

Sedbergh & District

LOOKAROUND

April 2012

Issue 298

Donation £1

First and foremost, please bear with us as we have had computer problems over the last few months culminating in a complete failure during the week of putting Lookaround together. Fortunately, we were able to retrieve Master Files

which enabled us to continue on another machine but everything was slowed down by checking and rechecking everything so if we have omitted you this month, please accept our apology but let us know.

Dennis & Jacky Whicker

Sedbergh Wanderers Football Club invite you to

AN Evening AT **The MOULIN ROUGE**

Ladies Night
On 7th April 2012
Queens Hall, Sedbergh

Doors open at 7.00pm, food served at 7.30pm

Free Cocktail for all on entry

Three course meal, tea or coffee and a glass of champagne followed by amazing big prize draw and disco

Tickets available from Premier, Sedbergh. Please reserve your table and place food orders when purchasing tickets. Strictly no under 18's or Men!

Teerie £20 Per Ticket

Moulin rouge inspired dress optional- think black, red, lace, feathers and sequins

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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APRIL 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:- Tom Allan who is 9 years old on 18th April.

Please collect your vouchers from

Sedbergh Office Services
13 Kings Yard, Main Street,
Sedbergh

which can be used in any shop in
Sedbergh & Dent.



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!

Day	Name	Age
3	Cameron MILBURN	6
4	Emily STANLEY	2
5	Katie COLTON	6
10	Isobel METCALFE	9
18	Jasmine SEN	4
18	Tom ALLAN	8
21	Abbie ALLAN	10
22	Myles STANTON	5
22	Siobhan COUSINS	7
23	Zak HALL	5
25	Izzy NEWBOLD	6
25	Sienna MIDDLETON	7
26	Emily KITCHEN	10
27	Scott LAWSON	5
27	Emilia PAGE	11
28	Lucy CAPSTICK	6
29	Jessica ORR	11
	Nonagenarian & Over	

PERSONAL & SMALL ADS £1

BAINBRIDGE

A big Thank You to everyone for their gifts, cards, visits and prayers received during Pat's recent stays in Chorley and Furness Hospitals. Your kindness is very much appreciated. Pat & Harold.

=====

DEVINE

Thank you to Jess and Craig from the White Rose Chip Shop for collecting some shopping for me when I was unable to get out because of the ice. It was a great help to me. Georgina.

=====

DEVINE

Thank you to Joel and Catherine, David and Claire and Tim and Cathy for helping me. Also Sarah Woof. Georgina.

=====

GORNALL

Happy 60th Birthday, Rose, 26th April. Love and best wishes on your special day. John, Linda, Paul, Anthony, Gwyn, Graham and Jolene.

=====

PICKTHALL

Jean and Jill wish to thank everyone for their kind messages, support and prayers following the sad loss of their Mum, Florence. Special thanks to the Rev. Tim Widdess at Sedbergh Methodist Church for his perfect service. Grateful thanks too to Brian Goad and his colleagues for their kindness and guidance. Many thanks for the generous donations to Action for Children and the Great North Air Ambulance.

McVOY

Shirley would like to say thank you for all of the cards, visitors and good wishes that she received during her rather prolonged stay in hospital. They were very much appreciated.

=====

WILSON

Ronnie would like to say thank you for the generous donations received on his **70th Birthday**. A figure exceeding £700 is being divided between the four churches in Dentdale. Also, thanks to Dorothy Goad and helpers for the catering and to all who came to make the day special.

=====

The following two 'For Sales' were omitted last month due to a computer error.

FOR SALE

2 Ton Trolley Jack £18. 2 Raleigh folding bikes. £20 each or £30 the pair. Tel: 21931.

=====

FOR SALE

Calloway Golf Clubs 'Big Bertha' titanium; Driver; 3 Wood and 5 Wood. All with head covers. Only £99. Tel: 20829.

=====

FOR SALE

York Discover Cycle Exercise Bike. Superb condition. Hardly used. Built-in Heart Rate Monitor. Mechanical Resistance Adjustment. £60 ono. Call Scott 07779-415985.

PERSONAL & SMALL ADS £1

FOR SALE

Traditional meadow hay. Small bales. Excellent for horses and sheep. Tel: Dent 25453.

FOR SALE

Piano. Broadwood, Iron frame, neat case. Offer considered. Buyer to collect. Tel: 015396-20612.

FOR SALE

4' Childs Pool Table £40. Childs Bed Settee £20. Childs Desk £20. Tel: 07765 735182.

FREE

Pool Table 72" x 37", folds to store easily. Small repair needed to one stand, cues, balls, etc. Also Punchbag, needs strong hook to hang from ceiling. Both vgc. Having a clearout. To collect from Cautley. Tel: 015396 20713.

WANTED

Photographs of The Old Smithy, Firbank. Any received will be returned. Please also ask family or friends of any knowledge of the history of the Smithy which would be most welcome. Many thanks. Tony Healy 07980 667454.

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www.discoverdentdale.co.uk



One Adult Free Entry on
production of this Advert

AGE UK

Age UK South Lakeland are going to start two walking groups in April, our first adventure will be to go up to the top of Winder, we will go slowly and take a picnic, and we have a volunteer who is First Aid qualified who will join us just in case!. We encourage people who have never been up to join us and experience the beautiful view from the top. We will also offer a more gentle walk by the River Rawthey, with no stiles or hills, with a focus on enjoying the fresh air. I have a number of people who have already expressed an interest in having a regular walking groups both for hill walking and more sedate walks and we will play it by ear as to

setting a date and time, as obviously it will depend on the weather. Please contact Linda Greensmith on 07919 152526 if you are interested in joining us.

We had 7 people for our first cream tea on the 7th of March in the Bull Hotel, everyone enjoyed themselves and we have decided that we will visit different venues each month. We have decided that the last Thursday in the month at 3.00pm is a good time and therefore our next cream tea will be in Duo on the 26th April at 3.00 pm, for sandwiches, cake, scone, tea or coffee is really good value - so if you would like to join us please call Linda Greensmith on 07919152526

Linda Greensmith



Sedbergh Community Development Centre

Workshops & Courses April to June

Subject	Tutor	Day	Start	Times		Wks
Yoga	Fran Fryer	Thu	19-Apr	18:00	19:30	12
Pilates	Teresa Hill	Mon	16-Apr	16:30	17:30	6
Rag Rug Workshop	Pamela Bolton	Sat	28-Apr	10:00	16:00	1
Landscapes Pictures in Felt Workshop	Debbie Lucas	Sat	19-May	10:00	16:00	1
Exploring Colour in Paint, Any medium	Frances Winder	Sat	26-May	10:00	16:00	1
Expressive Drawing (Kendal)	Jill Pemberton	Sat	12-May	10:00	16:00	1
Basic Printmaking (Kendal)	Jill Pemberton	Sat	28-Apr	10:00	16:00	1
Painting Kirkby Lonsdale's Landscape	Jill Pemberton	Sat	26-May	10:00	16:00	1
Start Digital Photography	Chris Wood	Wed	18-Apr	19:00	21:00	6
Nature Photography (Kendal)	Frank Balaam	Wed	18-Apr	19:00	21:00	9
Seaside Photography Day (Morecambe)	Frank Balaam	Sat	26-May	10:00	15:00	1
Buy & Sell on eBay	Chris Wood	Sat	26-May	10:00	15:00	1
Keep Up Your Italian	Catherine Bond	Thu	19-Apr	10:15	12:15	6
Dry Stone Walling Weekend (Sat & Sun)	Oliver Higginbotham	Sat	21-Apr	10:00	16:00	1
Upland Navigation Day (Dentdale)	Tim Deighton	Sat	21-Apr	10:00	17:00	1
Feel Confident on the Fells (Langdale)	Tim Deighton	Sat	26-May	10:00	18:00	1
Healthy Mediterranean Cooking	Nela Geuer	Sat	18-Apr	10:00	15:00	1
Easy, Healthy, Inspired Summer Cooking	Nela Geuer	Sat	16-Jun	10:00	15:00	1

All courses are in Sedbergh unless otherwise stated

admin@sedberghcdc.org.uk www.sedberghcdc.org.uk Tel: 015396 21031

COUNCILLORS CORNER

There isn't one for the next two months due to the Purdah from 16th March to 4th May.

There will be the usual updates from the June issue.

SEDBERGH PARISH COUNCIL 72 Main Street

This is in the process of being purchased by a group of individuals on behalf of the community for £80,000. A community Trust is to be set up to purchase the building and four years has been allowed in order to raise the £80,000 required. The Parish Council has set aside £7,500 towards this target and has budgeted a further £5,000 p.a. for the next four

years.

Sedbergh Townscape Initiative

A further meeting of the group has been held. Schemes have been submitted to Cumbria Highways to widen footways in 'the narrows' and to improve signage at the entrance to Main Street to make it more welcoming. SLDC have agreed to make £2,000 available to progress the recommendations of the Final Report and, in particular, to enable drawings to be done of the proposals for improvements to the open space outside the Tourist Information Centre.

Car Parks

Negotiations with SLDC for the new lease at Joss Lane Car Park have

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now reached a conclusion and we have been informed that the transfer will take effect from 1st April.

Negotiations with Sedbergh School for an alternative to Loftus Hill Car Park are still ongoing. Several options have been proposed both by the School and the Parish Council/ community representatives. We are hopeful that an agreement can be reached which will accommodate both the parking needs of the town and the future development of Sedbergh Junior School. All parties are agreed that there is now some urgency in resolving this issue.

Planning

No objections were made to planning applications but suggestions were made to improve the design for S/03/522 -pumping station for new water supply on land adjacent to the A683.

It was agreed that, following letters received from residents of Queens Drive, the Planning Authority should be contacted again regarding application S/03/519 - Proposed telecommunications tower - and clarification requested that the technical issues have been fully explored.

It was noted that the planning authority have not yet received a submission from the developers to discharge condition 21 of the decision relating to the Auction Mart Development. This concerns the provision of waste recycling facilities at the new Spar store.

The Queens Diamond Jubilee

ST ANDREW'S PARISH CHURCH, DENT

ANNUAL EASTER MONDAY SALE

10am to 1pm

Monday 9th April

Refreshments

Home-Baking - Plants - Nearly New

Books - White Elephant

Competitions - Raffle etc

Celebrations

A town committee has been formed under the chairmanship of Margie McVoy with a view to co-ordinating events.

Highways

Cumbria Highways have been reviewing all outstanding requests for alterations etc to the highway many of which are now several years old. These will be prioritised and the Parish Council should be in a better position going forward to monitor.

The next meeting will be on April 26th 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, at the Community Office and on the Council Website 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

Among other items, the March meeting heard a report from the police about current issues, discussed the damage to Stonehouse Bridge and awarded a grant to South Lakeland Citizens Advice Bureau. The minutes of the meeting will shortly be published on www.dentdale.com (follow the parish council link) as well as being available as a hard copy from the Parish Clerk.

Police Report

Police Community Support Officer Karen Dakin attended the meeting and discussed the problem of parked vehicles causing an obstruction in Dent, both on the cobbles and around The Green. Information has been

circulated to officers and checks will be made when possible, and anyone with evidence of vehicles blocking the road was asked to report them to the police using the new 101 phone number. Since the meeting, the police have agreed to make the Dent parking issue a policing priority for this area.

Damage to Stonehouse Bridge

Once again the parapet of Stonehouse Bridge has been badly damaged. Two requirements need to be met before it can be repaired: permission to put scaffolding in the river has to be granted by the Environment Agency to take account of spawning fish; and the repair has to be prioritised by Cumbria Highways, who will pay for it. So

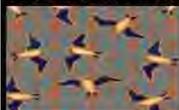
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FREE PARKING Don't forget LA10 residents get free entry on Mondays!

much as the parish council would like the parapets to be replaced straight away, realistically it may be some time before this happens.

Although local people reported that the damage appeared to have been done by a timber lorry, investigations by the police suggested that no extraction was taking place at either the Cowgill or the Dent Head plantations on the day the damage occurred.

Road Repairs

Cumbria Highways have announced their resurfacing programme for the financial year 2012/13. In Dentdale, they are planning to patch or resurface two stretches of road: the main road between Dent and

Denthead at an estimated cost of £49,335, and the back road between Dent and Cowgill at an estimated cost of £25,789.

Deepdale Road Signs

After the accidents that occurred in the icy conditions this winter, successful lobbying by the parish council has persuaded Cumbria Highways to change its mind about providing 'Road Closed' signs on the road through Deepdale. Two signs have now been delivered to Hilltop Farm for placement on the Deepdale to Deepdale Head section when future adverse winter weather presents a danger to road users.

Jubilee Beacon

Chris & Lynn Comerie from Tofts

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34 litre Grow Bags - £2.00 each or 3 for £5.00

20 litre Enriched Top Soil - £3.50 or 3 for £9.00

We also stock a variety of dry and tinned dog foods.

have responded to the parish council's request in the December Lookaround to host a Queen's Jubilee Beacon and their offer will be registered as the Parish Council's official Queen's Jubilee Beacon site. In addition, the Memorial Hall Committee are intending to discuss other ideas for Jubilee celebration events at the Memorial Hall AGM on April 25th.

Grant to Citizens Advice Bureau

The parish council decided to award a grant of £100 to the South Lakeland Citizens Advice Bureau in Kendal as it serves the Dent community. The Bureau is situated at the front of the multi-storey car park, next to the bus station and is open from 10am to 2pm on weekdays.

Grass Cutting Contract

The contract for cutting the grass on both the playing field and the car park came to an end in 2011, and so the playing field committee and the full

council have spent some time recently discussing what the requirements would be for this year. With very little demand for use by the Cricket Club at the moment, it was felt that it would be possible to make financial savings by cutting the grass fortnightly rather than weekly during the growing season, provided that extra cuts are made if cricket fixtures require them.

Next Meeting

The next meeting is the Annual Parish Meeting at 7.30pm on April 2nd in the Memorial Hall, when the council will present its annual report and members of the public can raise any matter that concerns them.

Future meetings are on the first Monday of each month, unless it is a bank holiday, when they are on the second.

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



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RED SQUIRRELS

There is some really good news in Sedbergh at the moment in the form of red squirrel sightings in places where they have not been seen for a long time. Around the town, there are sightings from Loftus Manor, Pinfold and Settlebeck School whilst further afield, red squirrels have returned to the Cross Keys Hotel, and new areas of Howgill and Firbank. This is in addition to the established populations in Garsdale, Dentdale, Cautley and Mallerstang. Do you know of other locations where reds are regularly or occasionally seen in or around Sedbergh?

