results. He may be best remembered at Settlebeck for his work with Creative Partnerships,

*(Continued on page 68)*

which has allowed children to take part in exciting cross-curricular projects such as film-making. We would like to thank Stephen for all his hard work on behalf of Settlebeck students and wish him every success in his new post.

Suzie Bennett has been our girls' PE teacher for 2 years. She has run a wide range of sports teams too and encouraged our girls to take part in county-wide competitions. Suzie has made PE popular even for those girls who aren't naturally sporty, as her bubbly enthusiasm is infectious. Suzie has gained promotion to become Head of PE at Appleby Grammar School. Whilst we and the students will miss her very much, we know that she has the qualities to be an excellent Head of Department and wish her every success in the future.

We have been very fortunate in being able to recruit some high quality colleagues to replace those who are leaving. We look forward to welcoming:

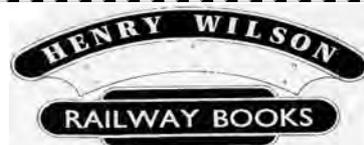
Karen Davies as the new Deputy Headteacher. Karen is currently an Assistant Headteacher at Heysham High School in Lancashire and went to university with one of our staff, so we feel that we know her quite well already.

Ruth Nelson as Head of Science. Ruth is currently a Chemistry teacher and Head of Year 11 in a school in Gloucestershire and was born and brought up in Kendal, so is looking forward to moving back up to Cumbria.

Jim Pike is our new Site Manager. Jim has just finished 22 years in the Army and brings a very wide range of skills to us from his previous roles. He is fitting in with the staff very well and we have been impressed with the amount he has already achieved in the short time he has been with us.

Alison Brown is our Modern Foreign Languages teacher and is also a Year 8 form tutor. She is now also taking on the role of Joint Head of lower school, with particular responsibility for the progress of Years 8 and 9. She is very much looking forward to working with Years 8 and 9, and we are very pleased that she is joining our Head of Year team.

Jane Storey has worked at



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Settlebeck in a number of roles. During her time here, Jane has trained to be a teacher and we are very pleased to be able to offer her the opportunity now to become one of our Science teachers, knowing that her knowledge of the school and the students will be invaluable to her and us, in this new role.

Angela Nicholas has been a very popular member of Settlebeck staff for 27 years, initially as a swimming teacher, supply teacher then teaching girls' PE and Geography. She has now agreed to take responsibility for girls' PE this year which we, and the girls, are very pleased about.

Nicola Bentham has recently joined us as the new Catering Assistant. She has fitted in very well and the existing kitchen staff are full of praise for her hard work and cheerful attitude.

So – exciting times ahead for Settlebeck, as we look forward to starting the new school year with a very good blend of many experienced Settlebeck staff together with a few new staff or staff in new roles, bringing fresh ideas and lots of energy too.

*Judith Greene*  
*Headteacher*

**Catering**

We are now coming to the end of our first 1<sup>st</sup> school year in the new kitchen. The numbers have steadily increased in both Primary and with in the High School. We have tried various new meals through out the year and will continue to change the menus, and consider student request

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if we can. On behalf of all the staff in the canteen we would like to say a big thank you to all the students and staff for their support through out the school year.

*Pat ( Catering Manager)*

The staff in the school kitchen look forward to welcoming all the new year 7 students from the various schools when they start in Sept 08 and also look forward to meeting the year 6 students when they come to their open day in Oct. We had a totally new kitchen built in the summer of 2007 and we are now able to offer a larger variety of meals and snacks to accommodate peoples taste at varying prices. We are open from 8.30 every morning for breakfast, 10.45 for break and 12.45 for lunch. We also provide drinks and snacks that can be purchased in certain after school clubs. All the food available complies with the regulations set by the school food trust, menus are changed on a regular basis and students are quite welcome to offer different ideas for meals.

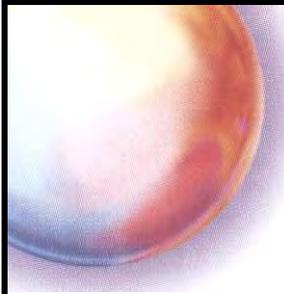
*Pat ( Catering Manager)*

## HEALTH CENTRE

### *Update from the Health Centre*

Before we introduced the new appointment system a lot of time was taken up in preparing feedback forms and incident logs to deal with difficulties working with the new schedule, explaining the changes to patients and making sure that whenever possible we satisfy individual requirements. Thankfully the switch has gone smoothly with what feedback we have received being positive. We can now visit (if needed) earlier in the day, reduce waiting times in the open surgeries by having more than one clinician working and offer extended appointments from 8am and between 6.30 to 8.30pm on Mondays for those in full time employment.

There is a willingness on the part of Sedbergh Medical Practice to continue expanding the range and quality of services that we offer. The limiting factor is the current Health Centre which is too small and does not meet modern health care standards. The demand on the NHS (and provision of services) has changed dramatically over the past 20 years and will continue to do so in the future. We face a stark choice in that doing nothing is not an option. No development means that sometime soon the current building will cease to meet modern standards and the full compliment of services will have to be cut back. It is likely that in due course a GP service in



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Sedbergh would be run as a branch from one of the Kendal practices, with limited reception facilities and visiting Doctor's. Much of our current activity would have to be transferred to the larger practice meaning increased travel to Kendal

As everyone knows land within Sedbergh to build a new Health Centre fit for the 21<sup>st</sup> Century is nigh impossible to find. The Practice has to work with existing landowners who have a suitable site (the current location cannot be re-developed) and raise the £1.8 million required via a commercial loan (as the NHS authorities do not have the ability to fund the development). No one location can be ideal and we have a limited choice. The development is designed to meet the Health Care needs of all who live in Sedbergh and the surrounding areas now and for the foreseeable future. Everyone has a right to accessible health care and we undertake to provide that, however keeping a fully functioning GP practice in Sedbergh has got to be closer than moving most of our services to Kendal.

We understand that some people do not agree with the need for change or feel that the current Health Centre site is the only acceptable option. It seems sensible therefore to re-convene the public meeting we had at the People's Hall on Wednesday 23<sup>rd</sup> July at 7.30pm to present what we feel are the compelling reasons for change and answer any questions

from the general public. Achieving planning permission within a National Park is never easy and we will need the assistance of all our patients to persuade the relevant authorities. It is sincerely felt that all comments, queries and concerns can be resolved to the satisfaction of individuals so that everyone can support the provision of a high quality Health Centre in Sedbergh.

