

Sedbergh & District

LOOKAROUND

March 2010

Issue 275

Donation £1

Apologies for the late arrival of this March issue. This has been due to many factors but hopefully, it has been worth the wait.

There is much to see and do in the area this month and it is hoped that

you are able to attend and support the events that are being staged in our wonderful community.

Please keep the steady stream of articles and adverts coming in.

Dennis & Jacky Whicker

Rose Community Theatre

"Putting the Fun into Fund-raising"

Pinfold Pirates

and the Glorious Quest

By Sandra Gold Wood.

Directed by Viv Hailwood



In the People's Hall,
for the People's Hall, Sedbergh

Thurs. 18th to Sat 20th March at 7.30 pm.

Matinee on Sat 20th at 2.30 pm.

Tickets: Adults £5.00, Under 16s, £2.50

Family tickets (2 adults & 2 children) £12.00

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Spring Show

Saturday March 27th

People's Hall

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by

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Last date for entries

March 20th



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MARCH BIRTHDAYS

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

The recipients this month are:-
Joseph Dickie who is

11 years old on 2nd March

Kathryn Lawson who is

11 years old on 16th March

Please collect your vouchers from

Sedbergh Office Services

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which can be used in any shop in

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Day	Name	Age
1	Alisha BREWER	9
2	Joseph DICKIE	11
4	Beatrice DEIGHTON	5
5	Willow ASHWORTH	3
5	Beatrice DEIGHTON	5
5	Ethan CLARK	7
6	Cameron HORNER	8
7	Melissa HARTLEY	9
8	Tess PRALL	9
9	Aaron CAPSTICK	10
11	Grace CAPSTICK	6
10	Alana WILLIAMSON	5
12	Evie STANLEY	2
12	Edward DEIGHTON	3
12	Kate BROOKSBANK	9
13	Emily BAINES	5
13	Sam LABBATE	6
14	Kate THOMPSON	8
16	Kathryn LAWSON	11
17	Freya GARDNER	1
17	Fiona HOGGARTH	2
18	Danny HUNTER	5
20	Holly HAMLETT	3
27	Zoe COWIN	4
27	Jack GARNETT	4
27	Jessica LABBATE	9
29	Zara GORNALL	1
29	Ellie-Ann STANTON	1
	Nonagenarian & Over	
3	Jack CAMPBELL	95

NONAGENARIANS

We are now including the details of all those aged 90 years and over who wish to have their details included. To do this, we must have the persons permission, the correct Name & Date of Birth and a contact telephone number. Please supply these details and they will appear in the relevant month. Sadly, they will not qualify for the Birthday Voucher! ☺

PERSONAL & SMALL ADS £1

ASPIN

With great sadness, and as many of you will already know, Don (of J B Rycroft) didn't survive his second stroke. It's impossible to put into words how much the kindness, support and good wishes of 'our' people and neighbours in Sedbergh and nearby have meant to us both. I've always thought Sedbergh was special and you've proved it. On behalf of Don and myself – thank you all so very much. Vicky

=====

BAINBRIDGE

Harold wishes to thank all at JMP Foodservice for his surprise Retirement Party on 29th January and special thank for the generous gift of a car and to work colleagues for the Sat Nav to go with it. Also to Dean and staff at the Bull Hotel for making everyone so welcome and Eddie Lord for the brill Disco. After 35 years at JMP, I want to wish them continued success. You have been great to work with and I'll miss you all. Many thanks also to all who sent cards, gifts and good wishes. Harold.

=====

HAYGARTH

Happy 40th Birthday John on 1st March 2010. Love from Mum, Garth, Steven, Michelle, CJ, Sienna May & Jody. X

MARSDEN

Carole and Rob are pleased to announce the safe arrival of Hannah Miriam on January 25th. We'd like to thank everyone for all the good wishes, visits, cards and gifts we have received at this exciting and somewhat tiring time!



=====

MIDDLETON

Happy Birthday Emma on 13th march. Love from Dad, dad, John, Martin & William.

=====

MIDDLETON

Congratulations Emma on your **30th Birthday** Emma. With love from Steven & Michelle. XX

=====

MIDDLETON

Happy **30th Birthday** Aunty Emma. Love, hugs & kisses. From CJ, Sienna May & Jody XXX

=====

REYNOLDS

Happy 40th Birthday Helen on 30th March 2010. Wishing you all the best have a lovely day. Lots of love Tina, Mick, Jack and Bryony XXX

=====

REYNOLDS

Happy 40th Birthday Mum (Helen). Love from hannah & Abbie X

PERSONAL & SMALL ADS £1

TAYLOR

Thank you for your company, cards and gifts throughout my time off due to an injury. Best wishes to all for 2010. Margaret

THANK YOU

Lorraine and Geoff would like to thank the following, who helped out at the time of Lorraine's Car Crash; The men who helped her out of the car; the Emergency Services; Sedbergh Health centre and the staff at D T Close Garage. A special thanks to our neighbour Peter and the family on their holidays who gave a great deal of help.

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FOR SALE

Three Piece Suite by Cintique. Mahogany frame with green draylon upholstery. Originally purchased from Home Designs in Kendal. Cost £1,374. £400 ono. Buyer collects. Tel: 015396 21898

FOR SALE

Washing machine, new petrol strimmer, oak chest, CD/radio system and various small household articles and bric a brac. Please call at The Bourne on Saturday March 27th/April 10th or ring Sedbergh 21647 between 4-6pm. any day.

FOR SALE

Mattress, 4'6" seldom used £30. Curtains, very good quality & lined. A bargain at £30 per set. Set 1:- pastel blue/pink floral pattern. 2 @ 5' long x 6'3" wide, 1 @ 5' x 15'. Set 2:- a pair of dusty blue/fawn pattern 6'2" x 15'. Tel: 20897.

FOR SALE

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FOR SALE

New Hen Cabin. Size 7' x 5' including Laying Boxes, Perches, etc. Tel: Sedbergh 21771.

FOR SALE

Childs Farfield Clothing Jacket, blue with puppies around the bottom - good condition £10. Ladies black leather ¾ coat size 16 in good condition £20. Please call 07815 447391 for more info.

FOR SALE

New Nokia 2330 Mobile Phone with Sim Card & £5 Top Up. Please call 07815 447391 for more info. £30.

FOR SALE

Three Wheeler double pushchair 'Out 'n; About' with Foot Muff and Raincover. £70. Chicco CT06 lightweight stroller/pushchair in carry case with Raincover. Hardly used £15. Tel: 015396 25227.

PERSONAL & SMALL ADS £1

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King Size Pine Bed. Mattress available if wanted. £50 ono. Tel: Dent 25425.

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Peugeot 307 Estate. 1.4l Petrol. '02 Reg, Metallic Grey, high mileage but excellent condition. £1,750. Tel: 015396 20960.



**SEDBERGH
HEALTH CENTRE**

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

Tuesday 16th March
No Session in April
Tuesday 18th May
Wednesday 16th June
Thursday 15th July



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HOWGILL W.I.

The February Meeting was held at Firbank Church Hall and commenced on a sad note when we held a Minutes Silence in respect of Founder Member, President and Secretary, Elsie Middleton, a lovely lady and a dear friend to us all. We will miss her. A donation has been given to the W.I. Federation Memorial Bursary Fund in Elsie's honour.

As the January Meeting was cancelled, this was our first Meeting of the New Year. We were given a warm welcome by our President, Mary Silva and were wished a Happy New Year.

Helen Beare was thanked for leading the Singing Group into another splendid performance at the Carol Service at Howgill Church.

High on the Agenda for 2010 are the 90th Anniversary of Cumbria - Westmorland celebratory events. Dates for our Diary's coming up in March are the Northern Show at Appleby, the Morecambe Bay Day and the Dance Day.

We are hosting the Group Meeting in May. Plans for this start on March 8th at Mary's Home. Presidents and Representatives have been invited.

Suggestions for a Summer Outing to be put to Anita. June 24th has been confirmed.

Following the business, it was time to sit back and relax as we were introduced to David, Emma, Mark and Janice, known as the 'Kinderley Singers', a local choir who entertained us with their own original mix of music.

highlights rural touring scheme organised by Sedbergh CDC

Kirsty McGee

Singer/songwriter accompanied
by master guitar & banjo player

Mat Martin

*"Kirsty McGee has the kind of
voice that stops you dead in your
tracks"* Ralph McLean BBC

**Friday 5th March,
Sedbergh People's Hall.
Doors open 7:30pm, Bar.**

Tickets: Adults £7,
Child/Benefit £4 ~ Family £20
Bookings 015396 20125
(Sedbergh Tourist Information)

Vera Hodgson thanked them for a wonderful evenings entertainment, allowing us to enjoy the experience of singing together and joining in. The Monthly Competition for an interesting musical instrument was won by Helen Beare with Sheelagh Denniss Second. Raffle Winner was Audrey Hoggarth. The Social was a Brain Teaser won by Bridget Postlethwaite.

A Jacob's Join and Get-Together brought the evening to a close.

We meet again at Howgill Village Hall when Trevor Hughes will be telling the story of Lady Ann Clifford on March 4th. New Members are always welcome.

AH

DENT PARISH COUNCIL

The February meeting discussed road gritting in the recent spell of wintry weather, heard a report on local initiatives by the National Park, and listened to a presentation on a new organisation that is promoting the dale to visitors. As usual, the council's minutes are published on www.dentdale.com (follow the parish council link).

Discover Dentdale

Matt Clayton had been invited to the meeting to speak about Discover Dentdale, a social enterprise whose aim is to promote the dale to visitors. It organises various activities, including touring theatre productions and the forthcoming Walking Festival,

deals with accommodation bookings and helps to market the Dentdale Show and the Music and Beer Festival through its website at www.discoverdentdale.co.uk. The council agreed to support the venture in principle, and to investigate the possibility of including some publicity for Discover Dentdale in the car park.

Road Gritting

The meeting was unanimous in congratulating Malcolm Robinson, the contractor responsible for gritting the dale's roads, on the excellent job he had done recently, and agreed to write to thank him. However, concerns were expressed, by both councillors and members of the public, about the roads that had not

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Exhibitions

Land Marks Stunning textiles by Lynne Stein, using reclaimed and recycled materials (from 6 Mar).

Green Door Sprung Open Fresh new work by local co-operative Green Door Studios (from 13 Mar).

Family Activities

Farfield Yarns – puppet shows by Orphaned Sock – free with admission: Sat 6 & 13, Sun 21 & 28 Mar

Weavers Café

Traditional Sunday Lunch 2 or 3 courses – groups welcome; booking advisable on 015396 21159

Monday Specials: (12-2) soup & sandwich, £5.50; (2-4) home-made cake or scone & tea, £3.50



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been gritted. It appears that the system of prioritising roads, where side roads were only done after the main roads were gritted, works well if there is only one snowfall. It had run into difficulties on this occasion because as soon as the main roads were gritted, more snow fell and they had to be gritted again to keep them open. Thus the minor roads were left untouched, causing the major difficulties that residents experienced in some parts of the dale. Towards the end of the cold spell, Cumbria Highways started to work more closely with parish councils, delivering grit for us to distribute, and it was felt that this greater level of local involvement had been more

successful. Kevin Lancaster, the County Councillor for this area who was at the meeting, undertook to press for a review of the current policy so that in future local priorities set by parish councils were built into the plan from the outset.

Church Bridge

Reports of stones working loose on Church Bridge were passed on to the Cumbria Highways Area Engineer, who informed us that the bridge had been inspected since the Cumbrian floods and had been declared safe.

Affordable Housing

Last October, the council agreed to press a working group of the National Park to reconsider its recommendation about the field next

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to Glebe Fold. Most residents who had expressed an opinion in the recent housing needs survey had said it was the best site in the village, and Two Castles and the Bradford diocese were prepared to apply for outline planning permission. Nevertheless, the YDNPA working group had left it out of the list of sites for future affordable housing. A first attempt by the parish council to persuade them to change their recommendation has not been successful, so our next move will be to make the case in person at the YDNPA meeting at the end of March.

Relationship with YDNPA

In the public forum at a recent meeting, the question was asked, "What is the National Park doing to support Dentdale?" The February meeting heard an answer to this, and this led to a discussion on the state of the relationship between the Dentdale community and the YDNPA.

Graham Dalton explained that the National Park was constrained by its statutory powers. It is not responsible for the economic and social development of its communities, and so although it has a duty to foster their economic and social well being, it can only do so as part of its primary purposes of conserving and promoting the area. Given that restriction, the Park has done a number of things in and for Dentdale, including:

- Repairs to the Occupation Road
- Improving stiles and gates, in some cases to allow disabled access

- Running an advice seminar on the maintenance of listed buildings
- Assisting farmers apply for government grants and allowances
- Identifying sites for hydro electric generation, and working with owners to develop them
- Advising forestry owners on felling, replanting and available funding
- Providing training opportunities for young people, to improve their earning power

Whilst other members of the council acknowledged that all these things had been done, they felt that a number of recent planning cases had

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TOWN BAND
present their



ANNUAL
SPRING
CONCERT

Directed by: Alan Lewis. B.Phil, LTCL, NABBC.
7:30pm

Wednesday 10th March
People's Hall
Tickets
Adults £5
Children £3



Sedbergh Town Band is a registered charity. Number 1086817

seriously soured the relationship between the community and the Park. As the parish plan contained a commitment to try and develop a better relationship, it was agreed to discuss these planning issues with the Park in order to see if the situation could be improved.

Public Transport without Buses

As many people know, although the bus service only operates on Wednesdays and Saturdays, transport at other times is available through the County Council's voluntary car scheme. For a fare of 30p per mile you can be driven anywhere within Cumbria by local volunteers using their own cars. People are taken to Sedbergh and back for shopping or to see the doctor, to and from the station at Oxenholme, to and from Kendal for shopping or appointments or even around the Dale to visit friends.

Anne McClurg has recently taken over the bookings for the scheme, so if you want transport, ring her on 25446 to make the arrangements.

Drivers on the scheme have their expenses topped up by the County Council, and new drivers are currently needed. If you would like to become one, please contact Anne or visit the County Council's webpage at www.tiny.cc/Dw63N to find out more about it.

Flower beds

Now that the flower beds opposite the smithy on Beech Hill have been planted with perennials instead of annuals, some residents are concerned about their state. They

have volunteered to help improve them if one or two other people are willing to help as well. If you'd like to become involved, please contact me (details below) for more information.

Parish Clerk

We are currently looking for a new parish clerk, as Colin Robertshaw will be leaving us in the near future. The post is for 40 hours a month, and an advert for it appears elsewhere in Lookaround. If you would like to know more about it, please contact me on the phone number or email address below.