It is not by chance that we still have red squirrels in this area but rather

because of the hard work controlling the greys by a network of volunteers. Non-native, introduced grey squirrels have displaced reds in most of England by out-feeding our smaller native species, by generally harassing them and by carrying a squirrel pox virus which is harmless to the greys but fatal to the reds. Grey squirrels also do immense damage to trees, crops and bird populations whose nests they plunder. The north of England is one of the last strongholds for the red squirrels and wherever there is consistent grey control, the reds are surviving and thriving.

Sedbergh Red Squirrel Group is now part of a huge network of volunteers under the umbrella organisation of Northern Red Squirrels. Member groups cover Cumbria, most of Northumberland, parts of Lancashire and parts of Yorkshire (Hawes area) with new groups joining from Northern Ireland, Wales and even Cornwall, where they hope to re-introduce the reds. (Go to www.northernredsquirrels.org.uk for more information.)

If you would like to find out more about how you can help the red squirrels, you would be very welcome at our next meeting at 7.30pm, Tuesday 24 April, in Garsdale Village Hall. In the meantime, please send any and all sightings of reds and greys in the Sedbergh area to 015396 25453, jfoott@btinternet.com or text 0758 207 6469 with the location, date and your contact details.

Jackie Foott



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TIM FARRON MP

It may be a few weeks ago but I want to thank everyone who attended the march in support of our campaign for a new radiotherapy unit the Westmorland General Hospital. Well over 2000 people turned out to march from Abbot Hall Gardens up to the top of Finkle Street. The sight looking back down Highgate and seeing people still coming over the top of Highgate Bank was one I will keep with me for some time. We had a total of over 11,000 signatures on our petition for the new unit to present to Professor John Ashton, Cumbria's Director of Public Health which is a further sign of how strongly people feel about this.

What struck me particularly was the range of people supporting the campaign, of course there were older people with friends with this dreadful disease or even suffering themselves. But there were also a great many younger people who felt strongly enough about this issue to come out to join the march, there were a number of messages on my Facebook page from people who were sorry not to be able to get along.

Cancer is something that touches many many families. I have heard from a number of people with tales

about the treatment that friends, relatives or even they themselves have had and how difficult it has been to travel for over an hour each way to receive it. I heard of one person the other day who had had to make 38 journeys to Preston for their radiotherapy treatment.

It is important to realise this is not simply about the convenience of having treatment somewhere nearby so it does not take so much time out of your day and you use less petrol. It is much more important than that. Cancer is a particularly challenging disease but its treatment can really take it out of you, many say that the treatment is often as difficult to deal with as the disease itself. Facing this

SEDBERGH CRICKET CLUB

**JUMBLE
SALE**

Saturday 14th April
 2pm
 People's Hall




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and having to travel down to M6 to get it is simply too much for some people. I am convinced that one of the reasons we have such a poor record on cancer care in this part of the world is that some patients or doctors simply do not think that the sufferer can handle the effort involved in making the drive, particularly if they do not have anyone to go with them.

Anyway I don't think that we could have done a better job at getting our message across. However, the fight continues, the week after the march I was lucky enough to be called at Prime Minister's Questions and had the chance to ask the Prime Minister to also support the campaign, in

return he offered to set up a meeting with the Health Secretary to discuss the issue. Since then we have seen the arrival of a new Chief Executive for the Hospitals Trust, I can't think of a better way for him to start that to get behind our campaign too.

If you came along to the march or signed the petition thank you so much, let us ensure that it really makes a difference. In the meantime if there is anything else I can do to help then please write to me, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me at tim@timfarron.co.uk.

Tim Farron MP

KILLINGTON W I

The Afternoon WI for the entire district

I am glad to say that we all turned up at the correct venue, the Methodist School Room, and greatly admired the changes which have taken place since we last met there – a “makeover”, I believe it’s called.

Before anything else happened we were updated on Elspeth’s progress by Avril who had recently visited her. Things seem to be moving in the right direction, albeit much more slowly than Elspeth would like. We can all imagine how frustrating it must be for such a bundle of energy to be confined and restricted. Avril reported that Elspeth has received over 200

cards of good wishes which may surprise Elspeth but no-one else. You continue to be in our thoughts, Elspeth, and 50,000 bees think of you while going about their flowery tasks.

Our speaker, Pat Ascroft, is likewise a lady of considerable dynamism. She had asked to speak to us at the beginning of our meeting as she had another engagement in Garstang at 5 o’clock. She had a ‘walking festival’ to organise. Her subject for us was the Great Wall of China, and although she brought some photographs and mementos with her, it was not a talk illustrated with slides. She had undertaken this five day autumn trek along the Wall, as a sponsored event raising money for MenCap. Her costs



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she bore herself and all her sponsorship money went to her charity. She was an amusing and informative speaker and gave us an insight into conditions away from the area usually visited by tourists. Her group enjoyed hospitality in the homes of the local people, and despite language difficulties, Pat became firm friends with a Chinese woman who helped her along the way. Not all of the wall is as well maintained and easy to walk along as the parts we see in brochures. Indeed, Pat described it as being more like Striding Edge in places. Her friend had an unpronounceable name so she settled on 'Leah' as a suitable

substitute. Leah called her, 'my lady'. We were left with the firm impression that knowing Leah had been the highlight of the whole enterprise for Pat.

Then it was on to our business meeting. Anne Jones brought back news of her visit to Thandi. She had almost been knocked off her feet as the children rushed to welcome her. During her visit she was interviewed by the local paper out there but had to leave for home before it was published. We are now contributing to meals for 618 school children. Anne also took 31 bags for 'new mums' which she filled with soap, wipes, nappies, and baby clothes. Our little

teddies were given to the children in the crèche.

Susan brought us up to date with plans for our summer outing. In order to accommodate Lord Carlisle we have had to change the date to **Wednesday 20th June 2012**, when he will show us around Naworth Castle, a rare and exclusive treat. We will also have a tour around Brampton with a Blue Badge Guide and a visit to Lanercost Priory. It will be a very full day but members and their guests will be able to 'pick and mix', though I am sure that no-one will choose to miss tea.

When all business was dealt with, it was time for our tea. Greatly enjoyed and thanks to our hostesses. As 'Big

Chief' I am excused this duty for the year. My offering would be Digestive Biscuits and a cuppa, so be thankful for small mercies.

Wendy Fraser-Urquhart

DENTDALE WI

This month the Memorial Hall had the feel of a busy market with the members milling round looking at the stalls for the competition lyrics, the WI Market stall, a table with the lists and notices of future event and a table festooned with over 50 crowns.

Eleven members had got together over two mornings in early March to make the crowns in preparation for the Cumbria and Westmorland WI Federation Diamond Jubilee Flower

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Festival in Kendal Parish Church at the end of June. There were psychedelic pink ones, blingey red and gold ones, patchwork ones and lots of glittery, sparkly ones. Some members had confessed to being artistically challenged at the start of the sessions, but by the end they were producing some stunning and unusual creations, all sustained by lively conversations and plenty of cups of tea and coffee plus cakes.

March has been a busy month for the members of Dentdale WI as we also helped with the catering and refreshment for the Dent Run. This event always heralds the start of spring in the valley and our new headmistress gave a special thanks to the WI for their continuing support in this venture.

At the meeting members were asked for ideas about how to celebrate Dentdale WI's 70th anniversary next March: if they would like to fund raise for the Community First Responders new Training Defibrillator and to run a Mini Market in July. As the work of Dentdale WI continues to give support to our community we sat back and enjoyed an illustrated talk about a much treasured feature at the heart of Dentdale; "The Settle to Carlisle Railway". David Ellison gave members and visitors an insight into the history of the railway from its conception to its near closure and the work done by the Friends to reverse the closure order and make sure it will run through the Dales for years to come. There were some stunning scenic slides inter dispersed

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The evening was brought to a close with two of our new members helping to serve tea and biscuits. The lyric competition was won by Chris Taylor and the raffle was won by our former treasurer and visitor Judith Newsham.

SEDBERGH WI

The March meeting took place in the Methodist Hall where Andrew Lowe, a most interesting and amusing speaker entertained the group. Members and guests watched a slide show narrated by Andrew of some of Lakeland's finest churches. He pointed out the various features that

Annual Dinner, Sedbergh Branch, The Royal British Legion

Friday 20th April 2012, The Weaver's Café, Farfield Mill, 7pm for 7.30pm.



Access is available via the lift in the main entrance.

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help date a church and offered clues to its history, like the differences in arch styles, roof beams and even how to spot restorations and additions to churches. Andrew used examples of Grade 1 listed Lakeland churches dating from the 11th century through to the area's many Victorian Churches. He further illustrated his talk with some unusual churchyard features which included two Celtic crosses, John Peel's gravestone and the Dacre bears. These are four ancient carved stone bears standing in the corners of St Andrews churchyard, Dacre. Andrew then talked about his appreciation of the workmanship of the stained glass in the many Lakeland churches. Slides were shown of some of the stunning windows designed by Pre-Raphaelites Henry Holiday, Edward Burne-Jones and William Morris along with some beautiful examples of early stained glass. You can see these windows in the Jesus Church, Troutbeck and the Church of St James at Staveley. After this enjoyable and stimulating talk we were all ready for the delicious cakes

and tea provided by members and we went home fired with enthusiasm.

Many of us intend to go and view the churches and windows ourselves.

The following day the Book Group met to discuss *Cat's Eye* by Margaret Atwood which was given mixed reviews and prompted a lively discussion which covered the subject of bullying amongst other things.

The walking group enjoyed its circular walk around Scout Scar last month ending up conveniently at Kendal Golf club where on the recommendation of Linda Hopkins's grand daughter they chose the healthy option of cherry flapjack, apparently it's the oats you see.

Members are now looking forward to hearing Anthea Bolton speak on "Recording Oral History" on Wednesday, April 11 at 7.30pm back in the People's Hall committee room. New members are always welcome so why not join us for a pleasant evening. Just a call either President, Linda Hopkins 21455, Vice Chair Anne Pitt 22095 or Sec Pat Ramsden 20828 or come along and introduce yourself. *Sandra Gold-Wood*

HOWGILL W. I.

We met at Howgill Village Hall on March 1st. Vice President Dilys McCaffrey gave a warm welcome to a new member Pauline Speake and to Sarah Scarr back with us following her ankle operation.

Anita Carey has confirmed the Summer Outing will be on Thursday 28th June with a visit to the recently restored Lowther Castle and Gardens.

Our Speaker Malcolm Petyt gave us an informative and interesting evening of slides touring the Yorkshire Dales. Limestone is at the heart of the dales appearing as cliffs, gorges and pavements. Features which provide a landscape of valleys with dry stone walls, barns and stone

built villages. Sedbergh is well placed for exploring the western dales with several walking routes which include the Dales Way. There are easy walks around the waterfalls at Aysgarth and Ingleton and several caves are open to the public. Helen Beare thanked Malcolm for a fantastic journey, reminding us how lucky we are to live in an area of such outstanding beauty.

The competition "The Best Feature of the Yorkshire Dales" was won by Helen Beare. Bredget Postlethwaite went home with the raffle prize.

We meet again at Firbank Church Hall on April 5th when Elaine Horne will be presenting the Gardeners Calender. Visitors welcome/. A.H.



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MURDER AT MILLTHROP MANOR

'My old man said follow the van and don't dilly dally on the way!' How apt these words seemed on Thursday night 15th March, the day we moved house out of Millthrop after our seven years residence there.

It was a perfect farewell and a wonderfully upbeat ending living close to our family in Sedbergh, especially as our grand-daughter and grandson, Isabel and James Abbott appeared in the amazing 'Murder at Millthrop Manor' with the Rose Youth Theatre. This talented group of youngsters then went on to merge with the Community Theatre and take some part in the marvellous 'Mayhem & Music Hall' in the People's Palace (aka The People's Hall.)

The Youth theatre deserves particular praise, the melodramatic poise of 'Lizzie the under-Parlour Maid', the Sherlock look-a-like 'Inspector Street of the Yard' and long suffering Sergeant Vic Woof trying to get down all the evidence. Boot boy Charlie was such a cheeky chappie he almost outdid 'Maximilian Miller' in the second half of the programme.

The Music Hall format provided great opportunity for locals to shine and step out of their conventional persona to become, perhaps, what they really would like to be. Wigs and moustachios have a great deal to answer for. Wild West Willie was a star as was Antonio that beguiling ice cream seller. Adam Hopkins will never seem the same to me again.

Other moments that particularly pleased was the number 'Swimmin with the Wimmin,' those bobbing belles taking to the water were a joy to behold, and 'I'm Shy Mary Ellen' was absolutely 'made' by the embarrassed antics of Keith Wood.

Huge praise must go to the scenery production team, this was really professional work and brought a great deal to the overall production, likewise the costumes and the music.

As usual, great work has been done by writer Sandra Gold Wood and director/producer Viv Hailwood. What will they come up with next???

I could go on and on, everyone on the programme deserves a mention, but suffice it to say

SEDBERGH'S GOT TALENT!

Elizabeth Germany

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BIRDS, BEASTS, BUGS & TREES

As part of "The Write Idea" mini festival in February, a group of wildlife poets who had come together at Janni Howker's workshops, presented an evening of their poems. This event was one of several that are taking place across Cumbria to celebrate Cumbria Wildlife Trust's 50 Anniversary. The local support group of the Trust awarded a prize for the poem that we thought best described our local wildlife. Amongst a number of excellent poems we decided that this one by Paula Day best fitted our criteria. SG

Crataegus monogyna

Crone, I squat, wizened by wind's
whipping,
sheeps' gnawing, frost biting me
brittle.

Hair a tangle, skin ochre-blotched
with lichen,
or sprouting pale tufts, knobbed fossil
fingers

gesticulate to my sisters flocking up
the fell,
and huddled dense against the
fences:

we'll grip fast this pasture, we'll crab,
claw you, intruder,
we will last out the winter.

And, quick by March, I blush green
before all others,
fringeing with soft bristle, a boy's
stubble.

May I marry, assuming his name,

yet, banned from the house - 'it would
kill my mother' -

I traipse my dress dingy along the
hedgerows,
smooching milk smuts of scent,
making myself common.