Finally some of you may have noticed that the Health Centre was closed on the afternoon of Wednesday 11<sup>th</sup> June. This is part of a Cumbria wide initiative to allow practices time to meet away from work and look at issues of quality and improved service. We would like to apologise for anyone inconvenienced however our time away was put to good use and there will be service improvements as a result. The next closure will be on the afternoon of Tuesday 15<sup>th</sup> July. It is likely that we will be closing for 6-8 afternoons over the whole year. The Baycall service based in Kendal does cover the closure in case of medical emergencies.

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## A PLAN FOR DENTDALE

### Survey Results

About 70 people met in Dent Memorial Hall towards the end of May to hear the results of the Dentdale Parish Plan surveys. Over the last six months, information and opinions have been gathered from a resident's questionnaire and from meetings and discussions with different sections of the Dentdale community.

#### Residents' Questionnaire

In January, 387 residents' questionnaires were delivered to all households in Dentdale, and 212 were returned – a return rate of 55%, which is exceptionally high for a parish plan.

Although 42% of respondents remained anonymous, most gave some personal details which enabled the following comparisons to be made between the respondents and the whole of the Dale's population:

- Both the gender balance of respondents, and the proportion of those under and over 60, were broadly the same as in the 2001 census
- Whilst working people were well represented at 49% of respondents, this is fewer than the 67% who were economically active in the 2001 census

*Note: Figures in these results are percentages of the total number of respondents. In some cases totals will add up to more than 100% where respondents gave more than one answer.*

#### **What people like about Dentdale:**

Overwhelmingly, the most liked features were the landscape and the environment (75%) and the community (70%).

#### **Attitudes to Change:** 37%

expressed concerns about change. Of these, 13% saw the establishment



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of a sustainable, thriving community as a priority, 11% were concerned about the effect of an ageing population and 6% were concerned about the effect of incomers. 7% wanted no change at all.

**Housing:** As might be expected, there was also a lot of concern about the housing situation in the Dale. 32% expressed concern about lack of affordable housing and 29% were worried about the effect of second homes and holiday cottages.

**Tourism:** 21% made comments about tourism, and the overwhelming view was that tourism needed to be managed. People were keen to ensure it did not destroy the dale by turning it into a museum for visitors, and whilst they felt more visitors should be encouraged to come, they wanted this to be throughout the year and not just at bank holidays. From the point of view of the Dale's economy, they saw a need for visitors to spend more money, but appreciated that they could only do this if there were enough quality services to attract them.

**Environment:** 93% made comments on environmental issues. Major concerns were speeding, particularly in The Laning (32%), parking on the cobbles and around The Green (29%), litter, including farm plastic, (20%) and dog fouling (20%). But the matter mentioned most frequently was the state of the roads, with 72% expressing concern.

**Community Facilities:** 74% commented on one or more community facilities. The 58% who

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commented on the shop and the post office were mainly concerned about whether they would stay open. Whilst the 30% who commented on the cafes thought they should open for longer, those who wrote about the pubs (21%) felt that the quality of some of them was an issue. Improving the facilities in the Memorial Hall was a popular suggestion among the 12% who referred to it.

**Refuse and Recycling:** 73% said the refuse and recycling services were good, whereas 16% said they were not. 74% made comments – the bin men were generally praised,

*(Continued on page 74)*

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but some felt there had been a recent lowering of standards. Recycling was generally approved of, and 40% wanted it extending in Dent to plastic and cardboard.

**YDNPA:** 73% made comments about the Yorkshire Dales National Park Authority. Whilst people approved of the work of the Ranger Service and the Sedbergh planning clinic, there were many negative perceptions, particularly of the planning department. People wanted the National Park to be more proactive, and work with the Parish Council and other bodies to maintain the viability of the local community. Actively discouraging second homes

and allowing barn conversions for local occupancy were suggested as ways in which this might happen.

**Transport:** 76% made comments about transport. Suggestions included changing the bus timetables to give less time in Sedbergh and more in Kendal and providing early and late trains to Leeds and Carlisle for commuting. The voluntary car scheme was supported but not widely known about, and it was suggested that the possibility of a community minibus should be explored.

**Services:** 59% commented on one or more local services.

- Dent Primary School was highly regarded by most of the 24% who commented on it, though some were concerned about its future. Child care and nursery services were also seen as very good
- Strong satisfaction was expressed with Westmorland General Hospital (19%) and the Fire Service.
- 18% expressed strong satisfaction with local GP's surgeries, though 13% were unhappy with the out-of hours arrangements.
- 10% were concerned about poor mobile phone coverage and internet access.
- Existing home care services were approved of, though there were concerns about their availability.

**Parish Council:** 58% made comments about the Parish Council and there were five times more positive comments than negative ones about it. Some felt it should

provide more information about its role and responsibilities and strengthen links with YDNPA, SLDC, CCC.

**Leisure and Recreation:** 54% commented on leisure and recreation, and satisfaction was expressed with the general level of facilities. Suggestions included improvements on the playing field, more adult education, the provision of allotments and easier access to swimming.

#### **Meetings and Discussions**

Many of the views gathered through meetings and discussions reflected the views expressed in the survey, but in addition:

- **Businesses** in the Dale felt there was a need:
  - a) for a thriving economy to support farming and provide jobs to retain young people
  - b) to actively attract businesses to come here

Some wanted local businesses to co-operate more closely to achieve this.

- **The farming community**, with its knowledge of the Dale going back many generations, felt that its work was central to preserving both the landscape and a traditional rural way of life. Nevertheless, in the face of low prices and changing subsidies, many farmers expressed uncertainty and worry about the future, both for farming and for their families. Some felt isolated and misunderstood, and unsupported by authorities such as Defra and the National Park.
- **Schoolchildren** were clear about

what they wanted. Of the 52 under-18s who gave their views:

- a) 65% wanted easier access to activities outside the Dale
- b) 37% wanted a wider choice of sports
- c) 26% wanted an improved playground
- d) 25% wanted an indoor meeting place with internet access
- e) 13% wanted more opportunities for wildlife-related activities

Having collected residents' views and concerns through these surveys, the next stage of process is to draw up a plan of action to tackle the issues raised. A number of people volunteered at the May meeting to help with individual community projects, and the Steering Group has started discussions with other responsible bodies. Whilst some issues can be dealt with relatively quickly, the more complex ones will take time to resolve and so the overall timetable for the full action plan is likely to be about five years.