Next Meetings

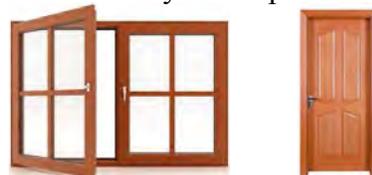
The next council meeting will be at 7.30pm on March 1st in the Sedgwick Room. It is open to everyone, and members of the public will be able to raise any issue that concerns them in the public forum which usually takes place about 8 o'clock.

Jock Cairns, Chair Tel: 25655 e-mail: dentparishcouncil@btinternet.com

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SEDBERGH PARISH COUNCIL

The latest council meeting was held on Thursday 28th January at the People's Hall. As usual there was no meeting in December. Full minutes can be read at the Community Office in Sedbergh.

Planning

Peter Marshall the Bursar from Sedbergh School gave the meeting a brief overview of the thinking behind the Schools submission of a number of sites to the National Park's call for housing sites. He also explained the School's planning application for a new rehearsal room at Guldrey Lodge.

The meeting discussed a number of planning applications and objected to building number two at Archers Hall and a gable wall and dormer window at Randall Hill. Also a list of questions regarding the Guldrey Lodge application was sent to Sedbergh School.

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SEDBERGH ANGLERS Annual General Meeting

The Annual General Meeting
of the
Sedbergh Angling Association
will take place on:



Friday 12 March
At 7.30 pm

White Hart Sports and Social Club,
Sedbergh

www.sedberghanglers.org.uk

It was also reported to the meeting that planning consent had not been released in respect of 37-39 Main Street pending clarification of remedial works to be carried out. The Council resolved to write to the Planning authority urging that enforcement action be taken regarding the repair and repainting of the frontage of the building.

Grants

A grant of £500 to the People's Hall was agreed

Town Centre Initiative

Following the public consultation exercise in December a number of informal meetings have taken place with the Regeneration Programme Manager from SLDC and a decision has now been made to set up a project board to progress matters with the first meeting scheduled for March. We will continue to keep you posted through this column and further public

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consultation is likely as matters progress.

TIC/Community Office

A meeting has now been held with the Chief Executive of the National Park at which both the YDNPA and the users of 72 Main Street put forward their views. There is clearly much to do if the community are to acquire the building but we are determined that it will stay in community use.

Playground

The building of the new play wall has now commenced and hopefully will be in use by the time you read this. Thanks go to Cllr Kevin Lancaster for securing the grant from

CCC and Peter Clark from SLDC for arranging the contractor and advising on the project.

The next meeting will be on March 25th at 7.30pm at the People's Hall committee room. Members of the public are welcome and there is always an opportunity usually around 8.30pm for you to participate. The agenda will be posted in the Parish notice board and Community Office a week before the meeting

For any further information please contact the clerk Colin Robertshaw. (Tel 01539 730597 email clerk@sedberghparishcouncil.org.uk or at the Community Office around midday each Wednesday)

DENT PARISH COUNCIL
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or email dentparishcouncil@btinternet.com

participate if they so choose.

I also mentioned in my last article the consultation being organised by Natural England into the possible extension of the Lake District and Yorkshire Dales National Parks. Things have moved on since then in that the Community Overview and Scrutiny Committee of SLDC has set up a working group to consider the Council's response to the proposals. I am Chair of the group. It comprises the elected members who have a direct interest in the outcome of the consultation and includes Councillors Kevin Lancaster and Peter Woof. So far we have had three meetings and our recommendations will be

contained in a report which will be presented to Cabinet on the 3rd March. I think it would be fair to say that so far there is a considerable lack of enthusiasm for the proposals particularly in view of their likely largely negative impact on existing SLDC policies relating to the provision of affordable housing, the Local Development Framework and Regional Planning. I have to say that I am not yet as convinced as my colleagues as to the perceived disadvantages and I continue to take soundings and listen to the views of my Ward residents although I am coming round to the view that not each of the proposed extensions

should be regarded in the same way and that some of them might better be dealt by creating Areas of Outstanding Natural Beauty rather than becoming part of one or the other National Parks. A referendum or plebiscite of local people also seems another possible way forward. And remember you have until the close of the consultation period on the 17th March to express your own views on this matter by completing the Response Form in the Consultation Pack obtainable by calling 0161 273 8235 or by emailing nwdesignationproject@naturalengland.org.uk.

Owing to a prior engagement I was unfortunately unable to attend the "Looking to the Future" event at the Peoples' Hall on the 16th February. This is a very exciting country-wide project under the umbrella of the Community Development Trust and the Community Builders Programme whereby local communities are facilitated and guided to work cohesively together with a common aim rather than different bodies simply "doing their own thing" without reference to one another. The Parish Council, Chamber of Trade, Community Office and Booktown and Literary Trust have already expressed support for moving towards a formal partnership for the benefit of Sedbergh and District as a whole and I look forward to developments as the project progresses. Indeed I have already expressed my willingness to be a part of it and also bring in any expertise and connection I may have

in my role as a local councillor. I have a strong interest in community building as I lived in a community in Scotland for five years in the 1980's. Running alongside this is the proposed Community Play set to take place in 2011. Please do find out more and then get involved as there will be plenty to do whatever your particular skills and interests. It is not just the play either as there will be plenty of preliminary events as well to take part in. All in all there is a great deal happening at the moment and plenty of really interesting things to get involved in. Don't miss out!

Don't forget if you have any matters of local concern please do not hesitate to contact either Peter or myself:

Ian McPherson: 015396 20648

Email: ianmcpherson24@hotmail.com

Peter Woof: 015396 20857

Email: peterwoof@hotmail.co.uk



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COBWEB ORCHESTRA

The highly popular residential Weekend of Music will be held again this April in Sedbergh School's Powell Hall. The Orchestra will spend the period April 9th - 11th playing a wide range of orchestral music, and also having a lot of musical fun.

Rather than ending with a conventional Concert, the weekend finishes on Sunday April 11th at 3pm with an Open Rehearsal which all are welcome to attend.

There will be no entrance charge, though a Retiring Collection for Cobweb Funds and the British Heart Foundation will be taken. Refreshments will be available in the Hall.

INDOOR BOWLING Dent Memorial Hall

Wednesdays
from 7:15pm - 9pm.
3rd & 17th March;
28th April & 19th May.



Saturdays 10am - 12 noon
Plus Coffee Mornings
28th March;
April tba; 22nd May

Further information from
Jean & Rob Haygarth 25269
Two Mats Play from March

CHRISTIAN AID

COFFEE MORNING

Wednesday 17th March

10:00 am to 12 noon

U.R.C. Rooms

Coffee, biscuits, homebaking
& stalls including one for
Kidzone, Nairobi

All Welcome

The Cobweb Orchestra, now in its 13th year, is open to all standards of musicians, they meet regularly in groups in Cumbria (Tebay), Durham, York and Northumberland. The groups come together for Workshops, Study days, Weekly Rehearsals and frequently complete weekends.

Its activities include trips abroad. Last summer saw us enjoying a wonderful week of music and La Dolce Vita in Tuscany, Italy and this summer, we are returning to Munich.

The group received expert help from professional musicians from the Northern Symphonia Orchestra. Help this residential weekend will be provided by Stephen Wreay, a wonderful Conductor as well as a professional Bassoonist and a good friend of the Orchestra.

Anyone interested in 'dusting off the Cobwebs' from the instruments and playing for fun are invited to contact Sheila Blackwell on 015396 20056.

Future Cobweb events:-
Ravenstonedale Promenade Concert on Saturday 3rd July in the Black Swan garden, Ravenstonedale which will be an all day event.

COUNCILLOR KEVIN
EXTENSION TO YORKSHIRE
DALES NATIONAL PARK:

This remains an extremely complex issue and the decision when made will affect the area concerned for the rest of our lifetimes. It is noticeable that the more people acquaint themselves with the facts the more they realise just how complicated the decision is. Ian, Peter and I have been on a Working Party looking at the issue in detail and I for one am pleased with the report which is likely to issue from the group.

Fundamentally there will be a recommendation to SLDC cabinet that the council formally opposes designation of most of the area within South Lakeland, primarily that affecting Sedbergh and Kirkby Lonsdale. That is necessary to provoke a public inquiry further down the line. But, mainly it recommends that SLDC undertakes a plebiscite of all the affected parishes, probably in June of this year, after the General Election. It would be no good recommending someone else did it, they have too much of a vested interest in not doing. It grieves me that here we have something; more permanent than a marriage; where neither the groom, YDNP nor the officiating minister, Natural England has any interest whatsoever in the views of the bride – the residents of Middleton, Casterton, Barbon and Kirkby Lonsdale. This cannot be a recipe for a happy and fruitful union.

STATE OF THE A684:

It should go without saying that

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 3rd March

Women in a Man's World
17th Century Villagers in the
Eden Valley

Margaret Gowling

Saturday 20th March

Annual General Meeting

Followed by

Robert Foster, a man of parts

John Mounsey

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

Everyone is most welcome to attend any
or all of our lectures

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

there isn't a bottomless pit of money to spend on Cumbria's roads. Highways works are programmed on a three year rolling schedule. It is accepted that the A684 from Sedbergh to the motorway is in the worst state of any A Road in South Lakeland or Eden. It is for this reason that the works which are now beginning were put into the work programme two years ago. There are major structural issues with the road surface all the way on the A684 all of which require major repairs well beyond the normal periodic interventions. Lest people forget, a vast amount has already been spent, on three occasions in the last three

years on two sections in Garsdale. Other significant lengths of the A684 have had major repairs already – most recently at the Hayfell Tollbar. I stand to be corrected but I have been told that in recent years more has been spent on the A Roads within, and serving this division than on the equivalent roads for any other division in the county.

There is a lot to do and the works needed on the A684 will not end with those beginning now at Lily Mere. Keith Masser, the Acting Area Engineer gave a thorough and excellent presentation on the matter to the Local Area Partnership Meeting last week. Works to A Roads – Priority 1 roads for gritting purposes are financed centrally within the county. Other works are handled locally in South Lakeland. Keith has prepared spreadsheets and pdf files for all the “minor” schemes being considered for Sedbergh and Kirkby Lonsdale LAP area for the next three year cycle. At this stage they can be moved up and down the list – higher up the sooner they will be done and lower down the longer the wait. If you would like to have a look and make a positive contribution please email me.

*Councillor Kevin Lancaster – 015396 20800, 07980 844 695,
kjlanc@kjlanc.demon.co.uk, Fellgate,
Dowbiggin, SEDBERGH, Cumbria.
LA10 5LS*

*For non-urgent matters or to arrange a meeting please contact Anne Fenwick – 07951 465 073,
AFenwick07@aol.com*

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TROTT MUSICAL FOUNDATION

To date over £8,000 has been paid out by the Foundation to further its work, in helping young people in Sedbergh and area to learn about music and to play instruments.

At present grants to individuals are made on a termly basis and the trustees will be considering applications for the summer term 2010 on Thursday 16th March. Would anyone wishing to make an application, please submit it by Tuesday 9th March.

To qualify, an individual applicant must be under 18, born or living in Sedbergh, Garsdale, Dent, Howgill, Cautley or Firbank, or being educated at one of the local authority maintained schools in Sedbergh or Dent.

An application form for assistance may be obtained from the Office of Dalton & Hague, 7 Main Street, Sedbergh, Cumbria, LA 10 5BN (Tel: 20365 E-mail: office@daltonandhague.co.uk) and should be completed and returned by the 9th March, 2010.

**DENTDALE OVER SIXTIES
FRIDAY CLUB**

Report on 2009 and Planning for 2010

Dentdale Over Sixties Friday Club meets between 1.30 - 4.00 pm in the Sedgwick Room, Dent Memorial Hall, every Friday (except Good Friday and the Christmas/ New Year fortnight.) New members are always very welcome.

During 2009 we have welcomed two new members, and sadly lost two. Members contribute £1 at each meeting they attend. This almost covers the cost of the room but, unless we attract new members, funds will not allow us to bring in outside speakers/ entertainers.

Fortunately we are very lucky in that we have so many talented people in Dentdale who are usually willing to speak/entertain/lead activity sessions for us free of charge. We are extremely grateful: a very big thank you to you all.

Last year we were treated to travel talks and slides on New Zealand, South America and France; enjoyed a piano recital; been privileged to be able to examine records of Dent Churchyard gravestones; taken part in workshops on silk painting and on making Christmas cards; enjoyed a cookery demonstration (as well as eating the finished product!); made use of the bowling mats; and did some light exercises on one cold day

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to help us both keep fit and keep warm. We have had many lively discussion/ reminiscence sessions, hilarious bingo sessions, and various quizzes, and have recently been involved in group attempts to complete some really difficult jigsaws. We have been regularly kept up to date on Parish Council affairs, on the changes at Sedbergh Health Centre, on the changeover to digital TV, and have discussed the issue of future housing for the elderly in Dent.

We have also had two days out: a trip to Coniston which included a fascinating scenic tour with commentary and buying our own lunch at a restaurant where the customer chooses what to pay, and a trip to Settle for a fish and chips lunch and an afternoon of Christmas shopping at Watershed Mill. On 18 December we had our own Christmas party - 17 of us, with a wonderful tea, wine and crackers (everything donated by members), a delightful nostalgic entertainment of Vera Lynn songs, and a side-splitting game of charades.

In 2010 we have already had a travel talk with slides on the Mont Blanc Ultra Trail, and future dates planned include, among others, a talk by the PC Support Officer, talks on Celtic Knots and on Greenland, and a discussion session on the Railway Mission and the Temperance Movement. We are also hoping to have a visit to a garden centre in the spring.

Is there still anyone out there who thinks we are "just a Scrabble Club"??? If you are over sixty and would like a lively and sociable afternoon on a Friday, then do come along and sample the Club. Further information: phone 25203.

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JANUARY WEATHER

Weather wise we had a rather untypical month, going by recent years. It is currently the coldest, most prolonged winter for 30 years. So much for global warming!! It was very cold, quite a lot of snow and little precipitation measured. Some of this may be accounted for by the freezing up of the electronic rain gauge though it does take 10 inches of snow to give us the equivalent of 1 inch of rain. As a result we only recorded 1.22 inches in the gauge. Due to the low temperatures we had a lot of ice making getting around difficult especially on foot. The "snow bones" lasted on the fells throughout the month. We had 6 days at the start of the month when the maximum did not get above freezing all day. The highest maximum temperature for the month was 46.0F whilst the lowest maximum was 25F!!

During this very cold spell we registered a minimum temperature of 12.2F(-11C) and with a wind chill factor the temperature

was taken down to 5F (-15C)!! Not a night to be outside!! Fortunately winds were comparatively light so that no significant drifting took place around Sedbergh. Drifting makes things especially difficult particularly for livestock.