By September I'm throwing a party.
Robed in stiffly beaded gown I proffer
plenty,

waitress arms stacked to the elbows
with boojuns, asogs, arzy-garzies,
agags, hoppety-haws, the fieldfares'
bread-and-cheese.

Who am I? Answer Next Month

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PEOPLE'S HALL

Elspeth

As most readers will know Elspeth Griffiths, one of our long serving and hard working Committee members, was suddenly taken ill last month. It is amazing the things she used to do for us at the People's Hall. This writer took over as Secretary from her four years ago and I am most grateful for the help she gave me, including her particular "Lynne Truss" mode of making sure I used the correct relative pronouns, etc., in the grammar of the minutes of our meetings. We will struggle on filling in the gaps, but hurry up Elspeth and get better, the Committee's best wishes and thoughts are with you.

Redevelopment

In November we reported that we were drawing up plans to refurbish the sports changing rooms and to add

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an extension with new toilet facilities on top. The plans have gone in to the YDNP planners together with the inevitable fee. A draft specification of 100 plus items has also been drawn up based on these plans. We will use this draft specification to obtain estimates to quantify the amount of money we need. It is hoped local builders will be interested in the work, who may contact me.

At the present time the group, who have bought 72 Main Street are looking for money as well as us. A close liaison has been established with this group to ensure we co-ordinate our fundraising projects and bids to grant giving bodies and around the Town.

Old Tyme Dance

An Old Tyme Dance with Kenny Bell is to be held in the Hall on 28th April 2012 (see advertisement elsewhere).

Dr Gina Barney, Hon Sec 20790

HARRIER NEWS

It has been a good start to the year for Howgill Harriers. Not too much ice around and well-attended training sessions inside and out. Many a headtorch battery has been replaced and many more people have discovered that a good night out can involve black tights and mud...

The racing year kicked off, appropriately, on New Year's Day, with the 8 mile Nine Standards fell race from Kirkby Stephen. 14 Howgill Harriers completed the course and our very own Carl Bell led from the start to finish first, only half a minute outside the record. Howgill missed out on the team prize to Keswick, but made up for this by consuming more soup afterwards. The winter social and prize-giving was also deemed a great success, with food playing another important role.

There have been further racing successes too, with strong finishes in the Kendal Winter League for seniors and juniors. Harriers have competed in local races organized by Sedbergh School, as well as foreign locations such as Florida and Ilkley Moor, all bringing personal successes as well

as high placings. The inaugural running of the Crosby Commoner race brought yet another win for Mr Bell, as did the High Cup Nick race, where the 'two Jacks' (Walton and Oakley) took first and second in the U17 category and Annabel Brewer came second in the U14. Both races enjoyed good Harrier turnouts and performances. As the racing calendar starts to get busier, Harriers will be travelling around to challenge for top places as well as personal targets, representing the best that local runners have to offer: in both speed and attitude.

Sadly the Pennine Bridleway relay in February was cancelled due to ice, but by the time you read this the club will have completed its very own all-ability relay in the Howgills on 24th March. This is a great example of the friendly, inclusive approach of the club and new members are always welcome. Check the website for the next sessions this month, and just come along if you want to try it out. Running experience and black tights are not necessary, although there is a reasonable risk that you might enjoy yourself. You have been warned!

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BRAIN FOG

There was a very interesting article in the Observer Food Magazine in January. A young man decided to eat only food advertised on TV for one month, to see what would happen. "Would it be fun, or would it be miserable?" he asked himself. His doctor advised him, "Physically I think you'll be back on your feet quickly. The effects, if any, will be mental."

After 60 hours he noticed he was slowing down mentally and decided to try having a pizza, as it at least contained some vegetables. His doctor said what I have often said to patients about cheese sandwiches, that if you designed a food specifically to fog up the brain, that would be it. He went on to say that compounds called gluteomorphins in wheat and casomorphins in cheese are responsible. Perhaps now we have this new vocabulary, people will

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be more inclined to believe it.

Chinese medicine has been saying this, in a slightly different way, for centuries. Certain foods, notably wheat flour and dairy produce, cause "internal damp", so called because it mimics the effect of damp weather on the body. Internal damp produces not only brain fog, but also lethargy, heavy headedness, aching muscles and abdominal bloating. The prolonged damp, grey weather this winter and spring has made us particularly susceptible to internal damp. In our climate, cheese sandwiches and pizzas are probably best avoided. If you see food in the supermarket, "as advertised on TV", it is probably best to avoid that as well.

Internal damp can also arise if the digestion and metabolism are weak. This is a type of deficiency in Chinese medicine – the body does not have

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enough energy to process food efficiently. Nutrients are not properly digested and absorbed and bi-products of this inefficient process lead to internal damp and the associated symptoms.

Brain fog due to internal damp is usually relatively easy to treat with acupuncture however it may take longer to strengthen the digestion and metabolism. Avoiding damp-forming food and eating in a way which promotes the function of the digestive system would be the most important element of recovery.

I have produced a "Healthy eating guidelines" sheet, which outlines this. If you would like a copy, please get in touch. (My telephone number is 015396 20972.) If you are interested in how your diet affects your health, you might also like to read, "The Tao of Healthy Eating" by Bob Flaws, which contains this and much more information.

June Parker

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KIDZONE COFFEE MORNING

A big thank you to all who supported the Coffee Morning for KIDZONE on Feb 29th. Donations included, we raised the splendid sum of £246.

Thanks to everyone who came along, helped with coffee and tea, made cakes, brought goods to sell and raffle prizes. Thanks to all who gave donations, including the anonymous donor who kindly left an envelope in my shopping trolley!

With money already in our account, we were able to send £360 to Kidzone for the large spin dryer they need in wet weather for all their bedding. There is no indoor heating in Nairobi, it's not needed, but a long spell of wet weather makes drying laundry difficult. The November wet season is getting longer with climate change.

We are grateful for the double knitting wool you have donated. It is going to the girls who are now able to knit. They have knitted a blanket themselves, each girl knitting one or two squares. They can use more wool and would like simple patterns too. So if you have any please either leave them in the Community Office or ring Christine on 21750. Also if you have any more spare descant or other recorders or percussion instruments, these will be put to good use for the girls.

If we find anything in the box we can't use, it will be given to the Charity Shop unless you indicate otherwise.

Christine Wood & Helen Beare

ZEBRAS

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Sedbergh Youth Band 10-11am
Cake Table ~ Raffle ~ Light Lunches
Face Painting ~ Handmade Rag Rugs
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Saturday 28th April

10am to 2pm

People's Hall



Adults entry £1 includes drink and biscuits

SEDBERGH TOWN BAND

Annual Dinner

Thirty seven members and friends of the Town Band attended the 2012 Annual Dinner held in the Red Lion on Monday 20th February. An excellent, well served meal provided a first class starting point for a busy year's engagements that continued at the end of the week with the joint concert in which the Town Band joined up with the Ulverston Choral Society.

Two-fold entertainment was provided at the conclusion of the meal. First Douglas Thomson, President of the Band, most amusingly made a number of 'awards'

to members of the Band - foibles and specific characteristics were highlighted in qualifying for the awarded certificates. Secondly a small group from the Sedbergh School C.C.F. Band, resplendent in their scarlet concert uniforms, played a selection of popular items from their repertoire that was much appreciated by all.

Concert at Ulverston

The first few rehearsals of the New Year have been spent polishing up a programme for a joint concert with the Whitehaven Male Voice held in the Coronation Hall, Ulverston, presented under the auspices of the Ulverston Rotary Club.



A shared fund-raising concert on behalf of various charities is an annual event and the Town Band were most willing, and indeed flattered, to be invited to perform in Ulverston's famous Hall. The Coronation Hall is a fine building - both externally and internally. It was built on the site of the once famous County Hotel to commemorate the coronation of King George V and to meet the need in Ulverston for a place of entertainment capable of hosting major events. The foundation stone was laid in 1914 and the building was officially opened in 1920 with a grand masqued ball. World renowned orchestras, opera and drama companies bands, pop artists and groups, lecturers etc., have appeared at the Hall. To name just a few: Laurel and Hardy, Danny la Rue, Patrick Moore and Dicky Bird reveal the eclectic nature of the presentations at the Hall.

History strikes you immediately you arrive at the Hall - outside the front entrance you are greeted by a superb, life-size bronze of Laurel and Hardy, are a reminder of an intimate

link to the town. Inside photographs and posters testify to the visits of greats from the past and present, shortly to be joined by the famed Russian Ballet. Joined with this parthenon of artistic excellence now is the Sedbergh Town Band - adding to its growing reputation in Cumbria and beyond. The general outline for the concert held on Saturday 25th February was that the evening should be divided into alternate sections between the Town Band and the Whitehaven choir. However at the end of the first half and to complete the concert the Band should accompany the choir.

The Band assembled on stage at 5.00 pm for a quick run-through of

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7:30 p.m.

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We gratefully acknowledge the support of:
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and South Lakeland District Council

those areas of the programme that might present difficulties, though of equal importance was the opportunity to come to terms with an unaccustomed amount of room on the stage - certainly considerably more than experienced in the People's Hall.

At 5.30 pm the Band were joined by the Whitehaven Choir and for the first time rehearsed the chosen numbers together. Astonishingly only one run-through of each item was required - tempo, volume, interpretation etc., all gelled splendidly and both components looked forward confidently to performances of Gounod's 'Soldiers Chorus' and Alan Lewis's arrangement of Parry's 'Jerusalem'.

The Whitehaven Male Voice Choir has a fine reputation both locally and well beyond. Male Voice choral singing has flourished in Ulverston since the 1800's though it was in 1977 that the present choir was formed to maintain the tradition. Their curriculum vitae makes impressive reading@: regular appearances on local radio and television: participation and victories in many competitions: performances at the Royal Albert Hall, London, Cardiff Arms ark, Sheffield Arena and Edinburgh. Last year was particularly busy with them performing in twenty five concerts and events, raising nearly £11,000 for charity.

A substantial programme began at 7.30 pm before an appreciative audience that included the Lady Mayoress of Ulverston. The Choir



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covered a wide range of music that included negro spirituals, hymns and popular selections from the shows 'Les Miserables', 'Fiddler on the Roof' and 'Carousel'. The Band was equally diverse in its programme: two pieces not previously performed by the Band, 'Visa Vid Vinders Angar' (of Scandinavian origin) and 'Conquest of Paradise' featured early in the programme. Whilst the rest of the music played by the thirty seven instrumentalists clearly went down well with audience, particularly 'The Best of Bond' selection and 'Pirates of the Caribbean', and Tony Playfoot's bagpipe solo in 'Highland Cathedral'.

An exciting and memorable evening ended with the Band and choir, accompanied by the audience, performing 'Jerusalem' followed by the National Anthem.

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DENTDALE MEMORIAL HALL

One of the purposes for the Hall and the Trustees is to help to "enhance the social life of the community" with this in mind we have spent a great deal of time and a lot of money on a new kitchen, prior to this the WC and rear entrance hall was re-done and sometime we aim to enhance the decorative state of the Sedgwick Room. These and the Haygarth Room are our responsibility, we have use of the main hall out of school hours, weekends and holidays. Also to "enhance the social life" we rent out the rooms and do our best to encourage local groups to use them, our charges have been the same for a long time and everything else has increased so this year we are having to consider how best to deal with this. Our AGM is Wed April 25th at 7.30pm, members of the public are most welcome to the first part of our AGM and will hear the Chairmans report for the year and other matters concerning the running of the organisation. Also to fulfill our obligations we hold Flicks In The Fells nights and the recent one "Made in Dagenham" was a wonderful

evening and after costs made a little profit for the Hall. Some suggestions were made as to possible future films and others are welcome at any time. Many thanks to everyone who helped in any way at the Flicks. Indoor Bowling continues with two mats in play most Wednesday sessions and a Coffee Morning and Bowling once a month.

Our one main fund raising and social event is the annual DENT GALA on August Bank Holiday Monday from 11am.

Any comments or thanks or concerns please do contact me, the Chairman of the DMH Trustees, Sarah E Woof, "Rhumes" Laning Dent LA105QJ or (015396) 25212.

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CLUTTERBOOKS & CLOBBER

The Community Charity Shop continues to go from strength to strength with the invaluable help of our 25 regular volunteers, 8 occasional volunteers and of course the support of the wider community, your good selves. You bring us donations of your unwanted items, take away bargains and just call in regularly to check us out and have a few friendly words. Visitors to the town also enjoy browsing for bargains and often express appreciation of what we have to offer. Some even bring us valuable items to sell to demonstrate their approval of what we do.

We currently produce an income of

over £20,000 which is used to support a variety of community projects and causes. The Community Fund is administered by a board of trustees who consider applications quarterly and new applications are always welcome at the Community Office.

Although all of the goods we sell have been pre-owned we carefully select those most suitable for a new lease of life to display in the shop, hanging and pricing the best of clothing and linens, displaying bric-a-brac, books and toys. You may wonder what happens to the surplus goods that we can't find new homes for. Well we pass most textiles to the Air Ambulance who are happy to collect on a regular basis. Books and bric-a-brac we try to pass on to other charities.

However, electrical goods and larger items pose more of a problem. As a charity we are subject to the same Trading Standards and Health and Safety legislation as any other business and functional items must be fit for their purpose. Electrical items have to be PAT tested before we are allowed to sell them, which naturally involves a cost and so we must select those we can be sure to sell for a reasonable price. Many charities refuse electrical goods because of this but we would like to avoid this as we know you like to donate and buy those electrical appliances that are still serviceable and desirable. Kettles, toasters, table lamps, and such small appliances always sell well and we want to



A light-hearted evening
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Dent Music and Beer Festival, Dent Parish Council
and South Lakeland District Council

continue to accept and sell them. Foot spas, outdated computer hardware and hi-fi equipment tend not to sell. Larger items cause us some difficulty as the space we have is limited and the storage of bulky electrical goods with trailing flexes can quickly create a hazardous area for volunteers to work in.

You may not be aware that, although we are a charity, we are considered a commercial operation and as such must pay for our waste disposal. It seems a bit unfair in view of all the recycling we do and all the items we keep from going to landfill, but there we are! In the past it has been necessary to close the shop for a few days from time to time to clear the backlog of goods which, for whatever reason are unsuitable for sale. This can cost hundreds of pounds in lost sales in addition to disposal costs and, I'm sure you would agree, is best avoided.