More details about this part of the process will be given in next month's *Lookaround*.

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## OKTET & AMABILE

*Slovene boys meet Radio 3 award winning choir in Sedbergh.*

Sedbergh is set to ring out once more with the harmonies of Slovene voices - only this time they will be joined by Britain's top youth choir.

The Slovene male voice youth choir Oktet are coming to Sedbergh over the last weekend in August (August 27-September 1) and are doing concerts and workshop in the area. Some of the singers came with the Zrece youth choir a couple of years ago and liked it so much they are coming back again. I heard them singing when I was in Slovenia in April and was amazed at the quality and vitality of the singing.

During their visit they will meet with the South Lakeland girls' choir Amabile who won the prestigious BBC Radio 3 Youth Choir of the Year Award. As many of you will know the choir of 45 girls aged 13-19 includes singers from Sedbergh, and their leader Charlotte Jackson teaches here. There will be a joint workshop on Friday afternoon for the two choirs, an opportunity to meet each



other socially on Saturday late afternoon, and then a concert in the evening in Sedbergh's People's hall to which everyone is invited (August 30, 7.30pm).

Over the weekend of August 29-31 anyone who would like to join other workshops learning English and Slovene songs with singers from Sedbergh and Zrece are very welcome to join us (10am-4pm). And there will be smaller performances with other local choirs in other places. There will also be an opportunity to join the singers on walks through some of Sedbergh's special beauty spots, and on a trip to sing in a local city earlier in the week.

If you have friends who would like to join us from other parts of the country, accommodation can be provided in Sedbergh ranging from 'cheap and cheerful' with the English and Slovene singers, to more luxurious accommodation in the town.

Communal meals will be provided with the singers, but as in previous years there are also opportunities for local people to have small groups of 4 or 5 of these delightful Slovene singers for a meal in their own

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homes. You might particularly welcome this opportunity if you have teenagers of a similar age - 15-20 - but I am sure you will find these singers charming guests whatever your age!

Anyone who would also like to be involved with the visit in other ways are very welcome to get in touch - we always need helping hands for such diverse tasks as driving, making tea

or ushering at concerts, and we always find that our guests from Slovenia love meeting people from Sedbergh.

The boys and their leader Gregor Deleja all speak English very well, but people who have been learning the Slovene language and songs in Sedbergh will all be on hand to help show the kind of hospitality that Sedbergh is fast becoming famous for in this part of Central Europe and has earned us such praise from diplomatic circles. Anyone who would like to join us or learn Slovene phrases are also welcome to get in touch.

*David Burbidge 015396.21166*

## DENT PARISH COUNCIL

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*Major Developments at Sedbergh  
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Sedbergh Community Development Centre has now been running courses for adults for nearly 10 years. To start with we only offered a handful of courses, but this academic year we have organised over 60, and had nearly 500 enrolments.

Last autumn we started a small range of courses in Kirkby Lonsdale, some at Queen Elizabeth School and some in the town. These have proved very successful and will be extended in September.

Because of our success we have now been asked to take over organising the courses at Queen Katherine School in Kendal. This will mean that we will become one of the larger Adult Education providers in Cumbria!

We have just completed planning our autumn programme. It contains about 90 courses ranging from Beginners IT to Mandarin Chinese and from Life & Literature of the Victorians to Raku Pottery Firing.

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We will be publishing our brochure in a few weeks, so look out for it in the local shops and public places, and in the centre of the Lookaround in September. Our website ([www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)) will be updated as soon as possible. You will also get a copy of the Cumbria Adult Education Service county brochure delivered by the Royal Mail in late August.

So there are no excuses. Hope to see you in September.

*Chris Wood  
015396 21031  
[admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)*

**TIM FARRON MP**

As we all know there is a desperate shortage of affordable housing in our area. Even if the "credit crunch" does reduce property prices there will still a massive gap between what many people can afford and the price of housing, particularly in areas like the Yorkshire Dales that attract people looking for second homes or for places to retire. If something is not done the slow drift of our young people away from the area to towns where they can afford somewhere to live will continue. The Yorkshire Dales National Park has been quite forward thinking on this issue, introducing initiatives like limiting the building of new housing that is not affordable and for local people.

For sometime I have believed that disused farm buildings can play an important role in addressing this problem. As farming changes the types of buildings farmers need are

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also changing, as a result there are an increasing number of old barns around that serve no purpose beyond being over sized wood stores. Under current regulations it is very hard for farmers to get planning permission to convert these buildings into something useful. As a result we have a problem with the increasing decay of barns and buildings that farmers cannot justify the expense of maintaining. You only need to look at the way the roofs of many old barns are losing their slates and starting to sag. Some are even becoming rather dangerous.

It seemed to me that if the planning authorities could relax their rules on the development of these barns to allow them to be converted into housing that is affordable and for local people we have a "win win" situation. I have been presenting this idea to many different groups for over a year the NFU is very supportive, I am trying to persuade the Housing Minister, Caroline Flint, to support it but recently I have heard that South Lakeland District Council are actually thinking of putting the proposal into

practice. This is the great thing about having a Liberal Democrat run district council, it makes it so much easier for me to work with them to improve the lives of everyone who lives here. I am extremely hopeful that we will start to see action on this very soon and that it will be seen as a pioneering scheme to be rolled out across the country.

I hope you agree with me that this is really good news!

The battle over the future of the hospital carries on. We have recently heard that our population profile is aging rapidly, the number of people reaching their hundredth birthday is predicted to increase by 2500 percent and the Local Development Framework is anticipating a population increase of 20,000 over the next couple of decades. This together with the growing number of tourists we are seeing, mean that the demand for emergency services at the hospital can only grow. It makes even less sense to plan to close the services in the face of these developments. I have written to the Chief Executives of both of the medical trusts involved to ask them to start again in drawing up their plans for health care in our area.

Let's hope we can get some good news in this area as well.

As ever I can be contacted by writing to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

Thanks for your support  
*Tim Farron MP*

### TALL SHIPS RACE

The Tall Ships' Races are held every summer in European and international waters. Each year between 70 and 100 vessels from 15-20 countries, crewed by some 5-6,000 young people from over 30 countries worldwide, take part in this unique and spectacular event that combines social activities in each port with racing or cruising-in-company between ports.