These extreme conditions make life extra hard for wildlife. Birds become bolder around feeders with frequent squabbles. Fat balls and nuts become increasingly important because of the high energy level of



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the contents. We have had regular visits from greater spotted woodpecker, longtailed tit and occasional goldcrest plus the regular blue and great tits, house sparrow, robin, wren, coal tit, chaffinch and dunnock. Three of my gimmer hogs stopped eating during the heavy snow, hardly a time to go without food you would think. Treatment for possible pneumonia plus a kick start

for their rumens seem to do the trick. It was surmised that they could have eaten too much snow, not having seen it before, and shut down the

necessary bacteria in their rumens. This just shows the importance of getting water to livestock in such hard conditions. One advantage of the snow was you were able to see tracks of visitors. There was certainly plenty of evidence of fox and rabbits around. Talking to one local he said he had watched a mink swimming under the ice on the river. Towards the end of the month a few cheery snowdrops came into bloom under the shade of a hedge.

Y.D.N.P.

Online consultation begins

Plans to enhance the special local character of parts of Sedbergh and Dent have been published online for public consultation.

Consultants were commissioned by the Yorkshire Dales National Park Authority (YDNPA) to assess the quality of the built environment in the two conservation areas and to identify ways in which it could be improved in the future.

Now the consultants have produced appraisals of the conservation areas that take on board comments and ideas made by local residents.

Stuart Parsons, the YDNPA's Member Champion for Conservation of Cultural Heritage, said: "We have been talking to local stakeholders including parish and district councils about the appraisals but this is the first time we have carried out a large-scale consultation using the internet.

We hope it will generate a lot of comments.

"These are special places but they do not have to remain frozen in time.

"We want to hear what people think of the suggestions in the appraisals, which identify ways in which the special qualities of the two settlements can be looked after in the future."

Robert White, the YDNPA's Senior Conservation Archaeologist, said: "There are so many elements that go together to make a place special – anything from historically and architecturally important buildings or sites to the way in which the buildings, other structures and the spaces between them fit together and contribute to the character of the place.

"There are 37 conservation areas within the National Park and we have a rolling programme of reviews to ensure that each has an up-to-date character appraisal and management plan.

"Over the new few weeks, we will be adding appraisals for Langcliffe, Farfield Mill and the Settle-Carlisle Railway and others will follow during the year."

The appraisals for Dent and Sedbergh can be found at www.yorkshiredales.org.uk and comments should be submitted to the YDNPA by the end of February so that a report can be considered at the Authority's March meeting.

This report was submitted too late to enter into the February issue but is included for information as it is important for the area. Ed

**Paul
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SEDBERGH TOWN BAND

On Friday 5th February, the Band's Annual Dinner was held at the Black Bull, Nateby. As on the previous two occasions on which Nateby had been the venue, the thirty members who sat down experienced an excellent meal selected from a wide and varied menu that was served with impressive efficiency.

Whilst many made their own way to Nateby, a number chose to travel in the recently purchased Band Mini-Bus driven by Flugel player Peter Packham. The vehicle's first Band engagement was considered an outstanding success and the decision to purchase it from Settlebeck High School was deemed a shrewd move

and it will undoubtedly be employed most effectively in the future.

At the conclusion of the meal, the Band President, Douglas Thompson, responded faithfully to Secretary Hilary Hodge's request for a brief and witty speech. He expressed his admiration for the progress made by the Band and looked forward to future developments, not least, close involvement with the People's Hall project.

Alan Lewis, Director of Music, concluded the evening by paying tribute to the efforts put into the Band by so many diverse people. He particularly stressed his recognition of the exceedingly sound basis of the Band in terms of organisation,

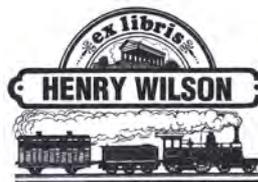
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administration and finance. This structure has enabled the Band not only to form a Youth Section but also provide all players with new, good quality instruments - contrary to the custom in most bands where worn out instruments are passed down to the Youth Section. He also said the Band could take pride in its range of possessions: a Mini-bus, trailer, staging, marquee and many instruments (the most recent acquisition being two tubas) all the result of generous and industrious effort and support.

making are going on toward the Panto, which is also being staged in aid of the planned PH modernisation. Well, hopefully that's cleared that up!
SG-W.

The RCT has been very lucky in finding sponsorship for this year's show from the Roof Box Company, Pinfold Caravans and JMP Food Services. We are currently seeking funds for providing materials etc for costumes, and associated needs for this year's cast of more than 60 (ranging from 5 to 65 years old!). Believe it or not, this year's show, The Pinfold Pirates and the Glorious Quest, is the sixth in the RCT's run of annual "fun and fund raising" shows. Up to now the costumes have mainly been made out of surplus bed linen, donated curtains and anything else that we could beg or borrow. Everything has been used and re-used, representing a triumph in recycling and a tradition that we would not wish to see change. However, there comes a point when an injection of cash is needed, to purchase wigs and make-up supplies, costume accessories as well as particular fabric to make matching outfits. And besides, I'm running out of bedding! No, seriously, the cast all give whatever they can, as do parents of the youngsters taking part and the generous folk of Sedbergh. The RCT is extremely grateful for all the support it gets from the town. We look forward to providing a fun event for you and your family and hope you can join us for one of the March performances.

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ROSE COMMUNITY THEATRE

You may have noticed that the 'What's On' listings in last month's Lookaround showed an event on the 18th, 19th, and 20th March as "Peoples Hall Memories". It should, in fact, have said "Panto: Pinfold Pirates and the Glorious Quest". The mix-up was caused in part by the fact that I am putting together a book entitled "Peoples Hall Memories", to raise some funds for the PH modernisation. The book is now on hold while preparations, rehearsals and dress-

SLOVENIA - April 13-17

Many of our singers and friends have said how much they enjoyed meeting our visitors from Slovenia when they stayed in their homes over the past couple of years - their only complaint was that they didn't have enough time together. Now there is a chance to meet again in Slovenia. The choir who came last year from the Slovenian Steiner School have invited us to come and help them celebrate their 10th anniversary.

So we've booked some cheap flights (under £50 including shared lifts to the airport) from Liverpool to Venice where we will spend our first night.

We will sing in Venice in the morning, before boarding the country

train to Gorizia and over the Slovenian border to Nova Gorizia, where the singer Marinko Pintar who came last year to Sedbergh lives. We then have one of the most beautiful train trips in Europe up the Soca valley to Bled - in a country train which has what I now consider to be a great luxury in rail travel - windows that open!

In Bled after walking round the lake, we'll row out to the island, make our wishes while ringing the bell, and sing in this island's magnificent church. Then on by train to Ljubljana where we meet our hosts who we'll be staying with for the first night and joining them in the singing. We are also (of course) visiting our friends in



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Zrece who are coming to Sedbergh this year. And later visiting the Vanishing Lake to stay with the renowned Slovenian folk singer Ljuba Jence, who sang in Dent last year and also taught us some magnificent songs in her workshop there. Few will forget her remarkable ability to make music by tapping together pebbles she found on the banks of the river Dee!

By organising exchanges where we stay in each other's homes we have not just been able to keep the costs within the reach of everyone, but also allow for a more intimate dialogue where we can learn from the differences and similarities between our two cultures.

If there are still spaces, you are very welcome to join us - we shall be beginning our rehearsals for the tour over the first weekend in March and on Tuesday evenings.

If you are unable to join us on this tour, there will be other opportunities later in the year to join our affordable visits including a visit of families with pre-school children to Zrece to share in children's activities with Slovenian families. We are applying for funding which, if successful, will allow those on very limited incomes to come for free.

If you would like to join us please ring David Burbidge on 015396 21166

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Howgills Harmony

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Slovenia - April 13-17 £95 including travel and accommodation with local singers.

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including singers from Britain, Bulgaria, Slovenia, and Rumania.

People's Hall, Sedbergh.

More details: 015396.21166

FROSTROW W.I.

Having cancelled our January meeting due to the severe weather, it seemed a long time since we had had a "normal meeting" (December being our Christmas Meal). The evening began with the minutes from the AGM and the November meeting. We looked through the WI News to see what events were coming up in the next few weeks. We were quite keen to take part in the Kirkby Lonsdale Village Fete in Summer but felt we needed more information. Interest was also shown in the Dance Day and the Glasscraft workshop. It is our turn to send a delegate to the AGM to be held in Cardiff this year.

Unfortunately no-one is available at the beginning of June. Members were encouraged to attend a flower arranging workshop organised by Linda Hopkins. The idea was to teach people the basics of floral art and help them to feel more confident about entering the Spring Show!

Right, that's the business out of the way. Let's get on to the entertainment! We were very pleased to have Dennis Whicker giving us an

insight into Community Policing in a talk entitled "Copper Kettle". As a youngster Dennis always enjoyed TV programmes such as 'Dixon of Dock Green', Z Cars etc (is anyone else old enough to admit remembering those programmes?). However he started his working life as an Underground Train Driver in London. He then happened to meet another driver who was in the Special Constabulary. Dennis's interest in the police was re-kindled He started making enquiries and eventually joined the Metropolitan Police as a Special Constable. He enjoyed the work and got heavily involved in various groups and communities. At that time Dennis often came up here on holiday and began to wonder about a job in Cumbria. He started in Penrith, which was a bit of a culture shock after London – everything was on a much smaller scale! For example, the football crowds at a Carlisle match were around 5000, whereas Tottenham Hotspurs would attract around 62000!

Dennis came to Sedbergh in 1982. He immediately liked the people who

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were friendly and communicative. He made it his duty to try and get to know as many people as possible. Everyone was very supportive and crime was virtually non-existent. He believed in prevention of crime and achieved this by maintaining a high profile. He would be seen checking houses of people who were on holiday and making farm visits. There was a good working relationship between the people of Sedbergh and their local "bobby".

Dennis earned the name 'Copper Kettle' from a colleague who always saw Dennis with a mug of Tea in his hand, which still continues today!!!

Anne Pitt thanked Dennis for an interesting and amusing talk.

St ANDREW'S PARISH CHURCH



This year's early Easter has brought the Church calendar forward and suddenly Lent arrived half way through February heralded by the Shrove Tuesday children's pancake party in the Peoples' Hall and Lent lunches in the Parish Room which commenced on Ash Wednesday and will continue until Easter; this year the proceeds from the lunches are being given to the Clifton Boys' Home in Hanover, Jamaica.

Looking forward there is a busy programme in March the highlights of which are Mothering Sunday on 14 March when all the mothers attending the 1030am service will be given a Mother's Day posy, the Parish Supper and Annual General Meeting in the Peoples' Hall on Wednesday 24 March at 7.00pm when there will be the usual selection of meat and potato pies and sumptuous puddings all for the give away price of £3.00 a head and on 28 March we will celebrate Palm Sunday with the traditional distribution of palm crosses to the congregation.

After 18 months planning the 2010 Music Festival programme has been finalised and everything is in place for an action packed fortnight from 4 to 20 June. Details of the programme are on the Town website and Festival brochures will be available immediately after Easter.

After you've gone....

Making a will is the right choice for you and your family - don't put it off until it's too late.

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SEDBERGH POET

There once was a poet in Sedbergh who thought up a verse in his head.

When told it was rot
He screamed "No it's not!"
And retired in a huff to his bed.

SIGHT PROBLEMS

Services for people with sight problems in the Sedbergh area.

Do you have or know someone with a sight problem? Perhaps you have just been to the opticians and been told that they cannot prescribe any spectacles to help you. SLSB provides support for anyone who cannot read normal print with their corrected spectacles. You do NOT have to be registered as Sight Impaired (Partially Sighted) or Severely Sight Impaired (Blind) to get help and advice from us.

I run an Outreach Service and can visit you at home to discuss your concerns. I also work closely with the local Rehabilitation Officers to help people keep their independence at home. This may mean increasing lighting, looking at contrast issues or providing equipment to help you cook meals, make a cup of tea or use the phone. We have a Sight Advice Centre in Stricklandgate, Kendal which has a whole range of equipment, but if you are unable to get into Kendal, I can bring the equipment to you!

Sedbergh has its own Support and Information Group for people with sight problems that meets monthly at the People's Hall (3rd Tuesday of the

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Month 2.15 to 4pm). This enables people with similar eye conditions to share their ideas on coping and also have a good social life.

If you struggle to read the "Sedbergh Lookaround" you can get an audio version which is also provided by local volunteers. *(this is available for free which includes a special listening device of which instructions are given. There is also a Large Print version which is available for £1 per copy - to cover the high costs. Ed)*

SLSB helps to run a Low Vision Service which people in Sedbergh can access. If you are unable to read normal print with corrected spectacles and have seen an optician within the last six months, you can self refer yourself into the service.

SLSB relies on volunteers to help run the different services. If you would like to help with the local support group, please let us know.

If you would like to discuss any of these services, please contact Scott Hemsley (Community Development Co-ordinator) at SLSB on 01539 742633.

BOOKWORM

What I have been reading this month ...

'Open Secret' by Stella Rimington (autobiography)

Stella Rimington was the former Director General of MI5 and when this book was published in 2001 it caused quite a stir as little had been known by the public about the secret service.

The book is a fascinating insight into this unusual organisation and what it was like to be a working mother in that setting at that time. SR spent the 2nd world war years as a child in Barrow in Furness and recalls visits to the Lake District. There is not much MI5 operational detail as this had to

be omitted, but it is interesting learning about how SR's career developed after an unpromising beginning to such an influential position.

'Dead Line' by Stella Rimington (fiction)

Spurred on from the autobiography I picked this book from a series about fictional female MI5 officer called Liz Carlyle. I found it rivetting and went on to read all the rest in series. Pacey, intelligent and realistic contemporary scenarios eg world peace conferences, terrorist bomb plots etc and the reader is convinced of the authenticity because of the author.

Lots of operational details in the book eg bugging, agent running etc - some of it a bit scary as it is going on now all over the world not just in a book. A rarely glimpsed perspective on global politics and behind the scenes security activities where there is no such thing as a casual encounter.

'Pies and Prejudice' by Stuart Maconie (travel writing)

In Search of the North. If you like the North and know the South then this can be a laugh out loud book - well written (though a few too many popular music and football references form my taste). History, food, weather, architecture and politics are some of the subjects covered on Stuart's journey through the North - mainly towns and cities and not countryside so a bit unbalanced. You may recognise yourself or a friend, neighbour somewhere in this book and it is a great source for quiz questions!

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PEOPLE'S HALL

Redevelopment News

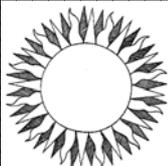
Planning a new building can be a worry as planning to spend money usually costs money. This is not a new phenomena – it was ever so! Planning the development of the People's Hall is no different. Bills and fees are incurred as you plan and have to be paid. They may be small in relation to the cost of rebuilding, but they mount up and have the potential to put a stain on our finances. Fear not - there is good news.

The development project has been particularly blessed by many people working on the project and not charging any fees. Many have done

so, but we would particularly wish to thank our architect Barbara Harley for her splendid design work.