To this end we have decided that in future we can only accept a limited range of small electrical items in good condition. If you are in doubt please just ask before you go to the trouble of bringing larger items to the shop, we can often direct you to the charity or organisation that can deal with larger items. Your donations of clothes, accessories, books, toys, linens, bric-a-brac etc. will be as welcome and valued as ever. We hope you will continue to support us and if you would like to join us as a volunteer I would be pleased to hear from you.

Ellen Morrison, Shop Manager

DIAMOND JUBILEE MUSIC FESTIVAL

The first proof of the Festival Brochure which will be distributed to all homes in Sedbergh and further afield after Easter is on the press and the Tourist Information Centre is ready to take your bookings. We hope that this year's Festival will be even more successful than the 2010 Festival when attendance increased by almost 40% over the previous Festival. So be ready to make your bookings early to avoid disappointment.

The first rehearsals for Mozart's Requiem have started. After Easter rehearsals for all four parts will recommence on Monday 16 April at 6.00pm; please note the earlier start for this rehearsal. Thereafter rehearsals will start at 6.30pm on the Monday of each week up to 28 May.

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SEDBERGH ORCHESTRA

Springtime Classics Concert

Birmingham with a population of 2 million can only muster one, even mighty London with 9 million within its bounds only has three. Sedbergh with its 1,500 inhabitants must have the most concentrated talent pool in the country. What small town in our land has within its limits the musicians to form a symphony orchestra? Not many, I would venture. It is a truly astonishing achievement.

On Sunday March 4th an audience of some 80 members enjoyed a concert of classical music conducted by Peter Crompton. Sedbergh School's Thornely Studio, with its warm and generous acoustic, provided an excellent venue for the concert. In the first half of the concert we enjoyed an arresting and convincing performance of Mozart's Overture to 'Cosi fan Tutte'. The strings played with necessary decisiveness and there were some brave solos from the wind players. Peter Crompton, as well as conducting the whole concert, then played the Hummel Trumpet concerto. He has a clear bright sound which cut through the acoustic quite wonderfully in the lively outer movements and there was real sensitivity and elegant shaping in evidence in the slow movement. Rebekah Hendrickse enchanted us with her delightful flute playing in Mozart's Andante for Flute and Orchestra K315 at the beginning of the second half. Phrasing and



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articulation were well judged and her tone is maturing very well indeed. The second half finished with a romping rendition of Haydn's Clock Symphony. It certainly made the audience tick! From beginning to end joy was emblazoned on the faces of those playing. It was a delight to watch.

We can all sit at home and enjoy CD recordings of the great orchestras giving masterful renditions of these works but there also is something of deep value in music making of this kind. When music is alive and well on our doorstep it can be the glue that helps bind communities together and for that reason I would encourage you to support this excellent group in their concerts. Perhaps you could even go one step further, take up an instrument, and join them!

John Seymour

THE TRUE NATURE OF THE HOWGILLS

A number of articles have been written concerning the geology of the Howgills but none have dug deep enough to get to the core of our fells until now. Underneath the surface bands of hard rocks is an enormous deposit of plastic and at the centre is a huge cavern. This cavern is home to a colony of garden gnomes. One section of the gnomes is engaged in mining the plastic which is passed to a second section to be moulded into road cones. At dead of night these cones are transported to the motorway on the back of a rather sleepy elephant to be let loose so that they may march in single file North and South on both carriageways coming to a halt now and again to stay, sometimes for weeks, and for no apparent reason until moving on to a new location.

A number of years ago there was crisis in the industry when the supply of red dye used in the manufacture of the cones almost dried up. A raiding



party was sent out to visit local farms and 'acquire' as much 'Ruddle' (sometimes known as Tup Red) as could be found. Following this, farmers were forced to use other colours such as yellows, blues and greens.

A certain amount of smell is associated with the cone making process and the gnomes did not wish to release this in the area of the Howgills so they built a pipeline northwards for some 30 miles underneath the motorway to a point where the fumes could be released. The Head Gnome says that there is no truth in the rumour that this has a connection with the sometimes mentioned 'Penrith Pong'.

The gnomes are looking for alternative products to make and would welcome suggestions. If you have any ideas please pass them on the Dennis and Jacky so that they may be published in *Lookaround* and thus brought to the notice of the gnomes. Suggestions received on April 1st will be given top priority.

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FAMILY MUSINGS

Watching one of my favourite TV programmes, although this series lacked a certain something, "Wild at Heart" on Sunday evening with the Elephant and Lion noises we commented on the Cow noises and then considered they sounded to be outside the house, thankfully closer inspection revealed no such visitors and we realised they are housed in a building just over the wall from part of the garden, a clear night and they sounded much closer! Spring is in the air, I saw a Thrush last week in the garden the Snowdrops are going but the Daffs are coming out, but I seem to have lost a little of my spring, anyone seen it? In case of

emergency I always have a spare set of marbles in my handbag but a spring? Where could I find one, they always used to be inside biro pens but are they made that way now? We are all fearfully & wonderfully made by our heavenly Father, God, that is something worth stepping out about, spring in my step or none. Someone gave me some cushion pads to wear to help the sore bits, bliss. Perhaps I should say for my Feet, just in case anyone gets the wrong idea....

Talking of the trip to the theme park last month it reminded hubby of the time he took me on the Waltzer and I came of it all wobbly and green. We were on holiday at the Christian Invasion of Butlins at Filey, friends

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I look forward to seeing you very soon, Melanie

there from all over the place, worship, teaching, activities and a fun fair, so he took me on the Waltzer where you sit in semi-circle "cars" that get spun around very very fast. Ours was sent incredibly fast and I ended up hanging onto him and hiding my face so couldn't see everything going by me in a blur. When it stopped everything still seemed to be moving and he had to practically carry me of and everyone thought it very funny how green I was and gave me a wide berth in case I threw up. I didn't, stronger constitution! We were not married then so it obviously didn't put him of me ... or me off him.

Life is still an adventure, getting used to a new car, meeting new people, catching up with old friends. We have just done the latter, taking three couples we know well to the girls cafe to celebrate their Silver Weddings, trouble is it has taken us so long to arrange one couple are Pearling very soon. What a good night we had, a real catch up and to make it more interesting we all took along Wedding Photos, what a giggle..who had more hair then than now, and not a grey hair in sight, who got put in the Stocks on his wedding day,the fashions..the cars.. delightful. As was the 50th party at the Farm celebrating 50 years since my parents-in-law bought it and moved in on a very snowy day, one brother-in-law compiled a book of everyones pictures of both farm and family through all those years, just amazing!

Hope you experience some amazing times.

Sarah

SEDBERGH PRIMARY SCHOOL SWIM

On the 26th February 2012 we took 8 pupils from Sedbergh Primary School to Kendal Swimming Club's annual School Squadron Gala. The children were nervous and excited, but full of enthusiasm.

The evening started with the Girl's Relay. A time of 1.27.35 got them through to the Final. The Boys Relay followed and their time of 1.26.59 saw them go through to the Final. Next followed 2 Mixed Relay races and again both teams made it to the Finals.



The Finals produced some fantastic swimming with very close finishes. We came away with Silver in the Boy's Relay and Bronze for one of the Mixed teams. Sedbergh Primary School competed against other schools from Kendal and the surrounding area.

Well done to all the swimmers. You were brilliant. Thanks to our supporters for coming and cheering (loudly!) the children on. Also to the parents who helped on poolside and timing races.

ROSE COMMUNITY THEATRE

The Rose Community & Youth Theatre would like to thank the responsive and enthusiastic audience's that attended it's Murder Mayhem and Music Hall show held at the Peoples Hall during March. I'm sure all of you will agree that the young people acting in Murder at Millthrop Manor and in the Musical Hall were just amazing. The adults weren't bad either how ever without the input of a good audience it would not have been the same. There are of course so many people to thank, it is virtually impossible not to leave someone out however,,, Many thanks to Steve Longlands for all his diligent work, to Roger Bush for the sound, to all who worked on the bar and the door and to the cast who turned up through despite illness and pressures of work. Thanks also to all the businesses that support us by have an add in our programme and to



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Dennis Whicker who not only performed in the show but also produced the programme for us. A mention must be made of 1818 Auction house in Kendal who sponsored the printing and posters.

By the time you read this the annual Hilda awards will have taken place where we roll out the red carpet and pose for the paparazzi and a few lucky members of the RCT and the Rose Youth who have shown outstanding bravery in becoming involved with this annual show will have received splendid awards purchased mainly from the local charity shop. The shop has also been a great source of costumes too. Anyone who vaguely recognised something they had given to the charity shop was quite right it probably had been theirs. It was good to have Garth on board too, as official camera man, thank you Garth.

Next year it will be back to Pantomime format.. When the Azda Empire Strikes Back. Some of you may remember in 2006 the RCT produced Spar Wars.. Well this is the sequel. So hold on to your seats for a flight of fantasy when cast of Ceil B Demill proportions will take to the stage. Once again a big thank you to everyone involved and as many of the emails I received after the show, those who missed it missed a real treat. After expenses the money raised will go to Thandi, Alan Clause's South African crèche project. The money is greatly needed and will be put to good use.

Sandra Gold-Wood

SOUTH LAKELAND CARERS

Hello, my name is Anna Greenbank, I work for South Lakeland Carers.

I am a Carer Support Worker covering Sedbergh and surrounding areas.

My role is to support and work with people who are caring for someone at home:

'A Carer is a person of any age, who on an unpaid basis looks after a relative or friend who cannot manage to live independently at home without help'.

Initially, a carer support worker completes a Carer's Assessment to identify how someone's caring role is impacting on their life e.g. their sense of well-being, finances, social life etc. From the assessment we will identify support available to meet the needs identified during the assessment. South Lakeland Carers offers a variety of services to meet carers' needs. Services include Counselling, Relaxation Therapies, One to One support, Information/Advice and a Sitting Service. We can also arrange for carers to access the Carers Emergency Card scheme which provides peace of mind in an emergency situation where the carer is unable to provide their regular support.

We also run a carers support group in Sedbergh on the first Tuesday of the month in the Community Office between the Main Street and Joss Lane 2.00-4.00pm. Support groups provide carers with peer support/ information and can relieve feelings of isolation. At the next support group



on 1st May I will be attending the group and providing information about services in the area. If you are a carer and would like to attend we would be very pleased to see you.

Please contact me at South Lakeland Carers if you think you are a carer and would like more information about our services on 01539 815970 or email me at: annagreenbank@slcarers.org.uk.

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SEDBERGH SCOUTS

Update of Scouting in Sedbergh

Recently the Scouts Braved the cold to hold a weekend winter camp in February. It might of been below freezing at times but the young people enjoyed them self's all the more for it. Be it cooking over an open fire, roasting marshmallows or baking chocolate in apples, running the assault course made by the Explores or firing bean bags to see who built the best ballista. All had a great time.

In the coming months we will be going climbing at the climbing wall in Kendal and defending the Lewis Baron Trophy, a test of scouts skills by hiking from point to point with challenges along the way. I'm confident that we will keep the trophy for another year.

And lastly in May we are opening a Beaver Scout section, this is the first scouting section and is open to boy and girls aged between 6 – 8 years old. If you would like to help out, sign up your child or to know more please call Craig on 07773 815098 or email craig@kencomp.net.

DENISE PAUL - THE 'NEW' DENTIST

I thought it might be a good idea to give people some idea of my background - otherwise, my poor nurse is going to be tired of hearing the same story!

I first worked at the Sedbergh Dental Practice in 1994, but changed to Community Dentistry in 1996.

Although based in Ulverston, I continued to live in Sedbergh till 2006, when I then moved back to Ireland. My plan was to work 6 months each year as a locum, and then travel for the other 6 months. However, while doing voluntary work in India, I met my now husband, Loyal Yousuf. We married in 2007 - and now divide our time between India and the UK.

We run a coffee shop together in India (you can find our more by googling "Didi's Café Orchha" if you're interested) - and I then do locum jobs when we're back in the UK. I'm very happy to be back working in Sedbergh... and look forward to seeing some familiar faces.

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RUNNING FOR RAINBOW

For anyone who only started running two years ago, the prospect of running a marathon would be rather daunting. Not for Malcolm Sayner and Ian Cousins who have decided to run not only the Edinburgh Marathon, but also the Manchester 10k race - both in the same week! Malcolm and Ian are running for Rainbow Trust Children's Charity, which supports families of children with a life threatening or terminal illness.



They were inspired by the work

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Rainbow Trust do to help families like Jessica Simpson's, the daughter of one of Malcolm's colleagues. Jessica was diagnosed with a brain tumour last January which has affected all aspects of her life. Although Jessica was receiving all the medical support she needed, she and her family needed some additional support as well - and that's where Rainbow Trust came in. The children's charity offers emotional and practical support for as long as they are needed, helping family members cope with the present, and to prepare them for the future.

Malcolm explains "We hope we can raise a big sum of cash for Rainbow and want to get as much publicity as possible for the charity and its valuable work". If you would like to sponsor Ian and Malcolm please visit <http://uk.virginmoneygiving.com/team/IanandMalcolm> Thank you.

QUEEN'S DIAMOND JUBILEE

JANUARY 29, 1897

A large and influential meeting was held in the Public Hall on Thursday afternoon in last week, to decide what steps should be taken to celebrate the longest reign. The meeting was convened by Mr C. E. Taylor, as chairman of the parish council. The chair was occupied by Mr H. G. Hart, who was supported by Sir F. S. Powell Bart., M.P., Mr. W. P. Boustead, Mr C. E. Taylor, Revd. D. S. Guy, Rev J. H. Mackie, Mr C. R. Pugh, Mr. R. Burra and others. The improvement of Finkle Street, by pulling down one side, was the only object discussed, and was thought by all to be the greatest benefit as an improvement to the town that could be done. This has been before the ratepayers

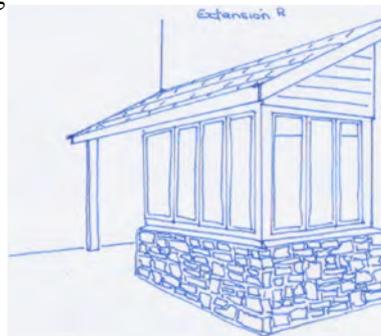
for some years, it being thought that it ought to have been done at the Jubilee. After several speakers had urged the great importance of making an effort now *to effect* the much desired improvement, it was resolved to form a committee to take up the matter and invite subscriptions. The cost is stated to be about £1,000. The following gentlemen were elected on the committee: Sir F. S. Powell, Bart., M.P., Rev D. S. Guy, Rev E. Keen, Rev J. C. Harrop, Rev J. H. Mackie, Messrs H. W. Baxter, W. P. Boustead, R. Burra, A. Cleasby, T. Greenbank, J. Handley (Brigflatts), H. G. Hart, P. Lockwood, J. Procter, C. R. Pugh, R. Tatham (Dent), C. E. Taylor, R. Ward (Dent), J. H. Wilson, and R. Woodhouse.