This year Sedbergh School is being represented by three members of the sixth form who are sailing from Liverpool to Norway as part of the crew on Saint Barbara V, a 42 foot sloop owned by the Royal Artillery Yacht Club. Sophie Bolton and Johanna Vicary (both Lupton) have been sailing for 2 years now. Gareth Bell ( Winder) is new to the sport and participated in a preparatory voyage earlier this year in the Mediterranean. All three hold the Royal Yachting Association Competent Crew Certificate.

The voyage will start in the Liverpool in its year as the European Capital of Culture. Festivities will last for 3 days over the weekend 19 – 21 July, where there will be a spectacular array of some of the world finest tall ships alongside in the Mersey. During the weekend the members of the Sedbergh Foundation will get the opportunity to visit the yacht and meet the crew.

Following the Parade of Sail from



Merseyside on the 21 July, the race begins with a course set from north of the River Foyle in Northern Ireland, through the beautiful waters of the Western Isles and then northeast, passing between Shetland and Orkney. Six or seven days at sea and some 700 nautical miles later will see the race finish off the western coast of Norway at Maloy ( 61° North). 3 days of Norwegian hospitality in Maloy will allow the crew to recover and to meet members of the other boats, with a busy social and sporting programme laid on. Saint Barbara will then join the fleet as it cruises in company 120 miles south to Bergen. This will be a fantastic opportunity to explore the dramatic fiords of the west coast of Norway and allow crew exchanges to take place, giving those that take part a unique experience sailing on other vessels.

St Barbara is one of the smaller vessels in the race and will race in Class D: Her progress can be tracked on the Sail Training International web site during the race.



## PHOTON THERAPY

### *Part Two*

All modern technology uses light in some way or other. We are mastering the use of light and the magnetic fields it produces. But what is a photon ACTUALLY? Every scientist tells you it's a mass-less packet/wave of energy and as far as the sizes of things are in sub-atomic physics it's big. When electrons that cloud around atoms jump to a higher state of energy they gobble up a photon of light, and when they drop to a lower state of energy they emit a photon – but a photon is huge compared to an electron. How does such a huge thing fit inside such a small thing? Well, the energy in the light is absorbed to power up the electron, and it is released again as light when the electron powers down.

Funny thing is that no one has ever seen a photon under a microscope – for when you irradiate it with light so you can study it – it completely disappears! I asked a well-known physics professor to tell me what light ACTUALLY was – he said “I haven't got a clue!” Yes, light is funny stuff.

Because, at last, we have invented light emitting diodes (LED's) which are cold lasers, and they can be very bright but never get hot even if they are intensely pulsed (IP), huge possibilities are opening up for the future.

Suddenly medical science is discovering that not only can you use light for all kinds of diagnostic purposes, but you can use it to heal many different conditions. MRI is

being tested because it might help bipolar disorder, full body infrared for MS, and irradiations of wrists and neck for carpal tunnel syndrome.

The colours (frequencies) of light commonly used are red, blue and green. Infrared is invisible – but a few visible light emitting diodes help you to know that the light is on and working. Very efficient and well designed healing lamps are being produced in China to a high standard that are used in hospitals and there are some that can be used at home.

NASA – the American Space Agency was one of the first groups to investigate hand held healing lamps because the wounds of astronauts in space are slow to heal. Red light was found to speed the process up.

Healing devices for animals and humans are available on the Internet. There are some people trying to make a lot of money out of something that could be very simple and inexpensive. If you are interested in the healing properties of light you can make your own photon therapy lamp that will work too.

The interesting thing about healing with light is that in many clinical trials it was found that it made no difference to the results as to whether the light was bright, nor if it was intensely pulsed – it also worked if it was simply shining. It's the frequency (colour) that's the thing...and fortunately, when it comes to visible light our eyes tell us what frequency it is. If we see blue – then it's BLUE!

*Liz Hilton*

### **SOUTH LAKES SOCIETY FOR THE BLIND SEDBERGH GROUP**

The May meeting took place alongside an exhibition of optical and electronic low vision aids showing in the main room of the People's Hall. There was also a representative of the audio version of 'The Westmoreland Gazette' who demonstrated some very useful audio equipment. A question and answer session on the forthcoming change to digital television was found to be especially useful.

June was time for putting on the glad rags for an outing to The Barbon Inn for lunch. The weather was dry but not too hot, and the meal was delicious with friendly and helpful service. Everyone seemed to have a good time and departed looking forward to a short nap to recover from a mild spot of overeating. Many thanks to all the people who helped and contributed to the afternoon.

There will be no meetings in July or August. The September meeting will take the form of another memory session. This time the topic will be 'My first job'.

New members with sight problems, and also volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633. JL

STOP PRESS: The Audio & Large Print Section has recently taken delivery of 8 Speakers to allow the Blind to hear *Lookaround* digitally once the system is up and running



which we hope will be very soon..

Rosemary Handley received a cheque for £110 on Saturday 7th June from the Master Richard Parker and Brethren of Brigantes Masonic Lodge in Kendal for which we are very grateful. DJW

---

### **ROSE THEATRE GROUP**

The RTG would like to thank Mr James Hall, owner of Spar for his generous donation to toward the expenses incurred putting on the Panto. The RTG held it's AGM on June 29. If you would like to get involved in with the group please call 015396 21808.

---

### **EDITORS NOTE**

I have been asked yet again to raise the issue of Dog Fouling and Litter in the town. It is an offence on both counts and doesn't it look unsightly? Why are they offences? Because one is detrimental to your health and the other to the health of the beautiful countryside that we live in. Help us to keep our town clean and healthy for everyone. DJW