Planning applications, site and bat surveys, solicitor's fees, etc. all have to be paid, but there is also good news here. A generous grant has been received from the Frieda Scott Trust for £3,500 that covers most of the cost of our planning application to the YDNP. Furthermore, the B&B ladies raised £171 from their Quiz, which will help cover some of the smaller expenses. The answers were in the February Lookaround. Thank you very much, Ladies.

We are ever hopeful of being able to cover some of the other costs with grants from other Trusts. However,



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this is an area where “counting chickens” usually leads to disappointment! Accepting rejection is a necessary quality, when applying for grants – even in the good old days of plentiful credit!

As you read this, the planning application should have been submitted through the YDNP’s planning portal. It comprises a Design and Access Statement with Architects Brief and an Annex on “access for all”. This is sent with a Business Plan. This latter almost took as much effort as the rest of the application! That was not it, of course, as several plans, elevations, sections and site plans had to go too. You will be pleased to know we have no bats in our belfry and the work we intend to carry out will not disturb any resident bats thereabouts.

*Dr Gina Barney (20790)
 Douglas Thomson (21747)*



SEDBERGH FESTIVAL PLAYERS

The biennial Sedbergh Music Festival runs from June 4th to June 20th this year. Traditionally there has been a Pepperpot Coffee Concert on the middle Saturday of the Festival and this year is no exception. June 12th is the date. Coffee will be served from 10.30 and the concert will begin at 11.00. The primary-age Pepperpot Music Makers, now capably directed by Elizabeth Dodd and Anthea Meuli, will be taking part and also the newly formed SEDBERGH FESTIVAL PLAYERS. We are delighted to report that Richard Howarth, formerly leader of the prestigious Manchester Camerata, jumped at the idea of making music in Sedbergh and

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offered his services to conduct. We hope very much that anyone who has played with the Pepperpot Music Makers at any time since the orchestra began in the year 2000, will consider joining the Festival Players. But the invitation to play is not just

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restricted to previous Pepperpot Music Makers; anyone who plays an orchestral instrument to a reasonable standard will be very welcome. Dates for rehearsals in preparation for the concert have yet to be finalised but they will take place at St Andrew's Church. To make the choice of music easier, it would obviously be helpful to have a rough idea of your standard of playing, what orchestral experience you have had, if any, and the sort of commitment you would be able to give, since the number of available rehearsal dates before June 12th is limited and we want to put on a good show!

Richard Howarth is also currently the well-regarded guest conductor of

the Westmorland Orchestra and he will be conducting the concert at Lakes Leisure on Saturday, March 13th at 7.30. If you would like to see him in action, admission for this concert is free through Sedbergh Pepperpot Club for young musicians, aged 18 and under, particularly those who play orchestral instruments. Parents are invited to buy their tickets through the Pepperpot Club and come along too!

For more information, enrolment forms, or for tickets for the Westmorland Orchestra concert, please telephone Shirley Smith on 015396 21196 or 07977 096850 or email yantethera@aol.com.

Shirley Smith



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STORM IN A SANDPIT

At the end of David Burbidge's account in February *Lookaround* of the Cautley Carollers' singing expedition round the parish last Christmas, he describes how the Farfield residents helped a visitor dig out his car from the snow, contrasting their 'kindness and hospitality to those in need' with 'the Scrooge-like attitude of Farfield Mill's Centre Manager, who banned our 3 year old Anika from playing outside our cottage in her sandpit, which she shared with visiting children to the mill'. As it is unlikely that Anika would be playing in her sandpit in the snow, readers may have realised that the reference was to an incident which had occurred much earlier, which may account for David's incomplete recall.

Last summer, with no warning, we discovered a child's climbing frame, toys and a sandpit on Farfield Mill's land, opposite our café door. We showed kindness and hospitality by allowing it to remain there, without comment, for some months – though we didn't quite see David's need, given that a couple of feet away was his cottage and enclosed garden, with lawn. Then a Trustee pointed out that, if one of those visiting children to the mill fell and injured themselves on the frame, Farfield would be liable – and a member of the café staff saw a dog using the sandpit as a loo. In this age of litigation we thought it prudent that the Centre Manager should speak to David about moving them back into his garden. Eventually, it

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happened.

I find David a generous and straightforward man and I'm puzzled why he felt the need to wait three months before raising this matter, and not with me but in *Lookaround*. Then I remembered Tam's wife in Robbie Burns wonderful poem *Tam 'o Shanter* 'nursing her wrath to keep it warm'. And it has been an exceptionally cold winter. Let's blame it on global warming.

Anne Pierson

Chair of Trustees Farfield Mill

As Editor, I Proof Read the articles that come in and I missed the details referred to in David's article last month. Had it been seen, I would have pointed out that this was a situation that needn't have appeared in *Lookaround*. However, as it did, I feel it is only right to print a reply with no further comments being made.

Ed

JUNCTION 37

Following on from my article last month about the accident at Junction 37, this is a follow up to let you know where you can find copies of the petition if you would like to sign it. They are in the Post Office, Sedbergh Office Services, Premier Express convenience store (formerly Nisa), Tourist Information Office, the Community Office and the Charity Shop. Thank you very much to those shopkeepers for agreeing to do this. Thank you also to all of you who have added your signatures so far.

If you cannot get to the shops and would like a copy to sign, and to get your friends and family to sign, please contact me: email rosel@rlewes.freeserve.co.uk, tel. 20052, address 16 Guldrey Terrace, Sedbergh LA10 5DT.

Since I wrote last month, I have had many people tell me of their own experience of accidents at that junction. It confirms my view that

there are more accidents there than we are aware of, as they do not get reported. I would therefore like to accompany my petition with a collection of reports of the accidents and incidents, **including near misses**, that have occurred in the past. I would be extremely grateful if people would send me a written account of their incident, by email or by post, including the outcome for all parties to the incident. It would be better if you could write your own account as I may not get the facts right if I try to transcribe from a phone call. I shall of course keep names confidential if preferred.

I have also had many good suggestions for other improvements that could be made to the junction. If you have any other thoughts as to what you believe to be the problem with the junction please let me have those as well. Thank you for your support.

Rosemary Lewes

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MARCH GARDENING

One of my greatest pleasures in early spring is to cut and take indoors twigs from a cherry tree and watch as the buds swell in the warmth of the kitchen and burst open to reveal the slowly unfolding flowers. My usual blossom is from *Prunus ceracifera*, the cherry plum or Myrobalan. The tree is, I suspect a well grown shoot from a rootstock of a fruiting plum – there are 2 or 3 rather tired greengage trees in the vicinity - but as these fruit about once in every 15 years I am inclined to keep the Myrobalan for its clouds of scented early blossom and its



occasional good crop of yellow plums. (Readers may have noticed these dropping from the tree in Evans house garden onto the seating area and footpath at the end of the Sedbergh School cricket pitch)

Prunus ceracifera has single white flowers but its cultivar *P. c.* 'Pissardii' has pale pink blossom and purple/red leaves. (This one is often planted as a parks or street tree). The former has been in cultivation since the sixteenth century, the latter since around 1870. For

more modern cultivars with early flowers I would choose 'Kursar' with its clouds of rich pink single flowers, or 'Shosar' – similar in flower colour and type but a little later into bloom and a little neater in habit. Trees nowadays are usually grafted onto the semi dwarfing rootstock "Colt" and should grow no more than 8 or 10 feet in 20 years in this area.

Prunus sargentii is later into flower and has larger (1.5ins) single flowers of soft shell pink. This plant is one of the best for Autumn colour, the leaves turning a bright glowing red. For all year round interest the Tibetan cherry, *Prunus serrula* is hard to beat. This one has small white flowers born in amongst the new foliage, but its main attraction is the smooth, glossy mahogany coloured bark which covers the trunk and branches. You need to plant this one beside a path or in a lawn so that the desire to touch and stroke the bark can be fulfilled.

Elaine Horne

Multiple Sclerosis




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FAMILY MUSINGS

Why oh why do people do it? They have all these treasured photographs of Uncle Harry, Great-Grandma, Great-Uncle Tom and his parents, the children through the years, mum and dads wedding and no names on the back! Yes, I know, they (or you!) know the people and the places but future generations will have no idea, so can we all label our pics so people in the future can know who is who.

Talking of old photographs, I invited an elderly relative to come and see if she could help us to identify some of the people on some photos of yesteryears, now, I wasn't expecting her to have personally met all the people, just thought she may have seen her elderly relations photo collections and be able to help. One pict looked as if it might have been the Russian Royal family .. she was left wondering just HOW old I think she is!

We all have photographs about in our homes, happy reminders of lovely people or special events, one of the

photo's of my late Mum's Uncle Fred Haygarth could be a photo of my son, and one priceless one shows my Mum as a little girl with her brother Douglas besides her. On our living room wall is a delightful framed photo of my Dad's Mother as a young lady sat with a Collie Dog on Rigg End Farmhouse doorstep, this was gifted to me recently. And, yes I have put a label on the rear saying who and where!

We had friends to supper recently and got around to talking about Hubby's forthcoming birthday and he, for some reason said he'd be 60, he will not, a few years to go yet, the lady looked a bit puzzled but said nothing, when they had gone he opened the card from them to read "Happy 40th Birthday"...

Enjoy your family events and when the photo's are developed you know what to do, nothing and then future generations will meet and say "I think that looks like.. do you think that was... etc". What fun.

Sarah

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DARWIN, DNA AND THE DALES

Apart from alliteration, what else connects Darwin and the Dales?

Well, to cut to the chase, not a lot!

However in trawling the highways and byways of Darwin, there have been some interesting, if minor, links.

Having established only one major link (which I will leave to the end) I

decided to explore what people "down South" think of people up here

in the North.....

"Northerners have brought it upon themselves. I mean, for God's sake, they keep ferrets and whippets, they wear flat caps and they eat pies with mushy peas. It's disgusting."

Another writer also commented.....

"I noticed I was being watched by a Yorkshireman on a bike; he seemed to fit my earlier thesis that the Yorkshire person was the pinnacle of evolution because he was lean and fit and somehow his biking helmet had a hint of flat cap about it. I saw what Darwin would have seen as he paused somewhere between White Wells and Wells House; a glimpse of human perfection, the finish line of evolution's long race: a Yorkshireman astride a saddle in a pair of shorts"

So, what is this evolution that Darwin is so famous for and how does it relate to Yorkshire biking men, whippets, peas and flat caps?

We all know that Darwin travelled round the world on the Beagle visiting

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the Galapagos and many, many other places. His curious educational background of failed degrees perhaps trained him to assimilate all the various observations that were part of his journeying and come up with the idea of Evolution. In his terms, the gradual change of a group of organisms where each tiny change was the result of the more fit individuals of any one generations being more likely to survive and breed, thereby passing more copies of their genes to the next generation so that slowly the population began to change to a more fit one. We now know that all genes are made from one universal language – the

language of DNA.

Any breeder of any sort of animal or plant – be it peas or whippets – knows that you choose the best parents to breed from. Darwin spent years talking to pigeon breeders, alongside dissecting and breeding his own pigeons. Along the way he began to see the pattern that not all offspring would have the characteristics of the two favoured parents but that some would. If he continued to breed from the better ones (the more fit) then he would slowly improve his pigeons. In the same way that a whippet or greyhound breeder will achieve a faster animal, or a farmer will get

more hardy sheep or wheat.

What about flat caps and bicyclists? We know that the GBR cycling team is very successful and you may know that at least some of this success is due to the technology employed by them. The "evolution" of their body suits and cycling helmets owes as much to the aerospace industry as it does to sports physiology. The designers have started with an idea, tried it out, and selected the "fittest" version, and made more versions of this type for another round of selection. This is yet another example of artificial selection, started by stone age man collecting seeds from grasses that produced the most seeds to grow new plants from.

Peas? Well not only was there a contemporary of Darwin's sorting out patterns of inheritance by breeding peas (an Austrian Monk called Gregor Mendel) but Darwin himself investigated peas and their behaviour wrapping their tendrils round supports as they grew upwards. His was the first work that suggested that plants had growth hormones. He even, bizarrely played the bassoon to them to see if they would react to music! He had more success when he played the bassoon to earthworms.

"One day a physician called to see Charles Darwin. The great naturalist was in the library with an iron tray containing earthworms. The worms took no notice of the jingling of keys, the shrill note of a whistle, or similar sounds, but when Darwin's son played to them on a bassoon they respond to the vibration and

immediately began to wriggle"

Darwin was a renowned earthworm expert and his book *The Formation of Vegetable Mould Through the Action of Worms, With Observations on Their Habits* (a snappy title if ever there was one) was a much bigger seller than his book on evolution during his lifetime. In fact, he was probably better known in his lifetime as the world's foremost expert on Barnacles than as an evolutionist. He spent 8 years studying Barnacles and published a two-volume book about them!

Back to the Dales..... Darwin knew and respected Dent's famous "son" Adam Sedgwick and spent many days in his company on geological forays. They met while Darwin was studying Theology at Cambridge University. A letter from Sedgwick to Darwin shows how much they shared information....

"I left Capel Curig the day before

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yesterday & the stupid red nosed waiter did not shew me your letter till a few hours before I started. Otherwise I should have endeavoured to profit by your information respecting Cwm Idwal."

Sadly, when Darwin published his famous book "On the Origin of Species", Sedgwick was not impressed and, like so many others, felt that Darwin had gone too far in eliminating God....

"I have read your book with more pain than pleasure. Parts of it I admired greatly; parts I laughed at till my sides were almost sore; other parts I read with absolute sorrow; because I think them utterly false & grievously mischievous.."

Darwin was vilified for his belief not only that Man could possibly have descended from the Apes, but that he had failed to mention the guiding hand of God in any aspect of his theory. Today, the controversy continues, with some states of the USA banning any teaching containing any mention of Darwin's theory of Evolution.

But as for our link from Darwin to the Dales..... Charles Darwin was actually taking a two month "cure" at Ilkley at the very time when his seminal book was published. Not hiding from the world for fear of their reaction, but trying to overcome the affliction that was to plague him for the rest of his life. MP Ripley

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SEDBERGH TOWN BAND

Band News

Congratulations: The Band all join in congratulating Robert and Carole (Cornetist) on the birth of their daughter Hannah Miriam.

Band Room Fire: Potentially devastating loss was avoided in the early hours of Saturday 16th January when fire spread from a boiler below the Band Room. Some damage was sustained; drum kit, boots/shoes, helmets and some instruments (including a set of bagpipes) all belonging to the Sedbergh School CCF Band were lost to the fire or irrevocably damaged by the combined effects of smoke and water. The perceived potential seriousness

of the fire is reflected in the Fire Brigades response to the alarm call. Led by Fire Chief and Town Band Flugel player, Peter Packham, fire appliances from Sedbergh, Kendal and Barrow attended the scene. Sixteen firemen were at the scene, some wearing breathing apparatus. Thanks to the promptness and efficiency of their response, the blaze was quickly extinguished ensuring the Rehearsal Room, Workshop, Store Rooms and Office were unaffected and the general damage sustained was comparatively minimal.