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FEBRUARY WEATHER

It was rather a month of two halves as they say! With high pressure dominating for the first half winds were generally lighter but at this time of year the easterly direction means it is somewhat colder than later in the month. Likewise with the more easterly winds it was considerably drier with only ½ inch of rain falling during the first fortnight. Unfortunately we caught up during the remainder as the wind moved to the western quarter and we ended up with 5.15 inches! As the pressure dropped the winds increased giving a maximum of 24.2mph. During the first half temperatures were barely above freezing during the day and dropping well below at night with a minimum of 17.4F(-8C).

As the weather warmed during the latter part of the month and temperatures got above 41F (5C), even most nights, it was pleasing to see the drab brown on the fell side start to turn green as grass growth started. Other signs of winter losing its grip appeared with a fabulous

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show of first snowdrops, then crocuses and towards the end of the month the first daffodils. The ones on the bank at Settlebeck, opposite the school car park, are usually the first to flower. The willow buds are bursting and the Cornus mas is in full flower. Other signs included the return of the oystercatchers and curlew, rooks back at their nest sites, woodpigeons collecting nest materials and blackbirds building in the shippon. Many trees and shrubs are in bud and the hazel catkins have extended. I spent a while searching for the tiny red female catkins and judging by the numbers we should be in for some nuts later! The bees have been flying working the pink hellebore, Lenten rose, on warmer days. There have been squadrons of midges around. Let's hope they are not carrying the Smallerberg virus!

SHRINKING SPAR

Those who attended the public meeting regarding the Spar /Health Centre development were heartened by the promises of Spar representatives that Main St would not be adversely affected by the new development as the existing shop would be kept open for at least two years, and retained if both premises proved profitable, as exemplified by a similar development in Brampton. Furthermore, no restriction would be placed on retail use at the Main St premises, should it be sold. Sadly, it appears that on the first day of trading at the auction mart site, a substantial proportion of stock (in

addition to all alcoholic beverages) disappeared from Main St, and this trend has continued, with staff now appearing to operate single handed on occasions. Opening hours were immediately cut drastically, resulting in 5pm closure.

The people of Sedbergh have supported Spar generously during its time in the town, as they have supported the rest of us small traders. Pedestrian visitors, workers in the town centre and those living on the north side of the town do not find the Auction Mart site convenient to visit, and many wish to continue using Main Street. Several elderly residents have also commented that they have

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This Team Leaves It Clean

difficulty getting to the health centre. They are hardly likely to stagger home with bags of groceries. Perhaps the people at Murgatroyds don't think that anyone is particularly bothered by the demise of the Main St Spar. I think that they should enter into the spirit of their original agreement with generous goodwill by maintaining the original level of service at Main St, so that they can measure its performance fairly.

The town centre Coop branch in Kirkby Stephen is thriving alongside an edge of town branch, showing what can be done. Perhaps if those concerned about this issue could let Murgatroyds know that they value and need the Main St Spar, they might reconsider their actions. I noticed a contact address on the wall at Spar, which reads:- G & E Murgatroyd, (James Hall & Co Ltd), Bowland View, Preston, PR2 5QT. Their registered office is given as Hoghton Chambers, Hoghton St, Southport, PR9 0TB.

Mel Mawdsley at J B Rycrofts

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LOCAL ATHLETIC SUCCESS

Local girl Katie Woof was chosen to join the Under 13's Cumbrian Sportshall Championships at Wigan on Saturday 25th February. The Cumbrian team were competing against athletes from Merseyside, Greater Manchester, Lancashire and Cheshire.



Katie made it through the Two Lap Sprint heats to the Final where she faced powerful competition. She gave a superb performance and gained a Silver Medal in a very close race. With a massive jump and new Personal Best Katie beat off strong competition in the Vertical Jump and received the Gold Medal. Well done Katie.

worship@peopleshall

Yes we really did enjoy both the worship and the opportunity of preparing to think about Easter and all that the death and Resurrection of the Son of God means to us!! Our theme for Lent is the Shadow of the Cross and how that shadow affected the various groups of people involved in the Easter story. Rev Tim Widdess helped us to think about the crowd who gathered outside Pilate's Palace, when Jesus had been arrested, and shouted that they wanted a guilty man (Barrabus) released and therefore an innocent man (Jesus) to be crucified. How easy is it to be carried along by the crowd. Rev Tim invited us to choose today what we will do with this man Jesus. The younger ones enjoyed crafts and were kept busy by Emma and helpers. There was a quite a crowd who enjoyed coffee and a chat afterwards.

You'd be a fool NOT to come to the next service on 1st April! The following one is on 6th May at 10.30am. You will be most welcome! Sedbergh Methodist Church.

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BOOKWORM

What I have been reading this month ;

A Fine Balance by Rohinton Mistry
(fiction)

Life in 1970s India at the bottom of the pile. The book follows the narratives of 4 people - 2 village tailors who come to the city to find work, a student starting a college course in refrigeration and the widow Dina at whose dwelling they all end up. They are all struggling to survive and construct new lives against every conceivable hardship and tragedy. There are some light moments in the 614 pages but it is mainly cruelty and harshness that is encountered in nearly every aspect of 'ordinary living'. There are no happy endings. Handel by Edward Blakeman (non fiction)

This excellent pocket guide gives the reader concise accounts of Handel's life (born 1685) and his works. The book is easy to dip into, follow the chronology and use as a reference. Handel's music continues to be a never ending source of delight.

RM Bookworm

SIGHT ADVICE SOUTH LAKES SEDBERGH GROUP

For people with sight problems

The February meeting consisted of a memory session in which the group talked about pleasant things and also some unpleasant things that had happened to them. This produced a very interesting selection of memories, mainly of happy family events such as engagements, weddings and christenings. It also included a moonlit skating experience whilst bombers (both German and Allied) flew past overhead. There was also the unnerving incident of the leg in the bed!

In March Dr Hunt came and answered queries about the new Health Centre. She gave a brief history of the project and expressed delight in the outcome of the scheme, although, as the centre was barely open at the time of the talk, she warned of many problems which needed to be overcome.

This was followed by another stimulating and amusing quiz composed by Sue Harper and delivered by Betty Harper. It was good to see Betty back on form after many weeks of illness.

The next session takes place on the 17th of April at 2.00 p.m. and will be a musical interlude performed by the Rev Andrew Folks in the People's Hall. All new members will be welcome and transport may be available. Contact 01539742633 if interested.

HELP!

The group is in need of more

drivers. This consists of a couple of hours once a month. If interested please contact Jennifer Levitt at 25162.

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RETIRED TEACHERS TACKLE COAST TO COAST

To mark her 60th birthday, retired teacher Wendy Pontefract of Gawthrop in Dent plans to attempt the 200 miles of Wainwright's Coast to Coast Walk from St. Bees Head in Cumbria to Robin Hood's Bay in North Yorkshire.

She is dragging along her husband Bob for the 16 day challenge which begins on 29h April. The couple hope to raise money through sponsorship which will all go to Dent Primary School and Nursery. This is a cause close to their hearts. As volunteers at the school, they help children with their reading every week. Bob is also a school governor and has secretly played Santa Clause for the Pre-School Christmas Fair.

Any contribution will be gratefully appreciated. If you are interested in sponsoring their efforts, e-mail pontefractwd@hotmail.com or telephone 015396-25253.

NEWS FROM THE PEWS



Right now the pews are very dusty! BUT...with lots of helping hands we hope the dust and grime layering every surface in the church will be swept and cleaned before Palm Sunday (1st April). The builders have promised they will be finished a week earlier than anticipated and we look forward to seeing how the church looks following the changes.

This has been an exciting time as the plans mooted for several years now actually take shape and come to fruition. It is very fitting that our vicar, Alan, will be seeing this huge change in the church completed and in full use before his retirement as this extension has been his vision to carry St Andrew's forward into the modern world and make the best use of available space. We do not always want familiar places to change but it is often the case that when we have got used to them in their new form we wonder why we did not make the changes earlier.

There should not be any changes to our normal services held during Holy Week, but just in case do look at the

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menu

lounge menu

sample menu items

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Smoked Salmon Salad
Grilled Goats Cheese En Croute
Omelette

Cold Sandwiches

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by South Lakeland District Council.

restaurant menu

sample menu items

To start

Ham Hock & Apple Terrine
toasted bread, salad leaves & truffle dressing
Pan Seared Queen Scallops
spiced shallot dressing
Smoked Haddock Fishcake
fried mackerel, fine bean & a red pepper coulis
Roasted Cherry Tomato Tart
roquefort cheese, rocket & balsamic dressing

Main

Twice Cooked Pork Belly
creamy mash potato, roasted shallot & pork jus
Roasted Duck Breast
orange mash potato, glazed carrot & juniper berry jus
Fillet of Cod
wrapped in pancetta, crushed new potatoes, confit
cauliflower with a red wine shallot dressing
Pan-fried Halibut
fresh noodles, lango bruschetta & tomato dressing
Wild Mushroom Risotto
char-grilled spring onion, parmesan shavings
& poached egg

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noticeboard on the right side of the lychgate where the list of services will be posted. Compline will be at 7pm on Monday, Tuesday and Wednesday evenings followed by the Stations of the Cross with our Roman Catholic friends. Maundy Thursday we celebrate the Eucharist and strip the altars at 7pm and a Devotional Service will be held at 12noon in church on Good Friday. Compline will be said on Saturday at 7.30pm. Easter Sunday services will be at the usual times, 8am, and 10.30am. However, an Easter Evening concert is planned in place of Evensong, beginning at 6.30pm and taking the form of a solo cello performance by

Tatty Theo who has a local connection.
The Royal School of Church Music will be holding a course based at Sedbergh School during the Easter holidays. As a Grande Finale they will be at St Andrew's for a choral Evensong on Thursday 18th April at 7.30pm. This promises to be a joyous occasion and everyone is welcome to join us and hear the results of the choir's hardwork and dedication.

Changes will soon be made to the membership of the Parochial Church Council, commonly known as the PCC. This is the body of church members elected to look after all aspects of church life, making decisions and carrying them through. We are hopeful that their first task after election at the Parish Supper and AGM will be to roll up their sleeves get out their dusters and disturb the dust from those dusty pews.

Happy Easter.

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GARDENING

The sage plant (*Salvia officinalis*) on the raised bed in my garden is at last beginning to show signs of spring, by losing it's tired, grumpy look, and growing some new shoots. This garden, being high, wet and windswept, is not generally a good one for aromatic leaved shrubs. Most of them hale from hot, dry regions of the world and the aromatic oils released from their leaves act as a coolant for an overheated plant. These conditions rarely apply to Firbank so my shrubby herbs and other scented foliage plants tend to die from a surfeit of drizzle, and I find that I have to make forays into other

people's gardens in order to sniff my favourite leaves.

Rosemary, Bay and Lavender are amongst my favourites, along with *Choisya* (Mexican Orange Blossom), *Prostanthera* (Mint bush), *Cistus ladanifer* and *Cistus x purpureus* (Sun Roses)and, last but not least *Umbellularia californica* (Californian Laurel or Headache Tree).

Choisya is fairly widely grown in gardens lower down the valley where it's mid green, glossy leaves make an attractive foil for the bunches of white, scented flowers. The yellow leaved cultivar, 'Sundance', makes a bright splash of colour in a lightly shaded border, but it does bleach and burn if

given too much sunshine, and goes green when given too much shade. I am never quite comfortable with yellow leaved shrubs – they resemble too closely for me, the colours of plants on the way out after a dose of weed killer. As *Choisya* would no doubt succumb to winter winds in this garden I shall never be in a position to let that worry me here.

Prostanthera is a bush which I should like to grow here. It is small and neat with little, dark green, wavy edged leaves, and pretty white flowers. The foliage smells sweet and minty, and, apart from its lack of hardiness, it is generally trouble free.

Sun roses (*Cistus* species) have survived here for a few years but the last one was finished off by the snow of 2010. *C. ladanifer* (Gum Cistus) has bold white flowers with a maroon blotch at the centre. The stems and leaves are tacky with sweet smelling resin. *C. x purpureus* has rich pink petals, also with a maroon blotch. *Cistus* flowers always have a beautifully crumpled look, and their petals never quite have time to straighten out before they drop, within a day of opening .

The last plant on my list is unprepossessing to look at, and has insignificant flowers, but it does have a strong and distinctive scent which can become rather addictive.

Umbellularia californica -Californian Laurel was used by North American Indians as a herbal remedy for a variety of complaints, but should be handled with care . A report in

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“Cephalagia” – the journal of the” International Headache Society” details a case of a gardener suffering from repeated headaches brought on by the volatile oils released from the leaves of the plant. The plant’s other common name, “ Headache Tree”, actually refers to the plants ability to cause, rather than cure headaches. So far it doesn’t seem to have caused me any harm - I used to enjoy sniffing the plant in the garden where I worked at Harrogate Sadly, I don,t know of a suitable specimen in this area so I shall have to content myself with all of the local scents until I next take a trip to Harlow Carr.

Elaine Horne

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

'Curiosities of Cumbrian Churches'

On 7th March Trevor Hughes treated members of the SDHS to a whistle-stop tour of Cumbrian churches, concentrating his lively illustrated talk on the more unusual and quirky aspects of their history. Mr Hughes is actively involved in Kendal civic life, having served on many committees and conducted detailed research into the town's past, including categorising over 650 objects, and had previously entertained the society with a couple of talks on its buildings, customs and characters.

He divided this particular talk into 9

sections: Early Crosses; Styles of Architecture; Fonts: 'Odds and Ends'; Carlisle Cathedral; Other Churches; Stained Glass; South Lakes Churches; and a kind of '...And Finally' end-piece. In doing so he covered the length and breadth of the county (with one 'outsider' - Halton Church in Lancashire) and, in all, showed photographs from at least 37 churches - more, if one accounts for the fact that some had been demolished (for example, Natland Church, rebuilt in 1910) with both the original and new churches pictured.