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| 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  |   |
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| 1550                                                 |     | 564  | S  | ❖ | 1610                                                                   |     | 564  | W  |   |
| 1711                                                 |     | 564  | W  |   | 1625                                                                   |     | 564  | S  | ❖ |
| Saturday Only                                        |     |      |    |   | 1745                                                                   |     | 564  | W  | ❖ |
| 1005                                                 |     | 564  | S  | ❖ | Saturday Only                                                          |     |      |    |   |
| 1050                                                 |     | 564A | A8 | ❖ | 1050                                                                   |     | 564  | S  | ❖ |
| 1300                                                 |     | 564  | S  | ❖ | 1410                                                                   |     | 564  | S  | ❖ |
| 1550                                                 |     | 564  | S  | ❖ | 1425                                                                   |     | 564A | A8 | ❖ |
| Sedbergh to Kirkby Stephen<br>Monday to Saturday     |     |      |    |   | 1625                                                                   |     | 564  | S  | ❖ |
| 0900                                                 | M-F | 564  | S  | ❖ | Kirkby Stephen to Sedbergh<br>Monday to Saturday                       |     |      |    |   |
| 1120                                                 |     | 564  | S  | ❖ | 0710                                                                   | M-F | 564  | S  | ❖ |
| 1440                                                 |     | 564  | S  | ❖ | 0940                                                                   |     | 564  | S  | ❖ |
| 1655                                                 |     | 564  | S  | ❖ | 1225                                                                   |     | 564  | S  | ❖ |
| Sedbergh to Kirkby Lonsdale                          |     |      |    |   | 1515                                                                   |     | 564  | S  | ❖ |
| 0945                                                 | Thu | 567A | W  | ❖ | Kirkby Lonsdale to Sedbergh                                            |     |      |    |   |
| Sedbergh to Cowgill                                  |     |      |    |   | 1215                                                                   | Thu | 567A | W  | ❖ |
| 1330                                                 | Wed | 564B | W  | ❖ | Dent to Sedbergh                                                       |     |      |    |   |
| 0940                                                 | Sat | 564A | A8 | ❖ | 1000                                                                   | Wed | 564B | W  | ❖ |
| 1500                                                 | Sat | 564A | A8 | ❖ | 1035                                                                   | Sat | 564A | A8 | ❖ |
|                                                      |     |      |    |   | 1600                                                                   | Sat | 564A | A8 | ❖ |

Last Update: September 2007

M-F Monday to Friday Only  
 Tue Tuesday Only  
 Wed Wednesday Only  
 Thu Thursday Only  
 Sat Saturday Only  
 Sch Schooldays Only (M-F)

*All times are from and to The Dalesman Inn*

W = Woof's of Sedbergh

S = Stagecoach in Cumbria

A8 = Apollo 8

❖ = Provided with Support from CCC

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

For Comprehensive up-to-date information ring :-

Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)



### BED & BREAKFAST

| Proprietor          | Address                                                                                                                                                                    | Phone (015396) |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Mrs J Hope          | The Old Joinery, Garsdale, Sedbergh (2008/12)<br><i>F/D (4 poster); ES; CH; TV; P; NS; DW; CW</i><br>e-mail: enquiries@theoldjoinery.com                                   | 20309          |
| Mrs R Gardner       | Oakdene Country House, Garsdale Road, Sedbergh (2008/05)<br><i>2D (4 Poster); 2D; IT; IS; All ES; TVL; P; CH; CW; FC; NS</i>                                               | 21012          |
| Miss S Thurlby      | 15 Back Lane, Sedbergh (2008/12)<br><i>1D; IT; CH; L; DW; P; DR; VB</i><br>e-mail:- antique.thurlby@amsolve.net                                                            | 20251          |
| Mrs S Gold-Wood     | Number Ten Main Street, Sedbergh (2009/02)<br><i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i><br>e-mail: sangold.kwood@virgin.net                                    | 21808          |
| Mrs J Postlethwaite | Bramaskew Farm, Howgill, Sedbergh (2008/09)<br><i>1D(ES); IT(ES); CH; TV; P; NP; Di; VB; EM; CW</i>                                                                        | 21529          |
| Mrs L Hopkins       | Brantrigg, Winfield Road, Sedbergh (2008/09)<br><i>IT; PB; TV; NS; NP; P; DR; VB</i><br>e-mail: brantrigg@btinternet.com                                                   | 21455          |
| Mrs S Sharrocks     | Holmecroft; Station Road, Sedbergh (2008/10)<br><i>1D; IT; IS; TVL; CH; NS; NP*; P; DR</i><br>Web Site: www.holmecroftbandb.co.uk                                          | 20754          |
| Mrs K Vigar         | Apley House, 27 Loftus Hill, Sedbergh (2008/09)<br><i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i><br>e-mail: kathryn.vigar@btopenworld.com | 20447          |

### CAMPING, CARAVANNING, SELF-CATERING & RENTAL

|                                                      |                                                                                                                                              |              |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Sycamore Cottage, Lunds, Sedbergh (2008/09)          | <i>Sleeps 2, D; CH; TVL; P; NS; DW</i>                                                                                                       | 01969 667356 |
| Mrs A Bramall                                        | Summerhill, 7 Highfield Road, Sedbergh (2009/02)<br><i>Sleeps 6-8 1D; IT; ES; PB; CH; L; TVL; P; NS; NP(*)</i><br>e-mail: ali@interact.co.uk | 20360        |
| Borrett Barn Caravan, Marthwaite, Sedbergh (2008/07) | <i>4 Berth; H+C Shower; WC; TV; NS</i>                                                                                                       | 21175        |
| Borrett Barn Flat, Marthwaite, Sedbergh (2008/07)    | <i>Sleeps 4 people; D; T; CH; L; P, NS</i>                                                                                                   | 21175        |

### 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

## 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:*

Tony Reed Screen 21081 & 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**

*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 & Frostron

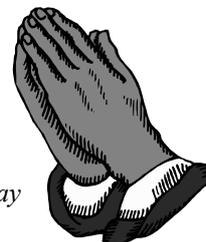
**Rev. T Widdess Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday

**Tel: 20588 or 20503**

*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.*



## Lookaround Advertising Rates

|                                    |   |        |
|------------------------------------|---|--------|
| Single Column x 1"                 | = | £7.50  |
| Single Column x 2"                 | = | £10.00 |
| Single Column x 3"                 | = | £12.50 |
| Single Column x 4"                 | = | £15.00 |
| Double Column x 2"                 | = | £15.00 |
| Double Column x 3"                 | = | £20.00 |
| Double Column x 4"                 | = | £25.00 |
| B & B and Camp-sites               | = | £2.00  |
| Personal & Small Ads               | = | £1.00  |
| Postal per month (Double December) | = | £1.00  |
| Postal Overseas (Double December)  | = | £2.00  |

All enquiries to  
 13 Kings Yard, Sedbergh LA10 5BJ  
 Adverts by 15th of every month.  
*Can all adverts please be  
 accompanied with the correct money  
 at the time of submission.*  
 Articles etc. by 19th of every month

