

Sedbergh & District

LOOKAROUND

April 2015

Issue 331

A very warm Spring Welcome to all our readers to 96 pages of facts and information relative to our area.

Again this month, there are many events that are happening in our area. Please support them and mention Lookaround so that they

know that their Advert is money well spent.

We still have one of the most cheapest Advertising Rates in the country and was last updated in August 1999 - 15½ years ago!

Dennis & Jacky Whicker

SPRING SHOW

is back

SATURDAY 18th APRIL

Doors open 1-00pm

**WONDERFUL EXHIBITS
IN 99 CLASSES**

A new "JUNIOR CUP" to be won

Town Band plays 2-00pm



REFRESHMENTS

SUPER RAFFLE

Your entries by 11th April please

Do You Enjoy

SINGING!

then join the

Sedbergh Songsters Starting Monday 20th April

Meet on Monday's (during term time) at Gladstone House
From 10.30 am - 12 noon
(Gladstone House, Sedbergh)

The Sedbergh Songsters Choir led by
renowned choir leader David Burbidge

Singing songs from the 50's, 60's & 70's

Only £2 per session includes
refreshments/room hire

Join the NEW Sedbergh Community Choir Today
Sing alongside other local people including some of our neighbours
living with dementia. Join in, have fun and help local people stay
connected to Sedbergh and their communities.

There will also be an opportunity for choir members with
dementia to meet and chat together after the singing.

For information or to book your place contact Diane Smillie
Mobile 07771 682378 or email diane@dignityindementia.org

Supported financially by:
South Lakes Community Development Centres,
The Ballinger Charitable Trust,
The Northern Rock and Comic Relief.

 Dignity in
Dementia
Helping you support people with dementia

 South Lakes
ageuk

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>

Table of Contents

Advertising Rates	93	Kids of Today	86
Bed & Breakfast	89	Ladies NFU	84
Bus Time Table	90	Main Street	72
Cartoon	91	Mansergh Community Hall	71
Crossword	87	neighbourhoodalert cybercrime	77
Diary of Events	94	Oral History Society	74
Groups	4	Parish Council Garsdale	10
Personals	8	Parish Council Sedbergh	11
Places of Interest	5	People's Gym & Fitness Centre	63
Religious Services	92	People's Hall	82
Regular Meetings	5	Pepperpot	49
Sudoku	-	Rat Run	68
Bishop of Manchester	62	Red Nose Day	81
Business Hub	60	Rose Community Theatre	80
Churches Together	48	Sedbergh in Bloom	78
CIO	81	Sedbergh School News	21
Citizens Advice Bureau	83	Sedbergh School Sport	25
Cobweb Orchestra	57	Sedbergh Songsters	79
Community Officer Report	86	Settlebeck Interviews	25
Community Orchard Group Sedbergh	30	Settlebeck News	28
Councillor Corner	18	Settlebeck Sport	21
Councillors Corner	15	Sheepfest	64
Cricket Club Sedbergh	67	Sight Advice South Lakes	50
Dent Dale Christian Fellowship	30	Sponsored Walk	33
Dent Gala	54	St Andrews Lent Lunches	83
Dent Meditation Centre	73	Tim Farron MP	13
Dentdale Run	56	Trott Memorial Concert	82
Editorial	84	Walking and Cycling Group	33
Family Musings	32	Weather	78
First Responders Sedbergh	31	WI Dentdale	43
Flooding	66	WI Howgill	46
Fun Day	56	WI Killington	45
Gardening	70	WI Sedbergh	40
History Society CWGC	58	Wulf & Smith	52
History Society Westfield Village	38	YD Millennium Trust	55
J N & E Capstick	34	YD Photography	76
		Yoga	36

Table of Adverts

Able Memorials	23	Lakes Scaffolding	13
Andrew Allan Video Transfer	82	Laura Clare Yoga	36
Austin Brown Computing	74	Lauras Loom	51
Barbon Inn	35	Lauras Loom	17
Bonney Brides Photography	76	Malcolm Sedgwick Carpenter	71
Brian Goad Funeral Services	49	Mark Barker Gardener	83
British Legion	37	Mark Dodd	82
Business Hub	15	May Cyclosporative	69
Byroms Furnishers	29	May Fun Day	66
Capstick Insurance Agent	34	MB Designs	37
Chris Whelan Estate Agent	64	Medical Centre	16
Clare Hill Shiatsu	42	Medical Centre	79
Clare Mingins Hypnotherapy	78	Meditation Centre Events	12
Cobble Country Estate Agent	18	Messy Church	19
Cross Keys Hotel	28	MK Conversions Builders	58
Cumbria Stoves	50	Nicky Ross Plumber	9
Daphne Jackson Osteopath	46	Oliver Higginbotham Gardener	31
David Jackson Walling	47	Oliver Higginbotham Trees	59
Dawson's Job Vacancy	19	Oliver Higinbotham Logs	56
Dawsons Coal Yard	40	Parish Meeting	41
Dentdale Designs	83	Parkin & Jackson - Kevin Bateman	48
Derek Hayes Gardener	65	Paul Hoggarth Builder	62
Duncan Law Plumber	81	People's Hall	47
Easter Sale	9	Peter Woof Electrician	76
Edwin Middleton Carpenter	86	Philip Horner Fencer	27
Ellison Wood Supplier	16	Pinfold Caravan Park	81
Fairbank Society	77	Post Office	24
Farfield Mill	10	Quiet Day	25
First 4 Homes Improvement	11	Rawthey Rhythm	90
Fish Express Fish & Chips	16	Ray McGough Electrical	19
Flicks in the Fells	9	Richard Hoggarth Builder	55
G J Baines & Son Builders	17	Robert Powell Web Design	32
Garsdale Design	69	Rosemary Lewes	14
Gary Allan Metalworker	57	Ryan Simpson Septic Tanks & Skips	49
Gavin Charlesworth Wood Supplier	53	Sam Konczynski Carpets	84
Grace Elizabeth Beauty	55	Sedbergh School	68
Graham Bradley Builder	33	Sedbergh Songsters	1
Graham Moffat Builder	75	Sheila Shuttleworth Dressmaker	62
H&M Craftsmen	74	Smart Office	38
Haddock Paddock Fish & Chips	16	Smatts Duo	54
Hayton & Winkley Solicitors	63	Spring Show	1
Holme Farm	44	Stefan Kliszat Decorator	45
House Clearances	30	Stephenson & Wilson Builders	80
House Sit	73	Steve Hopps Handyman	85
Howgill Upholstery	72	Stobars Hall Care Home	73
Ingmire Caravan Park	25	Stramongate Printers	20
Jennie Davies Counsellor	48	Three Hares Café	60
Josephine Lade Orthopaedic	65	Tilk Wilkinson Builder	85
June Parker Acupuncture	52	Tooby Electricals	26
Kay Whittle Chiroprapist	39	Trevor Gardner Plumber	22
Kentdale Property & Garden Services	75	Walk for Anita	50
Killington Marquees	81	Westmorland Veterinary Group	70
Killington Marquees Vacancy	21	Windermere Windows	61
Killington Upholstery and Textiles Services	43	Yvonne Cervetti Massage	30

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International *	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association *	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907

Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	01/09	SmartOffice	Sed:	20788
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	06/14	Mrs Foott	015395	30163
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A. *	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland *	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	02/15	Miss Bainbridge	07975	647566
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	08/12	Ms Gardner	Sed:	20570

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office.

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1330	Every Monday	Knit 'N' Natter	DHC
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
1300	Every Tuesday	Howgill Toddlers	HVH
1300	Every Tuesday	Knit & Natter	FM
1830	Every Tuesday	Cub Scouts	SHQ
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
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
1315	Every Wednesday	Art Society	URCR
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1400	3rd Wednesday	Age UK South Lakes	Library
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Lunch Club	Red
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1930	Every Friday	Scouts	SHQ
1330	1st Friday	Age UK Dentdale Club	DMH
See Group Page for contact details & Diary Page for Keys			

PLACES OF INTEREST TO VISIT IN THE AREA
Bowling Green, Queens Gardens
Bruce Loch, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
Friends Quaker Meeting House, Brigflatts.
George Fox's Quaker Pulpit, Firbank
Golf Club, Catholes, Sedbergh *
Information Centre, 72 Main Street
History Society, Community Office
Holme Working Farm, Middleton *
Holy Trinity Church, Howgill
Jubilee Wood, Castlehaw Lane
Langstone Fell, A684 Garsdale Foot
Methodist Church, New Street
Picnic Site, Ghyllas, Cautley Road
Picnic Site, Settlebeck New Bridge
Play Ground, Dent Village
Play Ground, People's Hall
Play Ground, Maryfell
Queen's Gardens, Station Road
St. Andrew's Church, Dent
St. Andrew's Church, Main Street, Sedbergh
St. Gregory's Church, Vale of Lune
St. John's Church, Cowgill
St John's Church, Firbank
St. John's Church, Garsdale
St. Mark's Church, Cautley
Sedbergh Embroidery, StAS
Tennis Courts, Guldrey Lane
United Reformed Church, Main Street
Winder Fell, above Sedbergh
* = Entry Fee Applicable

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.

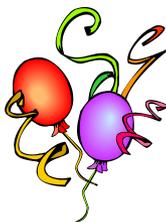
The recipients this month are:-
Izzy Newbold who is 9 years old on 25th April and
Lucy Capstick who is 9 years old on 28th April.

Happy Birthday and please collect your vouchers from

SmartOffice

13 Kings Yard, Sedbergh
which can be used in any shop in
Sedbergh & Dent.

Happy Birthday!



Day	Name	Age
3	Cameron MILBURN	9
4	Kyla DODD	2
4	Emily STANLEY	5
5	Katie COLTON	9
8	James DAWSON	2
8	Connor THORNLEY	8
13	Edward JERMY	8
16	Ellen METCALFE	4
18	Jasmine SEN	7
18	Tom ALLAN	11
22	Myles STANTON	8
22	Siobhan COUSINS	10
23	Woody LONGFELLOW	2
23	Zak HALL	8
25	Izzy NEWBOLD	9
25	Sienna MIDDLETON	10
27	Scott LAWSON	8
28	Lucy CAPSTICK	9
Nonagenarian & Over		

PERSONAL & SMALL ADS £1

IAN DONOGHUE

Happy **30th Birthday** Uncle Ian on 15th April. Hugs and sloppy kisses from Sophie Mae xxxx

=====

JOAN & ALF HOOPER

Joan and Alf would like to extend their sincere thanks to all their friends, neighbours and relatives for the many and beautiful cards filled with heart warming messages, for their relocation to Bridgnorth, Shropshire. Many thanks also for the very generous cheque presented to us. We plan to purchase a painting of the Howgills which will be a lovely reminder of you all, and home. The beautiful bouquet of flowers is still blooming, some 10 days after receiving it. We shall very much miss Sedbergh and its people, but we are looking forward to this new chapter in our lives, near to Pauline and Ian. Take care all and we'll be back to visit often.

=====

AMANDA SOWERBY

I would like to thank everyone for all the cards and gifts received on my 40th Birthday. A big thank you to The Bull Hotel, to Dean and Chris for a great disco and to Mum and Jessica for helping with the Party xx

=====

PAM THOMPSON

Happy **50th Birthday** Pam on 24th April. Love from Mum, Steven, Clare, Amy, Ben and Kate xxx

TRISH WEATHERALL

I would like to say a big thank you to all who helped me during my recent trip to hospital. I received kindness from the moment the paramedics arrived until my discharge from hospital a week later. Friends in Sedbergh then took up the task of lifting my spirits, showering me with cards and flowers, and making numerous offers of help. Thank you all.

=====

LAURA GARNETT

Happy 50th Birthday Laura on 1st March. Lots of love from Georgina, Nigel, Ann-Marie, Ben (not Bed as in last month), Jenny & Dawn.

=====

DOREEN ELVEY

I would like to thank all of our relatives & friends of Sedbergh for all the help & support received over the last few months during Joe's illnesses. It is very much appreciated.

=====

HAZARDOUS HILDA

Rides Again. Very many congratulations to The Rose Theatre Company on excellent production of Hazardous Hilda Rides Again and we look forward to next year's production with great anticipation. Elspeth Griffiths

=====

FOR SALE

Treseta Walking Boots. Size 42. Absolutely as new condition. £35. Tel 20869.

PERSONAL & SMALL ADS £1

FOR SALE

Double natural Pine Bed frame and
Delux Autho Mattress in vgc. £100
ono. Tel: 20980

=====

FOR SALE

Patio table - 6ft x 3ft 10in.
Rectangular with rounded corners.
Folds up. In good condition. Six
folding chairs with separate seat/back
cushions. £30 ono. Phone 07778-
657624.

=====

WANTED

180,000 word Oxford Concise
Dictionary circa 1950's or earlier. Old
fashioned cassette tape recorder/
player. Slide Projector with its
magazines. Plus "Feathers"
eiderdown. Any type of wool blanket -
white domestic or grey army. Old
fashioned top loading washing
machine. Old Style curtain track with
crossover features - 4' or longer. Tel:
01539 720974.



**The
Imitation
Game**

*starring Benedict Cumberbatch, Keira Knightley
Matthew Goode, Rory Kinnear, Allen Leech
Matthew Beard, Charles Dance, Mark Strong*
Certificate 12A

4th April *film starts* **7.30pm**
Sedbergh People's Hall
Flicks in The Fells

NICKY ROSS

All types of heating,
including underfloor.
Bathrooms designed,
supplied, tiled & fitted
Gas Safe registered

Mobile
07810 582345
Telephone
015396 20753



St. Andrew's Dent
EASTER MONDAY SALE

10.00am - 2.00pm
6th April in DENT MEMORIAL HALL

*Fairtrade Coffee, Teas & Lunches
Home Baking - Books - Clothes - nearly new Bric a Brac
White Elephant - Fashion Accessories - Plants & Cuttings
Competitions - Raffles
All welcome*

Contact: Susan Johnson 015396 25335



STILL WATERS RUN DEEP IN GARSDALE

There was no meeting this month for Garsdale Parish Council but there is still plenty of activity for the councillors.

There is much concern regarding the imposition of £500 charges by SLDC to inspect private water supplies. Obviously, the word "private" has no meaning where SLDC is concerned and they insist that the EU directive must be carried out despite these water supplies being used for century after century without any recorded fatalities!

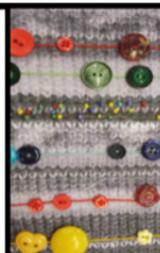
Garsdale PC's proposal that we train up and employ a local engineer to carry out these tasks, rather than use the Irish firm, Tobin, who will

have very little local knowledge, was met with a fudge by SLDC who implied that our representative couldn't possibly be sufficiently qualified. Negotiations are still taking place.

The second biggest concern is the lack of movement, literally, of Post 16 transport. It seems that SLDC are incapable of putting in place a suitable scheme for 16 to 18 year olds to access their schools or colleges from next September. If nothing is achieved, parents will be incumbent to ferry their offspring to and from their places of education, impacting hugely on their own working capacities. Together with Sedbergh PC and Claire Roper, Garsdale PC is putting pressure on

Exhibitions

Gillian Cooper - *Unsung Muses*
Textiles inspired by ancient goddesses
Blue Tarn *Through a Window*
Metaphor - *Make Do and Mend*
an exciting and forward thinking textile group



WORKSHOPS **Print, Paint, Play, with Gillian Cooper**

Sunday 10th May - £50 plus £3 for materials on the day.

In *Print, Paint, Play*, students will experiment with three different surface design techniques: to create beautiful fabric which can then be stitched into complete unique works of art.



Weavers Café open 10.00 - 5, daily.

For amazing cakes and other delicious treats!
Free admission to café.



Children's Easter trail

Help Farfield Fred follow the trail to find his Easter surprise!



Farfield Mill is open daily 10.30 - 5.00, £3.50/£3, under 16s free.

Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958

farfield
mill

SLDC to come up with some working proposals.

Work will soon begin on the water supply to Garsdale Village Hall to eliminate the sulphur in the present bore hole, much of which will be done on a voluntary basis and we can all look forward to enjoying a clean tasting cup of tea.

Pressure is still being put on Highways to repair ruts, potholes, standing water and gaps in the walls along the A684 but, at present, there has been absolutely no response. It does make you wonder where your council tax money is actually being spent.

Lastly, there will be a Parish Meeting at Garsdale Village Hall on Thursday 21st May, starting at 7.00pm, where

you can air your views and opinions. All are welcome. *Philip Johns*

SEDBERGH PARISH COUNCIL

This report covers items from the Parish Council meetings held on 12th March 2015. The next meeting will be our Monthly Meeting on Thursday 9 April 2015 at 7.30 pm in the Committee Room at Sedbergh People's Hall.

CUMBRIA COMMUNITY MESSAGING SERVICE

A presentation was made by John Sibley in relation to the Messaging Service; this is a service available to all residents and gives updates (generally by email) on information from public service providers, such as Cumbria Police, Environment Agency,

**FIRST4
HOME
IMPROVEMENTS**

DAVID BAINES

FOR YOUR ENTIRE HOME IMPROVEMENT NEEDS

- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

DAVID BAINES

015396 25346 07837 766 219

davidbaines@first4homeimprovement.co.uk

Cumbria County Council Highways and the NHS. If you would like to find out more, please call in to the Information Centre for a brochure, or visit the PCSO's during their weekly Wednesday Police desk drop-in above the Information Centre.

POST 16 TRANSPORT

Sedbergh Parish Council has been advised that meetings are due to take place with schools/colleges in Kendal and Kirkby Lonsdale this month, to discuss possible solutions for transport in September.

PLANNING

The Planning Committee Report detailed several applications and related matters, full details can be found on the Parish Council Website.

SEDBERGH TOWNSCAPE PROJECT

A meeting was held on the 5th March 2015 by the Project Board. Among the items discussed was the possibility of introducing a 20mph zone. This will be part of the Agenda for the Parish Annual Meeting, being held on Tuesday 12th May 2015, 7.30pm in the People's Hall, where members of the Parish are invited to attend.

CORRESPONDENCE

Cumbria County Council is looking for 6 community groups or parish councils, and 30 families to take part in an innovative new pilot scheme known as Resourceful Communities (a waste reduction/recycling initiative). If you would like to know more, please get in touch with me.

Please note that members of the public are invited to our Meetings where, as always, they are able to comment at 8.30 pm. Please also

note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

LATE NEWS - SCHOOL/COLLEGE TRAVEL TO KENDAL AND KIRKBY LONSDALE

Cumbria County Council and Schools hope to contact parent's of all students wishing to travel to Kendal or Kirkby Lonsdale for school/college in September 2015 (both Post 16 and younger). This will allow them to gather numbers and assist them in their decision over future transport. This is not a final answer, but a step forward for all parents currently concerned about travel arrangements from September.

Janey Hassam – Clerk



THE
MEDITATION
CENTRE

be still - be inspired - be free

PROGRAMME FOR APRIL

Sunday 5th

MONTHLY MEDITATION 11-1pm
(DROP IN - ALL WELCOME)

Saturday 11th LEARN TO MEDITATE DAY

Sunday 12th

MEDITATION AND DANCE DAY

Saturday 18th SILENT RETREAT DAY

Saturday 25th SPECIAL EVENT DAY
MUSIC, MYSTICS AND MEDITATION

A day of retreat & inspiration with Celtic
Harp, Cello & Flute

To book; email

meditationcentreteam@gmail.com

Telephone 07582 017 396

The Meditation Centre, Dent, Cumbria LA10 5QR
Registered charity: no: 1076345

TIM FARRON MP

Thanks everyone who came along to my surgery at the Community Offices in March. Apologies for not mentioning it in my last column in Lookaround, I do try to but this month it just slipped through. Anyway despite my omission you kept us busy right up to the point when we had to pack up so obviously some of you had been on my website or seen one of the notices displayed around the area. I would like to tell you when the next one is but we have the General Election between now and then and so we are not making any plans beyond the 7th May.

We had the budget last month and I felt that the Chancellor included quite a bit of support for us in this area. Of

course there was the great news of the further increase in the tax allowance and the new proposals for savings but they benefit people across the country. It was his announcement of issues like yet again cancelling the planned increase in fuel duty that were more specific to this area. As I have said here before, car usage here is a necessity not a luxury. Increasing fuel duty hits people who live in rural areas more than those living in towns with decent public transport. This is a message that I keep repeating to Government ministers at every available opportunity. There are growing amounts of evidence that actually reducing fuel duty would be even better, leading to an increase in the

LAKES Hire, Sales & Erection
Scaffolding

SIMON SHAW

Based in Kendal - covering Cumbria

Commercial & Domestic

No Job Too Big
No Job Too Small

Free Estimates with
No Obligations

Tel: 015396 24199

Mob: 07917 064767

info@lakes-scaffolding.co.uk

www.lakes-scaffolding.co.uk



levels of income to the Treasury through the benefits that it delivers in stimulating the economy. At the very least I would like the Government to extend the rural duty rebate scheme that it is trialling in various parts of the country across to Sedbergh and other parts of the constituency. This is something I will continue to argue for whenever the occasion allows.

I was also pleased to see some help with tax payments for farmers. We seem to be living in times of wildly fluctuating prices for farm produce, particularly for milk. Last year saw some of the best for milk prices in quite some time but this year we have seen prices fall back down to the levels where farmers start to wonder whether it is worth continuing to get

up ridiculously early to milk their cows every day. However, because of their higher income last year they are facing the prospect of large tax bills at a time when they are making less money. Of course they should put money aside for their tax bill at the time but farmers are often much better at looking after cows than they are at doing their books and even the most efficient do not really know how much money they have earned until several months into their new tax year when the books come back from the accountant. In the Budget the Chancellor announced measures to help with this by allowing farmers to average their income over five years for the purposes of paying tax. That way they pay the right amount of tax



R Lewes Chartered Accountant

- Accountancy & tax services for small businesses
- Business start-ups and business coaching
- Tax returns and tax advice for individuals

Does your 2015/16 income tax code look wrong?