Cumbria seems to have more than its fair share of interesting ecclesiastical features. At Bewcastle Church near Brampton there is a 7th

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century cross which has a carved mask depicting Alfrith, the then King of Northumbria, whilst the 10th century Viking cross at Gosforth Church is flanked by two white hogsback tombstones which resemble upturned boats. Haile Church near Egremont has a 'do-it-yourself' tombstone with an amusing rhyming ditty dating back as far as 1670; the 20th century church at Wreay displays adjacent to the roof a broadly grinning crocodile's mouth which actually functions as a chimney; St Thomas's Church in Kendal has its tower built at the wrong end (east) because of the unstable ground to the west; and there is the strange tale of a bricked-in glass of beer within one wall of Kendal Parish Church!

A wide variety of architectural styles was shown, ranging from 11th century narrow windows (Over Denton), through 12th century Norman arches (St Mary's, Kirkby Lonsdale), 13th century pointed Gothic windows (Clifton), and on to the 14th century fortified church at Newton Arlosh. The county's largest church, Carlisle Cathedral, took so long to develop that it displays features from 12th century finials to the 15th century Perpendicular tower and onwards to the present day where we saw stonemasons Ted Drinkwater and Billy Campbell at work. Among examples of the stained-glass windows that we saw were seabirds at Aldingham Church, the Venerable Bede fashioned in Whitefriars' glass at Pennington, and

Charles I's portrait at Beetham Church.

Inevitably, much of the fabric of Cumbria's churches has decayed with time. Only the tower of the original church at Crook remains, whilst Mardale Church became submerged in 1936 with the building of the Haweswater dam and creation of the reservoir. However, Trevor Hughes related that he had recently come across its rescued organ in a meeting room in Carlisle: as a result it now plays proudly in St Michael's Church, Shap, a mere 6 miles from its original home.

So our thanks are due to Mr Hughes for bringing Cumbria's churches to life!
Michael Beecroft.

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Whose school?

As a relative newcomer to Sedbergh, with a background in education in local authority / maintained / community schools, I am constantly surprised when people refer to 'The School' and mean Sedbergh School rather than Settlebeck. I do understand that Sedbergh School is a major employer and makes an important contribution to the economy in the town, but Settlebeck School is the school which Sedbergh's children attend and most parents of Sedbergh went there too.

Furthermore there seem to be some real myths about! Despite articles in the Lookaround and leaflets posted

through doors, the average person in Sedbergh does not seem to appreciate what an excellent school Settlebeck is. Following an inspection that uses exactly the same process and criteria to those used in every other school in the land, Settlebeck was awarded 'outstanding' status, ranking *our* school as in the top twelve percent in the country. This includes achievement in exams as well as noting the real strengths in personal and social development, the enviable breadth in the curriculum, the effective strategies for dealing with those few difficulties that might occur... Because our school is 'outstanding' we have been allowed to convert to Academy status, giving

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If you are not currently a parent of a young person at Settlebeck you might not know of the innovative approach being adopted to taking GCSEs. Our learners start their GCSE courses a year earlier than elsewhere. In many subjects many students take the GCSE exam a year earlier than in other secondary schools. This gives them the option to either study other subjects, such as Critical Thinking or an Extended Research Project if successful, or to retake maths and English in order to improve their grade. The range of subjects available for study is therefore much wider than in most schools.

Because our school is very small, learning takes place in smaller than average classes, led by teachers who know their pupils really well and can cater for the needs of both the more able learners and those requiring

additional support. Elsewhere parents pay a great deal of money to ensure that their children receive these sorts of advantages. The excellent relationship between staff and students also allows the children of Sedbergh to become confident, articulate learners who develop to their full potential and support each other effectively in their learning.

I may be seen to be writing with a considerable amount of bias – I am now Chair of Governors! However I have over forty years of experience working in and with schools and, until recently, was one of the dreaded Ofsted inspectors, so can claim to know what I am talking about. Truly, if I had my time again I would want my own sons to have attended this school.

The parents of Sedbergh should be proud of THEIR school.

Helen Wilberforce, Chair of Governors, Settlebeck High School

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YORKSHIRE DALES NATIONAL PARK

Have your say

Organisations and members of the public are being asked to help shape the future of the Yorkshire Dales National Park over the next five years.

The Yorkshire Dales National Park Authority (YDNPA) is launching a six-week consultation exercise to find out what kind of place people want the National Park to be in the future,

Whether it is attracting more visitors or reducing the number of power lines, the ideas and suggestions will then be used to produce a National Park Management Plan (NPMP) for 2013 – 2018. The document will set

out objectives for the YDNPA and other organisations working in the National Park.

Authority chairman Carl Lis said: “The document is a management plan for the National Park and not just for the National Park Authority so it is very important that we get organisations and individuals to work together in looking after it – in fact it’s essential, given that more than 95 per cent of the National Park is in private ownership.

“It’s in everyone’s best interests that we have a combined and integrated approach, which means we need as much input as possible from people so that we can get it right.”

Gary Smith, the YDNPA’s Director of

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Conservation and Community, said: “The plan should be a straightforward document that sets out a shared view of the kind of place we want the National Park to be. It should also show what needs to be done to achieve the objectives and make it easy for people to see whether progress is being made.

“We hope that – as for past NPMPs – organisations and individuals will give us their views and ideas during the consultation period so that we can produce a document that is the best for the National Park.”

Once the consultation comes to an end on April 30, the different views collected, together with evidence about different aspects of the National Park, will be used to draft a new NPMP.

It is hoped that a full draft of the Plan will be completed by September when the public will again be invited to share their views.

Anyone wanting to take part in the consultation can find out more by visiting the Authority website at www.yorkshiredales.org.uk/your or phoning 0300 456 0030.

There are several ways to take part

- Filling in an on-line questionnaire at www.yorkshiredales.org.uk/your –there is even a special child-friendly version
- Returning a special postcard obtainable from National Park Centres, the Dales Countryside Museum in Hawes and the National Park Authority offices in Grassington and Bainbridge
- Entering our ‘Your Yorkshire

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Dales National Park: a snapshot photo competition with fabulous prizes – details on the website

The existing National Park Management Plan – Yorkshire Dales: Today and Tomorrow – runs out this year (2012). It is explained on the YDNPA website at www.yorkshiredales.org.uk/yorkshire_dales_national_park_management_plan.

Visitors to the website can look at any of the objectives in the Plan and see the latest information on how much progress has been made.

The Your Yorkshire Dales National Park consultation also marks the starting point for producing a new Local Plan – the main planning policy document for the National Park. Its purpose is to provide a clear local framework to guide and promote new development where it is needed while protecting the quality of the area’s unique historic, natural and built environment. The Local Plan will be based on the same shared vision as the NPMP and further research and consultations on its detailed content will be undertaken.

THANDI

In February Jean James a volunteer from Carlisle spent three weeks working with the Thandi project. Border Television and the Cumberland News have followed her progress. Whilst there she submitted a blog to the Cumberland News which has since gained support via Facebook and Twitter. The following is her blog of the second of two days early into her visit.

TUESDAY, FEBRUARY 7...

The day started well as I enjoyed the drive to work at 7am. Until now I have struggled to enjoy the beautiful sights in front of me as I have been quite overwhelmed by my experiences but today, the sky was

clear and the sun was shining and I felt more in control of my emotions.

I was meeting with the Sister from the Hospice in Grabouw first then I would spend the day visiting patients in their own homes.

These patients are too poorly to visit the hospice due to Aids, cancer and TB.

I met with two nurses who would take me with them to do the visits. We were to visit the township called Irac. The Sister told me we all had to walk unless I could drive us? I obviously volunteered to do so and the look of happiness on their faces was unbelievable. I now know why - these nurse walk miles carrying bags full of necessary aids.

The name Irac is well given to describe the township. It has over 300 hundred shacks and is situated on very rough ground on the outskirts of Grabouw.

How can I put the extreme poverty I have witnessed in one word? Bravery. These poor souls have nothing - no electric, no water, no heating, no toilets, no money for food, nothing.

Their shacks are a piece of creative art, they are amazing, nothing goes to waste in Africa. They are made from branches and pieces of wood from the surrounding forest, cardboard then covers the wood, then they cover the frame with plastic bags which are tied to the wood.

Inside, cardboard is used to make internal walls which are then, in some homes of the more able bodied, covered in wallpaper. But wallpaper



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as we have never seen before. It is made from pages out of magazines or free flyers that they collect off the streets in the town nearby.

All the pages are ever so neatly pasted on with no gaps and in perfect lines. Having made these walls inside they then cut out doorways and windows, or may build another dividing cardboard wall to create a bedroom. In one home, nine people slept in one room. A window was made from what looked like the front of a birdcage (from a refuse tip I guess) with a tiny door and clasp. Like I said, no waste. Front doors are made from wood nailed together.

Then to protect their home of which they are so proud they padlock it and

surround it with barbed wire if they can get any.

Anything can be a seat. An upturned battered wheelbarrow, boxes, plastic crates, wood nailed together. Some had a sofa and armchairs collected from the refuse tips. Beds are made from plastic crates or wood and then covered with fabrics for all to sleep together.

Toilets are the waste land around the shacks or if able, some walk into the surrounding woods.

I so admire these people. They are so positive, motivated, creative and appreciative of all they have. How would we cope I ask myself constantly?

The patients were very poorly, living

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at home unable to do much else except potter about occasionally. They were so underweight and some extremely breathless just from talking. The nurses counted their antiviral drugs to make sure they were taking them correctly, took their weight, blood pressure and sputum samples, had a friendly chat and advised them to have a healthy diet with plenty of green vegetables.

How on earth can they have a healthy diet I asked? They have to try I was told.

Many of the people started to gather around the houses we were visiting as I was the newcomer on the block. Happy smiling faces, full of love and constantly cuddling each other, they

all appear very close and protective of their neighbours.

I watched as the women filled huge plastic containers of water from the one water pipe feeding Irac - a hosepipe in the ground, permanently running even though there is a water shortage.

With such grace and ease they lifted it onto their heads and carried it home, balancing it without hands to support the weight. Seriously, I am in awe of these amazing people.

I then came across a community vegetable patch, both men and women were planting seeds, watering plants or weeding. As a community they have made use of some wasteland, built fencing with, as you

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We are open each day Wednesday to Sunday inclusive and on Thursday, Friday and Saturday nights.

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would expect, anything and everything that happens to be lying around.

The Elgin Learning Foundation has provided the seeds as a part of a Learn To Earn Scheme. They all share the produce equally between themselves. Such wonderful community spirit.

On leaving Irac, I was called over by a group of people huddled together. As I walked towards them I saw that one minute they were shouting at each other, another silent and intense, then laughing. What were they doing? Playing snap - with the tattiest pack of cards I have ever seen and using small rocks)I assumed instead of money).

As we left I asked the nurse if any of these people were suffering from Aids or other illnesses. "Oh but of course yes, but they can come to the hospital so we pretend they are well, but really they all know they are unwell," she said.

You may now understand how I am unable to manage my emotions today. I am so privileged to have shared today with these inspiring people who do two things in life; ACCEPT and APPRECIATE. Our lesson I think is to also appreciate everything, we are so lucky.

When these people are suffering such hardship and illness can smile so brightly, surely we can, can't we?

Alan & Chris Clowes



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To find out more,
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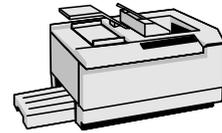
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HOME MADE MARKET

Many thanks to the people who have got in touch to say they would be interested in selling their home made goods at a monthly market in Dent dale this summer, we do however need more people, so, do you produce or create something at home which you want to sell? Then please give us a call. This puts you under no obligation to proceed, and if you do decide to join in it doesn't mean you have to take part every time or, heavens above, join a committee! We do need a goodly number of different traders to make this work and are aware of the caution of people around here

especially where we are concerned, we are trying to help with income in these difficult days and have no hidden agenda.

This is not for those producers who already have an outlet for what they make but for those growing fruit/veg at home or making rugs, cards, soap, other crafts etc who want to make some extra cash. We hope to start in June, obviously not April now and May would push it a bit. One idea is to rent a stall on S'ber Market for a few weeks and have a stall in Dent one w/e to test the water.

Our initial hope was that with a big response we would have formed an organisation (sorry, probably a

committee!) applied for funding for advertising and hit the local market place full on. It seems this was a pie-in-the-sky idea, so we are now looking to start smaller but do need more producers or we sadly cannot do this. Looking forward to hearing from you SOON! Jn & SE Woof. (015396 25212)

Thanks. Think that's us done for April. *Sarah*

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SEDBERGH & DISTRICT ART SOCIETY

Our last meeting of the winter session took place at the URC rooms on 9th March and the speaker was Matthew Elwood from Weardale, whose painting of the Sedbergh Tower is in the Main Street Gallery in Sedbergh. Matthew chose Sedbergh as a subject as he knew it well from his time as a pupil at Sedbergh School. From school he went on to Art College in Newcastle and then tried a career in illustration, but realising this was not for him, launched out as an independent artist.

As his work is so detailed and takes many months to complete, in his demonstration of a fantasy industrial townscape he showed us some aspects of his stages of work. The planning stage takes him a long time, starting with 'hundreds' of photographs of the buildings he wishes to include in his 'tower'. He then creates the complex design executing a detailed drawing in which he plays with the perspective, an aspect of his subjects that particularly fascinates him. From initial light washes he builds up the painting with many layers of watercolour to achieve the required strength of colour and develops the detail with a fine brush and eventually a fine liner pen. Matthew also uses gouache. Unlike many artists in watercolour he paints the sky last blending the colour into a wet ground using a large brush.

Matthew brought many paintings to show us, from his early traditional landscapes to his later work. He no longer sells his original paintings but litho prints of these. If readers have not yet seen his Tower of Sedbergh buildings we recommend a visit to the Main Street Gallery. It was a fascinating evening which the members greatly enjoyed.

Another Society member, Brian Alderman, has an exhibition of his work at the YDNP Authority offices in Yoredale, Bainbridge during March and April. The Society's exhibition will take place as usual in August from Friday 17th to Tuesday 28th in the Sedbergh School Library. *MC*

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PENDACOL DOG TRAINING

On Saturday the 3rd of March members of the Pendacol Dog Training Group of Sedbergh went once again to Myerscough College to attend another Open Obedience Show this time organised by Reedyford Dog Training Club.