## DIARY OF EVENTS

*Dates are held up to 22nd December 2008*

|                                                       |      |                                            |                  |                                               |                  |
|-------------------------------------------------------|------|--------------------------------------------|------------------|-----------------------------------------------|------------------|
| Entries marked (*) see Advert in previous Lookaround. |      |                                            |                  | 20 1200 StAS Barbecue (20)                    | TV               |
| <b>JULY</b>                                           |      |                                            |                  | 20 1400 Dentdale Cricket v Barrow Nomads      | Dent             |
| 1                                                     | 1000 | Perspective of Gayle Mill Starts           | DCMH             | 20 1430 FOI Richard Holloway (17)             | SSPH             |
| 1                                                     |      | SL Carers Group                            | PH               | 20 1630 FOI Peter Hitchens (17)               | SSPH             |
| 1                                                     | 1400 | SS Cricket v Trent College                 | SS               | 20 1830 FOI Feedback (17)                     | The Dalesman     |
| 1                                                     | 1400 | YDNP Spinning a Yarn                       | DCMH             | 21 1045 Banbury Cricket Festival              | SS               |
| 2                                                     |      | SS End of Term                             |                  | 22 1045 Banbury Cricket Festival              | SS               |
| 2                                                     | 1000 | URC Coffee Morning                         | URCR             | 23 1000 Network Coffee Morning                | URCR             |
| 2                                                     | 1930 | WIF The Bowen Technique                    | PH               | 23 1930 Health Centre Update (23)             | PH               |
| 2                                                     | 2100 | YDNP Batwatch                              | DCMH             | 23 2100 YDNP Batwatch                         | DCMH             |
| 3                                                     | 1930 | WIH Open Evening                           | HVH              | 24 1045 Banbury Cricket Festival              | SS               |
| 5                                                     | 1000 | Paintings Exhibition Starts (5)            | FM               | 25 1000 YDNP Hay Time Festival Starts         | DCMH             |
| 5                                                     | 1400 | Hell Gill & Watercut Walk                  | HJC              | 25 1000 Banbury Cricket Festival              | SS               |
| 5                                                     | 1900 | Slides of Wensleydale Railway              | HJC              | 25 1400 YDNP Storytelling                     | DCMH             |
| 6                                                     | 1400 | CWT Wildflower Hunt                        | STO              | 25 1930 WID Fashion Show (1)                  | DMC              |
| 6                                                     | 1400 | Dentdale Cricket v Sedbergh MW             | Dent             | 25 Banbury Cricket Festival Ends              | SS               |
| 7                                                     | 1930 | Parish Council Dent                        | DMH              | 26 1000 Kidzone Coffee & Lunch (26)           | URCR             |
| 8                                                     | tba  | WIK Tea Party                              | Beckside         | 26 1000 FM Workshop (5)                       | FM               |
| 8                                                     | 1400 | YDNP Discovery Walk                        | DCP              | 27 1000 FM Workshop (5)                       | FM               |
| 9                                                     | 1000 | WIH Coffee Morning                         | URCR             | 27 1400 Dentdale Cricket v Gregsons           | Dent             |
| 9                                                     | 1400 | HS Middleton Hall (9)                      | Middleton Hall   | 29 1200 Shire Horse Day (29)                  | Dalesman         |
| 9                                                     |      | WID Outing                                 | TBA              | 29 1400 YDNP Drystone Walling                 | DCMH             |
| 12                                                    | 1000 | Garden Quiet Day                           | Rhumes, Dent     | 30 1000 Carers Coffee Morning                 | URCR             |
| 12                                                    | 1300 | Craft Day (12)                             | StAD & DMH       | 30 1000 Producers Market (30)                 | JLCP             |
| 12                                                    | 1500 | Teddy Bear Service (1)                     | StAS             | 30 1400 YDNP Discover & Do                    | DCMH             |
| 13                                                    | 1000 | Garden Quiet Day                           | Rhumes, Dent     | 31 1000 YDNP Stone Carving                    | DCMH             |
| 13                                                    | 1100 | YDNP Chainsaw Sculpture                    | DCMH             | <b>AUGUST</b>                                 |                  |
| 13                                                    | 1400 | Dentdale Cricket v Archbishop Hutton       | Dent             | 1 1000 YDNP Flower Power Starts               | DCMH             |
| 16                                                    | 1000 | RBL Coffee Morning                         | URCR             | 1 1000 YDNP Stone Carving                     | DCMH             |
| 17                                                    | 1000 | Perspective of Gayle Mill Ends             | DCMH             | 3 1000 Paintings Exhibition Ends (5)          | FM               |
| 17                                                    |      | Sedbergh Festival of Ideas FOI Starts (17) |                  | 6 1930 WIF Music & the Ministry               | PH               |
| 17                                                    | 2000 | FOI Martin Bell OBE (17)                   | PH               | 7 1930 WIH Cheese Mouse Cheeses               | HVH              |
| 18                                                    |      | SHS End of Term                            |                  | 8 1900 Last of the Red Hot Lovers (61)        | PH               |
| 18                                                    | 1400 | Strawberry Teas (1)                        | DMH              | 10 1430 Master Class Recital (*)              | URC              |
| 18                                                    | 1600 | FOI Standing on Dignity (17)               | FM               | 10 1400 Dentdale Cricket 5-a-side Competition | Dent             |
| 18                                                    |      | Evening Walk in Garsdale                   | GVH              | 13 1915 WID Birds of Prey/Open Meeting        | DMH              |
| 18                                                    | 1930 | FOI Jonathan Dawson (17)                   | PH               | 15 S&D Art Society Exhibition Starts          | SSC              |
| 18                                                    | 1930 | YDNP Woodland Walk                         | DCMH             | 16 1000 Charter Fair & Foodie Fest            | <b>Cancelled</b> |
| 19                                                    | 1000 | FOI All Day Events (17)                    | PH               | 17 1400 Dentdale Cricket v Hawes              | Dent             |
| 19                                                    | 1430 | FOI D Boulton & S Mitchell (17)            | FM               | 19 1400 Tea & Stalls                          | Rhumes, Dent     |
| 19                                                    | 1600 | FOI Philosophy for Children (17)           | PH               | 20 1430 Tim Farron Surgery                    | GVH              |
| 19                                                    | 1700 | FOI Raymond Tallis (17)                    | PH               | 23 1100 CWT Walney Island visit               | LHCP             |
| 19                                                    | 1800 | FOI Where did Mr Shakespeare Get .. (17)   | PH               | 23 1330 Guided Walk in Grisedale              | HJC              |
| 19                                                    | 1930 | Summer Concert in URCR                     | <b>Cancelled</b> | 23 1400 Dentdale Fell Race                    | Dent             |
| 19                                                    | 2000 | FOI Baroness Williams of Crosby (17)       | SSPH             | 24 1930 Slides of Carlisle Settle Railway     | HJC              |
| 19                                                    | 2230 | FOI Poems & Pints (17)                     | The Dalesman     | 25 S&D Art Society Exhibition Ends            | SSC              |
| 20                                                    | 1000 | FOI All Day Events (17)                    | PH               | 25 1000 Annual Charity Truck Pull             | KL               |
| 20                                                    | 1030 | YDNP Digital Photography                   | DCMH             | 25 1300 Dent Gala                             | Dent             |
| 20                                                    | 1100 | FOI Mark Lynas (17)                        | SSPH             | 25 1930 In & Around Grisedale Video           | HJC              |