Call or email

ROSEMARY
015396 20088

rosemary@rlcaccountants.co.uk

for friendly and local service

Your first consultation FREE



but they can do it without having to worry about facing wildly different tax bills each year. Which seems fair to me.

As ever if I can help you with these or any other issues please do get in touch, at least until the 7th May you can reach me at tim@timfarron.co.uk or on 01539 723403

Thanks for your support

Tim Farron MP

COUNCILLORS CORNER

Cllr Evelyn

There are some 1880 known private water supplies in the South Lakeland area. As someone who lived with private water supplies for over 30 years I am only too familiar with the headaches they can present. No

water rates – great! But the problems of pump breakdowns, wells collapsing, surface water contamination, rusting storage tanks, droughts, and frozen pipes can more than outweigh the advantages. It is an area the EU turned its attention to some years ago and regulations are being introduced in stages to cover the water quality to ensure that it meets Drinking Water Inspectorate standards. Letters are being sent to residents in South Lakeland on private water supplies advising that a programme of risk assessments is taking place. South Lakeland District Council is required to carry out these assessments under the Water Supplies Regulations 2009, implemented as a response to an EU

Sedbergh Business Hub

is a well equipped business facility available for hire, offering impressive facilities in a modern, light and spacious environment suitable for all your meeting requirements. The space can also be used for networking, seminars, training events and for hot-desking.

The space itself is light, bright and welcoming and designed to be an efficient, modern, secure and comfortable office environment.

The facility includes:

- Seating for up to 30 people.
- Break out space
- Free Wi-Fi
- Toilet Facilities
- Photocopying
- Hot-desking

Rates:

Full day (8hrs)

£60 inc. Vat*

Half day (4hrs)

£40 inc. Vat*

Hourly rate

£15 inc. Vat

*Coffee/tea included in the hire of the facility.

The Sedbergh Business Hub is strictly non smoking.

The Hub is currently open on Wednesdays and Thursdays but is accessible by key arrangement at all other times.

Sedbergh Business Hub

37-39 Main Street, Sedbergh, Cumbria, LA10 5BL

SedberghHub@gmail.com

01539 620236

Fish Express, Kendal

Takeaway & Café

acebook us - Fish Express

Pensioners special/light bite
Fish & Chips, bread & butter
Tea or Coffee
To eat in £3.99

Every Monday
Fish & Chips Takeaway
£4.00

Many more daily offers

directive. The assessments have to be carried out every five years and larger shared supplies were first assessed in 2010.

Single domestic properties are not covered by the directive and will only be sampled or risk assessed if the owner or occupier of the property requests it. But for the first time those with smaller shared supplies have been included in the programme. The council has appointed TOBIN consulting engineers to carry out the programme which will take place between now and June. The assessment will require a site visit and will take between two and four hours during which the assessor will examine all parts of the supply, including the source water and

FIREWOOD

Dry Seasoned Wood
Large & Small Loads

Call

015396 25484

storage. Depending on the results of the assessment sampling of the water may be undertaken at a later date. The cost, between £300 and £500 will split equally between those on the supply unless there is a legal document that determines otherwise.

Cllr Nick

Just how complicated can school transport be? As I spend more and more time with council officers and schools trying to find transport solutions for September 2015 and the start of the next academic year I realise it is very complicated.

The easy bit is defining Cumbria County Council's legal obligations: the council has a duty to transport children under the age of 16 to their nearest catchment school. (These

SEDBERGH

MEDICAL CENTRE

will be closed for Training Purposes at 1pm on the following afternoons:-

Thursday 16th April

Wednesday 13th May

Thursday 18th June

Wednesday 8th July

Thursday 17th September



The Haddock Paddock

Takeaway & Café

015396 20468

acebook us - The Haddock Paddock



Every Monday - Fish & Chips £4

Every Wednesday - Jumbo Sausage £2

Sunday Night Chippy

5th April ~ 5 - 7pm

pupils are known as 'entitled'). In and around Sedbergh the catchment school is Settlebeck. As you move down the valley towards Kirkby Lonsdale, once you are past Middleton, Queen Elizabeth School becomes the catchment school. The council also has the obligation to provide transport for children from low income families, normally defined as those children entitled to free school lunches.

What make Sedbergh different from most of the rest of Cumbria is that



- **Project Management**
- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Drains**

Unblocked/Cleaned/Repaired

Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk



GRAND OPENING

Friday 17th April

You are all invited to view
our new venture at
16 Back Lane
and are cordially invited to
a Celebratory Happy Hour
from 4pm to 6pm.

Settlebeck has no sixth form. This means two things: first is that the nearest catchment school for 16-18 year olds could be one of four establishments - QES in Kirkby Lonsdale, Kirkbie Kendal School, Queen Katherine School or Kendal College in Kendal. The second consequence of Settlebeck having no sixth form is that many parents prefer to send their 11-16 year old children out of catchment to a school where they can have a continuous education from Year 7 right through to A levels.

So how will the Post 16 and out of catchment pupils get to school? Cumbria County Council is assessing how much it would have to pay to transport under 16 children to their catchment schools and offering this as a contribution to a larger bus or to more than one bus to transport 'entitled' and 'non-entitled' pupils to their chosen schools. The difference between what the bus operators will charge and the CCC contribution

needs to be covered by the non-catchment and Post-16 pupils.

How much will that be? That depends on the number of pupils who sign up to the bus scheme and there will be an element of first come, first served as all the arrangements need to be put in place some time before September 2015 ie the bus operators will need to know how many buses, and what size buses are required well in advance of the start of term.

Work is ongoing - as and when more details arrive I will be liaising with the schools, Janey Hassam (Sedbergh Parish Clerk) and the CCC engagement team to give everyone a clear picture of their options.

As always please feel free to contact me or Nick as follows: Evelyn

Westwood Tel 015396 20148 email evelyn@markwestwood.co.uk Nick Cotton Tel 015242 71477 email red.pedal@virgin.net

Your local councillors working for the whole community.

COUNCILLOR CORNER

We are heading towards the general and district elections with only one more Lookaround before the momentous day. There are no parish elections in Sedbergh, Garsdale and Dent: those bodies were elected last year for four years. With three years of my district and Sedbergh parish mandates to run for once I don't have to knock personally on every door in the ward although I will be doing my full share in Whinfell, Kirkby Lonsdale

Cobble Country Property

Property is still the fundamental barometer of the UK economy with daily reference to rising house prices around the Country. Let us keep you informed of how Sedbergh is performing compared to other parts of the Country.

For over 30 years we have been active in the Property markets of this region and **our mission is to remain** as the **No. 1 point of reference** to all things Property. **LANDLORDS – TENANTS – SELLERS - BUYERS**

We manage over **£27,000,000 (MILLION)** worth of property in the area.

Longer hours – more **EXPERIENCED STAFF – MORE COMMITTED** to your satisfaction than *probably* all our competitors

INNOVATIVE – CREATIVE – INSPIRATIONAL – EXPERIENCED

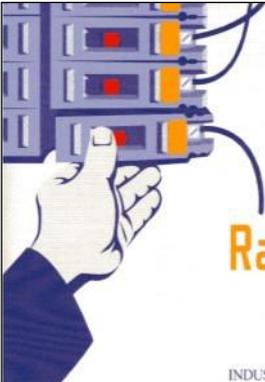
Call now to talk freely and get the **BEST VALUE** with your deal.

Cobble Country Property, 59 Main Street, Sedbergh. 015396 21000

Come and Join us for the next



Sunday April 19th 4-6pm
in the Methodist Church Hall.
Games, crafts, music, drama and food.
Accompanied children of all ages welcome
No charge



07786299776
01539621869
raymcgough.elec@yahoo.com

**Ray McGough
Electrical**

INDUSTRIAL COMMERCIAL DOMESTIC

and Sedbergh. If for any reason you might still not be on the electoral roll, NOW is the time to make yourself known to the Electoral Services Department at SLDC, South Lakeland House, Kendal. Even if you have no intention of voting, it can be a criminal offence with a significant fine deliberately to avoid being on to the electoral roll.

But, regardless of elections, the business of local government goes on and our perennial local concern, the Appleby Horse Fair waits for no-one. The moderate success we have enjoyed since 2010 tends to fade the collective memory of the mayhem of the years before, and there is a real danger of complacency. I heartily

commend the paper of the chairmen of Casterton and Kirkby Lonsdale to the recent Local Area Partnership. The Respect Group will be meeting next week and I intend to be present. No doubt some will object to the boulders yet again – they should count themselves lucky that they don't have to rely upon them for their personal safety. Sadly we have to work within the framework of national UK Law and the rocks and the posts are a necessary element of preparation.

Traditionally a councillor continues in office until the Monday AFTER the elections regardless of the result. For Members of Parliament the case is different and their office ceases when

W Dawson & Son Ltd

Due to recent expansion we are looking to recruit a new member to our team. We offer good rates of pay and have a generous pension scheme in place for the right candidate.

All candidates must have a Full UK Driving Licence and ideally be CPC Qualified and hold a Class C1 driving qualification

If you are interested and would like more details please call Martyn on 07967 057 580 or email us at sales@dawsonsfuels.co.uk

parliament is prorogued, this time at the end of March. This was a tremendous problem for farmers in the Foot and Mouth year, 2001 when Tim Collins and his team were having to work all night with animal movement licences.

Judging from my own personal experience, and the reports of others, the implementation of the new farming Basic Payment Scheme is something of a dog's breakfast.

In fact, it is little short of a national scandal. Very concerning some of the off the cuff decisions by the staff interacting with farmers are little short of bizarre – my own father should have reported his own death, in person ! In these cases a letter from the MP, regardless of who he or she is can work wonders.

Just today, 19 March the DEFRA Secretary has announced that the deadline, which would have been 15 May has been put back to 15 June. Hoorah for that, no doubt cases like my own have highlighted the dangers of proceeding with the original deadline. If they had, right in the key weeks before the closing date there would have been no MP to intervene. If you are having similar problems with the Basic Payment Scheme let me know and I will endeavour to advise, but bear in mind I still have my own claim to sort out !

District Councillor Kevin J.
Lancaster, your voice on South
Lakeland.

Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS
Telephone 07980 844 695;
email Kevin@Sarthwaite.com



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

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

SETTLEBECK SCHOOL ACADEMY TRUST

Settlebeck Sport

In another busy month, four boys were selected to represent Cumbria in a recent Sportshall athletics competition. Corben Haines, Ben Garnett, Stan Gough and Alan Brian were a great team and performed really well, with Alan winning the triple jump.

The annual inter-house cross country competition this year was a fantastic battle with some amazing results. Everyone who took part should be proud of their achievement. A win for Annabelle Brewer and Jake Wren's second place were most notable as they have both worked so hard in their PE lessons and at

running club to improve their fitness levels.

For 8 weeks year 9 and 10 students have been undertaking The Junior Football Leader Award run by Dan Ferguson from the Westmorland FA. This culminated in the students organising a football festival for Dent and Sedbergh primary schools which was a great success.

We also managed another trip, this time to watch Super League Netball at Newcastle. This was a great night out and gave the girls the opportunity to see more top class sport to inspire them.

Juliet Proctor

SEDBERGH SCHOOL NEWS

Probably the event of the month was when on 1st March three girls, India

Vacancies

Summer Staff



Each year we take on Summer staff to assist with erecting the marquees, together with the loading and unloading. It is a very popular temporary job with students, those finding themselves between jobs or those who wish to gain some extra work, and we often have people returning to us annually.

We are seeking cheerful outgoing people to join a small busy team. You will need to be fit and energetic, not afraid of hard physical work, enjoy working outdoors in all weathers. You must be able to deal with customers in a friendly manner and solve problems on site using your own initiative, be self motivated and capable of working as part of a team. You must be flexible with working times as long hours may be required when necessary.

A full clean driving licence would be helpful especially if you are over 25 and able to drive vehicles up to 7.5 tonnes.

If you are interested please contact us with some brief details:

Ann Newbold
Killington Marquees, 13 Kings Yard, Sedbergh, Cumbria, LA10 5BJ
www.killingtonmarquees.co.uk
015396 20602 / office@killingtonmarquees.co.uk

TREVOR GARDNER & SON

PLUMBING AND HEATING ENGINEERS

'WITH OVER 30 YEAR'S EXPERIENCE'

Gas/Oil/LPG Central Heating Boilers
Underfloor Heating
Bathrooms / Tiling
Renewable Energy Heating Systems
Solar Panels, Ground & Air Source Heat Pumps,
Bio-mass heating systems

We are your local Worcester Bosch Accredited Installers
and can offer up to 10 years parts and labour warranty with our
New Worcester Boilers, which are more than 90% efficient

Approved Installer



Accredited
Installer



Prospect House, Marthwaite, Sedbergh, Cumbria LA10 5HS

Telephone & Fax: 015396 20796

Mobile: 07771 514535

Email: trevorgardner602@aol.com

Haydon-Wood, Molly Barrett and Maddy Harrison (daughter of Dan Harrison), 11 And 12 year olds, accompanied by Dick Gorst and Lizz James, ran in appalling and unexpected conditions from Sedbergh to Casterton over Middleton and Barbon Fells to raise money for a trip and for charity. Many motorists from Sedbergh will remember being caught by the snow on Scotch Jeans that afternoon. The girls were attacked again and again by hail and "snow flakes the size of fists", battling into the wind. Two of the girls made it all the way to Casterton in 2 hours 55 minutes, though one of the three was defeated by the cold at Barbon.

Despite the doubts that it could be achieved in time, Carus House are now installed in their new dining room and are much relieved that they no longer have to trail over to Queen's Hall in wind, rain and snow to get some breakfast. It is very modern and smart – there may well be jealousy from the other Houses! Congratulations to Martin Smith on achieving this after his heroic efforts as project manager. Another estate achievement has been the new railings along Back Lane which improve the look of the Town as well as the School. They *should* be admired as they cost an astonishing figure of over £22,000!

The upper School Netball and

Hockey girls' teams went to Dubai at half term. The Under 16s won the netball Bowl and the under 18s the Plate despite the heat. One of their hockey matches took place in 35 degrees centigrade – and they managed to win! The U14 Tens took place on 4th March on Busk Holme when Sedbergh won all their games except one against Ampleforth, which put them in the Plate position.

An OS from Keswick, Abbie Scott, has played as Lock for the Senior English RFU women's team against Wales. She is the first girl from Sedbergh School to represent England in a senior sport team. Johnny McPhillips has been named in the Under 18 English Rugby squad against Scotland.

17 Year 11 pupils took GCSE Maths earlier this term and have achieved three As and 15 A*s between them.

By the time this is published the Wilson Run will have taken place and the result will be known. About 120 took part last year and it is expected roughly the same will this year. Each runner has to be 16 and to qualify by completing the practice course (slightly longer than the actual run and avoiding the main road) in two hours ten minutes and pass a medical. Several qualifying runs take place on Wednesdays in the weeks prior to the run. It is the high light of the winner's career at school to be clapped onto the stage in Powell Hall during the concert on the evening of the run, lit by a spot light

ABLE MEMORIALS

Monumental and Architectural Masons
New Memorials and Additional Inscriptions
Showroom with over 30 memorials on display at
3 Wildman Street, Kendal

Please call for a brochure or free estimate
on 01539 735583

Home visits available by local mason Edward Waller

Tel: (evening) 015396 21338 or 07779 025745



Sedbergh Post Office Happy Easter!



Since the banks closed, we have taken on some of their banking transactions.

- For the majority of banks, including Barclays and NatWest, we offer a cash deposit service using your paying in book. HSBC and Santander customers can use their debit card.
- For the majority of banks we accept cheque deposits using Post Office paying in envelopes. These are dispatched every day.
- For the majority of banks we offer free cash withdrawals using a debit card.
- For business customers we have an arrangement with Santander, NatWest and the Co-op to offer a change giving service.
- Many utility bills can be paid through us. Eg United Utilities, EON, BT, Council Tax. Check your bill for details.

You can, of course, still do all your usual Post Office business with us too!

Open: Mon – Fri: 09:00 – 17:30 Sat: 09:00 – 12:30

(the girl winner does not get the spotlight!). He is followed by every runner who completed the course, again all clapped onto the stage. For many it is enough simply to complete the run and get onto the stage. It is seldom anyone fails to achieve this.

At Casterton Mel Sproull qualified for the English Schools Cross Country Championships (the first girl from the prep school to do so) and did very well being the highest finisher and 7th overall. She also ran at Witton Country Park when she will run against the top 250 girls in the country, and the next day will compete in the National Prep School Cross Country Championships at Malvern College. At half term she

won an U15 800 m heat (she is was only 13 in November) and came 8th in the final of the Scottish Indoor Open Championships. In addition, James Griffin (year 6) has recently won three Under 12 tennis tournaments in Sheffield, Shrewsbury and Wrexham.

On the academic side at Casterton, Morgan Robertson has qualified for the second stage of the Townsend-Warner History Prize, a National prize with 800 entries and only 200 in the second stage. Three pupils have been shortlisted for the Wordsworth Young Poets Prize which will be awarded at Rydal Mount by Christopher Wordsworth on 31st March.

On the music side at Casterton a choral workshop with David Lawrence took place for children from around the region including Dent Primary School o 12th March, and was an unqualified success. And on Thursday 19th March The Giant Wiggle, a sponsored walk for Action for Children took place. This is a National event but this is the only one is the North West, and will take place at Casterton, open for any children under the age of 7. The Very Hungry Caterpillar will lead the conga for 560 yards

The Sedbergh Super Tens Rugby Tournament took place on Sunday and Monday 29th and 30th March at Buskholme.

Karen BL

SETTLEBECK SCHOOL ACADEMY TRUST

Settlebeck Year 11 Interview Day

Interview Day is an annual event at Settlebeck for Year 11s, designed to give students the experience of a formal interview, which can be daunting whatever age you are. The students are interviewed by professional panels and they agreed that it had been valuable day, helping

St Mark's Church, Cautley

Quiet Day

led by
Rev. Andy McMullon
in the peace and tranquillity of our
beautiful churchyard

Saturday 25th April
10.30am – 3.00pm
No charge - light lunch provided



Telephone 20058 to book a place

them to prepare for interviews for places at 6th form, college and for apprenticeships.

"It wasn't like the interviews we have had at college or schools; it was more formal, a bit scary but good."

"It gave you a sense of what a formal interview will be like, something we've not done before."

"It gave us a real life practice so that we will know what to expect when we have to do an interview in the future."

We would like to say a huge thank you to all our professional interviewers for giving up their time once again.

Juliet Proctor

SEDBERGH SCHOOL

Dubai Netball and Hockey Tour 2015

A year in the planning, following a hugely successful 2014 tour in South Africa, this was the first time Sedbergh School girls had competed in Dubai. Head of Girl's Sport Lucia Sdao said, "I was coaching over in

hanley caravans
are the new owners of
Ingmire Caravan Park



**Static & Lodges
FOR SALE**



also Static Touring Pitches available

Tel: 07747 482741
Sean: 07831 395107

Dubai last year and heard about the Dubai College International Netball Tournament, I thought it would be a great opportunity for our girls to play against some international competition, the schools involved were UAE and UK based, we were lucky too because I had a contact to Dubai Hockey who gave us some great matches during our tour.”

Accompanied by Mark Shopland and Lucia Sdao, the team stayed in a hotel in Al Barsha, an area of Dubai which is well placed for getting to everything. “The plan was to get great competition but also to experience all that Dubai had to offer, to give our girls an insight into the different culture. It’s a great location for a tour because travel times are short– but of

course the main challenge for our girls was the heat, which is obviously in stark contrast to the climate in Sedbergh!”

The team landed in the evening, after an early start from Sedbergh. Despite a four-hour time difference, everyone was up early for the Dubai College Tournament which started at 8.30am – which was 04.30 to our girls’. “The girls were brilliant, got warmed up, got going without any encouragement. Most mornings, they did core strength and cardio sessions in the hotel gym, good two-hour sessions in between all the fixtures – a sports tour after all.”

“Emilia Tyser, School Hockey Captain, and Laylah Scott (Tour Netball Captain) set a very good

For the widest range of hand picked products under one roof
then look no further than our showroom

We work closely with the best brands to bring you great offers
and inovative new products



Coming soon an exclusive range of cream appliances from Hotpoint

Panasonic



TOSHIBA

SIEMENS



LIEBHERR

Digital TV, Domestic appliances, Aerials and Satellite,
Repairs and service

Kew House, Just off the A65, Ingleton, LA6 3NU
Main Street, High Bentham, LA2 7HQ

Telephone 015242 41224 / 42095 / 61259
www.toobys.com



ELECTRICAL STORE

example and were great fun, keeping the spirits of the group buoyant as well as leading on their fields of play. The whole group was amazing – they were respectful of the culture with dress and their attitudes, and proved to be such a great group of young Sedbergh ladies. I would take them again tomorrow.”

The first half of the Dubai College netball tournament went really well and the struggle only began in the second half as temperatures soared. Despite this, Sedbergh U18s went onto win the Plate, , and our U16s won the Bowl, great results bearing in mind the heat!

Holly Hesford (R, L6) was voted ‘Player of the Tournament’ by the umpires and the Sedbergh team attracted a lot of support from the Sedbergh world-wide community – staff who were overseas, Aunties and Mums as well as OS families, just showing how much our Brown family show their support.

The first Hockey fixture was against Dubai Hockey Youth and Ladies on the Sunday night. This was the first time the girls had played on a crumb pitch, giving an extra challenge to the girls. They still won 4-0 though! The Thursday night fixture against Abu Dhabi Netball Academy also saw a win of 25-12, playing in temperatures in excess of 35c. Fixtures against Dubai Hockey and Ladies’ and Men’s teams weren’t victories but were fantastic physical games where our girls learnt a great deal.