Hong Kong Trip. Alan Lewis (Director of Music) was contacted by the Hong Kong Tourist Board with a request to take a band to Hong Kong to be part of a Musical Festival celebrating the Chinese New Year.

as comparatively short notice (and certainly not helped by the fire) he duly assembled a Band that departed on Wednesday 10th February for a weeks playing and marching in the former Colony. Sedbergh School CCF Band provided the majority of players but also included were a couple of Sedbergh School Old Boys, three present pupils of Casterton and some regular players on the Town Band. GCSE student and Cornetist Hannah Hodgson joined two other youngsters, Sam and Henry Wray, who play in both the School and Town Bands, together with Town Band players and Sedbergh School Brass Teaching staff Stuart Shields and Paul Gray. In the course of their time in Hong Kong, they appeared on TV.

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INTERNATIONAL CHOIRS MEET

June 11-13

When Susan Garnet from the town twinning group recommended that we arrange our annual International Choirs meet, which includes Slovenian singers from Zrece, to coincide with the Summer Music Festival she wasn't to know that the weekend of June 11-13 - right in the middle of the Sedbergh Music Festival - was the only weekend when we were able to hire all the group accommodation in Sedbergh, giving us 100 beds, at the same time as the People's Hall for a whole weekend.

But now this weekend in the middle of June looks like Sedbergh will be awash with concert goers and singers alike! We have been in touch with the music festival to make sure that our concerts do not coincide so that audiences get the best chance to attend all the different concerts - and also those who wish to participate in the singing and go to the Music Festival's excellent programme of events will be able to do so.

Our own programme consists primarily of the opportunity to sing together with visiting choirs. We have singers coming from all part of the UK as well as from Slovenia, Rumania, and Bulgaria, and have also invited groups from Germany, France and Italy. Our aims are simple: to encourage the widening of repertoire amongst the singers and an intercultural dialogue between the different participants.

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opportunity to learn songs from each of the participating choirs with written music and recorded learning aids being sent in advance to facilitate learning; a massed sing with all the choirs singing together; a walk to several places around Sedbergh to experience smaller in situ performances; a concert with each of the groups performing from their repertoires; communal meals...with singing, and much more.

Despite being early days we already have over 70 people coming so if any readers want to participate it is recommended that they get in touch soon before all the places have been taken. Informal singing groups, performing choirs and individuals are all welcome to join us - either on a residential basis if coming from afar, or for part of the event if being a local group.

If you would like to take part in the event - or help with stewarding, or hosting a visiting choir, or inviting singers from different countries to visit your home during their visit to Sedbergh please get in touch. David Burbidge, 015396.21166

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CHRISTIAN AID

in Sedbergh & District

Spring is coming – it must be as the Christian Aid Committee for Sedbergh and District are soon to begin their 2010 information and fund raising events for the year.

We're kicking off with the good old staple of our March Coffee Morning to be held in the newly renovated, and even more easily accessible, United Reformed Church rooms in Sedbergh. This will take place on the 17th March from 10am to noon. There will be the usual tempting stalls with home baking, bric-a-brac etc but also there will be a stall to help the Kidzone Orphanage and Schools

programme in the Nairobi slums. 50% of the proceeds of the stall will go to Kidzone and the other 50% to Christian Aid.

Christian Aid Week begins on Sunday 9th May and our United Service is to be held at St Andrew's Church in Dent this year. The Christian Aid Shop will be back in the United Reformed Church Rooms through the rest of the week from Monday 10th to Friday the 14th when we look forward to seeing the remarkable diversity of items our friends and supporters donate for sale and meeting everyone who comes to them to new homes and in doing so revitalise the home life of so

many round our world.

Christian Aid continues to respond to the devastating earthquake in Haiti and money raised from its emergency appeal is helping our partners deliver aid to vulnerable communities.

It's a month since the earthquake hit, and our partners, while still addressing the immediate needs of those affected, are also starting to look towards long-term rebuilding and rehabilitation work.

A particular concern is Haiti's ability to deal with natural disaster, especially with the rainy season approaching and the hurricane season only four months away.

Watch an audio slideshow of our partners' work in Haiti to be found on the website, www.christianaid.org.uk, and find out more about our international work there.

So far Christian Aid and its partners are helping more than 16,500 people in nine communities. They are working on sourcing and distributing:

- food
- tents
- plastic sheeting
- hygiene kits and baby kits
- blankets
- cash
- medical supplies
- clothes.

Our partners' expertise and in depth knowledge of the communities where they work has allowed us to organise distributions that target those in most need.

We are targeting areas that are getting little help from other agencies

and distributions are well underway.

Our partners in the Dominican Republic are also involved in the response as members of the Help Haiti coalition. This is a group of 23 agencies that have come together to channel aid overland to Haiti.

The coalition has so far delivered more than 26 trucks of food and medical supplies, reaching more than 52,000 people.

We have sent £50,000 to the coalition, via our partner the Jesuit Refugee and Migrants Service - one of the key coalition members.

A disaster of this scale poses exceptional challenges for aid agencies, and we are drawing on lessons learned from our tsunami response.

It's good to know that our activities here in Sedbergh and District enable such help to be delivered. The committee would like to thank you for your generous support in the past and look forward to your continued support through this coming year.

*Revd Anne Pitt on behalf of the
Sedbergh & District
Christian Aid committee.*



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KILLINGTON W I

Well. Let's do this one completely back to front for a change!

Our next meeting will be on Tuesday 9th March at 2-00pm in the People's Hall. You are most cordially invited to join us to watch a demonstration by Laura Harker of "Spring Cookery". I'm sure there will be something to tickle our taste buds after our winter fare of turnips and gruel.

Our February meeting ended with raffle, competition and tea. Very serendipitously the raffle was won by our new member, Pauline Ramsbottom. We can't promise you a prize every month, Pauline, but we are delighted that you have decided to join us. My 'picture of a penguin'

won the competition, although I thought Margaret Denton's picture was better as it had a fluffy penguin chick on it (aah!). None of our pictures looked at all like those of the penguins of the Falkland Islands which were shown to us by our speaker, Rev. Paul Sweeting. They were Rockhopper Penguins which are considerably smaller than Emperor Penguins but their most distinctive feature seems to be that they all look as if they are having a "bad hair day"! Tea was noteworthy for its usual excellence and also for the fact that Sally Cragg, one of our hostesses, had travelled back from London the previous day specially to play her part. Unfortunately Euston

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This Team Leaves It Clean

Station and lines from there were out of action and Sally was diverted via Leeds and Skipton, finally arriving at Oxenholme in a downpour, in the middle of the night, to find no taxis available! Well done, Sally! We hope that you have now recovered from your gruelling journey.

Our speaker Paul Sweeting is the Chaplain at Sedbergh School. Paul has had a varied career. After graduating, he taught Maths at Lancaster Grammar School for several years, combining this with varied activities and interests including wildlife, mountain walking and photography. After being ordained he applied for the ministry of a parish, but a rather special parish, that of the Falkland Islands, South Georgia and Antarctica! Paul was a most relaxed and informative speaker and gave us an excellent picture of his life in the Falklands and his exciting trips to the distant corners of the Southern Ocean (with kind assistance from the R.A.F.), to minister to his flock. There are also lots of sheep in the Falklands! We really felt that we had shared his experiences and gained an insight into how the islands had developed since the war. Many thanks, Paul.

Our meeting started with the usual WI business: – who is not here; minutes; cash – OK; birthdays; things to do; things done; and so on. We had a report on the celebration, which had been held, in Kendal Parish Church to celebrate the 90th anniversary of the founding of our local federation of WIs. We're getting

on in years now! We were urged to enter the Spring Show and volunteered our help in its various tasks. Dawn Stevens told us about, and showed us, the stand which she had prepared on behalf of Killington WI for the recent exhibition at the People's Hall. We wish the Killington Sustainable Energy Trust success with their endeavours.

So, now back to the top of the page. Do join us for our next meeting.

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RECOGNISING PATTERNS

Recognising patterns of health and disease is the great strength of Chinese medicine. It is not concerned with the exact internal working of the body-mind, but more with the way it responds to whatever happens to it. For example, we find on packaged food, nutritional information about how much protein, fat, salt and so forth is contained in it. In addition, it has been calculated how much of each substance an average person would need in a day. This is the modern scientific approach to nutrition. Chinese medicine, on the other hand, is interested in what happens to a person when the food is eaten. Does he heat up, cool down, become thirsty or produce mucus? This reaction might be different according to circumstances: is the food raw or cooked; is the person talking or driving while eating? An attempt is made to understand the



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wider picture. Once the principles are understood we can see which food is good for us from our own experience.

One strand of Chinese medicine diagnosis is to understand how the functions of the major organs of the body are influenced. The Chinese system regards the body-mind as inextricable, so that the organs have mental-emotional functions as well as physical ones.

For example, anxiety is primarily regarded as a disharmony of the heart. Anxiety is often accompanied by palpitations (uncomfortable awareness of the beating of the heart) and difficulty sleeping, both of which are also signs of heart disharmony. However anxiety can be brought on by the mental-emotional aspects of the other organs. The intellect, which is related to the digestive system in Chinese medicine, can be working in overdrive in the form of worrying thoughts going round and round in the mind. Fear, which is related to the kidneys, is a necessary safety mechanism of a healthy person, but a chronic habit of fearing the worst can bring about

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states of anxiety.

In Chinese medicine the liver harmonises both the flow of physical energy and the flow of the emotions. Emotional signs of liver disharmony include the desire for control, obsessive organisation and perfectionism. If the emotional flow of the liver is disturbed in this way, the physical flow is also disturbed. This can be something as simple as tight shoulder muscles or tension headaches. Any of the body's systems can be affected by liver disharmony and another common example of this is irritable bowel, when the digestive system is affected by the emotions.

Sadness and grief are related to the lungs, and I think many of us can confirm that by the feeling of heaviness in the chest which may accompany these emotions. This constriction of the chest can lead to physical problems such as frequent colds, chronic coughs and even breast problems in women. One of the methods of breast cancer prevention in Chinese medicine is to open the chest using breathing exercises.

My observation, from teaching Chinese medicine diagnosis, is that people can be helped to better health by understanding their own patterns of disharmony. This understanding

enables us to see what is necessary, in terms of lifestyle, diet and exercise, to improve our own physical and mental well-being.

It has not escaped my notice, after nearly ten years in acupuncture practice, that some people are afraid of needles. I would like to extend the benefits of the Chinese medicine approach beyond those who come for acupuncture treatment. I am hoping to work with a small group, on the basis of individual Chinese medicine diagnoses, on lifestyle changes to improve physical and mental well-being. If you would be interested in this, please contact me. My phone number is (015396) 20972.

June Parker

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K-SET

Save Energy, Save Money Save the World

As the people left the People's Hall on 5th February, loaded up with free light bulbs, shiny silver insulation sheets for behind radiators or ecometers to check their energy consumption, it was agreed that there had never before been an evening quite like it.

The evening was the first of its kind in the town and as Nick Chetwood the Chairman of K-SET remarked, "We were surprised and very pleased at the number of people interested in reducing their carbon footprint. There was a real buzz about the place."

You thought you were good at saving petrol when driving? The car simulator, brought by the Energy Saving Trust proved that some people were not quite as good as they thought they were. You did not know how insulating the loft saved you money? Sedbergh Primary School was there to show you an experiment that answered the question. You did not know how much solar thermal panels cost or what a

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wood pellet boiler was? The answers were all there.

The evening was put on by K-SET, the Killington and District Sustainable Energy Trust, which now has 130 members, thirty signing up that evening. It is a non-profit making trust, set up by a group of people in Killington and it covers Sedbergh and all the neighbouring parishes. Its aim is to help people reduce their carbon footprint. It also intends to set up income-generating schemes such as a hydro-powered turbine, so the money can be used to help members introduce energy-saving measures in their homes. Any household in the area can sign up as a member for £30 a year.

The firms that came to exhibit that evening, such as Barden Biomass and Ecologic Living, were not chosen because K-SET had any reason to recommend them, but because they specialised in sustainable energy equipment, are well known in Cumbria and because they happened to be available that night. On another occasion we would like to invite local firms who are now developing the skills needed to install such equipment to show local people what they can offer. If any local firm is interested we may also be able to arrange for some training in household energy audits.

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There is no doubt that it is the young who are leading the way in understanding the need for energy reduction. The Scouts were there in force and their excellent stand showed how they are working towards their 'Green Award'. Sedbergh Primary School and Settlebeck High School both put on really professional and most enlightening exhibitions with students there to explain what they had been doing. Killington WI had an eye-catching stand and the Allotment Group made people aware that if they wanted an allotment they would now have to go onto a waiting list.

Everyone, the exhibitors, the children and the visitors said they felt

the evening was well worthwhile.

Interest in sustainable energy is growing in Sedbergh. If you are one of those who would like to help or who would like to be kept informed about what is going on, consider becoming an Associate Member. It is free, and you will receive regular newsletters, by e-mail if you have an e-mail address or otherwise by post. Contact the Secretary, Maureen Lamb 015396 20553, preferably today!

Our thanks to the Cumbria Climate Change Communications and Engagement Fund and Cumbria Community Foundation for help in putting on this event and printing 2000 Newsletters.

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HEALTH MATTERS

News from the Surgery

At last we see some activity on the Auction Mart site. Initial demolition and connection of essential services work has taken place and will be followed with attention to the trees on site and redirection of the culvert along with other drainage. It is hoped that work will commence on the new Health Centre in early summer with a targeted completion date (same time as new Spar store) of March 2011. Things moving make the whole process more tangible and motivates for the numerous meetings still needed.

This spring will see some change in the staff at the health centre. Ann

Crome, one of our Practice Nurses is retiring from NHS practice at the end of March as she moves south to be closer to her family. There is no doubt we will all miss both her and the experience she brings—a difficult act to follow. We would like to thank her publicly for her hard work and dedication in looking after the population in Sedbergh. Joanne Orr has completed her return to nurse training and will take over Anne's clinics. We have also recruited extra staff for reception and the dispensary—more information next time!

Did you know that up to 30% of all consultations with GP's could be dealt with by phone? Some practices have Doctors dealing with all

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appointment requests and have seen a significant reduction in the amount of appointments booked whilst maintaining clinical standards. This is good news for patients in that a phone consultation is easier and more convenient, but that when you need a face to face meeting there is less pressure on time. It works for practices in that less pressure on appointments allows a better standard of general service including clinical care. We are too small to have a doctor answering calls, however we would encourage patients to ring and check with reception to see if a phone consultation will be sufficient.