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

*It is printed by Stramongate Press.*

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

|                             |      |                                        |          |                         |                                        |      |
|-----------------------------|------|----------------------------------------|----------|-------------------------|----------------------------------------|------|
| 27                          | 1000 | Producers Market (30)                  | JLCP     |                         |                                        |      |
| 29                          | 1000 | Choir Workshop                         | PH       |                         |                                        |      |
| 30                          | 1000 | Choir Workshop                         | PH       |                         |                                        |      |
| 30                          | 1930 | Oktet & Amabile Concert                | PH       |                         |                                        |      |
| 31                          | 1000 | Choir Workshop                         | PH       |                         |                                        |      |
| 31                          | 1400 | Dentdale Cricket v Sheeptown Cavaliers | Dent     |                         |                                        |      |
| <b>SEPTEMBER</b>            |      |                                        |          |                         |                                        |      |
| 1                           | 1000 | YDNP Hay Time Festival Starts          | DCMH     |                         |                                        |      |
| 2                           |      | SHS Term Starts                        |          |                         |                                        |      |
| 2                           | 1900 | Neighbourhood Forum                    | BVH      |                         |                                        |      |
| 3                           |      | SS Term Starts                         |          |                         |                                        |      |
| 3                           | 1000 | GVH Coffee Morning                     | URCR     |                         |                                        |      |
| 3                           | 1000 | YDNP Hay Time Festival Ends            | DCMH     |                         |                                        |      |
| 3                           | 1930 | WIF 1st Aid in the Home                | PH       |                         |                                        |      |
| 4                           | eve  | CWT Go Bats at Farfield                | FM       |                         |                                        |      |
| 4                           | 1930 | WIH Craft Demonstration                | FCH      |                         |                                        |      |
| 6                           |      | Festival of Books & Drama Starts       | Sedbergh |                         |                                        |      |
| 9                           | 1400 | WIK To the North Cape                  | PH       |                         |                                        |      |
| 10                          | 1915 | WID Climate Changes                    | DMH      |                         |                                        |      |
| 16                          | 1400 | SLSB First Job                         | PH       |                         |                                        |      |
| 17                          | 1000 | Lookaround Coffee Morning              | URCR     |                         |                                        |      |
| 20                          |      | GVH Theme Night                        | GVH      |                         |                                        |      |
| 21                          |      | Festival of Books & Drama Ends         | Sedbergh |                         |                                        |      |
| 24                          | 1000 | Producers Market (30)                  | JLCP     |                         |                                        |      |
| 27                          | 1100 | Whernside Fell Race                    | Dent     |                         |                                        |      |
| 27                          | 1930 | PH Dance                               | PH       |                         |                                        |      |
| 27                          | 1930 | Town Band Anniversary Concert          | SSPH     |                         |                                        |      |
| <b>OCTOBER</b>              |      |                                        |          |                         |                                        |      |
| 1                           | 1930 | WIF Facts & Phantoms of Upper Eden     | PH       |                         |                                        |      |
| 2                           | 1930 | WIH AGM                                | HVH      |                         |                                        |      |
| 8                           | 1915 | WID Beauty Therapy                     | DMH      |                         |                                        |      |
| 14                          | 1400 | WIK Twas the night before Christmas    | PH       |                         |                                        |      |
| 17                          |      | SS Half Term Starts                    |          |                         |                                        |      |
| 20                          |      | Beetle Drive                           | GVH      |                         |                                        |      |
| 21                          | 1400 | SLSB Meeting                           | PH       |                         |                                        |      |
| 21                          | 1900 | Dentdale Choir Concert                 | DMH      |                         |                                        |      |
| 22                          | 1000 | Dent Methodist Coffee Morning          | URCR     |                         |                                        |      |
| 24                          | 1930 | Domino Drive                           | HVH      |                         |                                        |      |
| 26                          | 1430 | Master Class Recital (*)               | URC      |                         |                                        |      |
| 28                          |      | SS Half Term Ends                      |          |                         |                                        |      |
| 29                          | 1000 | Producers Market (30)                  | LHCP     |                         |                                        |      |
| <b>NOVEMBER</b>             |      |                                        |          |                         |                                        |      |
| 5                           | 1000 | Garsdale Church Coffee Morning         | URCR     |                         |                                        |      |
| 5                           | 1930 | WIF AGM & Jacobs Join                  | PH       |                         |                                        |      |
| 6                           | 1930 | WIH Cruising our Canals                | FCH      |                         |                                        |      |
| 7                           |      | Garsdale Bonfire Night                 | GVH      |                         |                                        |      |
| 7                           | 2000 | Young Kidz Fashion Show                | PH       |                         |                                        |      |
| 8                           | 1800 | Sedbergh Bonfire Night                 | PH       |                         |                                        |      |
| 11                          | 1400 | WIK AGM & Storytelling                 | PH       |                         |                                        |      |
| 12                          | 1915 | WID AGM                                | DMH      |                         |                                        |      |
| 12                          |      | GVH Domino Drive                       | GVH      |                         |                                        |      |
| 14                          | 1930 | WIH Domino Drive                       | HVH      |                         |                                        |      |
| 30                          |      | St Andrew's Day                        |          |                         |                                        |      |
| <b>DECEMBER</b>             |      |                                        |          |                         |                                        |      |
| 3                           |      | WIF Christmas Dinner                   | TBA      |                         |                                        |      |
| 6                           |      | WIH Christmas Party                    | TBA      |                         |                                        |      |
| 6                           |      | Christmas Tree Festival & Market       | Dent     |                         |                                        |      |
|                             |      |                                        |          | <b>DIARY KEY</b>        |                                        |      |
|                             |      |                                        |          | BF                      | = Brigflatts                           |      |
|                             |      |                                        |          | BS                      | = Baliol School                        |      |
|                             |      |                                        |          | BVH                     | = Barbon Village Hall                  |      |
|                             |      |                                        |          | CDC                     | = Community Development Centre         |      |
|                             |      |                                        |          | CO                      | = Community Office, Main Street        |      |
|                             |      |                                        |          | CTIS                    | = Churches Together in Sedbergh        |      |
|                             |      |                                        |          | CWT                     | = Cumbria Wildlife Trust               |      |
|                             |      |                                        |          | DCMH                    | = Dales Countryside Museum, Hawes      |      |
|                             |      |                                        |          | DCP                     | = Dent Car Park                        |      |
|                             |      |                                        |          | DMH                     | = Dent Memorial Hall                   |      |
|                             |      |                                        |          | DMC/S                   | = Dent Methodist Chapel/Schoolroom     |      |
|                             |      |                                        |          | FCH                     | = Firbank Church Hall                  |      |
|                             |      |                                        |          | FM                      | = Farfield Mill                        |      |
|                             |      |                                        |          | GH                      | = Gladstone House                      |      |
|                             |      |                                        |          | GVH                     | = Garsdale Village Hall                |      |
|                             |      |                                        |          | HJC                     | = Hawes Junction Chapel                |      |
|                             |      |                                        |          | HS                      | = History Society                      |      |
|                             |      |                                        |          | HVH                     | = Howgill Village Hall                 |      |
|                             |      |                                        |          | JLCP                    | = Joss Lane Car Park                   |      |
|                             |      |                                        |          | KL                      | = Kirkby Lonsdale                      |      |
|                             |      |                                        |          | KVH                     | = Killington Village Hall              |      |
|                             |      |                                        |          | LHCP                    | = Loftus Hill Car Park                 |      |
|                             |      |                                        |          | MCCCKL                  | = Methodist Church Centre KL           |      |
|                             |      |                                        |          | PH                      | = People's Hall                        |      |
|                             |      |                                        |          | SHS                     | = Settlebeck High School               |      |
|                             |      |                                        |          | SLSB                    | = South Lakeland Society for the Blind |      |
|                             |      |                                        |          | SMCR                    | = Sed. Methodist Church Room           |      |
|                             |      |                                        |          | StAS/D                  | = St Andrew's Church, Sedbergh/Dent    |      |
|                             |      |                                        |          | SS/C                    | = Sedbergh School/Chaplaincy           |      |
|                             |      |                                        |          | STO                     | = Sedbergh Tourist Office, Main Street |      |
|                             |      |                                        |          | TV                      | = The Vicarage, Loftus Hill            |      |
|                             |      |                                        |          | URCR                    | = United Reformed Church Rooms         |      |
|                             |      |                                        |          | WID                     | = Women's Institute, Dentdale          |      |
|                             |      |                                        |          | WIF                     | = Women's Institute, Frostrow          |      |
|                             |      |                                        |          | WIH                     | = Women's Institute, Howgill           |      |
|                             |      |                                        |          | WIK                     | = Women's Institute, Killington        |      |
|                             |      |                                        |          | <b>Regular Meetings</b> |                                        |      |
|                             |      |                                        |          | Howgill Toddlers        | 1315 Every Monday                      | HVH  |
|                             |      |                                        |          | Dent Parish Council     | 1930 1st Monday                        | DMH  |
|                             |      |                                        |          | SL Carers Association   | 1400 1st Tuesday                       | PH   |
|                             |      |                                        |          | 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 Thursday                     | PH   |
|                             |      |                                        |          | Howgill WI              | 1930 1st Thursday                      | FCH  |
| <i>All entries are free</i> |      |                                        |          |                         |                                        |      |

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218

Repeat Prescription ☎ 015396 20239

Out of Hours ☎ 01539 781999

Bay Call ☎ 0845 0524 999

|                  |                          |                |
|------------------|--------------------------|----------------|
| <b>Monday</b>    | 0830 - 1030 O            | 1400 - 1700 P* |
|                  | 0830 - 1015 L*           | 1500 - 1800 B  |
|                  | 1045 - 1230 H*           | 1830 - 2030 W  |
|                  | 1130 - 1215 Dent Surgery |                |
| <b>Tuesday</b>   | 0830 - 1030 O            |                |
|                  | 1045 - 1230 H*           | 1430 - 1730 H* |
| <b>Wednesday</b> | 0830 - 1030 O            |                |
|                  | 1045 - 1230 P*           | 1500 - 1800 L* |
| <b>Thursday</b>  | 0830 - 1030 O            |                |
|                  | 1045 - 1230 L*           | 1400 - 1700 H* |
| <b>Friday</b>    | 0830 - 1030 O            |                |
|                  | 1045 - 1230 L*           | 1430 - 1730 L* |

L = Dr Lumb

H = Dr Hunt

P = Nurse Pilling

O = Open Surgery

\* = Appointment Only

B = Book on Day

W = Workers Surgery

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

*Early Bird Surgery available,  
please ask at Reception*

#### Practice Nurses

|                  |                |               |
|------------------|----------------|---------------|
| <b>Monday</b>    | 0845 - 1300 C  | 1400 - 1730 C |
|                  | 0840 - 1200 LB | 1400 - 1630 E |
| <b>Tuesday</b>   | 0845 - 1300 C  |               |
| <b>Wednesday</b> | 0830 - 1300 B  | 1400 - 1730 B |
|                  | 0840 - 1200 L  |               |
| <b>Thursday</b>  | 0830 - 1300 B  | 1400 - 1730 B |
|                  | 1400 - 1730 C  |               |
| <b>Friday</b>    | 0845 - 1300 C  |               |

B = Joanne Batty

C = Anne Crome

L = Kay Lumb LB = Bloods

E = ECG Clinic

**District Nurse**

☎ 015396 21690

**Health Visitor**

☎ 015396 20979

#### A Collinge Optometrist

Friday only 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 & Loftus Hill Car Park, 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