Beyond the fixtures, the tour included activities such as 4 x 4 Desert Safari, visiting the Burj Khalifa, Paddle Boarding at the beach, Camel

Philip Horner

Fencing Contractor

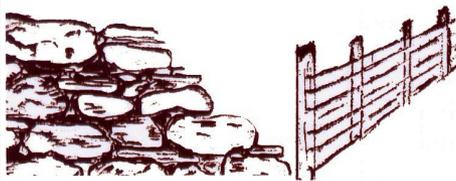
Walling

Man & Tractor

Tel: 015396 21984

Mob: 07855 349157

e-mail: prhorner@hotmail.com



Riding and the Wild Wadi Water Park. The tour was only made possible with generous donations from parents, and with sponsorship from Bibby’s of Ingleton and N Peal Cashmere.

We look forward to more international competition when we travel to South Africa in the summer of 2016 for netball and hockey again.

Dubai Netball and Hockey Tour

Results

Netball:

Dubai College Netball Tournament:

1st Team - Plate Winners (Captain Laylah Scott)

U16 Team - Bowl Winners (Captain True Curran)

v Abu Dhabi Netball Academy Won 25-12

Hockey:

v Crossley Heath, Halifax Won 7-1

v Dubai Youth Hockey Won 4-0

v Dubai Men’s Hockey Lost 6-4

v Dubai Ladies Hockey Lost 2-1

v BSAK A Won 7-3
v BSAK B Lost 5-3

Amy Grace

SETTLEBECK SCHOOL ACADEMY TRUST

Science

In March a group of Year 11 science students braved pretty awful weather to visit the Kielder Forest Observatory. Kielder is in the largest protected dark skies area in Europe, which is the third largest in the world. The very low light pollution levels mean it is possible to see the stars shining far more intensely. Unfortunately, the cloud cover that evening meant we were unable to use the

massive telescopes to look at the skies. However, the enthusiastic and very knowledgeable staff gave us a real insight into the work carried out at the observatory, showing us the amazing technology used to study space – the final frontier!

Maths Challenge

On Friday 6th March a group of Year 8 and 9 students went to Barrow Sixth Form College to participate in the regional heat of the Team Maths Challenge where they finished a very creditable 4th place.

Rotary Technology Tournament

On the same day four Year 9 students took part in the Rotary

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes offer you a warm welcome



We are open daily for home cooked food,
(a particular favourite is Ham 'n' Eggs)
and offer an extensive menu for
residents and non-residents.

Our two guest rooms are both en-suite
and we can boast one of the finest views of
Cautley Spout and the Howgills.

Every Thursday is Pie Day

Any home made pie with chips and veg
plus tea or coffee only £7.50

Lots to choose from including Vegetarian.

Please note our opening hours.

Closed Mondays unless a Bank holiday.

Summer season open - Tuesday to Sunday – 8.30-4.30

Winter season open Wednesday to Sunday 10.00 – 4.00

Thursday, Friday & Saturday nights open to non residents from 7.pm – *booking essential*

BAE Systems Technology Tournament at the Windermere Hydro Hotel. Working on their own, they had to devise a machine which would carry a payload of batteries along a cable, remotely drop the package accurately on a target and then return the machine to its starting position. Our students had a grand day out, with an opportunity to put into practice skills learned in D&T and science, not to mention their excellent supportive teamwork.

Red Nose Day

This day for Comic Relief was lots of fun. Students organised a cake sale and staff v students

netball and football matches. Everyone wore red or fancy dress and we raised £261 for the charity.

As you can see, our students, as well as succeeding academically, also have lots of opportunities to extend their learning outside the classroom with trips, visits and competitions. There is sport for all and numerous lunchtime and after school clubs in addition to the community projects which students are involved in, such as Playgroup and Meals on Wheels. And, occasionally, we are all just plain silly – Red Nose Day for Comic Relief was very silly and great fun!

Juliet Proctor

Nigel

BYROM

The Family Furnisher

16 Wildman Street, Kendal LA9 6EN

Tel: 01539 727580

FAX: 01539 737688

nigelbyromskendal@gmail.com

www.nigelbyroms.co.uk

We offer an excellent range of full house furnishings.

Beds, bedroom furniture, lounge suites, oak & pine dining room furniture to suit every pocket

Free measures & estimates given on carpets & vinyls & wooden flooring

Free fitting on carpets & vinyls by our in-house fitters

Many items available for immediate delivery

Visit our Showrooms

Bring this Advert for further discounts

Free Delivery in the Dales & Lakeland



DENT DALE CHRISTIAN FELLOWSHIP

The Bible quiz we all participated in after supper at the recent FFWF (Friday Fellowship With Food) proved that some of us didn't know our Bible quite as well as we hoped we did but was fun, we had the options of "phone a friend", ask the others or pass the question by so no one was under any pressure. The conversation flowed and then the quiet prayer time when we remember the local organisations, the School, the farming community and so forth in our prayers. We share Bread and Wine in a very informal way and light a candle to focus on Jesus, The Light of the world, but without ritual and in such a way that everyone can cope.

On a Sunday once a month we have a speaker who tells a little of what following Jesus means to them or we watch a DVD, the recent one being about the cosmos and creation of the stars and the earth, quite awesome.

As always everyone is welcome to come along and be with us, nothing to pay, no membership to join, no obligation to do more than just be with us.

*John & Sarah Woof
"Rhumes" Dent. 25212*

HOUSE CLEARANCES



Full or Part ~ Free Quotes
015396 22156 or 0793 252 1901
Houses ~ Garages ~ Sheds ~ Gardens
*Also: Courier Service taking items
to Auction on your behalf*

CLINICAL MASSAGE AT SEDBERGH MEDICAL CENTRE ON MONDAYS

Chronic Pain Conditions
Managing Stress & Tension
Sports Injuries & Rehab.
Pre & Post Natal Massage
Simple Lymphatic Drainage
Scar Tissue Release

Vouchers available.

SALLY JEFFERY: 0774 705 0136 www.sallyjeffery.com

YVONNE CERVETTI: 015396 21303/ 0779 506 3107

Practise in Sedbergh, Kendal and Kirkby Lonsdale



Now also on Wednesdays!

COGS

Community Orchard Group Sedbergh
First, some good news. We now have group membership of South Lakeland Orchard Group [SLOG], and they have agreed a grant of £200 or 20 fruit trees, which will get us off to a good start.

Next, when you join COGS there are some attractive benefits;

- Meet other people throughout South Lakeland who are interested in orchards
 - Attend any SLOG event, including grafting and pruning workshops
 - Get advice from orchard experts
 - Have access to fruit pressing equipment to make your own juice
 - Receive the SLOG newsletter
 - 5% discount at Beetham Nursery
- Join COGS! Individual £5; Family/ Household £7

Please call Jacqueline Smith on [015396 20760](tel:01539620760) if you would like to know more.

SEDBERGH FIRST RESPONDERS
an update

Getting a new group up and running, especially one that will have such an important part to play in our community has taken dedication and perseverance by a handful of people.

A committee and a constitution is in place. Andy Cobb is the Chairman, Myles Ripley Treasurer and Helen Wilberforce the Secretary.

Some of the frontline people, the First Responders, received their training in March and several more will be completing their training in May. The North West Ambulance Service provides the training in Penrith.

With the Responders almost ready to go they will need a substantial amount of equipment including pagers that will be used to alert them to a call out, a sizeable amount of medical supplies, and of course all of this has to be funded, indeed this will be ongoing, as the supplies need replacing and updating.

If you have an interest in what First Responders do the website (www.nwas-responders.info/) could



Marion Wood & Dr Myles Ripley,
two of Sedbergh's First
Responders

answer you questions, or give Marion Wood a call on 21385.

Offers of help with the all-important funding of the group are coming in. Dawson's have promised us some money, as has the craftworkshop co-operative. All offers of help will be gratefully snapped up.

We hope to get our bank account up and running this month. We also have a Facebook page – have a look!

We do want to support these volunteers who will be giving freely of their time and expertise. Who knows, they may be the very people who come to support anyone of us when we need them most?

Helen Wilberforce
ehwilberforce@btinternet.com

Oliver Higginbotham
**Farm & Garden
Contractor**

*Stone Walling ~ Fencing ~ Decking
Paving ~ Landscaping ~ Gates
Driveways ~ Strimming ~ Pruning
Hedge Cutting ~ Hedge Laying
Planting ~ Weed Control
Tree Surgery & Felling*

07904 698 794 / 015396 21073

oliverhigginbotham@gmail.com

Dry Logs, Woodchip, Manure Delivered

We offer a dedicated & reliable service. All work is guaranteed subject to acceptance of written quotation. Competitive rates. Work tailored to a budget. Metre pricing where applicable.

Photographs of relevant completed tasks emailed.

Site visits + no obligation quotes.

Ample references available.

FAMILY MUSINGS

Has anyone else noticed the increase in Robins, the birds, not the car? The rule I grew up with from my bird spotting Dad was, one Robin per garden or there was war! We have three out the back and two at the side and helpfully so we know it is a different bird, a smaller one out the front. As I write this one is hopping along the telephone wire towards what I think is a female Robin, what is happening? It really is not a case of "Who killed cock Robin?" but perhaps 'who hasn't'. Not that I think any man or bird or beast should kill them, I am just remembering the poem of old. Sadly my cat makes inroads into the bird population although I have never seen a Robin in her mouth, she meows at the door until we have the pressie then goes of to play with it, rarely does she eat them. A collar with bell was tried but then she was found hooked up in the hedge so that is a no no, as we tried to free her she spat and snarled, very human really as that is how some people react when someone else tries to help them.

Little hands in mine, small person snuggling up to me their breath warm on my neck, one little hand takes my finger their other hand pointing at the direction we must take, usually to play trains, see the cat or find tiny jellie baby sweets, a certain smile when one little one realises "It's Granny", all so very precious. Was I a 'good' Mum? Must have not been too awful, my offspring still spend time with me, treat me, and make own decisions to be with me, now I have

Robert Powell

Website Designer

Individually designed,

"It's not worth doing something unless someone, somewhere, would much rather you weren't doing it".

Terry Pratchett

Tel: 20482

www.robpowell.co.uk

the awesome responsibility of being a 'good' Granny, I guess I can be a bit unorthodox as well, can I ? Please. One day recently a visitor asked the significance of the big plastic purple flower on my coat and I said it is to brighten it up, but really it is to let everyone know I am a bit different (saved by grace, redeemed and equipped by the Son (of God)) and to never expect full conforming behaviour from me. Remember that poem about being old and wearing purple, learning to spit and dragging my stick along the railings? Never too young to start!

Many years ago my nature loving brother came back to his childhood home to live and suggested that a willow feature would fit in very well in our semi-wild garden (?), now 8 years after his death his idea has come into being and we are the very proud and excited owners of a willow dome. It will be a place to sit on "Quiet Days", a den for the grandchildren and their friends and something to nurture and watch grow, we get everywhere important, eventually.

Enjoy your garden and if you see a Robin, look for another. Sarah

FROM END TO END IN 80 DAYS

On the 20th April I will set off alone to walk from Land's End to John O'Groats (LEJOG), a journey of approximately 1050 miles in memory of my late wife Anita and in aid of Genesis Breast Cancer Prevention (Registered Charity No. 1109839). If all goes to plan, I will finish 80 days later on the 9th July, having walked for 63 days and rested for 17, walking an average of just less than 17 miles each day.

I have selected a route which I hope will give me the best chance of finishing it rather than "it" finishing me. I have tried to avoid too much uphill work though sometimes it will be unavoidable. I plan to walk along quiet lanes and footpaths through the middle of Cornwall, Devon and Somerset and then the surprisingly hilly Cotswold Way from Bath through Gloucestershire. As rivers and canals tend to be devoid of hills, I will be following the Severn Way and then various canals through Worcestershire, Staffordshire and Shropshire all the way up to Cheshire. A combination of paths, trails and canals will bring me up to Kendal and a few welcome days back in Millthrop before picking up the Cumbria Way via The Langdale valley, Keswick and on to Carlisle (deftly avoiding the Pennine Way!). There's a long stretch of road walking to Glasgow via Lockerbie and Moffat and then the highlight for me, the West Highland Way to Fort William. I then plan to head north east along the Great Glen Way and up the east coast of Scotland before striking inland for John O'Groats.

It has been many months in the planning and preparation but it is for a very cause. I hope to be giving updates of my journey in Lookaround over the coming months but you can also follow my preparations, route and progress on my blog at walkforanita.wordpress.com and on Twitter [@walkforanita](https://twitter.com/walkforanita)

Peter Lindsay



**GRAHAM BRADLEY
BUILDING & JOINERY**

Condor Barn, Dent, Cumbria LA10 5QT
Mob: 07778 874855
g_h_bradley@yahoo.co.uk

WALKING & CYCLING GROUP

Land's End to John O'Groats

The Classic British Challenge – a talk by Dave Smith. One of a series of free public talks entitled Talking the Walk – Adventures on Foot at Home and Abroad.

Monday, the 27th April, 7:30pm at the People's Hall

For many decades, walkers and cyclists have risen to the challenge of this, one of the great journeys. Dave Smith has travelled it many times, both on foot and by bike, and now shares something of this unique experience of our national landscape and life.

For details of other walking- and cycling-related events, go to www.sedberghgateway.org.uk/events

Robert Powell

J N & E CAPSTICK

Local business shortlisted for national award

David Capstick of J N & E Capstick Insurance Consultants, who have offices in Kirkby Stephen and Sedbergh, has been nominated for a national award at the Commercial Insurance Awards, for a new business initiative launched in June 2014.

The concept for the Federation of Agricultural Brokers (FAB) was originally conceived in December 2013 along with fellow brokers Country and Commercial Insurance Brokers (CCIB) from Longridge. A small group of brokers met on a regular basis to discuss current

industry market conditions and the issues that the industry is facing. The group share experiences, offer advice and provide support for each other to enable them to become more successful businesses. These brokers all share a common goal; they want to offer the best products whilst ensuring that excellent customer service levels were maintained.

Two launch meetings were held last June at JN & E Capstick and CCIB offices; brokers from the agricultural sector were invited, and an initial target of ten members within the first twelve months was set. To date, seventeen brokers have signed up to the initiative.

J N & E Capstick

Insurance Consultants

36 Main Street, Sedbergh LA10 5BP

Tel - 015396 20124 Fax - 015396 20791

Market Street, Kirkby Stephen, CA17 4QT

Tel - 017683 72285 Fax - 017683 72346

www.capstickinsurance.co.uk

HOME & MOTOR INSURANCE

FARM & BUSINESS INSURANCE

LET PROPERTY & HOLIDAY HOME INSURANCE

SMALL ENOUGH TO CARE, BUT BIG ENOUGH TO COMPETE

Open until 7.00 pm on Wednesdays
to help with all your general insurance needs.

*J. N. & E. Capstick Insurance Consultants
are authorised and regulated by the Financial Conduct Authority*

Barbon Inn
2FOR1
FISH & CHIPS
at Lunch Time

(excluding Bank Holidays)

Barbon, Nr. Kirkby Lonsdale, Cumbria. LA6 2LJ Telephone: 01524 276233

Cut out this voucher and bring with you to claim



Name:

Email:

Voucher Valid Mon - Fri until 30th May, 2015. One voucher per table.

Federation of Agricultural Brokers (FAB) has now been shortlisted at the Commercial Insurance Awards 2015 to be held at the Millennium Hotel, Mayfair, London in March. Their award category is the Innovation Award for Service and they are facing tough competition from both national and international companies.

David Capstick, Founder Member of FAB, says:

“We feel the formation of FAB has created a great opportunity for the niche agricultural insurance broking market to grow and flourish. The platform of the federation not only allows members to share their products, but also lets insurers promote their policies too. This in turn can only make the industry stronger as a whole, the advantages of which will then be passed down to both new and existing clients throughout the country.”

David started his insurance career in 1989 in the family brokerage business JN & E Capstick Insurance Consultants which was started by his late father in 1968. He became a partner in 1992 and has developed the services provided over the years

to include Financial Services. The business has grown from an office attached to the family home to premises in two local market towns – Kirkby Stephen and Sedbergh.

The Federation of Agricultural Brokers has been formed by two established independent insurance brokers. The founding members recognised the need to support like-minded independent brokers who specialise in the niche market of agriculture. Federation members will share common goals whilst retaining their independence and offering the best customer service, expertise and insurance solutions for their clients.

<http://www.fabltd.net>

Other founding members include Anne Pickover, Director of Country & Commercial Insurance Brokers (CCIB) and Debbie Airey, Managing Director of CCIB.

The ‘Innovation Award’ seeks a service that has the potential to be a ‘game-changer’ in the protection of an organisation’s assets. This is a wide field, but consideration will be given to an original solution that solves a problem with lateral thought.

Therapeutic Yoga at Sedbergh Medical Centre

Friday afternoons throughout May

“learn simple techniques to alleviate symptoms and promote healing”

A course designed to support physical and mental rehabilitation from accidents or injuries, chronic ill-health and age related health problems.



Sleep disorders. Anxiety. Depression. Chronic Fatigue. IBS. Arthritis

contact **Laura Clare** for further details **015396 25061**

YOGA

Therapeutic Yoga at Sedbergh Medical Centre Friday Afternoons throughout May

A course designed to support physical and mental rehabilitation from accidents or injuries, chronic ill-health and age related mobility problems.

After a couple of years away from teaching general yoga classes, I am now very pleased to be able to offer a new 5 week Therapeutic Yoga course starting on Friday May 1st at Sedbergh Medical Centre. We will be working in a bright, warm space away from the busy clinical areas of the building.

Designed for people recovering from illness or injury, as well as those living with the physical and mental consequences of chronic ill-health, the course will draw upon my specialist training with the London based Yoga Biomedical Trust.

My areas of in-depth study during this four year training were:- chest disease, digestive disorders, back pain and mental health.

This therapy course is a distillation

of my thirty years of teaching experience and will offer simple and clear guidance in specially adapted yoga techniques.

I have long been passionate about the healing potential of yoga and have spent many years exploring and learning techniques and skills from both Eastern and Western models of health which can make a very real difference to quality of life and peace of mind. Each class will be tailored to the particular needs of students attending.

The course will run for 5 weeks, taught in two hours sessions from 2.30 until 4.30 on Friday afternoons and costs £100. (£20 per session)

A ten hour course of *Individual* therapeutic lessons – the minimum needed to cover material in adequate detail - can often prove prohibitively expensive for students whereas working in a small group gets around this problem and makes these highly beneficial and simple practices more widely accessible.

We will work either sitting in chairs with periods of standing for those who are able, or else on the floor, moving

ROYAL BRITISH LEGION

If you or yours have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way please call 0808 802 8080 (free phone).



Your local Sedbergh branch needs new members in order to keep up its good work. You do not need to have served in the Armed Forces to be a member. Membership costs £16.00, call 21575 or 20536 or email: jd@jdifa.co.uk or rosepease@aol.com for a form.

For more information, visit our website:

<http://branches.britishlegion.org.uk/branches/sedbergh>

into chairs for some exercises and standing for others. Each student will receive hands on attention and guidance in order that the exercises are learned thoroughly and practised safely. Handouts will be provided for home practice.

We will cover the physical aspects of yoga providing an opportunity to improve your balance, posture, strength and core stability using adapted exercises to accommodate poor mobility and limited stamina.

You will also learn simple, very effective breathing practices to alleviate anxiety states, insomnia and many stress related conditions. These practices are also suitable to

manage asthma symptoms.

During the final two sessions of the course I will teach a meditation practice, alongside my partner Ian Fletcher. Ian is a retired GP and, having experienced the many benefits of meditation first hand, is enthusiastic about continuing his work in health care by sharing this simple, effective practice.

Once you have completed the course, my aim is that you will have the knowledge and confidence to practice at home or else join one of the excellent local classes.

To book a place call Laura or Ian on 015396 25061 or email lauraclareyoga@gmail.com

My partner Ian and I also teach meditation to individuals, couples and small groups in our home in beautiful Dentdale. This an informal day course including a delicious home cooked lunch. Along with skilled tuition in a simple technique, we will explain how meditation works as well as giving you the opportunity to ask questions.

Visit www.effortlessyoga.co.uk for more details.

Painting and Decorating

- Internal and external
 - House makeovers
to attract buyers
- 20 years experience
Excellent references



MB Designs
015396 23239
0770 99 77 619

SEDBERGH AND DISTRICT HISTORY SOCIETY

The society met in Settlebeck on Wednesday 4th March to listen to a talk by Peter Donnelly the curator of the Kings Own Royal Regiment Museum in Lancaster. The subject of his talk was the War Memorial Village at Westfield.

By the start of WW1 Thomas Mawson had established an international reputation as a garden designer. His family firm based in Windermere had been responsible for many important local gardens such as those at Braithwaite Hall and Holker Hall. He was married with four sons and five daughters. His third son, James Radcliffe Mawson, joined the 5th Battalion of the Kings Own

Royal Regiment soon after the outbreak of war. In March 1915 they were posted to the front line and sometime during 23/24 July 1915 he was fatally wounded.

His death had a profound effect on his father who determined to do something to help disabled soldiers and their families when the war finally ended. He had a vision of setting up villages for them where they could live and work in specially constructed workshops. These villages would contain good quality housing with gardens at cheap rents, schools, hotels, shops, libraries, playing areas, churches and each would have its own power station as a national grid did not exist at that time. In all 12 such villages of about 3000

smartoffice
stationery design print

13 Kings Yard, Sedbergh, LA10 5BJ

t: 015396 20788 f: 0845 652 2327

e: office@smartoffice.org.uk

www.smartoffice.org.uk

Open: Monday - Wednesday & Friday / 9am - 5pm

Closed: every Thursday

Closed: Good Friday (3rd April) & Easter Monday (6th April)

Digital Printing available up to A3

Have you considered professionally printing greetings cards, business cards, flyers or posters?

We also stock most items of stationery you may need for your business or home office.

inhabitants were planned to be spread throughout the country but at the end of the war the government did not financially support the scheme and there was some concern as to whether it was a good idea to effectively create ghettos of disabled soldiers.

However, in Lancaster a meeting was held in November 1918 and it was decided to collect subscriptions to found a village. The two people who were the driving forces were Thomas Mawson and Herbert Storey, a local industrialist. The site chosen was the Westfield estate to the west of the railway station. This had belonged to Storey but he had moved out when Lancaster had started expanding near it. Subscriptions were raised by a variety of methods including a lottery. The latter was the subject of a court case which decided the principle that a lottery for a charity was legal. Ambitious plans were designed for the village and building commenced although it never was fully completed as planned. Also a factory was never built due to opposition from unions and firms. The official opening ceremony took place in November 1924 when a key was handed to Earl Haigh. The central feature of the village was a war memorial designed by Miss Delahunt.

After WW2 more houses were added but gradually things changed. The children of the original soldiers had left and the inhabitants were mainly elderly. With the end of the world wars there were also far fewer disabled soldiers. The rents had not been raised and this eventually

produced a financial crisis with not enough money for repairs or improvements. The advent of the "Right to Buy" in the 1980s enabled the trustees to sell 22 properties to raise money. In 1987 the remaining houses were handed over to a housing association to manage. Houses are no longer sold and in addition to the private properties there are 90 that are let plus a building used for administration. Priority for renting is given to disabled ex-servicemen but others are eligible and the whole complex is run by a charity.

After his talk the speaker answered questions from his audience and was then thanked by the chairman.

Richard Cann

CHIROPODIST

HCPC Registered

Kay Whittle

MSSCh DipPodMed MBChA MInstChP

Pedi-Care House, Howgill Lane,
Sedbergh LA10 5AD

Tel: 015396 22122



Open 09:00 - 4:30

Please phone for appointments

Closed on Mondays

Supplier of

HJ Hall "Softop" socks

Argan oil & cream; Arnica gel & Aloe Vera

SEDBERGH WI

Meeting in the Methodist Hall on a chilly, dark March evening, we were soon revelling in the bright colours and blue skies of early summer as Maurice Steele from Eskdale transported us on his 'Cumbrian Ramble in Search of Orchids'. He confessed that his digital slide show, seamlessly put together and with recorded commentary spoken by a friend and incorporating some music and poetry, was in fact a combination of a good many rambles made over the course of 5 years, perhaps up to 20 years ago! Starting at Arnside, he took us up the west coast to St Bees, then north to Bowness-on-Solway and Burgh by Sands to follow the line of Hadrian's Wall which has been

completely removed by builders who over the centuries have incorporated Roman stone in local houses and churches: the first actual outcrops of the Wall itself are 27 miles from the coast, Maurice told us. From the Carlisle area Maurice moved south through the Eden Valley and close to Kirkby Stephen, before returning to Arnside to complete the circular tour.

So where did the Orchids of Maurice's title come in? His beautiful photographs introduced us to no less than 27 varieties - all those known in Cumbria at the time of recording them - in a multitude of habitats, some of which he had to be shown by experts, including marsh, meadow, dunes and even among the clints and grykes of limestone pavement. Orchids can be

W. DAWSON AND SON LTD

Now In Stock:-

From March

1m³ Loose Fill Kiln Dried Ash	£99.00
1m ³ Loose Fill Seasoned Hardwood Logs	£85.00
2 x 1m ³ Loose Fill Seasoned Hardwood Logs	£160.00
1.2m ³ Hand Stacked Crate of Kiln Dried Ash	£135.00
Woodlets 6mm Enplus Wood Pellets --	£235.00 per 980kg collected
10kg of Blazers Heat Logs	£4.00
Nets of Kiln Dried Logs	£4.00
25kg Best Quality Runner Peanuts	£30.00

Station Yard, Sedbergh LA10 5HP

Tel: 015396 20210

e-mail: office@dawsonsofsedbergh.co.uk

www.dawsonsofsedbergh.co.uk



Sedbergh Parish Council

would like to invite you to the



Annual Parish Meeting

To be held at the People's Hall, Sedbergh on

Tuesday 12th May 2015 at 7.30pm

This is YOUR meeting and an opportunity to come along and discuss what has been done during the last year and have your say on what you would like to see happening in the future.

What is the 'Vision' for Sedbergh Parish in the short and long term?

Come and give us your views and ideas about the facilities and developments you would like to see in the Parish.

The possibility of introducing a 20mph zone in the town will be discussed – what is YOUR view?

We aim to finish by 9.30pm. Refreshments will be provided.

abundant one year and gone the next, so photographing them if you miss one flowering season can be hit and miss! He was jealous of us, he said, living close to the limestone areas which most varieties favour. In his native Eskdale where the soil is acid the most common variety is the Heath Spotted Orchid, with a colour range from pink to an albino form, but they can grow in profusion. Orchids flower mainly between April (the Early Purple Orchid) and August with a colour range between honey, green, purple, pink and white, while the Bee orchid, for example, mimics the rear of a small bumblebee seeking nectar, encouraging real bees to follow suit and pollinate the plant.

We were mesmerised by the beauty of the flowers, so much so that when the show was over and the lights switched on, Maurice said: "You were very quiet! I thought you'd gone to sleep!" Not a chance: we were

entranced by it all! Jean Jones – very knowledgeable about plants herself – thanked Maurice for introducing us to so many of these wonderful flowers. I'm sure that a number of us will be hoping to go in search of some ourselves when the flowering season arrives.

Maurice joined us for tea and lovely cakes made by Rosemary and Marjorie before setting off back to his farm in Eskdale, while we dealt with our WI business. We heard from Anne Pitt that the walking group met in Staveley on February 18th, first going into the Parish Church to view the Arts and Crafts Movement's beautiful stained glass windows, and then having a pleasant ramble up to Potter's Tarn. They headed back to Wilf's Cafe for lunch along the lanes to avoid the damp ground.

Valerie hosted the book club meeting on 12th March, so we were able to enjoy the sweeping views up

SHIATSU Northern Style

Shiatsu is a form of therapy from Japan based on the same principles as acupuncture, instead of needles pressure is applied to certain meridians and points on the body using palms, fingers and thumbs in a continuous rhythmic sequence.

Shiatsu is a physical therapy that supports and strengthens the body's natural ability to heal and balance itself. It is both a relaxing and invigorating treatment - you will find that regular sessions help to prevent the build-up of stress over time.



Benefits of Shiatsu:

- Calms mind and body
- Relieves tension and stiffness
- Improves posture and breathing
- Provides for better circulation
- Enhances wellbeing

for further information or to book a treatment contact Clare Hill MRSS
m: 07813279511 - e: clare@shiatsunorthern.co.uk www.shiatsunorthern.co.uk

Winder from her temporary home. The chosen book was 'Paper Moon' by Marion Husband, but it came from Carlisle Library in an omnibus edition with 'The Boy I Love', the first book in Husband's eponymous trilogy, which deals largely with the traumas and 'gay' relationships of some soldiers in the First World War and their return to civilian life, some of them to marriage. (The second book, 'All the Beauty of the Sun', which takes place in the 1920s, is not included in the omnibus edition.) 'Paper Moon', the third book, follows the story mainly of the next generation who take part in WW2 but includes further information about the protagonists of the first book, so it is an advantage to have read 'The Boy I

Love' to make sense of it. We appreciated the author's skilful character-drawing (better of the men than of the women) and also the story lines, but some members didn't finish 'Paper Moon' or read 'The Boy I Love'. Of those who did, an average mark of nearly 7/10 was given, but we would think carefully before recommending the book(s) to a friend. After a very lively discussion, we enjoyed our tea and cakes made by Valerie and her daughter Melinda: many thanks to you both!

Our next meeting, in the Committee Room at the People's Hall at 7.30pm on April 8th, is not as advertised on the programme. Our speaker will be local author Jean Briggs and her

subject, based on her two novels, will be: "Why the Dickens is Charles a Detective?" Visitors will be very welcome.

Moira Folks

DENTDALE WI

It was a really full business meeting this month with lots of exciting outings and events on offer.

As I write, it is just a few days after the Dentdale Run and can say that members rose to the challenge of helping with others to prepare nearly five hundred bags of refreshments. It was quite a conveyer belt experience, but we hoped the runners enjoyed their filled roll, scone and cake because it all looked very appetising.

Most of the outings and meetings on offer are well into the future but need to go in the diary!

Coming up soon is the half yearly Council Meeting on 30th March and this year we have four members attending.

Holker Hall Garden Festival is at the end of May with tickets at quite a discount for WI members also a Cruise on Windermere with supper is on offer at the end of June.

The most exciting announcement was that there is to be a Garden Party to honour the 100 year of WI in the grounds of Buckingham Palace on 2nd June. Numbers appear to be unlimited at the moment pending on the uptake no doubt. For us from the north, accommodation and travel arrangements will need to be well thought out!

A fund raising Mini Market is being held on 24th July. It seems a long time away but apparently, there will be an emphasis on Crafts and so lists are out for those wishing to join Craft Workshops between now and July. The money raised will be for the general running of the Institute. Our chosen charity for 2015 is Manna House and ideas are sought for fund raisers.

Killington Upholstery &
Textiles Services

Contact: Rachel 07834485657
Email: rachelcabbie@kuts.org.uk
Web: www.kuts.org.uk

*I was going to the
skip.....Look at me
now!!*



Providing a reupholstery service using modern and traditional upholstery techniques, to breath new life back into tired furniture.

Rescuing chairs makes us happy and we believe that they will make you and your home happy too.

kuts

H o l m e O p e n F a r m & Café



Come hold, touch and feed the animals on our guided tours, which run continuously during opening time.



INDOOR PLAY AREA



NATURE TRAIL
PICNIC PLAY AREA
CAMPING AVAILABLE ON SITE

CLOSED TUESDAYS

Holme Open Farm, Sedbergh, Cumbria LA10 5ET
Tel: 015396 20654 www.holmeopenfarm.co.uk

Our speaker for the evening was Rosemary Holmes, talking about *Mexicans Mayans and Textiles* following a holiday in Central America. Her route had taken her through Guatemala, southern Mexico, Yucatan Peninsula, Belize, El Salvador, Western Honduras where these countries have managed to maintain enough of the ancient cultural heritage with the people speaking one of the Maya languages to attract the tourists. Mayan culture had begun to develop in the period about 1000BC and was in its heyday between 300 and 900AD. We were shown pictures of the ancient temple sites with vast flights of stone steps to the top and told the toe curling facts

that in many cases there are no handrails! Amazing views for those who did climb to the top though!

Rosemary had brought along some of the colourful textiles she had been tempted to buy from the Mayan people including a very distinctive travel bag, needed, she said, to bring all these beautiful items safely back to England.

Chris Taylor's textile holiday souvenir was judged competition winner for the evening and Chris gave the vote of thanks being attracted herself to unusual holidays in far away places.

Next month, Marilyn Hale will be talking about Encoustic Art. New members and visitors are always



Painting & Decorating

DOMESTIC & COMMERCIAL
Interior & Exterior

Excellent Rates ~ References Available

Call Stefan Kliszat
for a **FREE** Quotation today on
015396 20524 or 07971 666 785

welcome to join us. Meetings are advertised locally and on the Dentdale website.

Pat Allen

KILLINGTON W I THE AFTERNOON W I FOR THE ENTIRE DISTRICT

Our speaker today was the first person in Sedbergh to whom Malcolm and I ever spoke – and that is now some 18 years ago. We had been following a family history trail which led us to Garsdale, Garsdale, Garsdale. And from Garsdale we continued down the valley to Sedbergh where we discovered the treasures of the History Room in the community centre. Carol Dawbarn was ensconced, with her cigarettes, in the office and directed us to the magnificent archives which were stored there. I knew that my grandmother had lived in Ravenstonedale as a child but the

records revealed so much more.

There was a most helpful and knowledgeable young man in the History Room and I said to him, “Are you a professional historian?” “No”, he replied, “I am a farmer”. Of course, this was none other than Kevin Lancaster. Maybe, not a university Don but certainly having more understanding of this area than any supposedly learned professor.

So it was a great pleasure to welcome Kevin today to tell us about Sedbergh in the days when all the homes were thatched - not with long elegant reeds but more likely with heather, grass or rushes. We learnt about the development of these functional dwellings into more substantial stone and slate roofed structures, and about the influence that the available materials had on the style of building. It was an enjoyable learning experience for all of us. Valerie Cann formally

expressed our thanks at the end of the talk.

Our meeting this month was held in the URC rooms. We particularly admired their blackout blinds. As usual we had started with vital business, and today's most vital business was to wish Marjorie Bramley a Happy 90th Birthday. A delightfully decorated, luscious cake came with our good wishes and none could be more worthy of them.

Our treasurer again reported a healthy financial situation and due to generous donations we have more than enough to purchase the defibrillator for the People's Hall and have pledged to support the First Responders with its ongoing costs.

Our secretary, Susan Sharrocks, has graciously decided to accept the Queen's invitation to a garden party at Buckingham Palace. The rest of us are looking forward to Our Garden Party at Sally's place in July!

Wendy McLean will be our representative at the National AGM at the Albert Hall this year. The "resolution" which the WI will support concerns the care for older folk in the community.

Plans are well advanced for Killington Wi's hosting of the group meeting on May 18th. This is when several neighbouring institutes join together for companionship and entertainment. The group of which we are part consists of us (Killington), Sedbergh (formerly Frostrow), Howgill and Firbank, Dentdale, Barbon and Casterton. You would be hard pressed to find a more beautiful group of locations! Our entertainer's

Daphne Jackson

DO, MsC (Ost)

Registered Osteopath

**Mill Barn, Broad Raine
Killington LA10 5EP**

Please ring Kendal Practice
for appointments
01539 740452

theme is, "Magic and a Little Bit More". If you would like to join us for a superb evening's entertainment then be at the People's Hall by 7-30pm.

Members were reminded to enter as many items as they could in the Spring Show on Saturday 18th April.

(latest date for entries 11th April)

REMINDER TO EVERYONE!

As usual we concluded by judging our competition –something beginning with "I" –Margaret Denton's tray with ivory heffalumps was deemed the winner, and I won the raffle, so please admire my shiny hair if you meet me!

Our next meeting will be back home in the People's Hall at 2-00pm on Tuesday 14th April when Glenys Marriot will give an illustrated talk on "Those who left the Dales".

Why would they do such a silly thing?
Wendy Fraser-Urquhart

HOWGILL WI

There was a good turn out for the March meeting including two visitors. Mary Silva has corresponded with M.P. Tim Farron on our behalf stating

out concerns over the present crisis facing dairy farmers. He has responded by letter informing us he has submitted our issues to the Secretary of State.

Several members attended a talk by Frances Benton hosted by Barbon W.I. There was a collection of pearls on show to admire and purchase. If you have a passion for pearls these were real cultured freshwater ones. She spoke about the wearing of pearls and the designing of jewelry to suit skin types. We were entertained, fascinated and tempted!!

We were given details of the Centenary Connect Day on May 2nd. We are to meet up with other W.I.'s at Old Hutton Village Hall. We can choose our own way of getting there. Bike, scooter, roller skates etc. It should be fun. Dressing up is optional.

Speaker for the evening was our own member Tanya Hoare along with husband Edmund who had come along to answer our questions. Tanya inspired us all giving us facts about swifts and their intriguing lives. They are a true herald of summer arriving in Lowgill in May to take up home for the three months during the

David Jackson



**Drystone Walling
Gaps/Repairs
H. L. S. Walling
Stonework
07811 756410**

breeding season. During renovation to their home special nesting boxes were installed under the eaves. Also cameras record and monitor activities which can be watched on T.V. Swifts have short legs and cannot perch but cling on to sides of buildings, walls and cliffs. They feed, drink and sleep on the wing and only land to breed, spending almost their entire life in the air. The decline in the swift population is now a major issue due to the reduction in suitable nesting sites. Mary Silva thanked Tanya and Edmond for sharing their knowledge of these amazing birds with us.

To continue the theme the competition for a photo of birds in flight was won by Jackie Hooley with Sarah Syred second. Raffle winner was Tanya.

The social time to make dancing birds from newspaper was won by Jackie Hooley. The evening was brought to a close with our usual tea and cake.

We meet on April 2nd when John Vandy will give us the History of Bees. Why not join us at Firbank Church Hall at 7.30pm. You will be given a warm welcome.

A. H.

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

*Available for hire for
all kinds of functions...*

- ❖ Parties ❖ Meetings ❖ Concerts ❖
- ❖ Jumble Sales ❖ Dances ❖
- ❖ Theatre ❖ Discos ❖ Lectures ❖

For availability and bookings –
Sedbergh Office Services ☎ 015396 20788
www.peopleshall.org

CHURCHES TOGETHER

A thought for Easter

Sentimental American movies and other media from across the pond are not really my cup of tea. But I was drawn to the real story of the family of an American church minister, whose experiences of the next life bring hope to all who have suffered loss and bereavement and cause the sceptic to think again. If you work through the sentimental presentation of the book, "Heaven is for Real," you come to realise that hundreds and hundreds of people all over the world have experienced ecstatic experiences of heaven during a time of life threatening illness which are hard to explain away.

The story centres on the young son of the minister who becomes dangerously ill in hospital and has an out of body experience where he visits heaven, encounters dead members of the family and his soul goes on a journey around the hospital

For Depression, Anxiety, Loss, Relationship Issues, Obesity and Eating Problems

Contact **JENNIE DAVIES**
Kendal and Sedbergh

Counsellor, (Senior accredited BACP)
Psychotherapist (UKCP accredited)
Advanced Practitioner in Obesity and Eating Disorders.
015396 21261

jennie@odavies.plus.com
www.jenniedcounsellor.co.uk

and sees and hears things that he cannot have possibly overheard as he was in a different part of the hospital when these events took place. All rather fantastical until you work through the scrutiny the story undergoes from the boy's father. He deals with the science of near death experiences, that when the body nears death it releases narcotic type chemicals which promote a feeling of bliss and can cause hallucinations, which in itself I find rather comforting! But the boy's testimony relates to conversations of family members in other parts of the hospital and detailed knowledge of dead family members in heaven. He gives precise details of his father's visit to the hospital chapel and his mother's phone conversation in another part of the hospital, all whilst he was unconscious. The book contends the boy could not have had any prior knowledge of this information and medical science could not provide an explanation.

What the book reminds us is that this story is far from unique - countless others have had similar experiences of heaven, which cannot

PARKIN & JACKSON MONUMENTAL MASONS

14 Appleby Road Kendal LA9 6ES
Tel 01539 722838



- New Memorials
- 2nd Inscriptions
- Cleaning and Repainting
- Renovations
- Memorials designed to your personal specifications

Visit our showroom
or phone for a brochure

parkinandjackson@btinternet.com

www.parkinandjackson.com

Contact KEVIN BATEMAN

be explained as the hallucinations of a failing body. Their testimony adds weight to the testimony of Easter that there is more to this life than most realise and what is to come is better than anything we can imagine.

("Heaven is for Real: A Little Boy's Astounding Story of his Trip to Heaven and Back" by Todd Burpo)

**Church Services in April
St Andrew's Dent**

April 2nd: 7.30pm Eucharist of the Last Supper

April 3rd: 10.30am "One Hour in the company of Jesus our Friend and our Brother" - an informal meditation for Good Friday

April 5th: 10.30am Easter Day Family Communion

April 12th: 10.30am Holy Communion

April 19th: 10.30am Holy Communion

April 26th: 10.30am Holy Communion

St John's Cowgill

April 5th: 9am Easter Day Holy Communion

April 19th: 2.30pm Evening Prayer

J J MARTIN

Funeral Service

(B Goad)

Established 1869

Long Lane, Sedbergh



Complete Funeral Service
Day or Night

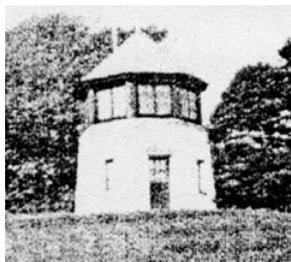
Chapel of Rest

**Day or Night
Dent 25334**

PEPPERPOT

Help us capture the history of Pepperpot

Sedbergh School Foundation has been awarded a grant by the Heritage Lottery Fund to rebuild Pepperpot. The grant includes funds to build a small website sharing the history of the building and the area. Sedbergh and District History Society have kindly shared their information and we are keen also to have personal accounts of the building. If you have an interesting story to tell about the building please get in touch. We'd love to hear about tea parties, proposals, ghost stories told inside and anything else that has made Pepperpot memorable to you.



Katy de la Rivière
kdlr@sedberghschool.org
015396 22275

SEPTIC TANK EMPTYING

Fast efficient Service
Very competitive prices

SKIP HIRE

Ideal for rubble, soil,
builder's waste and stone

Ryan Simpson

07766 971 167

015395 68318

rysimpson@live.co.uk

SIGHT ADVICE SOUTH LAKES SEDBERGH SUPPORT GROUP

Dennis took a much depleted roll-call and welcomed Margaret, Jenny, Susan - lovely to have you back - Elizabeth, Elspeth, Laura, Doris, May and Jenny D. to the Meeting. A variety of dispositions prevented the attendance of Winifred, Rosemary, Jean, Jessie, Jennifer and Keith - hopefully the beautiful spring weather will help and hasten your return to better health.

I ranted on at great length during the 'business' part of the Meeting and I'm sure every-one was greatly relieved when it was time for Laura our guest speaker for the afternoon to take centre stage as it were and give us a most fascinating talk about and demonstration of the myriad of strands and skills which are required of a weaver. It was particularly enlightening for some-one like me who hitherto had thought the only useful purpose of a Blue-faced Leicester was to produce Mules! Wool in its many guises is not, as we were to discover, the only 'commodity' which can be woven. As well as the

Cumbria Stove Centre

Supply and installation of
wood, coal and gas stoves
Flue and chimney lining services
Inglenook specialists
Fully qualified and experienced
Hetas engineers

01539 821061 (day)
015396 25227 (evening)

SHOWROOM:
34a Main Street, Staveley, Nr Kendal

WALK FOR ANITA



Millthrop Resident Peter Lindsay
is walking from
Lands End to John O'Groats
between April & July in memory
of Anita Lindsay and in aid of
Genesis Breast Cancer Prevention
Reg'd Charity 1109839

*Follow Peters
preparations & progress at:
Blog: www.walkforanita.wordpress.com
Twitter: @walkforanita*

many samples of woven wool Laura brought with her, she also brought for us to 'see and feel' items woven from silk and a combination of linen and paper - I hope I've got that last one right! Indeed, one of the highlights of Laura's presentation to the Group, for which we are extremely grateful, was the opportunities it gave us to feel the different textures of the woven fabrics. Another highlight for me was to be let loose with a shuttle and do some weaving on the table loom Laura also just happened to have with her - Brilliant. Not my shuttling I hasten to add - I wouldn't recognise my warp from my weft if it hit me in the face, but it was terrific just to be able to 'have a go'. Laura explained to us the great significance of setting up the loom not only, for example, so that you got the pattern/design you wanted, but also so that the loom settings 'took account' of the 'shrink-



ability' of, again for example, the wool you were weaving.

It has been impossible in this brief report to do anything like full justice to the range and scope of Laura's talk and demonstration, and I have only been able to impart the merest fraction of the wealth of information she gave us, let alone describe the stunning beauty of the many designs Laura has herself created and shown us in the items she brought with her - truly amazing. However, Laura's Loom is now established at 16, Back Lane, Sedbergh and is open most Wednesdays and by prior appointment, and I am sure that if you were to pop in you would receive the warmest of welcomes to Laura's world of wool and marvel not only at the range and beauty of the items on display, but also at the skills and craftsmanship of Laura the weaver who created them.

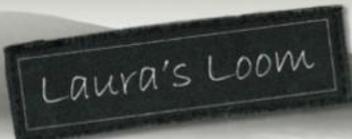
Dennis gave the Group's formal thanks to Laura for her most inspiring, informative and absolutely delightful talk and demonstration, and I am now

looking for a suitable item of clothing on which to pin my Laura's Loom 'badge of honour'!

Our next Meeting is on Tuesday 21st April at 2.00p.m. in the People's Hall Committee Room when by popular demand we are going to be rent in twain and cerebrally challenged by Susan - oh the agony and the ecstasy of it all!

If you would like a Large Print copy or an audio version of Lookaround, please see Dennis. If you want to find out more about SASL and all the services it provides for vip's please ring 01539 742633. You can call in at Head Office, Stricklandgate House but it is best to ring first and check on opening times etc.

George Watson



**BEAUTIFUL HANDMADE
SCARVES, TROWS & ACCESSORIES**

**Now at
16 Back Lane, Sedbergh, LA10 5AQ**

Come and browse my selection of scarves and throws, all woven from Yorkshire Dales and Cumbrian wools. I also carry yarns for knitting and weaving, my own range of wool walking socks and an ever changing selection of interior accessories, plus an eclectic mix of handwoven textiles which you can see being woven on my loom in the workshop.

Open most Wednesdays (10-3) but if you see me working at my loom just pop in!
Want to visit on another day?
Call ahead on 015396 22043 or
email me at ltr@laurasloom.co.uk

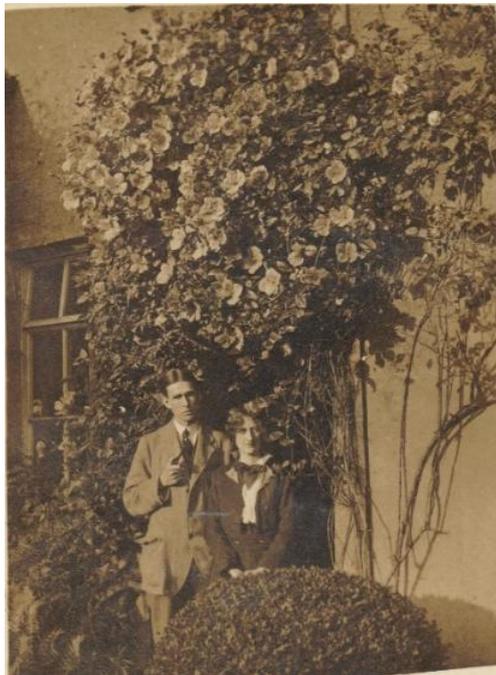
www.laurasloom.co.uk

VIC WULF & JOSEPH SMITH

WULF and Dedication to Private of Smith who died in the First World War

Professor Vic Hoyland is a composer and the retired Professor of Musical Composition at Birmingham University. His new composition, WULF, is dedicated to two family members, Pilot Officer Frankie Tingle 1920-1944, who was killed when he was shot down over the Baltic, on a bombing raid over Hamburg in the Second World War and Private Joseph A Smith, his grandmother's first husband, who died in the First World War. It is yet to be performed. He has sent a score to Sedbergh inscribed 'As promised, a pre-1st performance copy of WULF to be kept, in gratitude, at Sedbergh. Vic Hoyland'. WULF (2012-14) is for 24 voices and 24 instruments.

Joseph Smith came to Sedbergh as



ACUPUNCTURE

BAcC Member
www.acupuncture.org.uk



Experienced practitioner

*Treatment addresses the causes
as well as the symptoms*

June M. Parker

Dip Ac, MBaC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

Headmaster of Sedbergh Council (British) School in 1915 and lived at the schoolhouse on Joss Lane. He left to join the Royal Fusiliers in 1916 and his wife may have stayed in Sedbergh for a while, moving to Rose Cottage, Frostrow.

Private Joseph A Smith, 11206, 13th Bn. Royal Fusiliers, who died on 28 April 1917, aged 32. Son of the late Joseph Smith, of Stockton-on-Tees; husband of Nora Smith, of Carlton Villa, Wombwell, Barnsley. Head Teacher of Sedbergh Council (British) School 1915-1916. Died of wounds received at Oppy Wood, in the Arras Offensive. Remembered with Honour at Chili Trench Cemetery, Gavrelle

The inscription on his gravestone
*With them the seed of wisdom did I
sow
And with my own hand laboured it to
grow
And this was all the harvest that I
reaped*

His name is inscribed on the Sedbergh War Memorial
Westmorland Gazette entry 7th June 1917

Sedbergh

Died of wounds

Smith. Pte. J., Royal Fusiliers, died of wounds on April 23rd (sic). He was head teacher of Sedbergh Council School from August 1915, to June, 1916, and greatly liked by his pupils and all who knew him.

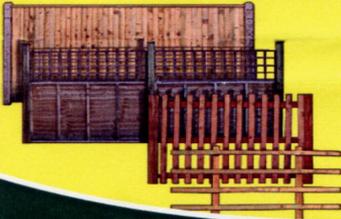
23rd June 1917

At a meeting of the Education Sub-Committee on Wednesday. Mr C. Taylor, from the chair, said since the last meeting news had been received that Pte. J. A. Smith, of the Royal Fusiliers, had died of wounds. Mr Smith was headmaster of the Council

School, having been appointed last July. He had only been with them a short time, but had won the respect of all with whom he came in contact. He was a great favourite with the children, by whom he was not only respected but loved. Only a short time ago he paid a flying visit especially to see the children and bid them good-bye. Three masters of the school have died within a comparatively short time. He proposed a vote of condolence with Mrs. Smith in her sad loss, and could assure her that the services of her late husband as headmaster of the Council School were highly appreciated by the Education Committee. The vote was passed in silence.
Elsbeth Griffiths

**THIS TEAM
"LEAVES" IT CLEAN!
Charlesworth
Tree Care & Fencing Ltd**

Domestic • Commercial • Agricultural
Covering the whole of Cumbria & North Lancs.



- Agricultural & Garden Fencing
- Rustic & Panel Fencing
- Post & Railings
- Horse & Rabbit Fencing
- Stock Proof & Deer Fencing
- Fencing Materials
- Treated Timber

CALL GAVIN TODAY

015242 71840

OR WOODYARD ON

015396 20006

Mobile 07721 773135

email: gavin@g-charlesworth.co.uk

The Woodyard, Old Railway Goods Yard,
Middleton, Kirkby Lonsdale LA6 2NE

C
H
A
R
L
E
S
W
O
R
T
H

Firewood for sale



This Team Leaves It Clean

DENT GALA.

WHEN? August Bank Holiday

Monday 31st August

WHERE? Dent!

WHY? To provide a good family fun day and to raise funds for the continuation of the "Memorial Hall" rooms ie village hall. There is a misconception that the "Memorial Hall" means the big Hall, it actually means the other parts of the "Hall", the Sedgwick Room, Haygarth Room, toilet and kitchen! The Sedgwick Room is in memory the founder of Geology, once local lad, Adam Sedgwick, which is why his photograph hangs in there, or will do again soon when re-decoration is completed. The hiring-out of these rooms which are looked after by the

committee of Trustees no longer can meet all the financial needs and the money raised on the Gala weekend is much needed.

The large Hall actually belongs to the School and is available for community use out of school hours and holidays and both the Trustees and the School Governors run it, and we have meetings twice a year to deal with matters relating to the shared use. If anyone wants to learn more about how it all works do get in touch.

So, Gala day, we need helpers, a lot of helpers, if you have helped in the past you will know it can be a lot of fun, it can also be wet and cold but we carry on regardless. Perhaps you have not helped before but would like



smatt's
DUO
Cafe Bar & Bistro



We are Reopening on Tuesday's from 7th April

Our spring & summer opening times

Monday till Sunday 9am - 6pm

Our menu is extensive with something to suit everyone.

Takeaways available

Our Thai nights will resume

Every other Thursday evening from 7th May 6pm - Late

We also provide outside catering, check our website for menus.

We can also cater to specific requirements

www.smattsduo.co.uk

Like us on facebook or follow on twitter

to, do get in touch, the Gala committee starts meeting again in June so there is time to join us, you do not have to be a DMH Trustee!

*Chair of DMH Trustees/Dent Gala
Sarah E Woof (25212)*

RICHARD HOGGARTH

RN & HE HOGGARTH BUILDING & REPAIRS

Established 40 years

Tel: 07799 420433 015396 20805

General Building & Property Maintenance
Non VAT Registered

YORKSHIRE DALES MILLENNIUM TRUST

**£2.2M SECURED FOR YORKSHIRE
DALES ECONOMY**

Farming and rural enterprises in the Yorkshire Dales are set to benefit from £2.2 million in LEADER funding.

The aim of this funding, which comes from the European Agricultural Fund for Rural Development and is managed by Defra, is to promote economic growth and generate new jobs across the region.

Rima Berry, LEADER Co-ordinator explained: "This is a unique opportunity for the rural businesses and communities in our area to benefit from investment in initiatives that other types of main stream "top-down" funding fails to reach. This opportunity has only been possible through the amazing commitment and enthusiasm of local people and all our partner organisations. Together we have identified the barriers we face as a rural area and successfully

applied for LEADER status so that we might fund the innovative and collaborative solutions to them."

The Yorkshire Dales Local Action Group (LAG) for LEADER consulted with people working and living in the rural areas of Richmondshire, Craven, Harrogate and Hambleton to identify opportunities to boost economic growth, create new jobs and to improve the quality of life in their communities.

The LAG will work closely with York, North Yorkshire and East Riding Local Enterprise Partnership and Leeds City Region Local Enterprise Partnership to make best use of the funding for rural development and to provide support for rural businesses.

The programme will open for applications towards the end of June 2015, but in the meantime Rima would like to hear from people with farming and rural enterprise projects that could utilise funding to promote economic growth and generate new jobs across the region.

Please contact Rima at Yorkshire Dales Millennium Trust by emailing rima.berry@ydmmt.org or calling 015242 51002.

Sarah Brewer

Grace Elizabeth Beauty

Mobile Beauty Therapist

13 Years Experience

SPECIAL OFFER

During the month of April,
enjoy a Decléor hour long
aromatherapy facial for £20 (usually £30)

Tel: 07799 846665

Monday 9am to 5:30pm

Tuesday 9am to evening

Thursday 9am to evening

"Like me" on Facebook to hear of more Special Offers

DENTDALE RUN 2015

This years Dentdale Run on Saturday 14 March, saw another bumper field of over 500 runners lined up for the start.

This annual event follows a 14.2 mile circuit around the lanes of Dentdale and raises much needed funds for Dent CE Primary School.

Once again, the weather was extremely kind this year, with bright blue skies and sunshine; in fact some runners commented that it was near perfect running conditions.

The runners started to come home just over an hour later with last year's winner Simon Deakin (Leeds City AC) the overall winner in 1.18.34. He was followed by Nick Leigh (Horwich RMI) in 1.19.12 and third went to Paul Coon (Derwent AC) in 1.21.37.

First lady home was Joasia Zakrewski (Dumfries RC) 1.29.17, followed by Heidi Dent (Howgill Harriers) 1.33.11, and third was Paula Irons (Black Combe Runners) 1.37.52.

Full results (including all veterans categories) can be found at www.dentdalerun.com

First local man was Ross Sedgwick in 1.58.07 and first local lady was Fiona Raw in 2.12.29, Royton Road Runners won the men's team race and Howgill Harriers the ladies team race.

Post race, everyone gathered in the Memorial Hall for sandwiches and cakes which were as always prepared that morning by a 30 strong team from the WI and local community.

The committee would like to express its thanks to everyone who helped,

supported, donated, sponsored, organised, ran and generally made this year the best Dentdale Run in a long time. The list is far too long to print but you all know who you are and we appreciate everything you do for the race.

All in all it was a fantastic day and once again we expect to make a large donation to the school in the near future.

*Scott Thornley
Chair, Dentdale Run Committee*

LOGS

Dry Seasoned Hardwood
Large and small loads
(Softwood available)

07904 698 794 / 015396 21073
logs.fgc@gmail.com

BABY AND TODDLER FUN DAY



On Saturday 2nd May, Sedbergh Little People are holding a fun day from 1.30 – 4 p.m., suitable for children under five years old. There will be soft play equipment (which is kindly being provided by Hardy Soft Play Hire), an under the sea air flow tunnel, a lucky dip game and a baby corner. We will also be serving cream teas.

There will be a small entry fee per family which will include a free drink for children. We look forward to seeing you there! *Gemma Suttle*

COBWEB ORCHESTRA

The Cobweb Orchestra exists to offer as many people as possible the chance to experience the joy of participating in orchestral music. All activities are open to players of any age, ability or experience and the regular local rehearsals are all run on a "scratch" basis; no weekly commitment is sought or expected - if you are free that night, just turn up and you'll be found a part to play. This unique ethos has led to the Cobweb Orchestra developing and maintaining a community of musicians, composers and arrangers which can cherish and develop the orchestral repertoire in all its forms and styles.

The annual, highly popular residential weekend of music will be held again this year in Sedbergh School's Powell Hall. The orchestra will spend the period of April 10th to 12th playing a varied range of music with expert help from professional musicians.

The weekend closes on the Sunday afternoon with an Open Rehearsal (not a concert) to which all are welcome when the orchestra will play through some of the works they have



been playing. There is NO entrance fee charge and there will be tea and biscuits and any donations will be shared between the orchestras funds and Motor Neurone Disease.

The Cobweb Orchestra, now in its 19th year is open to all standards of orchestral musicians; we meet regularly in groups in Cumbria (Tebay), County Durham, Northumberland and York. Groups come together for workshops, study days, rehearsals and occasionally whole weekends. Its activities also include trips abroad, last year Spain was visited whilst this summer sees our seventh trip to Tuscany in Italy.

Anyone interested in 'dusting off the cobwebs' from their instruments and playing for fun the e-mail address is www.cobweborchestra.org.uk or ring Sheila Blackwell on 015396-20056. Sedberghs newest Cobweb group is held at Tebay Methodist Hall on Tuesday nights in school term; 7.30pm - 9.30pm.

GARY ALLAN

Welding & Fabrication

*Structural Steelwork, Farm Equipment,
Farm Buildings Erected or in Kit Form,
Specialist Ornamental Gates & Railings,
Fabricated Steel supplied to the Building Trade,
On-Site Welding & Repairs.*

*Light Oaks,
Killington
Kirkby Lonsdale
Carnforth
LA6 3EY*

Tel: 015242 76426 Mobile: 07968 411787

SEDBERGH & DISTRICT HISTORY SOCIETY

The meeting on Wednesday 18th February was held in the Peoples Hall due to Settlebeck School being closed for the half-term holiday. The talk was given by Admiral Sir John Kerr on the Commonwealth War Graves Commission. Sir John had ended his career as Commander in Chief Naval Home Command and in retirement among many other posts had been Vice Chairman of the CWGC.

Initially in WW1 the Red Cross had tried to solve the problem of burying the dead but it but in 1917 the Commission was formed largely due to the efforts of Sir Fabian Ware. After the war in 1920 the principles

for commemorating the dead were decided after some debate. It was decided that each of the dead should be commemorated by name on a grave or by an inscription on a memorial. There was to be no distinction by military or civil rank, race or creed.

Originally wooden crosses were used but these were unsuitable for some religions and they also rotted. As a result the standard stone slab was introduced which showed for identified bodies the badge of the unit, service particulars and if wanted by the next of kin a religious symbol and a personal inscription. The Commission is responsible for 1.1 million headstones worldwide and has to replace about 22000 of these



M K CONVERSIONS LTD

Four Lane Ends, Marthwaite, Sedbergh, LA10 5ES

GENERAL BUILDING CONTRACTORS

NEW BUILD - EXTENSIONS - CONVERSIONS - HERITAGE WORK
RENOVATIONS - ROOFING - JOINERY

**WINNERS OF THE
2010 YORKSHIRE DALES NATIONAL PARK AWARD
FOR THE 'RESTORATION FOR RE-USE' CATEGORY**



Tel: 015396 22038 Fax: 015396 22039
info@mkconversions.co.uk
www.mkconversions.co.uk



annually which are made at Arras. Altogether the Commission is responsible for about 23000 locations in 154 countries. The largest being Tyne Cot Cemetery in Belgium and the smallest being one in North Carolina in the USA.

People such as Sir Edward Lutyens and Gertrude Jekyll were involved in the design of the cemeteries and memorials, like the Menin Gate, to those whose bodies were never found. The latter number about 600,000. However, each year bodies are discovered and they are buried and given a headstone and if they can be identified their names are removed from the memorials.

The people whose names are included in the cemeteries and memorials are those that died 1914-1921 for WW1 and 1939-1947 for WW2. They therefore include those that died from wounds after the wars and also those in service who died in the flu epidemic of 1919. The names

also include those who were "shot at dawn".

When the Commission was first formed it was called the Imperial War Graves Commission but the name was changed in 1960. The cost of the CWGC is £60 million pounds annually and this is met by the governments of the UK, Canada, Australia, South Africa, New Zealand and India with most of the cost contributed by the UK. About 1200 are employed with the majority being either masons or gardeners. The headquarters of the organisation is in Maidenhead but there are bases in various countries. The commissioners are appointed by the countries and are high ranking individuals from that country usually the ambassador or high-commissioner. The chairman is the Secretary of State for Defence in the UK.

After his talk Sir John answered questions and was thanked by the chairman.

Richard Cann

Oliver Higginbotham

FARM AND GARDEN CONTRACTOR

TREE SERVICES

** Tree Surgery - Tree Felling - Advice **

07904 698 794 / 015396 21073

treeservices.fgc@gmail.com

** Qualified and insured Tree Surgeon **

SEDBERGH BUSINESS HUB

The Sedbergh Business Hub, at 37-39 Main Street is now fully open for business. The former Udales Butchers Shop is now a new business hub and hopes to be a focal point to help businesses of all shapes and sizes within Sedbergh and the wider rural district. The site has multi-use rooms for client meetings, seminars, advice/mentoring, hot-desking stations, networking, remote learning and training. The site is part of the Rural Growth Network, a DEFRA funded initiative to help businesses in rural areas and it the Hub should help increase the profile of Sedbergh as a place for business.

Until recently the Sedbergh

Business Hub was managed remotely but after a change in the management arrangements at the beginning of March, the Hub is now fully staffed 20 hours per week and is also available for use at all other times by separate key arrangement.

The Business Hub is a venue for the delivery of events and advice by the Cumbria Growth Hub business support programme. Businesses that are registered with the Cumbria Growth Hub are eligible to use the hub for meetings and hot-desking at no charge. Other businesses, training providers, local organisations are very welcome to use the facility too for a small fee. To learn about events at all the Cumbria RGN Hubs please

THE
BRITISH
ST, FOOD
AWARDS.2014.



THREE HARES

Cafe . Bistro . Bakery

57 Main Street, Sedbergh
015396 21058

*James & Nina offer you a warm welcome
for all your bakery needs as well as*

Artisan Bread including Sourdough baked daily

*Homemade Seasonal menu using
Sedbergh Reared Rare Breed Meat, changing regularly*

Farrers Coffee and a range of tea's

Orders Welcome

A range of Local Craft Ales & Fine Wine coming soon

Finalists in the 'British Street Food Award 2014

Also have a look at our Web Site - <http://themoocher.co.uk>

We also provide Bespoke Outside Catering

visit [www.cumbriagrowthhub.co.uk/
events](http://www.cumbriagrowthhub.co.uk/events)

The former butcher's shop had been vacant for more than 20 years and in a state of disrepair. Significant investment from the owner, Neil Udale with funding support from the RGN programme, South Lakeland District Council and the Yorkshire Dales National Park (YDNP) has enabled the project to come to fruition. This key project has been led by SLDC's Invest in South Lakeland economic development team. The local community have been very keen to see the building brought back in to use and the owner now believes it will once again be a thriving location on the main street in Sedbergh.

The next phase of the project to

breathe life into 37-39 Main Street is to renovate the upper floors into affordable apartments and planning permission for conversion will be sought towards the end of the year. SLDC will continue to work with the YDNP and the owner on this next phase of the project.

Rates:

Full day (8hrs) £60 inc. Vat*

Half day (4hrs) £40 inc. Vat*

Hourly rate £15 inc. Vat

*Coffee/tea included in the hire of the facility.

Contact details:

SedberghHub@gmail.com or call
015396 20236

The Hub us open every
Wednesdays, Thursdays and
separately by appointment.

WINDERMERE WINDOWS & GLASS LTD

Resident in Sedbergh since 2007

Local Professional Glazier

Fitting Replacement

Windows, Doors, Conservatories, Failed Double Glazed Units
in UPVC, Wood or Aluminium

Fascia Boards, Soffits, Guttering & Down Pipes

Tel/FAX 015396 21444

Mob: 07890 784933

EXPERIENCED DRESSMAKER

Made to measure
Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.
Also alterations undertaken
All made to the Highest Quality by
SHEILA SHUTTLEWORTH
Tel: 015242 - 74322

BISHOP OF MANCHESTER

Dr. David Walker, Bishop of Manchester, takes a Walk "Upstream" to Kendal.

Following its tradition of inviting eminent religious speakers to Kendal at least once a year Kendal Ecumenical Group is delighted that Dr. David Walker, Bishop of Manchester has agreed to visit Kendal to deliver KEGs summer lecture on Friday 12th June at 7pm in the Shakespeare Centre, Kendal.

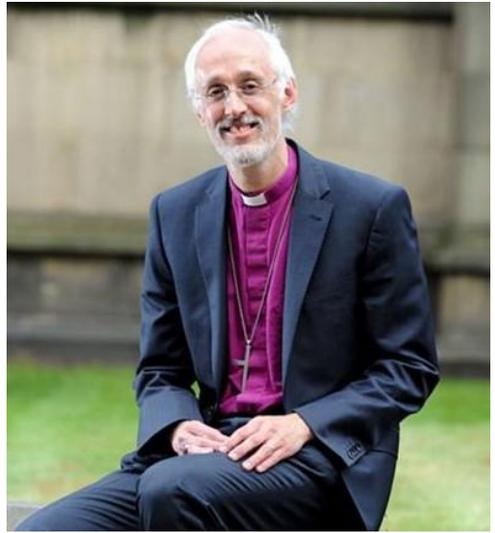
Bishop Walker has submitted an intriguing title for his lecture "Taking a Walk Upstream; Churches responding to Poverty and Injustice" Bishop Walker has much experience in social justice and in housing issues.

Free refreshments will be provided from 6.30pm. ALL ARE WELCOME.

There is plenty of free parking in Kendal after 6pm

As with all KEG events there is no charge but it is important to register to ensure a place. Once registered you will receive more details.

To register please email



kendalecumenical@gmail.com or text 0780 466 2044. Please include your name and the number of people expected in your group. Or you can telephone 01539 732 995 and leave your details on voicemail. Whichever option you use we will respond giving you full details as soon as possible.

Norman Burnellfab

**Paul
Hoggarth**



Building Contractor

**6" Wood Chipper For Hire
Small Plant Hire**

**015396 21413
07968 977429**

PEOPLE'S GYM & FITNESS CENTRE

Only a short report this month to remind you of the important dates coming up and which you must not miss! We are nearly there with the building which has been driven on by Gina Barney, so the hard work for the gym committee is about to start – raising funds for fitting it out, working out what equipment we have and still need and where to place it, how to actually run the gym and many other things that we have not even thought of yet.

So here are the events coming up:

The Quiz night on Friday 3 April in the People's Hall is Postponed.

AGM – Thursday 9 April 2015 at 7 pm in the White Hart Club (Change of

Venue).

Live Music - Sunday 24 May 2015

2pm to 5pm, an afternoon of live acoustic folk and popular music in the United Reformed Church.

Masked Ball - St Andrew's Day in November.

Keep fit activities - Folk dancing has temporarily stopped but will continue again **after Easter**.

Visit the gym's Facebook page where you can keep up with the latest ideas and developments. Or contact us on:

Sandra Gold-Wood (Chair)

sangold.kwood@virgin.net

Tel: 21808

Rosemary Lewes (Treasurer)

rosemary@rlccountants.co.uk

Tel: 20088

Together we are stronger...

Hayton Winkley and Thomson Wilson Pattinson have joined to become South Lakeland's largest law firm. Our bigger team, now operating as Thomson Hayton Winkley, have been dispensing legal guidance and expert local knowledge for more than a century and a half.

Whatever you do in life, you may encounter some tricky legal matters along the way - and our friendly team are ready to guide you through with their unrivalled expertise.

Kate Seymour is still our Sedbergh representative - please do not hesitate to contact her in the first instance on any legal matter.

Kate.Seymour@thwlegal.co.uk



Kendal 114-116 Stricklandgate
Tel: 01539 721945

Windermere 25 Crescent Road
Tel: 015394 46585

www.thwlegal.co.uk

Trusted Solicitors & Advisers
ThomsonHaytonWinkley



SHEEPFEST

Wasn't it great last year? The whole town filled with sheep and smiling people – both locals and visitors. Some sheep were there for the weekend only, others flocked to Farfield Mill, one or two were 'rescued' from the dustbin after the weekend had finished, others hung around for weeks and at least one spent months nibbling at the litter bin.



Initiated by Farfield Mill many people attended 'free' workshops where they were helped to realise their sheepy aspirations. The wiser amongst us know that little is ever truly free. Farfield had secured significant 'one

off' funding for this event which included Artsense, the team who helped to make our sheep, the materials and the hire of the People's Hall. For many this experience which brought the community together and revealed its extraordinary hidden talents was the most important aspect of the project and an essential part of its future.

At the follow-up meeting in February, attended by fourteen people, it was agreed that it was important to build on last year's momentum and hold Sheepfest again this year –reviewing whether it should remain an annual event thereafter. Sheepfest 2015 will take place over

Auctioneers, Estate Agents & Property Managers

70, Main Street, Sedbergh, Cumbria.
LA10 5AD

Tel: 015396 20293 Fax: 015396 21650
Email property@chriswhelan.co.uk
www.chriswhelan.co.uk



Residential & Commercial Property Sales

Residential Letting & Management

Caretaking Services

Property Finding

Negotiations

Advice on:

- Preparing your property for sale or letting
- Free assessment of value for sale and asking price





two weekends, starting with the National Heritage weekend, Saturday 12th September, the week between, and finishing on Sunday 20th September. There are other events on in the region at that time, Westmorland County Show on Thursday 10th September, the Torchlight Procession in Kendal on Friday 11th and Ulverston Lantern Parade. Rather than seeing this as competition we hope to market these and Sheepfest as a package to encourage visitors to stay for at least two nights.

At the meeting we decided on three

Does your garden need an overhaul?

*grass cutting
hedge cutting
flags laid
trees pruning*

Can't find the time to look after the garden you love?

just call

07980 154377

*let me do the work
whilst you relax*

sub-committees; fund-raising; publicity and the planning and management of the event itself. We would welcome more volunteers for these committees and also your ideas on themes (it is the Chinese Year of the Sheep, also book, play or film titles have been put forward) or any other aspect of the event. Please email your suggestions/queries to Clare, Farfield's admin. assistant (exhibitions@farfieldmill.org) or phone 015396 21958 ext. 1

Finally, Farfield is entering Sedbergh's Sheepfest for a Cumbria Tourism Award in the category 'Small Tourist Event of the Year'.

Meanwhile – get those dates in your diary!

**Orthopaedic Massage
Orthotics
Kinesio Taping
Sports Injuries
Back/Neck Pain
Sciatica**

**Shoulder, Hip or Knee Pain ...
www.reflex-om.com**

Follow me on

REFLEX
remedial massage



REFLEX
orthopaedic massage

015396 24871

Josephine Lade LCSP (Phys)

FLOODING

Helping Sedbergh to deal with emergencies like flooding

You will no doubt recall the destructive floods in Cumbria of 2005, 2009 and 2012. The Environment Agency worked closely with local communities to help them recover, and to become more prepared and resilient to future flooding.

It is particularly working with communities in South Lakeland that are prone to 'flash' flooding. Flash flooding occurs as a result of intense, localised rainfall, creating fast flowing water which can be extremely destructive. Flash floods happen very quickly with little or no warning, so it is important for people to understand their risk, know the signs

and know what action to take.

What can I do?

Look out for: heavy rain or severe weather reports; rising water levels with dark churning water; a build up of debris in rivers which could block the flow of water.

Do not walk or drive through flood water. In a flash flood, most injuries or even deaths, happen when people try to cross flood water, on foot or in a vehicle. It only takes 15cm/6" of fast flowing water to knock an adult over and only 60cm/2' to lift and sweep away a 4 x 4 vehicle or small lorry. There also may be hidden danger in the water like rubble or exposed drains.

Plan where to go if you get caught in a flash flood. If you are in a building with at least two storeys and feel you are safe to stay where you are then you should move to a higher floor and wait for instructions from the emergency services. If you do not have access to higher floors, or are outside, you should seek shelter in the nearest two story building or find higher ground.

Sedbergh – developing a community emergency plan

An area identified as potentially prone to flash flooding is Millthrop. Recently, an Environment Agency officer met with Sedbergh Parish Council to discuss flash flooding. Following discussion, the Council has decided to begin preparing a community emergency plan for Sedbergh as a whole. This plan could be used in various emergency situations, e. g. flooding and loss of electricity supplies. If you or your group/organisation is interested to help develop the plan, or to offer help

Sedbergh Little People

UNDER 5s FUN DAY

Soft Play Under the Sea Cream Teas
Air Flow

Saturday 2nd May 2015
1.30 - 4 p.m.
at the People's Hall

£3.50 per family
(includes a free drink for children)

Lucky Dip Baby Corner

Soft play equipment kindly provided by
HARDY SOFT PLAY HIRE

Environment Agency

Flash Flooding

Don't get caught out. Be prepared.

1 Be aware and know the signs

2 Don't walk or drive through flood water

3 Plan where to go if you get caught in a flash flood

www.environment-agency.gov.uk/flood
For free advice, call Floodline
0845 988 1188

Facebook Twitter @EnvAgencyYNE

in an emergency situation, please contact the Clerk, Janey Hassam, tel: 015396 20125, email: clerk@sedberghparishcouncil.org.uk

The Environment Agency's website has lots of useful information about what to do before, during and after flooding. Visit www.gov.uk/prepare-for-a-flood/ or if you would like to talk to an officer about any flooding matter, then call a member of the Food Resilience team on 01768 215788.
Debbie Binch

SEDBERGH CRICKET CLUB

As the new cricket season approaches it turns out we haven't been relegated and remain in Division 3. This is because Moor Hospital have withdrawn from leagues meaning we stay where we were and Ingleton will go back into Division 2.

The season starts on the 25th April away to Galgate. New and old players are welcome as we need as many as we possibly can, both young and old. I am not captain of the side this year, but remain as vice captain, Sam Moore is taking the helm this season.

I hope that Sam will continue to bring the juniors through, Ceiran Touhey, Ben Ferguson, Albert Hindson, Jay Ferguson Sam Gorst and Aaron Troughton, with Jay and Aaron being the younger ones to hopefully play more this year.

As we need a new ball for every game of cricket played, is there anyone out there who would like to sponsor a ball at £15, if so, please leave your cheque/cash with Ang & Mags at the papershop and Karen will collect it from there.

There will be refreshments available on match days at home, tea, coffee, sandwiches etc, etc. All supporters will be made very welcome.

Steve Troughton



SEDBERGH SCHOOL



We often have vacancies for Kitchen and Cleaning Assistants, and for other roles from time to time. Some roles are based in Sedbergh, and others are at Casterton (Sedbergh Prep School).

If you would like to work for Sedbergh School then please complete an Application Form and return it to the address below, indicating what sort of work you are seeking. If we have suitable work available we will contact you and invite you to come for an interview.

You can collect an Application Form from the Bursary, download one from the School's website (www.sedberghschool.org) or request one by sending an email to Shirley on shw@sedberghschool.org or by ringing the HR Department on 015396 20303. Please also check the School's website regularly for details of individual posts as they arise.

Please return completed Application Forms in email to shw@sedberghschool.org, by returning them to the Bursary or (by post) to HR Administrator, The Bursary, Loftus Hill, Sedbergh, LA10 5RY.

We look forward to hearing from you.

THE RAT RUN

Roger Bush's article about Main Street stirred my conscience and I shall certainly opt for the mini roundabout in future when practicable. On the other hand of course Sedbergh needs more stopping and more shopping visitors, so Angela is right too.

However the world is not such a simple place. Who are the people who speed through the town centre as if they were on a race track? They are likely to be locals lads or would be lads and we could do without them. Who are the people who shop in Main Street and who use it to reach the Joss Lane car park rather than via Bainbridge Road? They are mainly

local people who use Sedbergh shops rather than more distant supermarkets. Then there are the visitors who come specifically to explore Sedbergh and they might park in the Joss Lane Car Park, or they might go down to the Loftus Hill car park noticing as they walk back up Finkle Street a very nice ancient pub, an excellent butcher's and an interesting antiques shop. They will then no doubt explore Main Street from end to end. On the other hand, they might park in the Joss Lane car park but are more likely to miss Finkle Street altogether.

Finally there are those visitors who just happen to pass through Main Street on their way to somewhere

else. For them perhaps a slow passage through Main Street might be the best introduction if the shops look attractive and worth stopping for. They, I think, should not be deterred from using Main Street because even if they did not stop on the first visit, they might well come back, if impressed.

So what is the answer? The traffic must be **forced** to move slowly through Main Street. The shops must look inviting. Community minded townfolk should negotiate the perils of the mini-roundabout whenever possible rather than clog up Main Street. Perhaps then everyone would be happy, except the would-be race track rider who loves to dash through Main Street with his blaring exhaust.

Garsdale Design

We provide architecture, planning, urban design and heritage services for the Dales and Lakes

Our skills and experience are unrivalled whatever the size of the project

Our service is personal and tailored to individual needs

We are an RIBA Chartered Practice



Contact details:

phone: 015396 20875 (office hours)

email: info@garsdaledesign.co.uk

web: www.garsdaledesign.co.uk



SEDBERGH
SCHOOL

SEDBERGH CYCLOSPORTIVE

Sunday
17th May 2015 9am

Choose from 3 distances – **30, 55** and the **70** miler (which includes the Côtés de Buttertubs!)

Entry fees: £25, £30 and £35

Register at:

www.sedberghschool.org/foundation

Sponsored by:



As I was finishing this, the SLDC Council Tax bill came through the door and with it "What's On in South Lakeland". There were 54 events listed, from Rusland Valley Sports to the Lake District Summer Music Festival. As might be expected, Kendal had 10 entries, but the run away winner was Ulverston with 13! Did the setting up of the Lantern art centre some years ago (no longer there unhappily) have something to do with it? Sedbergh's total was nil. Even the Sheepfest was missing. Kirkby Lonsdale had two entries although its population is smaller than that of Sedbergh, so why does it have so much more going on? Answers on a postcard.

Maureen Lamb

APRIL GARDENING

This month brings a great burst of new spring growth on trees, shrubs and herbaceous perennials. Some plants are grown primarily for their foliage and they are at their best now.

Of the trees, *Acer negundo* 'Flamingo' and *Acer pseudoplatanus* 'Brilliantissimum' are amongst the most eye catching. The first is a cultivar of the "Box Maple" or "Ash leaved Maple" and has pinnate leaves, pale green with pink and cream edges. Box Maple is very hardy and fast growing and will ultimately make a tree 70 ft tall, but for the best foliage trees are usually coppiced every 3-4 years. Another form, 'Kelly's Gold' has bright yellow foliage which keeps its golden colour



well into the summer.

Acer pseudoplatanus 'Brilliantissimum' is a cultivar of Sycamore which has new foliage of a beautiful shrimp pink. The leaf colour fades to a rather sickly green with age, so you might want to plant this somewhere where you can ignore it in the summer – or underplant it with summer flowering perennials or shrubs which will draw your attention. The lack of chlorophyll (green pigment in the leaves) means that the plant grows slowly and is too weak to grow on its own roots, so it is always top grafted on to a stem of stronger sycamore stem. It makes a rather dumpy tree but is quite stunning when in its spring colours.

Various shrubs bear bright spring colours. "Ninebark" – *Physocarpus* 'Dart's Gold' has bright yellow foliage in spring and keeps its colour well through the summer. It grows in sun, or light shade – heavy shade tends to make the leaves turn green. There is a good specimen of this (or the older cultivar 'Aureum') at Stagshaw Garden near Ambleside, where it grows amongst dark leaved



Kirkby Lonsdale 015242 71221

Monday & Thursday 8.30-7pm
Tuesday 8.30-6pm
Wednesday & Friday 8.30-5pm
Saturday 8.30-12 noon

Kendal 01539 722692

Monday to Friday 8.30-7pm
Saturday 8.30-12noon

- Experienced vets for pets, farm animals & horses
- Caring and professional team
- Modern facilities, easy access and ample parking

24hr emergency service

www.westmorland-vets.co.uk



Malcolm Sedgwick



Joiner

We are time - served local tradesmen undertaking all aspects of joinery work finished to a high standard.

For free estimates or further information, please contact us on:-

Tel: 015396 20609

Mob: 07527 237 599

e-mail sedgmjm@googlemail.com

Rhododendrons and brightens up the shadows. For a lower growing shrub, choose Spiraea 'Goldflame' with orange and yellow early spring foliage, and S. 'Golden Princess' with yellow leaves on a compact rounded bush.

Amongst the leafy perennials, wonderful, bold, variegated leaved Hostas are a favourite, but they are so susceptible to slug and snail damage in this garden that I have given up growing them. This year I intend to try out a deterrent, the recipe for which I discovered in an old magazine. Garlic Brew is said to repel molluscs, when sprinkled on hosta leaves. It is made by boiling 2 bulbs of garlic in 2 pints of water, and simmering until the bulbs are soft and pulpy. The resulting soup is sieved, and the liquor used at a rate of 2 tablespoons to a gallon of water. Concentrate stores well in a plastic bottle. I shall test it on ornamental plants in the garden which currently suffer from slug and snail attack, but I am not sure that it might not repel me just as much as those molluscs.

Elaine Horne

MANSERGH COMMUNITY HALL

Mansergh Community Hall is in an old Victorian school with school teacher's house attached. Built in 1839 by Christopher Wilson of Rigmaden, it was handed over to the (now) Carlisle Diocesan Board of Finance in 1895. It ceased to operate as a school in the 1940's and was rented out until approximately 1970. At that time it was returned to the community as a community hall and was operated by The Mansergh School Foundation Managers.

The hall has always been known as Rigmaden School, but in light of work trying to secure grants to refurbish the hall, it has been re-named Mansergh Community Hall and run by the Trustees of Mansergh Community Hall, a registered Charity. It is situated just down the hill from Old Town, a few miles north of Kirkby Lonsdale.

The hall is still in much the same state as it was when refurbished in the 1970s and there are now plans to bring the hall up to current requirements by obtaining grants. Offers have already been received from The Frieda Scott Trust and by

The Hadfield Trust and further monies are being sort from The Big Lottery. Many of the windows have recently been replaced with the help of a grant from The Banks Community Fund and new equipment has been bought with the aid of Roger Bingham's Council fund and the Neighbourhood Forum.

New events are continually being introduced, and following refurbishment, it is planned that many more events will be held there.

If anyone has any information or memories of Rigmaden School the Chairman of Mansergh Community Hall, Charlotte Southard, would be pleased to hear them. Please email rigmadenschool@gmail.com. For any further information please e mail or ring 015242 76210.

Charlotte Southard

Howgill Upholstery



Traditional Re-upholstery
With a lifetime of experience

*Chairs, Dining Chairs, Stools
and Occasional Furniture
Cushions Refilled*

The Barn Howgill Lane Sedbergh
015396 20733

neil@howgillupholstery.co.uk



MAIN STREET

By now we will hopefully have seen the works completed along Sedbergh Main Street to repair the flagging as well as the installation of cycle stands as requested by local traders.

Sedbergh Parish Council and Sedbergh Chamber of Trade and Business would now like to take this

opportunity to ask all businesses and residents to refrain from parking on the pavements causing damage to the flags and an obstruction to pedestrians. Most of the damage caused to the pavements is due to vehicles parking on them and it would be a shame to find ourselves back in the same position. A number of residents and visitors have recently suffered severe injury from falling over the broken flags.

We would also like to remind everyone that the free parking bays along the Main Street and in front of St Andrew's Church are for **SHORT SPELL PARKING ONLY**. It has been noted that some people, including some traders, are using them for longer periods and even leaving their cars there all day. This prevents residents or visitors who wish to use them for brief stops, to quickly pop into a shop, from doing so. We have, therefore, now asked Cumbria County Council's Parking Enforcement Officers to increase their patrols in these areas. For people living or working within the LA10 postcode Sedbergh Parish Council does offer a Parking Permit Scheme, allowing parking on Joss Lane and Loftus Hill Car Parks for a small annual fee so do please call in at the Information Centre to obtain a permit if you have not already done so.

Hilary Hodge

*Chair Sedbergh Parish Council
Andy Cobb Chair
Sedbergh & District Chamber of
Trade and Business*

DENT MEDITATION CENTRE

Three women of today present the wisdom of three inspirational mystics at The Meditation Centre this month (April).

Music and Mystics and Meditation on Saturday April 25 will be a mosaic of cello, flute, Celtic harp, ancient song and silence, using themes based on the lives and wisdom of Hildegard of Bingen, Lady Julian of Norwich and Brigid, Celtic goddess and Christian saint.

Julie Darling (Celtic harp), Deborah Thorne (cello) and Denise Treissman (flute) are experienced facilitators in working with music as spiritual practice so this should be a very special day. All are welcome – please visit our website to book

Do you need someone to look after your house, animals and garden while you are on holiday? We will be in the UK between

1st June and 30th October 2015 to organise the sale of our house. As it is rented out we are looking for places to stay, so are volunteering to **HOUSE-SIT**.

We are good with dogs, cats, chickens, ducks, geese, budgies, goldfish and pigs.

We are happy to do gardening, mowing, light maintenance jobs, and even to mend your pendulum clock or make curtains and loose covers if that is what you need.

We'd like to stay

at least a week or two at a time.

We have our own transport and are used to being some distance from a village.

References available.

Please email ellenkirton@me.com.

STOBARS HALL Care Home



The aim of Stobars Hall is to offer our guests maximum independence in order that they can lead full and varied lives, cared for by trained staff who provide physical, emotional and social support every hour of the day.

STOBARS HALL RESIDENTIAL HOME

If you would like further details, or simply a chat about life at Stobars Hall, please telephone Euan or Beryl on

017683 71291

Stobars Hall, Kirkby Stephen, Cumbria, CA17 4HD
www.thefranklyngroup.com

www.meditationcentre.co.uk

Also this month we have our group meditation which is open to all on Easter Sunday 11am to 1pm and our monthly Learn To Meditate the following Saturday.

Shake out your chakras at a special Meditation and Dance Day on Sunday, April 12. Movement mixes with meditation and music for a lovely day of relaxation and fun.

Finally book now to secure your place on one of our popular bi-monthly Silent Retreat Days taking place on Saturday, April 18. The day involves a Gong Meditation, short walk and reflection. There will be inspirational books and magazines available throughout the day as well as aids for various meditation techniques and mats for gentle exercise.

We look forward to welcoming you here soon

The Meditation Centre Team

DENT & SEDBERGH ORAL HISTORY SOCIETY

Old photos wanted!

For the past twenty years the Dent and Sedbergh Oral History Society has been collecting the memories of local people. We now have almost a hundred recordings and plan to publish the first of two books based on them. It's called *Telling it Like it Was! All our Yesterdays in Dent, Sedbergh and the Western Dales*, and it's coming out this summer.

We have concentrated on recollections of life in the first half of the twentieth century, before many of the modern conveniences we enjoy today such as mains electricity, domestic water supplies and motor transport. Our interviewees are drawn

from Dent, Sedbergh, Garsdale and the surrounding districts.

We are now asking *Lookaround* readers for their help. We are looking for photographs to illustrate the various subjects included in the book. We start with Childhood and School Days and it would be good if people have photographs of their childhood days, their local school and fellow pupils. Maybe you have a picture of yourself as a youngster working with horses, driving a tractor - or showing off the rabbits you've caught to earn some pocket money!

As you would expect, several chapters deal with aspects of farming. There are vivid accounts of milking by hand in the field or the shippin, making butter, doing the milk round

H & M

CRAFTSMEN

Beautiful homes deserve beautiful furniture



KITCHEN BEDROOM HOMESTUDY COOKSHOP

Beautiful Kitchens & Bedrooms

Home Studies & Lounge Furniture

Cookshop

Quality Bakeware, Utensils, Knives, Pots & Pans & Lots More!

Wedding Gift Service & Knife Sharpening

www.kitchensandbedrooms.co.uk

015242 41535

Ingleton Industrial Estate, off A65 near Tooby's

COMPUTERS are wonderful –
until they go WRONG!!



- ◆ Cumbria Computer Systems
- ◆ Your LOCAL I.T. specialists
- ◆ 25 years of experience
- ◆ Microsoft certified
- ◆ Full range of Computer Sales and Service
- ◆ Very competitive call-out rates
- ◆ Complete PC systems supplied and supported
- ◆ Wireless/wired Networks for home or business
- ◆ Friendly, jargon-free advice
- ◆ Virus and Spyware/Malware removal
- ◆ Consultancy service

Call us on

07545 010542

e-mail: admin@cumbriacomputersystems.co.uk
www.cumbriacomputersystems.co.uk

and taking animals to market. There's a chapter on sheep, with gathering, dipping and clipping. And, of course, there's haytime, with scything and raking, mowing with horse drawn machinery, making cocks and pikes in case of rain, leading in with cart or sledge and stacking in the moo.

In other chapters interviewees talk about their local church or chapel and the social life and the outings organised around them. They tell us about family life, their weddings, honeymoons and funerals, and the social life they enjoyed such as dances and potato pie suppers and local Fairs. If you want a traditional recipe for pig-foot pie, toenails and all, you'll find it here!

This is not a profit making venture. Everybody working on the book has given their skills and their time voluntarily, as of course have our interviewees without whom the project would not exist. We give sincere thanks to all concerned. We have pledged that any profits after

GRAHAM J MOFFAT



**BUILDER
PLASTERER
ROOFER
QUALITY WORK
Tel: 015396 20907**

production costs will be given back to our local communities.

We recognise that peoples' photographs are precious and must be treated with great care. We would not necessarily need to take them away to copy them. If you have a photograph which you think might be of interest we'd be most grateful to hear from you at Hobsons Farm, Cowgill LA10 5RF, 015396 25321, or antheaboulton@btinternet.com

*Anthea Boulton
Dent & Sedbergh Oral History Society*



Kentdale
Property & Garden
Services Ltd

CONTACT DETAILS

Martin Whitaker
01931 716443
07415 869068

martinjwhitaker@yahoo.com

All year round garden work undertaken - including hedge cutting, leaf clearance and lawn maintenance. Bookings are now being taken for both private and commercial tenders.

Call for a free quote



City & Guilds and the City & Guilds logo are trade marks of the City and Guilds of London Institute and used under licence.

SERVICES

Examples of the services I can provide:

Internal Services

- Wall preparation
- Plastering
- Coving
- First & second fix joinery
- Basic plumbing
- Kitchen fitting
- Bathroom suite fitting
- Ceramic wall & floor tiling
- Laminate flooring
- Decorating

Terms & Conditions may apply

External Services

- Gardening Landscaping
- Grounds & grass maintenance
- Hedge trimming
- Decking
- Patios
- Driveway cleaning
- Decorating
- Conservatories
- Garage & porch construction
- Drainage works
- Paths & steps
- Paving
- Boundary & garden walls (brick & stone)
- Gates & fences

YORKSHIRE DALES MILLENNIUM TRUST

Capturing the Yorkshire Dales on Camera

A photography competition has been launched to find some of the very best images that showcase the landscape, wildlife and communities of the Yorkshire Dales.

Local charity Yorkshire Dales Millennium Trust (YDMT) has teamed up with holiday cottage specialist Yorkshire Cottages for the third year running to seek out stunning images to feature in YDMT's official 2016 charity calendar.

Leah Cardus, Fundraiser at YDMT, said: "If you love spending time in the Yorkshire Dales and have an eye for

a great photo, then this is just the competition for you! From Yorkshire icons to hidden gems, we hope that budding photographers will share their favourite images with us to help us produce a calendar that celebrates the beauty and character of the Yorkshire Dales throughout the seasons."

The competition will be judged by award-winning photographer Stephen Garnett, best-known for his work over many years as chief photographer for the Craven Herald & Pioneer newspaper.

Stephen, who will have the difficult job of selecting just one overall winning image, said: "I'm so pleased to be judging this excellent

www.bonnybrides.co.uk



Family and Wedding Photography
Linda Allan 0789 699 2598 : 015242 76000:



PETER WOOF

Electrician



offering

A Quality Service
for all electrical installations
Large or Small

Reliable, Local & Cost Effective

Dent ~ Sedbergh
and Districts

Tel: 015396 20857
Mob: 07730 352218

THE FAIRBANK SOCIETY

Fairbank, Kirkby Lonsdale. LA6 2BD

Supported Housing for Independent People

For a monthly rent of £1,200.00 to £2,000.00 we provide en suite accommodation with all services including 2 cooked meals a day, heating, laundry and maintenance.

For information contact Susan Stoddard – 01524 271077

manager@fairbanksociety.com ~ www.fairbanksociety.com

competition. The magnificent Yorkshire Dales landscape offers a wealth of photographic opportunities and has provided the inspiration for many of my own images. I'm very much looking forward to seeing all of the entries."

The winning photographer will receive a hamper of local produce courtesy of Yorkshire Cottages, a local holiday cottage specialist who have supported YDMT for many years by donating more than £16,000 to the charity.

Drew Dunn, director of Yorkshire Cottages said: "We are delighted to be sponsoring the competition again: it's a great showcase for the Dales. And we hope our hamper, sourced locally from 'British Small Shop of the Year' Hunters of Helmsley, finds a worthy winner."

If you think you've got what it takes to capture a prize-winning image of the Yorkshire Dales then be sure to enter the competition before midnight on 22nd May 2015. Visit the [Yorkshire Cottages](#) Facebook page for full details and to enter the competition.

The finished calendar will be on sale

from autumn 2015. All money raised will help to support YDMT's work caring for the landscape, environment, communities and economy of the Yorkshire Dales.

Sarah Brewer

NEIGHBOURHOODALERT

The Neighbourhood and Home Watch Network (NHWN) are working with Financial Fraud Action UK, on a campaign for National Neighbourhood & Home Watch Week. This will centre around fraud & cybercrime, with a particular focus on criminals impersonating banks over the telephone to persuade people to move money into a so-called 'safe account'.

NHWN want to collect 'victim profiles' / case studies of anyone who has been a victim of this type of crime, to use anonymously as part of the publicity materials. If anyone has been a victim and is prepared to talk to NHWN in total confidence, please get in touch with Catherine Dunn, either by email, catherine.dunn@ourwatch.org.uk or by telephone on 0116 229 3118 by no later than 14th April.

SEDBERGH IN BLOOM

(Volunteers)

Spring is almost upon us (not quite spring at the time of writing this article) and our Group will once again begin to tend the flowerbeds in and around Sedbergh.

We have been fortunate to have obtained a grant from the Community Fund, for which we are enormously grateful, and it will be put very good use with our ongoing work and projects.

We have removed one or two rather elderly shrubs from the Main Street beds and we will be replacing them in due course, along with re-vamping other beds.

Many of you will have noticed that we have 'planted' some rather large tyres at the Toll Bar and these will be planted up this year.

Hopefully the new beds at the Fire Station will come into full bloom this year, but may we ask that parents, when collecting their children from school, make sure that they do not trample on these beds... I know it is very tempting but please the word is Keep Off. Admire the plants by all means but please give them a chance to grow. Thank you.

One area that the members of our group, who know a thing or two about plants are doing, is putting on their thinking caps to decide what to plant in the flower bed outside the White Hart as this bed is in a very windy position. Watch this space.

If anyone is interested in joining our very small group you will be most welcome. No gardening experience needed just someone who is willing to plod along and help as and when they can. (It's a brilliant of meeting people and having a conversation as you tend the beds) So please come along and join us.

Dorothy Blair

FEBRUARY WEATHER

After a dry start, 10 days without rain, February "fill dyke" lived up to its name. We had a fair amount of the black stuff and some white. Certainly the mud was back with a vengeance though we only had 4.08 inches (102mm) in total. Temperatures were about normal with a high of 49.1F (9.5C) and a low of 23.9F (-5C). The wind chill was below freezing on every night and on the 1st it was 9F (-12.5C) Pressure, and hence wind speed, was variable with a maximum



LIGHT REFLECTIONS
HYPNOTHERAPY

Stand still and gaze

The following are some of the things I offer help with using hypnotherapy and cognitive behavioural techniques:

- dealing with stress
- copng with a difficult diagnosis
- irritable bowel syndrome
- menopausal symptoms
- morning sickness
- help in dealing with chronic pain (needs a GP referral)
- helping with grief
- tinnitus (a condition in which I have a special interest)
- mild skin problems
- eating healthily
- improving sleep
- replacing unhelpful habits

lightreflectionsypnotherapy.com
Consultations in South Cumbria

DR CLARE MINGINS

gust of 21.6mph and 8 days when the maximum did not get into double figures.

Didn't we have a splendid show of snowdrops? Unfortunately the bees did not really get much chance to work them as the early part of the month was cool/cold and the later part rather wet. On the few dry warmer days the bees did come out on cleansing flights, showing at least they had survived so far! At the end of the month the specie crocuses were out but our last few remaining yellow ones were pulled off by the sparrows the little varmints! We are left with purple and the odd white unless some yellows were blind this year. The long tailed tits have obviously paired up as there are only 2 appearing at the feeding station instead of the usual family crowd. The crows and jackdaws are noisily building in next door's trees and a nearby barn. There are a few more chaffinch and goldfinch visiting. It has obviously been too cold for the large slugs. Some of the smaller ones are about again. In the last few days the oystercatchers were back making their raucous calls and the first curlew was heard on the very last day.

THE SEDBERGH SONGSTERS
are meeting Starting on April 20th weekly on Monday's during Term time at Gladstone House, Sedbergh between 10.30 am and 12.00 noon.



Why not come and join the new Sedbergh Community Choir that will provide an opportunity for members of the local community to sing and have fun alongside some of their neighbours with dementia, thereby helping them stay connected to Sedbergh and its people.

We can promise that you'll have a great time singing popular songs from the 50's, 60's and 70's with Sedbergh's very own David Burbidge. £2 per session

There is also an opportunity for the choir members with dementia to meet and chat together after the singing

Support with transport may be available. Contact Linda Greensmith on 07919152526

For more information and to book your place ring Diane Smillie on 07771 682378 or email her on diane@dignityindementia.org



CONFERENCE & TRAINING SUITES

Station Road, Sedbergh
Tel: 01539 718191
Email: sedbergh.conference@cumbria.nhs.uk
www.sedberghmc.co.uk

FOR COMMUNITY & HEALTH RELATED MEETINGS/CONFERENCES, WE HAVE 3 ROOMS FOR HIRE.

- **MEETING ROOM** UP TO 8 PEOPLE
- **IT TRAINING ROOM** UP TO 20 PEOPLE
- **LARGE TRAINING ROOM** UP TO 40 PEOPLE

PRICES RANGE FROM

£20-£50 PER HALF DAY AND £40-£90 PER FULL DAY.
HOURLY AND EVENING RATES AVAILABLE.

FREE WIRELESS FACILITY & STATE OF THE ART EQUIPMENT HIRE.

**15% DISCOUNT ON ROOM HIRE
IF LOOKAROUND MENTIONED WHEN BOOKING**

ROSE COMMUNITY THEATRE

This year's show really was a full on community event and in the run up and during the show the RCT received help from all corners of our community. It was good to have so many youngsters from the Primary School and Settlebeck School taking part. A big thank you goes to the primary school staff for allowing us to rehearse the children at the school. The youngster's parents also helped out with their time, expertise and back stage support.

Talking of backstage support; everyone did an excellent job, Katy Lord (stage management) and Ian Hutt (sound) Gordon Hosker (Chairman) certainly went that extra mile as did our Kev Kendal (Director). Thanks are also due to Andrew Pratt for being good enough to be there with his trailer to shift all the large scenery hither and thither and to Ernie Hailwood and Phil Satchell for storage and workmanship. The RCT is extremely grateful to Mike Packham who magically produced overnight a set of steps for the back of the stage. We used to use a table and a box not very safe.

I would personally like to thank everybody by name for all the work they put in but if I did that the list would go on for pages. So I will just offer the RCT's heartfelt thanks to our members, helpers, sponsors and audiences for their continuing support as without them it wouldn't be much of a production. Also thanks to the many local businesses who have given so freely and generously to assist with inevitable cost of putting

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

on our Pantomime. The cast also thank Dennis Whicker for the lovely bottle of 'Champers' he presented us with after watching the show.

The praise for the show has been quite overwhelming with people remarking that the enjoyment of the cast really came through enfolding the audience in the fun of the performance. I'm sure you will agree that young Elijah James is a star in the making as is our new post master Peter Jackson. Martha Keegan, Grace Capstick, Maddie Walsh, Jack Garnett and Thomas Moorhouse plus all the other extremely well behaved young people in the cast made a significant contribution to the production. Their singing was delightful too and made Maestro Sandy Roy smile from ear to ear.

Many of you have asked if RCT have plans for next year, well of course we do. We will be laughing our way through 'Tantrum of the Opera'. But before you get your top hat and the wife's diamonds out of pawn it's definitely not an *opera*. Yes, there will be singing, no change there and yes, it will be a Pantomime for all the family. *Sandra Gold-Wood*



Marquee and Furniture Hire

Why not hire a marquee or furniture for that special occasion.
Weddings, Parties & Corporate Events

Tel: 015396 20602

office@killingtonmarquees.co.uk

www.killingtonmarquees.co.uk

CIO

Sedbergh and District Charitable Incorporated Organisation (CIO)

The Trustees have been very aware since its inception that the CIO's official title is a bit of a mouthful and does not describe its purpose. After a lot of head scratching we have found a new name and in future the CIO's title will be **The Sedbergh and District Community Trust** which we believe better describes its purpose and its place in Sedbergh.

The Future of the Charity Shop

Concern has been expressed about the future of the Charity shop now that 86 Main Street has been put up for sale.

After six successful years when almost £95,000 has been donated to the community from the proceeds of the Charity Shop the Trustees are determined that it will always be a fixture in the heart of the community.

The current premises are well suited and one of the options to secure the future of the Charity Shop is the purchase of 86 Main Street by the Community Trust for the benefit of the community. Natwest have indicated that they would provide a mortgage at a financially viable rate and the feasibility of raising the deposit is being investigated.

Independent advice, as required by the Charity Commission, is now being sought to confirm the feasibility of this plan of action.

*Tony Reed Screen Chairman
Sedbergh and District
Community Trust*

pinfold caravan park

Static Caravans & Lodges

&

Tourers

FOR SALE

Static Touring Pitches available

Tel: Fred on 015396 20576



DUNGAN LAW Ltd

Plumbing & Heating Engineer

Bathroom Suites & Tiling
Central Heating Systems
Domestic Gas Appliances
General Plumbing

Mob: 07796 544596

Tel: 015396 20930



RED NOSE DAY

Many people supported us on Comic Relief Day that was held at No. 6 on Finkle Street when £228 was raised and given to the cause.

Jacky Baines

MARK DODD

Interior & Exterior Work Undertaken



Minor Repairs

Contact for a quote

07896 679263

markdodd1969@hotmail.co.uk



PAINTER & DECORATOR

PEOPLE'S HALL NEWS

We held the **official opening** of the refurbished front entrance on Friday 27 February 2015 with a glass of wine and nibbles. It was pleasing to have Cllr Evelyn Westwood (Chairman of SLDC) perform the unveiling of the plaques acknowledging the support the Hall has received from the Yorkshire Dales National Park, Awards for All, the Garfield Weston Foundation, the Harold and Alice Bridges Charity, the Sedbergh United Charities, Sedbergh Community Fund and local residents including a donation in memory of Josie Templeman, who was a Trustee 2005 – 2008. During the evening the Hall received donations of £980 towards the shortfall in funding. Since then we are able to report that only £300 needs to be found.

The **AGM** of the Hall will be held at 7pm on Monday 6 April 2015 in the Committee Room. Copies of the Agenda are posted on the Hall notice boards and around the Town. Do come and find out more about the Hall's future plans.

Dates for your diaries:

Old Time Dance: 20 June 2015

Coffee Morning: 8 July 2015 in URC rooms

Old Time Dance: 24 October 2015

*Dr Gina Barney,
Hon Secretary/20790*

Apple Macintosh & iPad Help & Advice
problem solving – upgrades – installations

Video to DVD Transfer
preserve those irreplaceable home movies

**Audio Cassette & Vinyl Record
to CD Transfer**

I'm afraid I don't do PC/Windows related work
The best advice I can offer in such cases is 'Get a Mac!'

Contact Andrew on 07788 688490

or email: andrew-allan@virgin.net

TROTT MEMORIAL CONCERT

Freda Trott would have been delighted could she have attended the second Freda Trott Memorial Concert on Sunday 1 March.

Supported by the Sedbergh Orchestra under conductor, Peter Crompton, and leader, Sue Armstrong which played some foot tapping reels.

The Pepperpot Music Makers with cellos, violins and recorders under Elizabeth Dodd Gruar, and Anthea Meuli were excellent.

The range of age and instruments and voices of the young musicians filled the audience with admiration. The audience almost overfilled the Thornely Studio which Sedbergh School had kindly made available and had supplied the tea.

There were 22 talented young musicians playing individually and it was tribute to Freda and her legacy.

Elsbeth Griffiths

DENTDALE DESIGN

~ Furniture Makers ~ Cabinet Makers ~
~ Antique Restorations ~

Established over 25 years ago, Dentdale Design are makers of free standing and fitted furniture. We also restore antiques

We would be delighted to discuss any furniture requirements you have with no obligation

Call us on

015396 25368, email cheetham@smithyfold.co.uk or visit www.dentdaledesign.co.uk

CITIZENS ADVICE BUREAU



Make sure you can vote on May 7

People have to be on the electoral register by 20 April to be able to vote in the General Election on 7 May.

The registration system changed on 10 June 2014. Previously, one person in every household was responsible for registering everyone else who lived at that address. Under the new 'Individual Electoral Registration' each person is now required to register to vote individually, rather than by household.

South Lakeland District Council sent a letter to every residential property in South Lakeland at the end of January. This letter showed who is currently registered to vote. If you were not included on the letter but you live at the address you need to register. If you pay Council Tax it does not mean that you are registered to vote.

You can register at www.gov.uk/register-to-vote or telephone the

Electoral Services Office on 01539 733333, they can register you online or send you a paper form. You will need your National Insurance Number and date of birth.

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, consumer problems, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help.



Gardening

Design

Maintenance

Ponds ☼ Summerhouses ☼ Pruning

25 years experience

Local references

Mark Barker

01539 62 3239

0770 99 77619



ST. ANDREWS LENT LUNCHES

I would like to give a very big thank you to all who helped make soup and those who consumed it. Also thank you to Maureen Hinch, Jean Dixon and Dilys Evans for their two concerts, the proceeds of which went to the Lent Lunches.



So far we have raised over £400 with more to come for St. Johns Hospice and the Ebola fund. Thank you.

Anne Reed-Screen

EDITORIAL

First and foremost, thank you to everyone for the good wishes on my latest health scare. I was very fortunate to get the problem sorted out very quickly and cannot thank all members of the NHS from Sedbergh Medical Centre, the Ambulance 'Taxi', Kendal and Lancaster Hospital enough for the attention I received.

During my ailing time, my PC came out in sympathy and my working drive collapsed and passed away but left the Working Files drive alone so with the grateful and expert assistance of Mike Clark, I was able to get up and running, only to find my e-mail address had done a runner and could not be found. Again, Mike assisted in this dilemma and although I am still running with the same e-mail address, I may have lost some messages so if I have not responded to yours, please let me know.

At the same time, I am trying hard to come to terms with the new Programme to put the Lookaround together and I am making mistakes everywhere so please be patient with me if your article or advert is (slightly) wrong BUT please do let me know so that I can endeavour to solve the issue.

The month of March saw a couple of natural spectacles over Sedbergh. The first were the Northern Lights over the Howgills taken by David John Forknall and features on the cover of this month's Lookaround. Further images are available by contacting David on davidforknall@live.com.

The second was the partial Eclipse seen by many. The cloud cover



interspersed with clearings gave an excellent viewing in Sedbergh. The photo has been provided by Brian Wright.

We have Four new Advertisers this month with Laura's (Rosenzweig) Loom which has a Wednesday opening every week at 16 Back Lane, David Baines with First 4 Home Improvements, Holme Farm & Richard Hoggarth Builder. Please mention Lookaround if you see or make contact with any of them.

Dennis J Whicker

SAM KONCZYNSKI



Carpets & Floor Coverings
Supplied & fitted
Telephone
07771 97 00 96

LADIES N.F.U.

The March Meeting was held on the 17th when 15 Members enjoyed a superb demonstration by Heather Askew of how to arrange Spring

J. E. WILKINSON

BUILDING CONTRACTORS

Quality Craftsmanship

New Builds • Renovations

Roofing • Plastering • Stonemasons

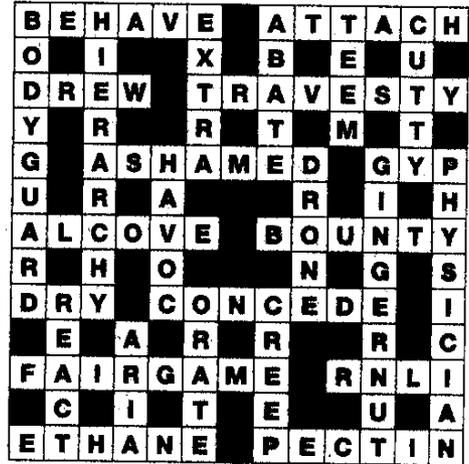
Lime Plastering & Pointing

WINNERS

YDNP BEST BUILDING DESIGN AWARDS 2010

NEW BUILDING CATEGORY

Tel: 015396 25531 Mob: 07989 197580



Flowers and Greenery. Extra Raffle Tickets were quickly purchased and a large number of lucky members went home with an arrangement.

A few members attended a Fashion Show organised by Carnforth N.F.U and Hazel Jackson gave a brief resume of this event.

Arrangements for our Coffee Morning at the U.R.C Rooms on 8th April were finalised, monies raised to be donated to Sedbergh First Responders.

Our next meeting will take place on the 21st April when Christine Marshall will talk about From Handbag to Reticule. Do join us at the Peoples Hall Committee Room, you will be made most welcome.

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

Steve Hopps



Property Maintenance

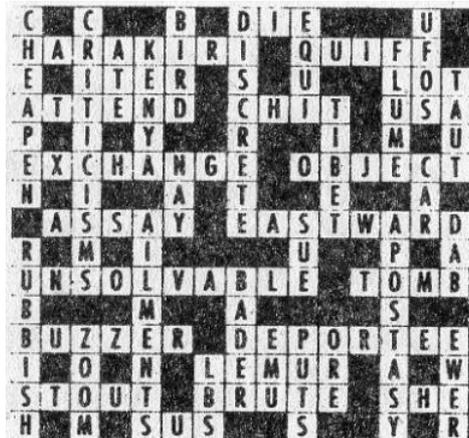
Painting and Decorating

Gardens tidied & maintained

All types of work considered

Tel 07870 785322

steve.hopps2@gmail.com



COMMUNITY OFFICER REPORT

14/2 - RTC reported A684 minor injury.

19/2 - Criminal Damage was caused to a vehicle parked in the Bull Hotel Carpark, the brake pipes and fan belt were cut. This is a very dangerous act by some one very reckless, and could of caused a death if the driver had not had his wits about him. Enquires ongoing.

20/2 - Caller reported seeing a group of youths on the roof of Sedbergh Primary.

21/3 - ASB was reported on Maryfell, loud music was playing, enviromental health informed.

1/3 - Numerous vehicles reported stuck on Black Horse hill due to weather conditions, can we remind those that in bad weather especially in rural areas to only travel either in a 4x4 or not at all.

2/3 - Badger baiting was reported in the Sedbergh area. Wildlife officers have been informed

4/3 – Cold Calling was reported in the area of Sycamore Drive.

7/3 – RTC reported at Millthrop, pedal cycle v car. 12 year old boy with minor injuries.

8/3 – A male was ejected from the Dalesman due to his levels of intoxication.

During the month of April we are holding sessions with the children from in and around Sedbergh. This will include internet safety talks, The Operational Support Unit (OSU, the new name for Roads Policing Unit) bringing their armed response vehicle. The dog handlers will also be bringing their canines to give a

display. I will put the dates in Lookaround when they have been confirmed.

EDWIN MIDDLETON



JOINERS

All aspects of site joinery work
30 years experience

We design, manufacture purpose made joinery in our own workshop.

All your requirements fully fitted.

UPVC windows & doors

Free Advice and Estimate

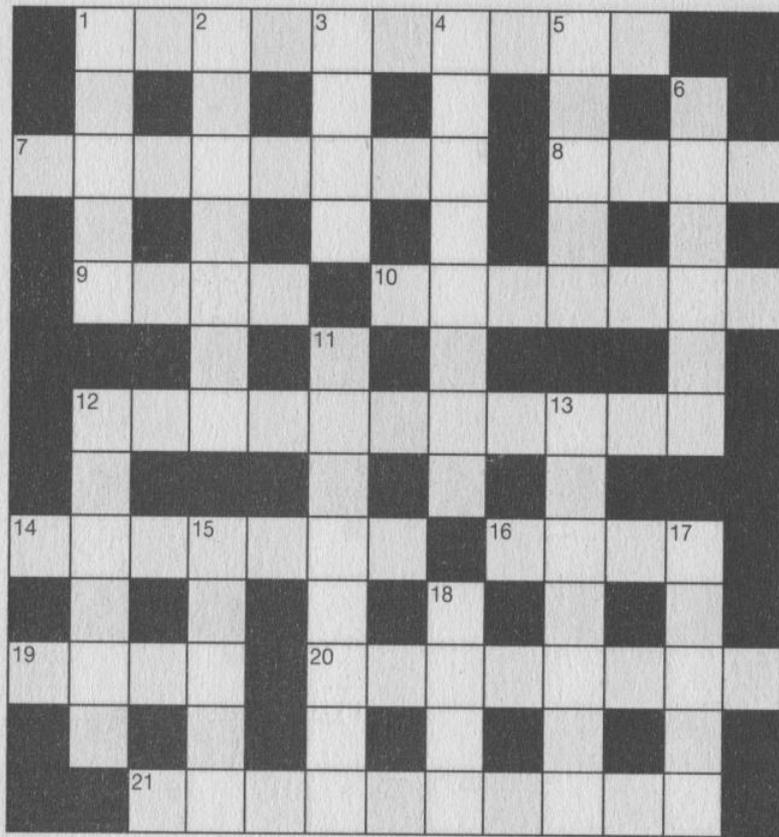
Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105

KIDS OF TODAY

A while ago, and I mean a while ago now, we had a new kitchen and a downstairs loo and we kept some plasterboard for the small jobs to finish off. We have our Grandson Cameron come to stay one day a week. One day I got two small bits of plasterboard and Cameron and I got some pens and did some drawing on them and every time I get the drawing pens out also out come the two pieces of plasterboard. So today out come the pens and Cameron went and dashed and got his two pieces of plasterboard and did other drawings but then moved to playing with his toy motorbikes and using one piece as a ramp and was great Until! Cameron sat on it and it went Crack right in the middle and I said "Oh Dear" then Cameron got up and dashed off and rushed back with the cellotape dispenser to put cellotape on it and fix it. Even at just gone two years old I think kids are so switched on these days.

Sandra W.L.



ACROSS

- 1 Californian city (3, 7)
- 7 High-ranking officials (3, 5)
- 8 Chimney dirt (4)
- 9 Give forth (4)
- 10 Social blunder (4, 3)
- 12 Magician's club (5, 6)
- 14 Width (7)
- 16 Item of clothing (4)
- 19 Baptism bowl (4)
- 20 Severe scolding (8)
- 21 International conservation organisation (10)

DOWN

- 1 Slack, not tight (5)
- 2 Brother or sister (7)
- 3 Small tide (4)
- 4 Extremely happy (8)
- 5 English county (5)
- 6 Spirit (6)
- 11 Without punishment (4-4)
- 12 Vegetable with whitish flesh (6)
- 13 Country, capital Zagreb (7)
- 15 Change (5)
- 17 Uptight (5)
- 18 Portable light (4)

A B C D E F G H I J K L M

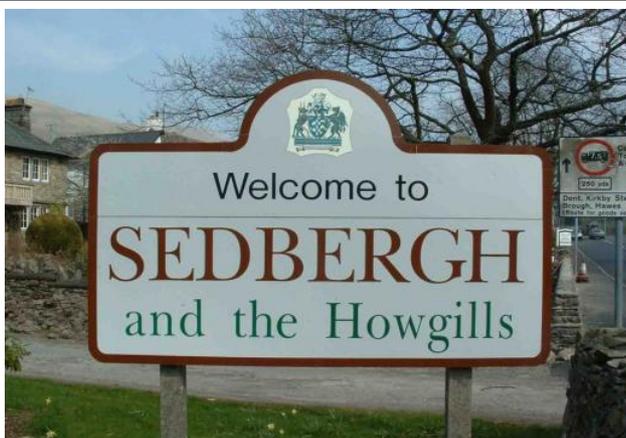
16	20	26	1	11	1	3	24		11			14		
	12	22	18		12		22	3	1	21	22	20	12	
23	15	14	22	12	1	3	24		12			13		7
	23	20	5		11				16		24	20	11	1
14	1	2	20	16	15	12	15	24	20	24	1			18
20			24				3			22	3	15		
11	1	14	1		1	6	20	12	24	26		18	15	18
	4		18		26		12			26	24	1		22
	19			26	10	15	12	9	22	12		20	16	1
	24	20	8			14		1		1			1	
14	15	5	1		2	1	1	18		26	5	14	20	11
	26	2	19	7	17			22			2		14	
26	24	1	8		1		26	8	1	5	15	9	15	5
	15		12		3	26	20		14		1		3	
1	5	25	1	11	20		24	19	14		9	19	4	17

D
U
E

N O P Q R S T U V W X Y Z

REFERENCE GRID

1	2	3	4	5	6	7	8	9	10	11	12	13
E												
14	15	16	17	18	19	20	21	22	23	24	25	26
				D				U				



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;; Free Wi-Fi</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <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 LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <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

Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02)..... <i>D & PB Flat; £395 pcm; References & Deposit required</i>	07944 859456
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360

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; TL = Table Licence; DFB = Dairy Free Breakfast

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

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



Rawthey Rhythm

Book us for a great evening of live musical entertainment at your party, dinner, reception or family / corporate event.

Smooth cocktail music, foot-tapping melodies & harmonies, entertaining songs and up-beat dance music to suit the occasion.

Contact us on 07778 022979 or rawthey.rhythm@gmail.com

Google "Rawthey Rhythm" on You Tube to see us in action.



All I said was "Things seem to have got out-of-hand!"

APRIL CHURCH SERVICES					
St. Andrew's	5th	12th	19th	26th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC	HC	HC	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	1st	8th	15th	22nd	29th
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
St. Mark's	5th	12th	19th	26th	
9.30 am	HC	MP NC	HC Extn		
2.30 pm				P & M	
St. John's	5th	12th	19th	26th	
9.30 am	HC Extn	MP	HC	MP	
LUNE PARISH SERVICES					
	5th	12th	19th	26th	
Holy Trinity Howgill	2pm Easter HC	2.00 pm Joint HC Killington	2.00 pm Joint HC Howgill	2.00 pm Joint HC Firbank	
St John's Firbank	10.30am Easter HC by Extn				
All Saints Killington	10.30am Easter HC				
DENT & COWGILL PARISH SERVICES					
	5th	12th	19th	26th	
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	5th				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			P&M = Prayer & Meditation		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version		

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
 & Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

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

Rev. H. Stuteley 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

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
 & Maureen Hinch 20843

Garsdale: Mary Grant 20573
 & Bill Mawdsley 20723

Firbank: Colin Wilson 20952
 & Jean Dixon 20435

Howgill: Mary Stainton 20426
 & Dorothy Parker 20493

Killington: Jennifer Thornely 20444
 & John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
 Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostraw

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

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	=	£4.00

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 18th October 2016

APRIL		
1	1030	Daily Exhibitions (10) FM
1	1000	Coffee Morning - TBA URCCR
1	1200	Lent Lunches StAS
2	1930	WIH - History of Bees HVH
3		Good Friday
3	1330	Age UK - No Session DMH
3	1930	Gym & Fitness Centre Quiz Night Postponed
4	1900	Flicks in the Fells (9) PH
6		Easter Monday
6	1000	Easter Monday Sale (9) DMH
6	1900	PH AGM PH
7	1900	Aglow International KLI
8	1000	Coffee Morning - Ladies NFU URCCR
8	1915	WID - Encoustic Art DMH
8	1930	WIS - Why the Dickens . . . ? PH
9	1200	Lunch Club Red Lion
9	1900	Gym & Fitness Centre AGM (63) WHC
9	1915	Royal British Legion WHC
10	1900	Royal British Legion Annual Dinner FM
13		SSAT Term Starts
14	1400	WIK - Those Who Left The Dales PH
15	1000	Coffee Morning - St Andrew's Mission URCCR
16	1300	Medical Centre Closed for Training (16) MC
17	1600	Laura's Loom Grand Opening (17) Back Lane
18	1000	DMC Coffee Morning DMC
18	1200	Sedbergh Spring Show (1) PH
19		SS Term begins
19	1600	Messy Church (19) SMC
20		Sedbergh Songsters (1 & 79)
21	1400	SASL Quiz PH
22	1000	Coffee Morning - Garsdale Village Hall URCCR
23		St George's Day
25	1030	Quiet Day (25) StMC
27	1930	Lands End to John O'Groats PH
28		Age UK Walk (*) K Stephen
29	1000	Coffee Morning - North West Cancer URCCR
MAY		
1	1030	Daily Exhibitions (10) FM
1	1330	Age UK - Charles Dickens DMH
2	1000	StAD Coffee Morning DMH
2	1330	Under 5's Fun Day (66 & 25) PH
2	1900	Flicks in the Fells PH
4		May Bank Holiday
5	1900	Aglow International KLI
5	1930	Town Band Concert (*) StAS
6	1000	Coffee Morning - Town Band URCCR
7	0700	General Elections
7	1930	WIH - Folklore & Customs HVH
9	1930	Summer Concert (*) SMKL
12	1400	WIK - Resolutions & Surprise! Surprise! PH
12	1930	Sedbergh Parish Meeting (41) PH
13	1000	Coffee Morning - Christian Aid URCCR
13	1300	Medical Centre Closed for Training (16) MC
13	1915	WID - Resolutions & Morecambe Coastgd DMH
13	1930	WIS - Resolutions, Games & Jacobs Join PH
14	1200	Lunch Club Red Lion
14	1915	Royal British Legion WHC
16	1200	Sedbergh Gala Sedbergh
17	0900	Cyclosporitive (69) Sedbergh
17		Epic Events Fell Race PH
18	1930	WI Lune Valley Meeting, Magic & More PH
19	1400	SASL Kendal Group Meeting PH
20	1000	Coffee Morning - Dent & Sed Oral Society URCCR
21	1930	Parish Council—Garsdale GVH
22		SSAT Half Term
23	0800	Artisan Market (*) Sedbergh
23	1400	History Society Walk Frostrow Fells
23		SS Half Term begins
24	1400	Live Music Event (*) URC
25		Spring Bank Holiday
25	1900	Duck Race & Coffee Evening HVH
26		Age UK Walk (*) Tarn Howe
27	1000	Coffee Morning - WIS - URCCR
30	1000	DMC Coffee Morning DMC
30	1800	Open Garden Charity Evening Gate
31		SS Half Term ends
JUNE		
1		SSAT End of Half Term
2	1900	Aglow International KLI
3	1000	Coffee Morning - Firbank Church URCCR
4	1930	WIH - Diabetes FCH
5	1330	Age UK - Touring Tasmania DMH
6	1000	StAD Coffee Morning DMH
7	1300	Town Band Concert (*) Grange over Sands
9	1400	WIK - The River Lune PH
10	1000	Coffee Morning - Garsdale Church URCCR
10	1900	History Society Walk Kirkby Lonsdale
10	1915	WID - Singing my Travels DMH
10	1930	WIS - Story Telling PH
11	1200	Lunch Club Red Lion
11	1915	Royal British Legion WHC
12	1900	Bishop of Manchester (62) Kendal
13	1900	Flicks in the Fells PH
16	1200	SASL Lunch TBA
17	1000	Coffee Morning - WIH - URCCR
17	1930	Town Band Concert (*) Middleton Church
18	1300	Medical Centre Closed for Training (16) MC
20	2000	Old Time Dance PH
21		Town Band Competition (*) K Lonsdale

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

The content of The Lookaround does not reflect the views of the Editors.

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

Copies are available from

SmartOffice, Premier, Post Office, Spar, Dent Stores & Barbon Inn & Stores.

COVER PICTURE

Aurora Borealis over the Howgills from Langstone Fell

by David John Forknall

23	1200	History Society Walk	Burnley
24	1000	Coffee Morning - WIK -	URCR
27	0800	Artisan Market (*)	Sedbergh
27	1000	DMC Coffee Morning	DMC
30		Age UK Walk (*)	Cross Keys

JULY

1	1000	Coffee Morning - Utd Reformed Church	URCR
1		SS Term Ends	
2	1930	WIH - Iceland	HVH
3	1330	Age UK - Trip Out	DMH
4	1000	StAD Coffee Morning	DMH
4	1900	Flicks in the Fells	PH
7	1900	Aglow International	KLI
8	1000	Coffee Morning - People's Hall	URCR
8	TBA	WID - Summer Outing	TBA
8	1300	Medical Centre Closed for Training (16)	MC
8	1930	WIS - Flower Arranging	PH
9	1200	Lunch Club	Red Lion
9	1915	Royal British Legion	WHC
15	1000	Coffee Morning - Royal British Legion	URCR
17	1200	History Society Walk	Barnard Castle
17		SSAT End of Term	
22	1000	Coffee Morning - TBA	URCR
25	0800	Artisan Market (*)	Sedbergh
25	1000	DMC Coffee Morning	DMC
27-31		Sedbergh Holiday Club (*)	PH
29	1000	Coffee Morning - Garsdale Village Hall	URCR
30		Age UK Walk (*)	Barbon

AUGUST

1	1000	StAD Coffee Morning	DMH
3		Summer Bank Holiday	
5	1000	Coffee Morning - Howgill Church	URCR
6	1930	WIH - Members Evening	FCH
7	1330	Age UK - Reminiscing	DMH
12	1000	Coffee Morning - St Andrew's Mission	URCR
12	1915	WID - Missed Cues	DMH
12	1930	WIS - Summer Outing	TBA
13	1200	Lunch Club	Red Lion
13	1915	Royal British Legion	WHC
19	1000	Coffee Morning - North West Cancer	URCR
22	0800	Artisan Market (*)	Sedbergh
22	1000	DMC Coffee Morning	DMC
25		Age UK Walk (*)	Holme Fell
26	1000	Coffee Morning - Bee Keepers	URCR
29		Flower & Produce Show (*)	PH
30		Flower & Produce Show (*)	PH
31		August Bank Holiday	
31	1200	Dent Gala	Dent

SEPTEMBER

2	1000	Coffee Morning - Garsdale Church	URCR
3	1930	WIH - Grayrigg First Responders	HVH
4	1330	Age UK - Age UK - Information	DMH
5	1000	StAD Coffee Morning	DMH
6	1100	Moorcock Show	MF
8	1400	WIK - Memories from the Coal Face	PH
9	1000	Coffee Morning - A&LP Lookaround	URCR

9	1915	WID - Discover Lake District Villages	DMH
9	1930	WIS - A Bee Keepers Wife	PH
10		Westmorland Show	Crooklands
10	1200	Lunch Club	Red Lion
10	1915	Royal British Legion	WHC
12 - 20		Sheepfest Week	Sedbergh
12	1030	Heritage Open Day	FM
12	1900	Flicks in the Fells	PH
13	1030	Heritage Open Day	FM
15	1400	SASL	PH
16	1000	Coffee Morning - Town Band	URCR
17	1300	Medical Centre Closed for Training (16)	MC
23	1000	Coffee Morning - TBA	URCR
26	0800	Artisan Market (*)	Sedbergh
26	1930	Town Band Concert (*)	Thornton
29		Age UK Walk (*)	Frostrow Fell
30	1000	Coffee Morning - Firbank Church	URCR

OCTOBER

1	1930	WIH - AGM & WI Advisor	FCH
2	1330	Age UK - Cumbrian Birds & Wildlife	DMH
3	1000	StAD Coffee Morning	DMH
3	1900	Flicks in the Fells	PH
7	1000	Coffee Morning - Utd Reformed Church	URCR

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWS	= Craftworkshop 61 Main Street
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
SMKL	= St Mary's Church, Kirkby Lonsdale
StAS/D	= St Andrew's Church, Sedbergh/Dent
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Settlebeck School Academy Trust
URC(R)	= United Reformed Church (Rooms)
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 – 10.00am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

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.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Dawn Douglas & Sarah Boum (Hygienist)

Monday to Friday 0900 - 1700

Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

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, 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