Following on the success of the last show only 4 weeks ago they once again took seven more rosettes and cards by obtaining half of the awarded places in the pre beginner class out of a total entry of 33 dogs.

A further 2 places went to members who were competing in the beginner class which is the next level up and attracted 36 competitors at this show.

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Chief Instructor Dave Banks was, to say the least, over the moon with the people and dogs who have all worked hard to achieve the standard required to get to this level and even more happy that they were now achieving places.

Some of the Pendacol Dog Training members will now be preparing for their next show which will be the York City Dog Training Club's Open show held at Askham Bryan College at the end of April.
Dave Banks

KILLINGTON WI

The afternoon WI for the entire District

**OUR FAVOURITE RECIPES
AND A LITTLE BIT MORE**

As I mentioned in my Killington WI report last month, we are reprinting our 70th Birthday Recipe Book.

Regretfully several mistakes have been spotted in the original printing. These are all my fault and I have abandoned the idea of earning extra pennies by becoming a proof reader!
Page 51: TANGERINE SYLLABUB
Add '1 pint double cream', to ingredients

Page 64: CINNAMON AND APPLE CAKE Delete '500g packet digestive biscuits'.

Page 74: This is totally wrong and should have the recipes for LOIS'S OAT BISCUITS and NAN'S DROP SCONES.

To obtain a corrected page which can be fixed into your book, either call me - 21902, or collect one from the Tourist Information Centre.

Wendy Fraser-Urquhart

HOBBIES

Do you have a hobby that needs more space in your home than you have?

Can you do arty / crafty things, but you produce more than your family and friends really want?

I'd like to set up a 'workshop' in an empty shop in the middle of Sedbergh that would be used by six or so people. We would each spend at least one day a week there doing 'our' thing. (Mine is beads.) We would split the costs of rental and heating etc and each have storage space, sharing a worktable or two. The costs would be offset by selling our own - or each others - wares. We could also share our skills, both with each other and with others who would like to learn (for a small fee). We would also be good company for each other.

I envisage that we might cover, for instance, sewing, knitting, cards, watercolours, stained glass, embroidery ... anything really! We might make cushions, cards, mobiles, gifts etc.

If you might be interested, do give me a call or drop me a line.

Daphne Jackson

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St GEORGE'S DAY

On Sunday 22nd April, the Annual St George's Day Parade will take place in Sedbergh to celebrate St George's Day on 23rd April.

Final details are still being planned but it is hoped that St George will lead the Parade (in the guise of Dennis Whicker) followed by a Dragon (not the real one of course). It is hoped to have Sedbergh Town Band accompany the Parade with their ever enthusiastic traditional pieces.

St George will be carrying his Flag and it is hoped that many Groups in the Town that also have a Flag or Banner would join in the Celebration.



It is hoped to start in the Bull Hotel Car Park about 1pm (the time may alter), enter Main Street then process via Back Lane, Finkle Street, Main Street then back into the Bull Hotel Car Park where the Band will play on the back lawn Bandstand. It is felt not to hold the event on Joss Lane Car Park as it would stop vehicles parking there.

If you would like to join in with the Parade, either with or without a Flag or Banner, dressed as a Dragon or Knight, please do come along.

If you require any further information, please contact Dennis Whicker.

DENT JUNIOR FOOTBALL

Dent Football Club are looking for junior players for the 2012/13 season which starts in September and runs alongside School terms.

If your child is interested in playing local football in any one of three junior sides, Under 8s (school years 2 & 3), Under 10s (school years 4 & 5) and Under 12s (school years 6 & 7) then please contact one of the following asap:

Matt Clayton 07531 143762

Adam Roberts 07866 2480801

Stephen Troughton 07773 417197

Your child needs to be committed to training once a week and playing league games most weekends. Girls & boys – all welcome. Lets do our bit to keep rural football alive & kicking. If we can't turn out the teams, youth football in the Sedbergh area will be lost forever.

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72 MAIN STREET

By the time you read this the Sedbergh White Knights should have purchased our community building. The target date of 31st March does appear to be achievable.

Once the building is purchased the

campaign to raise the funds to secure the building for the community for the long term future will be started.

As was said last month please continue to watch this space and look out for further details in and around the town. Your active support and participation will be needed to complete the transfer of the building from the White Knights to the community, and to ensure that it continues to play a central role in the life of Sedbergh and the surrounding district.

The May edition of Lookaround will contain further news on the project.

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DENTDALE DIAMOND JUBILEE

A street party for the children held on Sunday June 3rd starting at 3pm, An exhibition of Royal Memorabilia set up in the Sedgwick Room on the Sat morning and open in the afternoon with refreshments on sale, these are the arrangements I know of so far. What would anyone else like to do? Help, donations etc to Sarah at "Rhumes" (25212) or to Gary at the George & Dragon, Dent. Please don't be saying you were never asked what you would like to do!

FILLING THE GAP

Most of you will know that Elspeth Griffiths is in hospital after suffering a stroke, and is, thankfully, recovering, though progress will be slow.

Meanwhile, many individuals and groups are affected by her not being around - every where you looked, there was Elspeth - she's an amazing lady.

Anyway, the team who produce the recording to go to the recipients of the Audio Lookaround for the visually impaired have had to put their thinking caps on to keep things going as Elspeth would wish. So hopefully, the editing (a job which takes many hours), the organising of several readers groups, arranging things on recording day (including providing refreshments and answering questions like "How do you pronounce this word?"), and the sending out or delivering of the recordings, have been parcelled out, and, fingers crossed, will proceed as usual. The team will do its best.

However, although there are two excellent people who actually manage the technicalities of

recording, it has been felt for some time that having a third person trained up would relieve a bit of pressure and make it easier to e.g. arrange holidays and allow for illness and other emergencies.

So if there is anyone who would like to know more about this very worthwhile activity, please contact the Editor or me.

Meanwhile, I'm sure you will be with me in wishing Elspeth a good recovery.

Valerie Finch

LADIES N.F.U.

The February meeting was held on the 21st with a good attendance.

The President introduced the speaker, Vicky Cowburn from Kirkby Lonsdale who after retiring from work was looking for something to keep her busy so she became involved with Project Linus U.K. which is a charity which helps children who are sick, disabled or traumatised.

Project Linus started in the U.S.A. and came to England in March 2000 when it was found that there were no branches here in the U.K. and it took off and continues to grow.

There is no money involved just groups of ladies who make quilts and knit or crochet blankets for the children which are distributed all over the U.K., and also little hats for premature babies.

If anyone would like to join a quilting class or perhaps do some knitting, get in touch with Vicky and you would be helping a very worthy charity.



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TROTT MUSICAL FOUNDATION

There are regularly 30 or so young people in Sedbergh and district, who receive help with the cost of music tuition from the Trust. It was established under the will of the late Freda Trott and was the idea of Freda and her husband Stan.

Grants are made three times per year, generally coinciding with academic terms. If you would like to make an application for someone under 18, a form to complete can be obtained from Dalton and Hague, 7 Main Street, Sedbergh. They are straightforward to complete but includes a section for the teacher's comments and signature. Nevertheless, if a youngster is a complete beginner without previous experience, help can still be given to get underway.

For the next grant meeting forms should be returned by Tuesday 3rd April.

Graham Dalton

COBWEB ORCHESTRA

The Grammy Award Winning Orchestra from the north of England will be having its fifth Residential Weekend of music making at Sedbergh, from April 13th until April 15th. They will be playing and studying a variety of works and no doubt Andy Jackson the Chief Director and Conductor, will have a few surprises for the orchestra as usual.

On Sunday afternoon April 15th at 3.00 pm, the orchestra will play through a selection of the works played during the weekend.

Everyone is warmly invited to come and listen. There will be tea and biscuits for a donation, otherwise the event is free. The event will be in Powell Hall, Sedbergh School. Any donations will go to the British Heart Foundation and to the Cobweb Orchestra funds.

Any queries about the orchestra?

There is a web site - www.Cobweborchestra.com

or contact Mrs S. Blackwell on Sedbergh 20056.

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P HANSON PAINTER

Unknown painting

Monica Cleasby has donated several paintings from her husband Ingram's collection to Sedbergh School. As well as two paintings by Ivan Christopherson, there is a watercolour painting by P. Hanson dated '41. If you believe you are related to P. Hanson or know who he was please get in touch with Sedbergh School Archive. We are hoping to find a good home for the painting and would love for it to go to the family of the painter if possible.

Please contact me on:-

ki@sedberghschool.org, or phone 015396 22275

Katy Iliffe

EDITORS NOTES

Last month, there were major issues with the weather with ice, snow and freezing fog. I was amazed as to how many people I saw driving on our roads, including the Motorway, without any lights during poor visibility of rain, snow or fog. I am sure a lot of those drivers thought 'It's not night time, I don't need lights on'. WRONG! Lights should always be put on in POOR VISIBILITY. I once saw a documentary on TV where a female driver was stopped while driving abroad and Fined for driving through (a dark) tunnel without lights. Her reply was "I didn't see a sign telling me to put my lights on"!!!! I rest my case.

Dennis J Whicker

FIRBANK CHURCH HALL

The Annual Barbecue will be held again in Firbank School Hall from 6.30pm on Saturday 28th July when there will be the usual refreshments, raffle and Cake Stalls. All are Welcome

DENTDALE CHRISTIAN FELLOWSHIP

Stuart & Jean Waller from Warton spoke at the Fellowship in Feb and we continue to share together on the 4th Sunday of every month at 7pm, do come and join us, come with questions, prayer needs, come and find normal people who love God and seek to follow Him in their daily lives. We share supper together afterwards, sandwiches, cakes, cheese &

biscuits, nothing megga involved or complicated! We could be called "a church without walls" for 'church' is people coming together in the Name of Jesus. Ring for more information; 25212. Lifts available.

SPORTS EVENING

Howgill Harriers and Sedbergh Primary School have once again teamed up to host the second Sedbergh Sports Evening on Friday 13th July at Buckbank Farm. The Gates will open at 5pm and the races will start at 5:30pm.

With the Olympics in the summer, we thought it a great idea to bring the Olympics to Sedbergh before the launch of the London version!!

So get your training started ready to enter a variety of traditional Dales sports races as well as the unique, spectacular Fell Races. Last year was such a huge success and we raised a significant amount of money for Sedbergh Primary School. This year, we hope to do even better.

YUMMY MUMMYS

Thank you to everyone who took part in our Yummy Mummy Afternoon Tea and Cocktails Party!

To everyone who contributed baking, raffle prizes and donations, you helped raise £370 for CLIC Sargent.

Special thanks to Jess and Craig for donating tea and coffees and the use of the Chippy Café for the afternoon and evening. It was a perfect day - you are all amazing.

Kelli & Caroline

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COMMUNITY OFFICER REPORT

Over the last month there has been a report of criminal damage and an incident of assault in the Sedbergh area, investigations are continuing into this.

Investigations continue into the fail to stop collision at Stonehouse Bridge, Cowgill, further enquiries are ongoing. If you have any information regarding this please contact the Police on 101 quoting incident number CP-20120222-0256.

The report of criminal damage to the welcome to Dentedale sign has been investigated; with nearby houses visited, however there is no evidence to link the damage to anyone. The sign has been found and returned to Margaret Taylor who is going to replace it as it doesn't have any actual damage.

A brown leather purse was posted anonymously through the Police station letter box on Tuesday 6th March 2012. This purse was taken during a local burglary a number of months ago, detectives in Kendal would be interested to establish where the purse was found as this

may help with their enquiries. If you have any information regarding the finding of this purse then please contact myself on the below contact details, any information will be treated in confidence.

Recently there have been a number of reports of telephone and email scams in our area, please ensure that you do not give out any personal details to any cold callers. The e-mail scam reported asks for passwords to gain access to personal details, we always advise never to reveal any password if requested, as no legitimate company would ask for such information. I would urge any one who does receive any contact that they think is a scam to report it to Trading Standards via Consumer Direct on 0845404 05 06 and also Action Fraud on 0300 123 2040 as they report nationally on the scale of the problem.

There have been a number of reported suspicious incidents in our area however Pro active reporting of suspicious vehicles/persons from members of the community has assisted us with a lot of enquiries, we

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thank you for this and ask that you continue to do this by ringing Cumbria Police on the non-emergency number 101 (any time day or night). In an emergency always dial 999. Remember you live in a safe area, it is important we work together to keep it that way.

There has been an increase in the number of thefts of heating fuel oil in the South Lakes area, please see below for useful advise regarding this:-

Location of your tank:

When sighting a fuel tank, please locate out of the sight of the main road and in view of your house. Ensure that the tank is within a reasonable distance to the road, otherwise the fuel company may struggle to refill it.

Securing your oil tank:

Secure your tank with a wooden or metal fence, trellis or wall or for further security a lockable metal grill or cage can be added. The wall or fence should be as close to the tank and as high as possible. Consideration can also be given for chemically "tagging" the fuel.

Control Switches:

When the tank is not in use, the control switches that control the flow of fuel should be switched off and the electricity supply isolated.

Padlocks:

Invest in a good quality padlock, the closed shackle variety are the best as they have a very little of the small shackle exposed and therefore bolt croppers cannot get a good grip.



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Oil Level Gauges:

Remote electronic oil gauges set off an audible alarm when the oil level suddenly drops or falls between a quarter of a tank. These gauges can be placed in the kitchen or utility to warn of a potential problem. Remember to check oil levels regularly, this will help to monitor usage and check none has gone missing.

Security Lights:

Consider installing security lights, low energy 'dusk to dawn' lights positioned close to the tank should in most cases provide sufficient light to illuminate any suspicious activity. High powered lights can also be used but make sure they are not a nuisance to neighbours or road users.

Closed Circuit Television (CCTV):

You could consider installing CCTV. For advice on this please contact your local Crime Prevention Officer on 101

Useful Contact Details:

The Oil Firing Technical Association for the petroleum industry (OFTEC) offers advice and guidance for those who use and store oil at their

premises. For more information go to www.oftec.org

To suggest future community priorities please feel free to attend my monthly drop ins or please feel free to contact me on 101 or email me on karen.dakin@cumbria.police.uk. Or alternatively you can speak to me during my regular drop in surgery at Sedbergh Library on the 3rd Saturday of each month between 10:30 and 12:00 and Dent stores on the first Tuesday of each month from 12:00-13:00.