One important appointment we would not switch is the five yearly health check. For those lucky enough not to have any ongoing medical conditions or repeat medication, it is important every five years to check height, weight, blood pressure etc. and offer advice on healthy living. The emphasis is now to try and stop folks becoming unwell, rather than try and fix them when they are ill, for example non smokers/early quitters live on average 20 years longer than those who smoke all their lives. Coming to the surgery once every five years is hopefully not too much of an imposition. Currently we do not offer regular screening for prostate cancer in males with no urinary symptoms because there is no evidence that screening helps-despite what you may read in the papers or see on TV. If there are urinary symptoms then that is very different and we would do several tests

decided case by case.

Finally as part of the network of GP practices in South Lakes we are updating our computer system. Currently we are sharing clinical information with the community nurses and the out of hours service (CHOC-previously Baycall) protected by patient consent. There are no plans to share information with the National Summary Care Record. The new system will allow on-line or via Freeview/Sky booking of appointments and prescription requests, internet access to ones own medical record (full) and a fully interactive practice website. All this is coming soon-? Late summer.

Dr William Lumb



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SPRING SING THING - March 28

Once again the Cautley Carollers will be joining Lakeland Voices and Howgills Harmony on their annual spring outing, with a trip to the Langdale valleys for a concert in the Little Langdale Chapel at 3pm on the last Sunday in March to celebrate the start of summer time. Not only will you get the chance to hear songs from around the world in three and four part harmony - but also some new arrangements of English folk songs including a hunting song which Judith Bush has found.

If you want to join us for the whole day, there are lifts available from Sedbergh to the Skelwith Bridge Community Centre where there will

be a workshop at 10am to learn some songs to sing in harmony with the assembled throng.

Then at noon we will be walking to Little Langdale with some singing besides the wonderful Colwith Falls, in the woods at Tilberthwaite and the atmospheric Cathedral Cavern, beloved by harmony singers for its acoustics. After the concert we will be walking over the track to Elterwater where we have invited Crook Morris dancers to join us on the village green for a bit of a song and dance - and then back by the river, the lake and the waterfalls to Skelwith Bridge for a Jacobs Join Supper with home grown entertainment.

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DENTDALE W.I.

With the new programme well under way, it was time to look ahead to all the events in the pipeline. As usual, Dentdale WI have undertaken to help prepare the refreshments following the Dent Run on Saturday March 13th and volunteers were sought to help in the morning before the race, buttering, cutting, and packing, and again following the race, brewing and preparing those welcome cups of tea! This is the day when the whole community gets behind an endeavour and it is rewarding to be part of the team!

Connie Chambers has decided against rejoining us this year, and Dentdale WI felt they would like to honour her years of commitment with some flowers. Our WI cloth, signed with embroidered names of all those members from past and present, has been faithfully starched by Connie for years. She says she will come over to the meetings occasionally when the evenings are warmer maybe!

A couple of craft days last year proved very successful, and one has been planned for 4th March at the home of Kate Cairns. No specific craft in mind this time, just bring along that unfinished article you've been promising yourself to get down to for months!

Sedbergh Spring Show, March 27th, mentioned for all those who have articles they would like to enter. Dorte-lis Stephenson has kindly offered to take entries down to

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Sedbergh in the morning to save two trips. So, how about it?

The tables in the hall were laid out for a games evening as we tried something different instead of a speaker. Some had brought games which we played in groups of three or four for fifteen minutes or so, before moving on to the next table from a selection Tri-onimoes, Flounders, Shove halfpenny etc. and one from Dorte-lis engaging the brain slightly more Continuo! The competition table had asked for

an unusual game and we had a greater number than usual entries.

Chris Taylor had brought along an African game called *Oware*, presented in its hand carved wooden box and it was a certain winner!

More time than usual to talk to fellow members, especially over the tea and home made biscuits. Kate went home with the raffle prize.

The next meeting on March 10th follows the usual format when Dilys McCaffrey will talk about her craft work. New members and visitors welcome.

PA

S.L.S.B. SEDBERGH GROUP

For people with sight problems.

After a false start in January when the weather and illness seemed to be against them, the group finally managed to have a Christmas party in February. The snow did not interfere and it was a very enjoyable gathering at the home of Alan Adamson with Duo kindly supplying the buffet. The entertainment was provided by the members themselves who came up with a delightful selection of jokes, poems, and stories. This was followed by a couple of light hearted games. As the group had not met since November there was also a lot of catching up to do.

Meetings take place on the third Tuesday of the month and new members are always welcome. The next meeting will be on March 16th in the People's Hall at 2.00 p.m. Transport may be available. Tel 21019 or 01539 742633

KIDZONE



Richard Kinoti, Director of Kidzone Orphanage and Mary Happy School Nairobi, will be in Sedbergh on Saturday March 27th. Together with Simon Wood he will be in St Andrew's Church Rooms from 2pm to 4pm. They will speak about the project and be very pleased to meet anyone interested. Tea and coffee will be provided. For more information contact Christine Wood 015396 21750.



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SEDBERGH & DISTRICT ART SOCIETY

At the AGM on 12th February in St. Andrew's Church Room, the chairman and committee were pleased to report another satisfactory year, both artistically and financially.

Despite of the recession, the Summer Exhibition did well, with over thirty paintings sold, and also several browsers. Visitors were very complimentary. Thanks were expressed to Helen Shields and her team for their organisation, and to all who gave support in any way. The Society appreciates being allowed the use of Sedbergh School Library as a venue, it is of great interest to visitors.

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Sheila Holloway was thanked for providing an interesting variety of speakers / demonstrators during the winter, and we are still looking forward to Frank Gordon on 8th January, subject "Picturing the Dales". and in April we hope to see John Campbell, subject "Mountains", prevented by snow from coming in January.

The Wednesday art group, and the portrait group, continue to flourish.

The Committee was unanimously reappointed en bloc, and was thanked for all it's hard work, as were all those who support the Society in any way.

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INDOOR BOWLING IN DENT

This continues to be a popular event in the Memorial Hall with around fifteen people having played at different times, some sessions are on a Wednesday evening others a Saturday morning, the cost is £2 per session for Players and includes refreshments, if people come to watch they pay £1 which includes refreshments. On the strength of the interest some of us went to KL to view their equipment they are selling and have purchased Mats and access and woods, this means that from March we will have two Mats in play per session. New players are always welcome as are spectators, future dates are included in the *Lookaround* Diary and on Posters around the locality. Further information available from Dent 25269/25212.

Dates for Indoor Bowling (Dent)
Wednesdays 7.15pm March 3rd & 17th, April 28th, May 19th. Saturdays 10-12noon March 27th May 22nd.

SEDBERGH LADIES NFU

The Annual Christmas meal was held on Tuesday 19th January at the Sedbergh café. Twenty Four members and friends were welcomed by the President, after which a delicious meal was served by the staff and very much enjoyed by everyone.

The February Meeting took place in the People's Hall on Tuesday 16th with a good attendance. The President introduced Mr Alan Head from Penruddock who's Talk was entitled 'Alan's Pandora Boxes'.

He brought along three boxes or



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Antiques and Bygones, some dating back to Victorian times, including old kitchen utensils, farming equipment, clothing and anything and everything. We all wondered what was coming out next.

He told us what they were all used for in his broad Cumberlang Dialect.

Along with his humourous tales and wit, it was a very enjoyable evening.

Names were then taken for the meal and Fashion Show at the County Hotel, Carnforth on March 2nd which the Carnforth Ladies NFU are Hosting for their Charity Event.

The next Meeting will be held in the Methodist Church Room, New Street on Tuesday 16th March. New Members are always welcome.

CHURCHES TOGETHER

At 2pm on Sunday 24th January a group of around twenty people set off from St. Andrew's Church, Sedbergh for a walk around the area to mark the week of Prayer for Christian Unity. Members of different churches lead prayers for Christian unity at different points along the walk. We began by walking through the grounds of Sedbergh School to our first stopping point at Birks and then on through the fields to the Friends' Meeting House at Brigflatts. Here we were met by Tess Satchell, the warden of the Meeting House, who treated us to tea and cakes and gave an interesting talk about the Society of Friends and the early days of Quakerism in this area. Then, suitably refreshed, we set off back across the fields and along the river bank back to Birks. Finally the walk took us to the Pepperpot and then through Akay Woods and back towards the town. The walk provided another enjoyable occasion for people from the many and varied churches of the district to get together and share something of their faith and fellowship.

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Our congratulations to Carole and Rob Marsden on the safe arrival of Hannah in January. We are pleased to report that mum and baby are doing well.

All are welcome to join the monthly Communion Service at Gladstone House. Each service is led by a local member of the Clergy. The meetings take place every month on the 2nd Tuesday at 10am. The next service will be on March 9th. You are welcome to join us.

Please look out for details of forthcoming events, particularly Easter activities, on the Churches Together Notice Board on Main Street.

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1st SEDBERGH SCOUTS

This latest Scout update starts on a sad note with the recent death of Don Aspin. Don was one of the founding leaders of the 1st Sedbergh Scout Troop and was an Assistant Scout Leader with the Troop for 28 years until his retirement in December 2005. During this time he dedicated a lot of time and effort to keep the Troop running through thick and thin. He will be greatly missed by all the members at 1st Sedbergh and I am sure the wider community. Our thoughts are with his wife, Vicky.

The Scouts completed their Green Footprint Award by mounting a display at the K-SET (Killington and District Sustainable Energy Trust) information evening, focussing on the environmental issues which they had studied for the bronze and silver awards. Our Christmas outing to the Megazone (laser game) at Morecambe went down well with both young and old members of the Troop. By the time



you read this, we will have visited the Kendal Climbing Wall, this activity helping towards the Scout Adventure challenge badge.

Looking to the future, we are hoping to hold a night hike in March and a weekend camp in the Easter holidays.

I would like to thank both Adam and Craig (assistant leaders) and our parent helpers for keeping the Troop running while both Syd and I were ill at the start of this year.

The Troop is still full, with a mix of 18 boys and girls. We may have a couple of spaces in

September and anyone who would like to join the troop should contact Bill Mawdsley to be added to the waiting list.

1st Sedbergh Scout Troop is open to boys and girls between the ages of 10¹/₂ to 14. Anyone interested should contact Bill Mawdsley on 015396 20723. General information on the Scout movement is available on the Scouts website at www.scouts.org.uk

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DENT METHODIST CHAPEL

Our Prayer, Praise and Testimony services will be continuing every month with a slight change in format to be more informal. Other services continue at 2pm and the once a month join with Dent Foot chapel at Rash is working well. Bad weather led to the cancellation of some services in January and the organ has become a bit poorly. Following a recent church meeting it was agreed to persue possibility of funding towards new heating system, & re-decoration in the chapel, also at the Church council mtg in March we will fix a date for a Boon Day to clear out all the old and not-needed "stuff" in the Chapel. We looked at the wider picture of our Calling, our Worship and our Service. Watch this space!

SE Woof (Secretary)

PANCAKE PARTY

On Shrove Tuesday Churches Together hosted a Pancake Party at the People's Hall. This was a chance for children and adults alike to have fun together and consider the meaning of the forthcoming season of

Lent. The party began with some action songs, a quiz and a short video clip from the film the Miracle Maker which showed how Jesus was tempted for forty days in the wilderness. There were craft activities, stories and games for the children and plenty of pancakes and refreshments for everyone. At the end of the afternoon there were prizes for the best decorated pancake and also for the best pancake person craft, as well as a competition to see who could toss the most pancakes in a minute. In all about forty children and thirty adults attended and a great time was had by all.



Are you:

- female?
- aged under 25?
- in education?



If you qualify for these three, and have lived in the parish of Sedbergh, Garsdale or Dent for a minimum of three years, then you can apply to the Sedbergh School Girls' Fund for a small grant towards educational tuition and/or training (including music and sport).

To apply, please write to:

Mr P S Marshall, Honorary Secretary,
Sedbergh School Girls' Fund
The Bursary, Sedbergh School,
Sedbergh LA10 5RY

Closing date for applications:
Tuesday 16 March 2010

TIM FARRON MP

I have heard from the Transport Minister that there is an extra £4.6 million funding now available for road repairs in Cumbria and so I have written urgently to the County Council asking that they use some of this money to resurface the A684 between Sedbergh and the M6. I had innumerable messages from people complaining about the state of this road even before the recent snow and ice and all I had been promised in response had been the filling of a few potholes which was clearly inadequate. It has been a particular worry given the criticisms from the emergency services who have had to reduce their speeds to 20 miles an

hour in places, this is clearly not acceptable when people's lives are at risk. I will let you know what I hear back from the County Council but I shall keep pushing them until the road is an adequate standard to keep Sedbergh properly connected with Kendal and the motorway and will try to ensure that we get our fair share of the £4.6 million.

I was reasonably pleased with the Government's proposed replacement for the Hill Farming Allowance, our lobbying had clearly had some effect as the amount of money available has been increased by 5% over what is currently available and this could be increased to over 30% if more farmers register for the scheme. The

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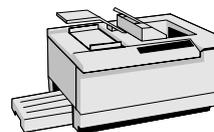
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new scheme will reward farmers for looking after the landscape and generally improving our environment which is obviously a major step forward, however, many farmers who deserve to benefit from the scheme will still be excluded. As a result there remains a need for us to keep fighting the cause of upland farmers and the vitally important role they play in maintaining our fells.

On the subject of farming, I am really at a loss to understand why it seems that farmers from our part of the world seem to be at the back of the queue for cheques from the Rural Payments Agency. Before Christmas the RPA was busy congratulating itself on how successful it had been in achieving its first targets. However, there seem to be several hundred farmers in this area who have yet to receive payment, largely because of problems with re-mapping farms. I fail to understand why the RPA cannot pay 90% of the money immediately, holding back 10% until mapping discrepancies, where they exist, are sorted out. That way farmers get the money they desperately need when they need it, rather than waiting until the RPA can sort out its mapping issues. If you are a farmer facing delayed payment and have not yet been in touch with me please do let me know what is going on so I can also chase things with the Rural Payments Agency.

In fact if you have any issues, farming related or not, where you feel I can help please do write to me, Tim

Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

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BAGS2SCHOOL

Zebras are having a Bags2School collection on Friday 26th March to help raise vital funds.

We are collecting bags of clothes, shoes, curtains and sheets. which can be dropped in to Sedbergh Methodist Church between Monday 22nd March and Thursday 25th March.

Zebras is the local Baby and Toddler group which is open to all children from Birth till they start school and is run by volunteers.

Please help by supporting us with this great idea.

If you require any more information or some bags to put stuff in please contact: Trish Woof; 015396 21644 or Mags Hall; 015396 22042.

We are grateful of all the local support we get.

Thank You.

SEDBERGH & DISTRICT HISTORY SOCIETY

The talk on Wednesday 3rd February was held in the Queens Hall, Sedbergh School, because Settlebeck High School was unable to provide the internet connection required. Despite a fall of snow about three hours before the meeting both speakers and audience braved the weather. The talk was given by three staff from Lancaster University, Professor Findlay, Professor Emeritus Twycross and Doctor Hinds. Their subject was the web site that they had created dealing with George Fox's journeys in this area in 1652 and 1653.

There are three primary sources that describe Fox's travels, the Short Journal, the Long Journal and the 1694 Edition. The originals of all three are displayed on the site alongside transcripts with comments. The versions are not always consistent and the speakers illustrated this by considering the extracts dealing with Fox's vision on Pendle Hill. The site also contains many photographs of places connected with Fox and these can be accessed from their reference in the text of the three sources. Other links available include maps of the route Fox took and definitions of terms used in the sources. Finally there are some videos on the site although the speakers were not sure they added much to the still photographs also available. The site can be found at www.lancs.ac.uk/quakers and is well worth browsing through by local

historians or those interested in early Quaker history.

After their talk the audience was able, with the aid of computers, to investigate the web site themselves under the guidance of the three speakers. A vote of thanks was given by John Mounsey one of whose Quaker ancestors died in Lancaster prison as a result of his beliefs.

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BENEFITS ADVICE AND ASSISTANCE

Stephen Hennefer, of the Disability Association Carlisle and Eden, a registered charity who provide free, confidential and impartial advice and assistance on all aspects of welfare benefits, will be at, The Sedbergh Community Office on the last Tuesday of each month from 10am to 2pm.

For information or assistance with claiming benefits such as Disability Living Allowance, Carers Allowance, Attendance Allowance, Incapacity Benefit, Income Support, Tax Credits, or for a full benefits assessment, just drop in, or make an appointment by calling Stephen on 01539 731905

FARFIELD YARNS

Puppet Shows by Orphaned Sock

This March sees a first for Farfield Mill – puppet shows around the Centre during the weekend, telling the story of the Mill and its historic past, and stimulating both your imagination and your funny bone!...

Fantastic puppets created by theatre group **Orphaned Sock** and worked by local students from the Kendal area, will be coming out to play in the Mill telling 'Farfield Yarns' and giving visitors a different insight into its weaving heritage, through brilliantly creative storytelling.

Orphaned Sock is the brainchild of young Kendalian director Bryony Cousins. Graduating in 2008 with a first class honours degree in Drama and Theatre Studies from the University of London, Bryony has revisited her own secondary school, Queen Katherine's, to scout for talented youngsters to work on the production. Her last piece, 'The Pied Piper of Hamelin', toured around local primary schools last October to great success.

"A wonderful show, which truly delighted the children." Mrs J Chetwood, Sedbergh Primary School Teacher

Farfield Mill is the ideal site to showcase Bryony's extraordinary creativity, her sense of place, and especially her ability to encourage involvement by others, including those who wouldn't naturally step into the spotlight. Look out for her wonderful puppets and players on Saturday 6 & 13, Sunday 21 & 28

March, 1pm & 3pm – free with normal admission to the Mill.



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COUNTRYSIDE FOODS

Starting this year, the Butchers of the Q Guild are launching a major new marketing initiative, to get the great British public motivated to use their local butchers for the very best meat the market has to offer.

A new publication entitled *Countryside Food Uncovered* is packed full of hints, tips and recipes to inspire everyone, so even if you've never been in your kitchen before you'll be sure to impress friends and family.

Available quarterly, the twelve page magazine will be seasonal in content, teaching you which meat is a good choice for everything from hearty winter stews and hot pots to succulent lamb for the start of spring. It also gives advice from Q Guild butchers to use in your own kitchen, such as the finest cuts of meat, cooking times and ideas you may never have thought of.

Countryside Food Uncovered is available now from Steadman's Butchers.

REVEREND WILLIAM STEVENS

Reverend William Stevens, M.A., Fellow of St Johns, Cambridge, Chaplain in the Royal Navy and present at the Battle of the "Glorious 1st June" in 1784, married Sarah Vitty in Norfolk in 1799, the year he became Headmaster of Sedbergh School.



There were 13 children, twelve surviving (Margaret is buried at Sedbergh). In August 1819 Sarah died and two months later, in November, William died. He left 12 children virtually destitute, but past pupils Adam Sedgwick, Christopher Crackenthorpe, plus the poet Wordsworth and people in Cambridge, Oxford and Greenwich subscribed generously to a charitable fund for the family and used their influence in getting two of the boys into Christ's Hospital Bluecoat School, one being Richard. After his death a large collection of ancient and modern prints, collected with a view by Stevens to illustrate a history of engraving, was auctioned in

Piccadilly and, with a small insurance, was added to the Trust.

The photo is of James Edwin Steward, an eighth generation descendant of Revd William Stevens. His family visited Sedbergh in early January and now live in Australia.

THE POETRY CENTRE

The launch of The Poetry Centre in last month's edition of Lookaround attracted a lot of interest and several readers sent in their poems. This finely crafted poem by Helen Beare who lives in Howgill certainly captures a moment in Sedbergh's history.

Phoenix

Sedbergh Auction Mart

I passed the auction mart the other day;

it lay flattened, soundless.
The lifeless skeleton we've lived with
now razed to the ground.

It's seen some action in its day;
circling the ring
roughfells, speckle-faced, down from
Birkhaw,
grey-nosed swaledales huddling on
spindly legs
and suffolk tups like barrels, standing
four-square.

We will watch this space.

Helen Beare

Helen receives £10 from the Book Town for her contribution. If you would like to submit a poem for consideration, send it to:
poetjohnrice@btinternet.com

SEDBERGH MUSIC FESTIVAL

Would you like to help?

Sedbergh Music Festival will get off to a lively start on Friday 4th June with a Barn Dance and Ceilidh in the People's Hall. The Festival will continue to provide a mix of quality musical entertainment over the following two weeks with concerts every day. Of special interest is a concert by our own very popular Town Band.

We shall enjoy visits from major choirs such as the Dalston Male Voice Choir, Ulverston Choral Society, the excellent Kendal-based Amabile and the Choir of Ripon Cathedral. There will be Organ, Cello, Violin and Piano Recitals with something to suit every taste. We are favoured to be able to include recitals by distinguished international singers such as Emma Kirkby (soprano), Nicholas Hurndall Smith (tenor) and Alla Kravchuk (soprano).

This fifth Music Festival will be an inspiring event for our town, and we would be very pleased to have your support. Would you like to be a Patron of the Festival? If you would, please contact me either by telephone (015396 21411) or by e-mail (gd@the-hylands.co.uk) during the next few weeks.

George D Handley

CONSERVATIVE ASSOCIATION

The Sedbergh Branch of the Westmorland & Lonsdale Conservative Association held a Wine & Cheese evening at the home of Mr and Mrs S Walkden at Rawthey Bank,

Sedbergh which was well attended.

Gareth McKeever, prospective Conservative Candidate was present, also County Councillor Kevin Lancaster and Ann Fenwick, Conservative District Council Candidate.

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EDITORIAL ERRORS

Eventually, we got out of the pre-Christmas mode to create the February issue of *Lookaround*. As can be appreciated, there are hundreds of transactions every month and last month was no exception.

The following errors appeared for which we apologise:-

Page 8: The Wanted Personal for Pasture Land should have been a 2" Advert.

Page 15: The day should have been Monday in the George Hamilton IV advert.

Page 98: The Panto in the People's Hall on 18th, 19th & 20th should have read 'The Pinfold Pirates'.

Advertiser Steve Chadwick's Advert did not appear.

We again apologise most sincerely for the errors which we do not do intentionally.

Y.D.N.P.

Dovecotes are a coo for National Park

The hunt is on for historic dovecotes in the Yorkshire Dales.

And owners of the up-market accommodation for doves and pigeons are being asked to get in touch with the Yorkshire Dales National Park Authority to help in a special new conservation project.

Robert White, the Authority's Senior Conservation Archaeologist, said: "Dovecotes played an important part in rural life in the National Park.

"The birds they housed provided

their owners with many resources, including eggs and meat for food, feathers for bedding – and even fertiliser.

"We want to hear from people who have them – whether they are built into their houses or outbuildings or are freestanding – because, if we can identify more examples and increase our knowledge of their design and distribution, we will be able to improve the ways we can conserve and protect them in the future.

"Not all of them have survived so we would also be interested in any documentary records."

Dovecotes are put under the microscope in the YDNPA's Feature of the Season Project, which was designed to increase understanding and appreciation of unrecorded, small-scale historic features in the National Park ranging from unusual gate posts and churn stands to veteran trees and turbarry stones.

The project aims to create accessible records of them – mainly through the help of Dales Volunteers – that are included in the National Park Authority's Historic Environment Record.

An article about them can be found on the YDNPA website at www.yorkshiredales.org.uk/dovecotes_main.htm.

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PHOTO CALL



Once again the readers of *Lookaround* have excelled themselves. It started with a phone call from Roger Underwood who had only just looked at his December/January copy and knew the farmhouse was Scow in Deepdale. The next to phone was Gordon Middleton of Deepdale Head who identified February's photo as Mire Garth also in Deepdale. Following that we were visited by Doris and Alan Knowles from Windy Hill Farm near Kendal who also knew it was Mire Garth. Doris had been brought up there. Finally a phone call from Tilk (Julian Wilkinson) confirmed both names. I also had an email from the Dawson family at Rash Mill but they thought the house was Tofts which had been my first thought so my thanks to you all.

This month's photo is from Howgill (as far as I know) and shows another farmhouse and some people with horses.

I can be reached at Walnut Bungalow, Dent, LA105QT or by phone at (015396)25001 or by email shirley.tebay@btinternet.com

POST OFFICE CARD ACCOUNT HOLDERS

A number of card account holders with the Post Office who receive pensions, income support or any Government benefit have been to see me recently about letters from the Department of Works and Pensions in with their quarterly statements.

These letters are extremely misleading and are causing some upset for those concerned. I can confirm that you can still obtain your pension from the Post Office as you always have done.

After March 2010 you may in addition use your Post Office card in any Alliance and Leicester cash machine if you wish. No other cash machine can be used for this purpose.

I trust the above clarifies the position but should you have any queries regarding this matter please contact me on 015396 20406 where I, or one of my staff, will discuss this with you further.

Christine Johnson and staff



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COMMUNITY OFFICER

Over the past month there has been one 1 report of burglary from a dwelling which occurred shortly after writing my previous Look Around article, Police enquiries are on going with this incident. A neighbourhood watch message was circulated via the Voice connect system to remind the community to remain security conscious. This appears to have been an isolated incident.

There have also been 2 reports of theft from our area, enquiries are continuing and a letter drop has been carried out in the area to urge householders to ensure homes, outbuildings, cars and vans are left secure.

We have had one report of criminal damage in the area despite the number of calls regarding antisocial behaviour being low for this month.

Please ensure that you report anything you consider to be suspicious on 0845 33 00 247 or 999 in an emergency.

Victims of these crimes are being kept fully up to date with Police progress.

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running a First Gear driving course at Kirkby Lonsdale, young people from Sedbergh are welcome to attend. It is a pre-driving course which looks at safety, etc and is aimed at 15-17 year olds, if you are interested please contact Paulyne Hartley on 07890657327 for further information.

Drop-ins for this month are Tuesday 2nd march at Dent stores from 10:00 – 12:00. Also at Sedbergh library Monday 22nd March from 17:30 – 19:00. Stuart Grimes who works with Help the Aged will also be available on the 22nd March at the library.

Karen Dakin CSO 5206

KendalRuralNPT@cumbria.police.uk

Tel – 0845 33 00 257

The People's Hall
 Howgill Lane, Sedbergh LA10 5DQ

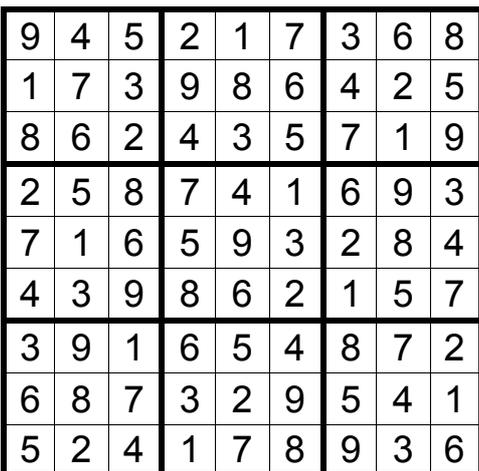
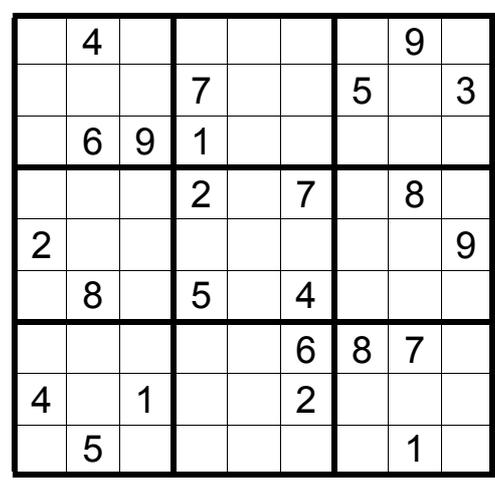
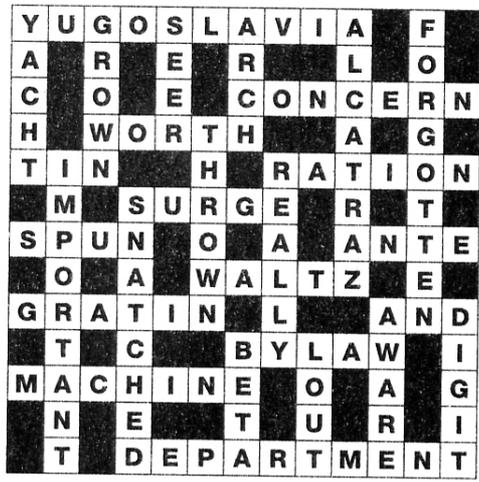
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0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	A8	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	KLC
1310 (C)	1347	M - S	564	KLC	1425 (H)	1500 (L)	Sat	564A	A8
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1708 (C, H)	1745	M - F	564	W	1625 (C)	1658	M - S	564	KLC
1827 (C)	1904	M - S	564	KLC	1745 (C, H)	1818	M - F	564	W
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	KLC	07ra05	0740	M - F	564	KLC
1128	1202	M - S	564	KLC	0940	1007	M - S	564	KLC
1443	1505	M - S	564	KLC	1235	1310	M - S	564	KLC
1658	1732	M - S	564	KLC	1510	1545	M - S	564	KLC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Cowgill					Cowgill to Sedbergh				
1330	1355	Wed	564B	W	0950	1015 (L)	Wed	564B	W
0940	1009 (DS)	Sat	564A	A8	1020 (DS)	1050 (L)	Sat	564A	A8
1500	1530 (DS)	Sat	564A	A8	1545 (DS)	1615 (L)	Sat	564A	A8
Last Update: January 2010									

L = Sedbergh Library

C = Via Kendal College

H = Via Westmorland General Hospital

DS = Dent Station

W = Woof's of Sedbergh

KLC = Kirkby Lonsdale Coaches

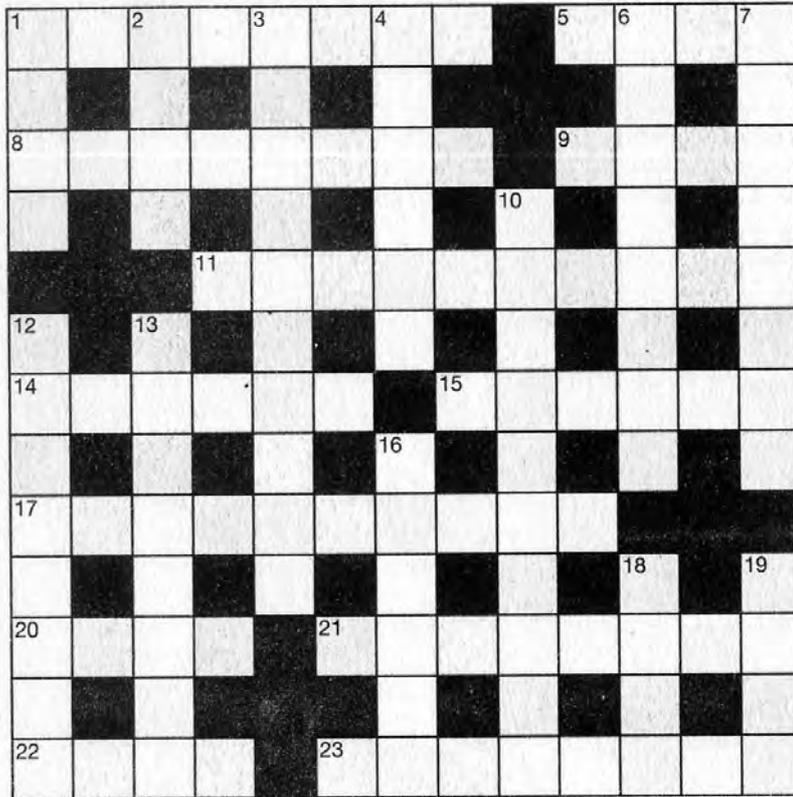
A8 = Apollo 8

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

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ACROSS

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- 5 Stray child (4)
- 8 Strews (8)
- 9 Region (4)
- 11 Enid Blyton character (6, 4)
- 14 Dinner jacket (6)
- 15 Zodiac sign (6)
- 17 Mark used to indicate missing letters (10)
- 20 Apply paint (4)
- 21 Wedding ceremony (8)
- 22 Animal with antlers (4)
- 23 Easily understood (8)

DOWN

- 1 Fail to hit (4)
- 2 Cathedral administrator (4)
- 3 Frighten (10)
- 4 English king (6)
- 6 Fragrant (8)
- 7 Frenzied (8)
- 10 Assume control (4, 6)
- 12 Left in the lurch (8)
- 13 Revelation (8)
- 16 Monte Carlo's country (6)
- 18 Ship's officer (4)
- 19 Chivalrous man (4)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2010/11) <i>ID; IT; IS; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2010/09) <i>ID (ES); ID/T (PB); TV; NS; CH; VB; P; NP(*)</i> ; Di (min 4 by arrangement) e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) <i>F/D (4 poster); IS; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2010/05) <i>2D (4 Poster); 2D; IT; IS; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Sleeps 6-8 3D (IES), IT (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (2009/12) <i>ID; IT; TVL; CH; DW; P; DR; VB</i> e-mail: wheelwright.cottage@homecall.co.uk	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2010/02) <i>ID (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2010/09) <i>ID(ES); IT(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529

CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Self-Catering Sleeps 6-8</i>	20360
Sycamore Cottage, Lunds, Sedbergh (2009/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356

KEY

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

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Main Street
 Sunday 10.30

Rev. C Marsden 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 & Frostrow

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

www.sedberghchristiancentre.co.uk

*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	=	£2.00
Postal Overseas	=	£2.50

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
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 14th December 2010

<i>"Lookaround Diary" What's missing?</i>		UR	21 1500 Orphan Sock Puppet Show (8)	FM
Entries marked (*) see Advert in previous Lookaround.			23 1430 SS Wilson Run	Back Lane
MARCH				
1	1930 Parish Council Dent	DMH	24 1000 Coffee Morning Oral History Society	URCR
1	1930 FCH AGM	FCH	24 1930 DMH AGM	DMH
3	1915 Indoor Bowling (17)	DMH	25 1930 Sedbergh Parish Council	PH
3	1930 HS Woman in a Man's World (18)	SHS	26 SS School Term Ends	
3	1930 WIF Discovering Lakeland Villages	PH	27 1000 Indoor Bowling & Coffee Morning (17)	DMH
4	1930 Appleby Fair Public Meeting	PH	27 1400 Kidzone in Sedbergh	StAS
4	1930 WIH The Story of Lady Ann Clifford	HVH	27 1300 Spring Show (1)	PH
5	1430 Women's World Day of Prayer (*)	URC	28 1000 Spring Sing Thing (28)	Langdale Chapel
5	1930 Kirsty McGee (10)	PH	28 1300 Orphan Sock Puppet Show (8)	FM
5	1930 Domino Drive & Tattie Pot	HVH	28 1500 Orphan Sock Puppet Show (8)	FM
6	1000 landmarks Exhibition (8)	FM	28 1900 Prayer, Praise & Testimony (*)	DMC
6	1300 Orphan Sock Puppet Show (8)	FM	30 1000 Benefits Advice	CO
6	1500 Orphan Sock Puppet Show (8)	FM	31 1000 Coffee Morning Badminton Club	URCR
6	1900 Flicks in the Fells	PH	APRIL	
9	1400 WIK Spring Cookery Demonstration	PH	1 1000 Brigantia Exhibition to 20th	DCMH
9	1930 Domino Drive	FCH	1 1930 WIH Radio Presenting to Local Hospital	FCH
9	1930 Neighbourhood Forum	KL	2 Good Friday	
10	1000 Coffee Morning URC Church	URCR	3 0400 Coast 2 Coast Bike Ride to Sandside	
10	1930 CWT The Atlantic Arc	SHS	3 0930 MS Table Top Sale (38)	PH
10	1930 Town Band Spring Concert (1)	PH	3 1230 Pathfinder	DCMH
10	1930 West Side Story	SSPH	3 tba Flicks in the Fells	PH
11	1930 West Side Story	SSPH	3 eve Coast 2 Coast Disco (70)	WHC
12	1930 Sedbergh Anglers AGM (12)	WHC	5 Easter Monday	
12	1930 West Side Story	SSPH	5 1900 PH AGM	PH
13	1000 Green Door Sprung Open (8)	FM	6 1400 Dry Stone Walling	DCMH
13	URC Jumble Sale	URCR	7 1000 Coffee Morning Town Band	URCR
13	1300 Orphan Sock Puppet Show (8)	FM	7 1400 Discover & Do	DCMH
13	1300 Dentdale Run	Dent	7 1930 WIF Torpedoed: The Children's Ship	PH
13	1500 Orphan Sock Puppet Show (8)	FM	11 1000 Patchwork & Quilting	DCMH
14	Mothers Day		13 1400 WIK Is the father in?	PH
15	2000 Chamber of Trade	PH	13 1400 Sheep to Scarf	DCMH
16	1400 SL Blind Group	PH	14 1000 Coffee Morning NW Cancer	URCR
17	1000 Coffee Morning Christian Aid (17)	URCR	14 1400 Discover & Do	DCMH
17	1915 Indoor Bowling (17)	DMH	15 1400 Dry Stone Walling	DCMH
18	1930 Pinfold Pirates (1)	PH	16 Eve Junior Disco (*)	PH
19	1930 Pinfold Pirates (1)	PH	16 1930 Carlisle/Settle Lecture	DCMH
19	1930 Saltaire Lecture	DCMH	17 2000 Beatles Tribute Band (*)	PH
20	1000 Yoga (20)	Dent Meditation Centre	18 SS Term Begins	
20	1430 Pinfold Pirates (1)	PH	21 1000 Coffee Morning StAS Mission	URCR
20	1930 HS AGM (18)	SHS	21 1930 CWT Borrowdale, the Secret Valley	SHS
20	1930 Pinfold Pirates (1)	PH	23 1000 Gayle Mill Exhibition till 19/5	DCMH
21	1300 Orphan Sock Puppet Show (8)	FM	23 Dent Walking Festival	Dent

*The S & D Lookaround is edited, published & distributed monthly by
Dennis & Jacky Whicker and is printed by Stramongate Press.*

*The content of The Lookaround in no way reflects the views of the Editors.
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.*

*Copies available from Sedbergh Office Services, Sedbergh Tourist Office, Premier,
Ellies, Post Office, Dent Stores & Meadowside Cafe*

COVER PICTURE
Sedbergh School Rugby
by Stuart Manger

23	1300	Victorian Kitchin	DCMH
24		Dent Walking Festival	Dent
25		Dent Walking Festival	Dent
27	1000	Benefits Advice	CO
27	1930	Garsdale Ladies	GVH
28	1000	Coffee Morning GVH	URCR
28	1915	Indoor Bowling (17)	DMH
MAY			
1	1000	Open Garden	GFK
1	1000	Gayle Mill Exhibition till 19/5	DCMH
1	tba	Flicks in the Fells	PH
2	1000	Open Garden	GFK
3		May Bank Holiday	
5	1000	Coffee Morning Barnardo's	URCR
5	1930	WIF Down the Decades	PH
6	1930	WIH Life & Times of a Sewer Rat	HVH
8		Football Club Presentation Night	Golf Club
11	1400	WIK Resolutions + Either/Or	PH
10 - 14		Christian Aid Week	URCR
15	1200	Sedbergh Gala	Sedbergh
15	1800	Barbecue Family Evening (51)	Dent
17	1930	WIH Flowers for a Spring Evening	HVH
18	1930	Garsdale Ladies Musical Evening	GVH
19	1000	Coffee Morning Firbank Church	URCR
19	1915	Indoor Bowling (17)	DMH
22	1000	Indoor Bowling & Coffee Morning (17)	DMH
25	1000	Benefits Advice	CO

Regular Meetings

The Monday Club	1200 Every Monday	SMCR
Howgill Toddlers	1315 Every Monday	HVH
Dent Parish Council	1930 1st Monday	DMH
T'ai Chi	1930 Every Tuesday	URCR
SL Carers Association	1400 1st Tuesday	PH
Killington WI	1400 2nd Tuesday	PH
SLS Blind Group	1400 3rd 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
Frostrow WI	1930 1st Wednesday	PH
History Society	1930 1st & 3rd Wednesday	SHS
Dentdale WI	1915 2nd Wednesday	DMH
SL Society Blind	1415 3rd Wednesday	PH
Howgill WI	1930 1st Thursday	FCH
Child Health/Baby Cl	1400 1st & 3rd Thurs	PH
Toy Library	1430 1st & 3rd Thursday	PH
Royal British Legion	1915 2nd Thursday	WHC
Dent Over 60's	1330 Every Friday	DMH
Sed. Parish Council	1930 Last Thursday	PH
Monkey House Café	1930 Every Friday	Library

26	1000	Coffee Morning Alzheimer's	URCR
29		SS Half Term Begins	
29	1000	Coffee Morning CWT	URCR
31		May Bank Holiday	

JUNE

2	1000	Coffee Morning Dent Foot Chapel	URCR
2	tba	WIF Mystery Outing	tba
3	1800	Killington Sports	BK
3	1930	WIH Members Evening	FCH
4		Sedbergh Music Festival Starts to 20th	
5	tba	Flicks in the Fells	PH
6		SS Half Term Ends	
8	1400	WIK The way we were in 1940's	PH
9	1000	Coffee Morning WIH	URCR
9	1930	Town Band Music Festival	StAS
11		International Choirs (28)	PH

DIARY KEY

BF	= Brigflatts
BK	= Becksdale, Killington
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
G&D	= George & Dragon, Dent
GFK	= Grassrigg Farm, Killington
GVH	= Garsdale Village Hall
HJC	= Hawes Junction Chapel
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
LHCP	= Loftus Hill Car Park
PH	= People's Hall
SHS	= Settlebeck High School
SLSB	= South Lakeland Society for the Blind
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
STO	= Sedbergh Tourist Office, Main Street
URCR	= United Reformed Church Rooms
WIB	= Women's Institute, Barbon
WID	= Women's Institute, Dentdale
WIF	= Women's Institute, Frostrow
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WVH	= Whittington Village Hall

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

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

Monday	0830 - 1030 O	1500 - 1800 B 1500 - 1800 * 1500 - 1600 C 1830 - 2030 W*
		1130 - 1215 Dent Surgery
Tuesday	0830 - 1030 O	1430 - 1730 H* 1045 - 1230 H* 1830 - 1915 W*
Wednesday	0830 - 1030 O	1430 - 1730 D* 1045 - 1230 P* 1500 - 1800 L*
Thursday	0830 - 1030 O	1430 - 1730 H* 1045 - 1230 L*
Friday	0830 - 1030 O	1430 - 1730 L* 1045 - 1230 L* 1430 - 1730 P*

Practice Nurses

Monday	0845 - 1300 A	1400 - 1730 A 0820 - 1200 KB
Tuesday	0845 - 1300 A	1400 - 1720 R 0820 - 1100 KB
Wednesday	0830 - 1300 J	1400 - 1640 D 0840 - 1200 KB 1640 - 1720 H 1400 - 1630 E
Thursday	0830 - 1300 J	1400 - 1720 J 0840 - 1300 KB 1400 - 1720 A
Friday	0845 - 1300 A	1400 - 1720 D

*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*

L = Dr Lumb	H = Dr Hunt
P = Nurse Pilling	O = Open Surgery
B = Book on Day	W = Workers Surgery
C = Women's Clinic	D = Diabetic Clinic
J = Joanne Batty	A = Anne Crome
R = Respiratory Clinic	E = ECG Clinic
K = Kay Lumb KB = Bloods	D = Dressings
* = Appointment Only	H = Holiday Vacc's

District Nurse & 015396 21690	Health Visitor & 015396 20979
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A Collinge Optometrist

Friday only	0900 - 1300	1400 - 1730 *
	* = By Appointment Only	

DENTAL SURGERY

Finkle Street ☎ 20626
Mr I R Dawson, Ms G Turner & Mr B Houghton
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
1000 - 1700
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
www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office
☎ 01539 738772
www.cabsouthlakeland.org.uk/kendal.html

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

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