I would be pleased to meet you all to discuss any issues or simply for a chat.

CSO 5206 Karen Dakin

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<p>QUEENS DIAMOND JUBILEE FEBRUARY 5, 1897</p> <p>NATIONAL SCHOOL. A meeting was held in this school on Tuesday, for the purpose of discussing and making arrangements for a fete and gala, to be held in June, in aid of the school extension funds. The Vicar said the time had now come when they must face the question of class-room accommodation for the infants. Suitable plans had been prepared by Mr. Curwen, of Kendal, which would necessitate an outlay of about £300, and it was necessary that some way of raising the money should be employed. He was pleased to be able to state that Mrs Dormer had kindly offered the use of Ingmire Grounds, together with certain buildings where a fete and gala could be held. It was decided to hold the gala on June 3rd and it would be looked upon as one of the ways of celebrating the Queen's Diamond Jubilee. The following gentlemen were elected a committee to carry out the necessary arrangements: Revs D. S. Guy, E. C. Wilson, H. B. Smith, E. R. Gayer, D. T. Alton; and Messrs A. J. K. Martyn, Iveson, Gooch, Walmsley, Hall, G. Sedgwick, Sisson, M. Sedgwick, Capstick, F. Jackson, F. Lewis, J. C. Greenbank, T. Metcalfe, R. Inman, H. Trotter, B. Burra, R. Burra, jnr., G. Lewis, Brassington, Fisher, Chorley, Taylor, J. Punch. E. Mills, Atkinson, Beetham, P. A. Thoma, Harris, Ellis, C. Wadeson, Scott, Blades, Baxter and Dennis; with Mr Pugh, chairman, and Messrs Bathgate and T. Greenbank, secretaries.</p>	<p>MAY 7, 1897</p> <p>DISTRICT COUNCIL. Mr Robinson said the medical officer had been to examine the Oaks, but had not been able to make out his report as he had taken some of the water to analyses. A letter from the Rev J. A. Haydon, Vicar of Dent, was read, in which he said he had seen the report of the application by the Finkle Street Improvement Committee for help from the council, and that if they took this matter over he thought it only just and right that they should help in the proposed Dent Jubilee commemoration, viz. of providing either telegraphic or telephonic communication with Sedbergh. This was left on the table. With respect to the Finkle Street deputation, the following resolution was passed: "In the event of the Finkle Street Improvement Committee entering into contracts for the purchasing of all or any of the freehold houses and buildings on the West side, and clearing away, the council will accept the site thereof as an addition to the highway, and dedicate the highway to the public for ever, and also fence the said highway, where a fence does not exist." Mr Pickering proposed, and Mr C. E Taylor seconded, that this be passed. On a vote being taken, the following were for it: Messrs Boustead, Taylor, Handley, Dover, Bland and Rev R. Pickering, the rest being neutral - carried <i>nem. con.</i></p>
--	--

Regular Events/Meetings			
1900	4th Sunday	Dentdale	
1000	Every Monday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1200	Every Monday	The Monday Club	SMCR
1930	1st Monday	Dent Parish Council	DMH
1900	3rd Monday	Chamber of Trade	Library
0930	Every Tuesday term time only	Casterton Baby and toddler Group	CS
1300	Every Tuesday	Knit & Natter	FM
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	1st Tuesday	SL Carers Association	CO
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1300	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebbras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1930	Every Wednesday	Sedbergh Seniors	PH
1000	1st Wednesday	Age UK	CO
1430	1st Wednesday	Cream Tea	Bull
1930	1st & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1930	1st Thursday	Howgill WI	FCH
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st & 3rd Thursday	Toy Library	PH
1200	2nd Thursday	Lunch Club	Red
1915	2nd Thursday	Royal British Legion	WHC
1930	Last Thursday	Sed. Parish Council	PH
1330	Every Friday	Dent Over 60's	DMH
1930	Every Friday	Monkey House Café	Library

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CROSSWORD

Due to the ongoing computer problems I am experiencing, there will be no crossword this month.

HEALTH CENTRE

Please note that the Telephone number for the Health Centre has changed to 01539 718191.

More details will be published when received.



Hal believed he had done well in the Practical but was finding the Theory was much harder than he expected!

5	2	8	3	7	9	1	4	6
1	7	3	4	5	6	8	2	9
6	4	9	1	8	2	5	7	3
4	6	1	5	3	7	2	9	8
9	5	7	8	2	4	3	6	1
8	3	2	9	6	1	4	5	7
3	8	6	2	9	5	7	1	4
7	1	5	6	4	3	9	8	2
2	9	4	7	1	8	6	3	5

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
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	564B	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	564B	A8
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1827 (C)	1904	M - S	564	KLC	1625 (C)	1658	M - S	564	KLC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	KLC	0705	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	1425	Wed	564B	W	0950	1015 (L)	Wed	564B	W
0940	1009 (DS)	Sat	564B	A8	1020 (DS)	1050 (L)	Sat	564B	A8
1500	1530 (DS)	Sat	564B	A8	1545 (DS)	1615 (L)	Sat	564B	A8

L = Sedbergh Library
 C = Via Kendal College
 H = Via Westmorland General Hospital
 DS = Dent Station

W = Woof's of Sedbergh
 KLC = Kirkby Lonsdale Coach Hire
 A8 = Apollo 8

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

All times from Sedbergh are from and to
 Thorns Bank unless stated (L)

For Comprehensive up-to-date information ring :-
 Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2012/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (2011/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2012/02) <i>1D (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 (2011/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2012/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs D Hutchinson	High Meadows, Cautley, Sedbergh <i>CH; 1D(ES); 1T(ES); L; P; NS; NP; TV</i>	20094
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2011/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh (2011/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs Durie	Crossthwaite, Garsdale, Sedbergh (2011/06) <i>Sleeps 6/7; D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2011/11) <i>Self-Catering Sleeps 6-8</i>	20360
Mrs D Hutchinson	The Blue Bells, Cautley, Sedbergh <i>New Barn Conversion Sleeps 2; D/T; CH; P; DA; TVL; NS; NP</i>	20094
Mrs R J Garner	2 Millthrop, Sedbergh (2012/06) <i>Sleeps 4; 1D; 1D (Soda Bed); CH; L; NS; DW; CW</i>	01942 216058 07792 445257

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; DA = Disabled Access
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence; DFB = Dairy Free Breakfast

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
 Sunday 08.00, 10.30 & 18.30
 Wednesday 11.15

Canon A W Fell Tel: 20283

Church Wardens:

Tony Reed Screen 21081
 & Susan Sharrocks 20754

ROMAN CATHOLIC

St. Andrew's Parish Church
 Sunday 12.00
 Holy Days 19.30

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30

Rev. C Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ
 Every 4th Sunday 1900

Sarah Woof Tel: 25212

*Enquiries for the following services,
 please ring the relevant telephone number*

CHURCH OF ENGLAND

Firbank; Howgill & Killington
 Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

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

Rev. P Boyles Tel: 25226

METHODIST CHURCH

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

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am Sunday 6 November

10:30 am Sunday 11 December

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE

CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00

Wednesday 19.30

Rev. G Jones Tel: 01539 722079

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	=	£3.00

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*
 Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 7th December 2013

Entries marked (*) see Advert in previous Lookaround. Coffee Mornings marked TBA have not yet been booked.			3	1930	WIH Eden Valley	HVH
			4	1930	Dentdale Choir (32)	BVH
			5	1900	Flicks in the Fells	PH
			7		May Bank Holiday	
			8	1400	WIK Taste n. Try	PH
			9	1000	Coffee Morning - TBA	URCR
			9	1915	WID Resolutions	DMH
			9	1930	WIS Resolutions & Jacobs Join	PH
			10	1200	Lunch Club	Red Lion
			12	1000	Christian Aid Week	URCR
			12	1000	Dentdale Indoor Bowling	DMH
			12	1230	Sedbergh Gala	Lupton Field
			14	1000	Christian Aid Week	URCR
			15	1000	Christian Aid Week	URCR
			16	1000	Coffee Morning - Christian Aid	URCR
			16	1430	HS Sedbergh Station Site	LHCP
			16	1930	Dentdale Indoor Bowling	DMH
			17	1000	Christian Aid Week	URCR
			17	2100	Quay Change (19)	G&D
			18	1930	Early Music Concert	StAD
			19	1930	Early Music Concert	PH
			20	1400	Messy Church	SMC
			21	1900	Chamber of Trade	L
			23	1000	Coffee Morning - TBA	URCR
			23	1930	Dentdale Indoor Bowling	DMH
			29	1900	CWG Jim & Cynthia Wilkinson	CLI
			30	1000	Coffee Morning - WIK	URCR
			30	1930	Dentdale Indoor Bowling	DMH
			JUNE			
			1		SHS Half Term Starts	
			2	1930	Queen's Diamond Jubilee Ceilidh	KVH
			2	1900	Flicks in the Fells	PH
			3	1300	Diamond Jubilee Village Lunch	KVH
			3	1500	Diamond Jubilee Street Party	Dent
			3	17	Diamond Jubilee Music Festival	Sedbergh
			4		Spring Bank Holiday	
			4	1900	Duck Race & Coffee Evening	HVH
			5		Queen's Diamond Jubilee	
			6	1000	Coffee Morning - WIH	URCR
			6	1430	Cream Tea Afternoon	Bull
			6	1930	WIH 60th Anniversary Party	FCH
			11	1730	HS Crosby Ravensworth	LHCP
			12		SHS Half Term Ends	
			12	1400	WIK St Helena, Remote Atlantic Island	PH
			13	1000	Coffee Morning - TBA	URCR
			MAY			
			1	1900	CWG Pat Wright	CLI
			2	1000	Coffee Morning - TBA	URCR
			2	1430	Cream Tea Afternoon	Bull
			2	1930	Dentdale Indoor Bowling	DMH
			3	0700	Local Elections	

*The S & D Lookaround is edited, published & distributed monthly by
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 Whilst every effort is made to ensure that information is correct, the Editors cannot
 accept any responsibility for any inconvenience caused through errors or omissions.
 Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,
 Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

COVER PICTURE

Dentdale

Anon

13	1915	WID The Meaning of Surnames	DMH
14	1200	Lunch Club	Red Lion
14	2000	Pepperpot Concert	StAS
17		Father's Day	
17	1400	Messy Church	SMC
20	1000	WIS Coffee Morning	URCR
20	1400	Blood Donor Session	PH
20	1700	Blood Donor Session	PH
20	????	WIS Naworth Castle	???
21	2100	Quay Change (19)	G&D
23	1000	Pit Paintings Exhibition Starts	FM
23	2000	PH Dance with Denis Westmorland	PH
27	1000	Coffee Morning - Garsdale Church	URCR
27	1300	HS Mawson's Garden Village	LHCP
30	1000	Dentdale Indoor Bowling	DMH

JULY

1	1000	Pit Paintings Exhibition	FM
4	1000	Coffee Morning - URC	URCR
4	1430	Cream Tea Afternoon	Bull
5	1930	WIH Gilbert & Sullivan Singers	HVH
7	1900	Flicks in the Fells	PH
10	1400	WIK Tea Party	PH
11	1000	Coffee Morning - Royal British Legion	URCR
11	1700	HS Lowther Castle & Gardens	LHCP
11	TBA	WID Summer Outing	TBA
11	1930	WIS It Shouldn't happen to a Nurse	PH
12	1200	Lunch Club	Red Lion
13	1700	Olympic Sports Evening	BBF
16	1900	Chamber of Trade	L
18	1000	Coffee Morning - TBA	URCR
19		SHS Term Ends	
19	2100	Quay Change (19)	G&D
25	1000	Coffee Morning - TBA	URCR
28	1830	Annual Summer BBQ	FCH
29	1000	Pit Paintings Exhibition Ends	FM

AUGUST

1	1000	Coffee Morning - Howgill Church	URCR
1	1430	Cream Tea Afternoon	Bull
2	1930	WIH Horseback in France	FCH
4	1000	Fragments left behind Exhibition Starts	FM
4	1000	Whale Dreaming Exhibition Starts	FM
8	1000	Coffee Morning - GVH	URCR
8	1915	WID Open Meeting + Jacobs Join	DMH
8	1930	WIS Making Marzipan Fruits	PH
9	1200	Lunch Club	Red Lion
11	1000	Above & Beyond Exhibition Starts	FM
15	1000	Coffee Morning - NW Cancer	URCR
16	2100	Quay Change (19)	G&D
17 - 28		S&D Art Society Exhibition	SSL
22	1000	Coffee Morning - Beekeepers	URCR
27		Summer Bank Holiday	
27	1100	Dent Gala	Dent
28		S&D Art Society Exhibition Ends	SSL

550²ft Workshop For Rent
Suit Joiner or Woodworker or Storage
Local to Sedbergh
£150 pcm
Tel: 07730 352218

29 1000 Coffee Morning - StAS Missionary URCR

SEPTEMBER

1	1000	Above & Beyond Exhibition	FM
1	1000	Fragments left behind Exhibition	FM
14	1000	Whale Dreaming Exhibition	FM
1	1900	Flicks in the Fells	PH
5	1000	Coffee Morning - TBA	URCR

DIARY KEY

BBF	= Buckbank Farm
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWG	= Christian Women's Group
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FM	= Fairfield Mill
FSH	= Firbank School Hall
GSC	= Garsdale Street Chapel
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
PH	= People's Hall
SH	= Scout Hut
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
SS	= Sedbergh School
STO	= Sedbergh Tourist Office, Main Street
URC(R)	= United Reformed Church (Rooms)
WIB	= Women's Institute, Barbon
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

Surgery and Dispensary Opening Hours

Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Dent surgery by appointment only - Monday

Evening surgery by appointment only –
Monday/Tuesday & Thursday evening

Updated June 2011

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday
afternoons (By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

**Please telephone the surgery to make
appointments for all the above clinics.**

See our website www.sedberghmp.nhs.uk
for further details

**When we are closed please contact CHOC
03000 247 247 or 999 if appropriate.**

Collinge Optometrist

Friday only

0900 to 1300 by appointment only.

DENTAL SURGERY

Finkle Street & 20626

Mr I R Dawson & Mr B Houghton

Monday to Thursday 0900 - 1700

Friday 0830 - 1400

Saturday *

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

Age UK SL @ 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

101 or 999

PUBLIC TOILETS

Main Street & Loftus Hill Car Park, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

& 015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY