

Sedbergh & District

LOOKAROUND

March 2017

Issue 352

Donation £1

Welcome to the March issue which will have arrived late. This is due to February only having 28 days and the majority of material that came in to me by e-mail was in the last few days which put a big strain on

compiling. After giving it a lot of thought and with the continued increase in large issues, we will be amending the Closing Date to the 15th of every month from April.

Dennis & Jacky Whicker

Settlebeck School

Senior Citizens Concert

Tuesday 14th March 2017

5.00pm – 7.00pm
@ Settlebeck School

Please don't wait to be invited.

The concert is for all local senior citizens,
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There is no charge for this event.

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Settlebeck

Settlebeck School, Long Lane, Sedbergh, LA10 5AL

CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

Table of Articles

Bed & Breakfast	92	Indifference	16
Bus Time Tables	88	Information Centre	33
Diary of Events	94	Lawyers on the move	30
Editorial and Information	86	Lent Lunches	23
Lookaround Advertising Rates	91	Letter from the Surgery	66
Groups	84	Letter - Settlebeck & Madness	63
Personal Messages	83	Letter - Superfast Broadband	78
Places of Interest	93	Lunch Club	35
Puzzles	82	Madness 1	60
Religious Information	90	Madness 2	63
Regular Meetings	93	National Park Notes	72
Useful Telephone Numbers	5	Oral History Society	35
Art Society	72	Parish Council Garsdale	8
B4RN	65	Parish Council Sedbergh	6
Best Life	80	Peoples Hall News	70
Churches Together	20	Rose Community Theatre	37
Citizens Advice	26	Sedbergh Orchestra	24
Closing Dates	49	Sedbergh School News	54
Community Officer Report	81	Sedbergh Young Farmers	80
Community Orchard Group	34	Settlebeck Consultation	50
Community Swifts	28	Settlebeck News	57
Community Trust Grants	81	Sight Advice South Lakes	78
Councillor Corner	14	Swimming Club Times	80
Councillors Corner	12	Tim Farron MP	10
Cumbria Wildlife Trust	27	Town Band	24
Daffodil Appeal	64	Weather	36
Dent Meditation Centre	18	Western Dales Bus	38
Dentdale Christian Fellowship	22	WI Dentdale	40
Dentdale Memorial Hall	35	WI Howgill & Firbank	42
Dentdale, Head to Foot	37	WI Killington	43
Emergency Eye Care	67	WI Sedbergh	46
Family Musings	48	Women's World Day of Prayer	22
Gardening	79	YDMT Cash for Community	74
Guided Walks	34	YDMT Flower Power	76
Gym & Fitness Centre	19		

Table of Adverts

A1 Audio	58	Killington Marquees	36
Able Memorials	12	Kilvington Solicitors	72
Andrew Allan Video Transfer	50	Lakes Scaffolding	9
Bibby's Coach Holidays	4	Laura's Loom	10
Bonney Brides Photography	35	Malcolm Sedgwick Carpenter	73
Brian Goad Funeral Services	13	Mark Barker Gardener	76
British Legion	49	Market	18
Byroms Furnishers	20	MB Designs	21
Capstick Insurance Agent	68	McGarry Solicitors	31
Churchmouse Café	34	Medical Centre	22
Cobble Country Estate Agent	53	Meditation Centre Events	25
Cross Keys Hotel	40	MK Conversions Builders	57
Cumbria Stoves	36	Nicky Ross Plumber	10
Dalton Burial Ground	13	No. 6	44
Daphne Jackson Osteopath	73	Parkin & Jackson - Kevin Bateman	13
Dawsons Coal Yard	54	Paul Hoggarth Builder	26
Derek Hayes Gardener	28	People's Hall	43
Duncan Law Plumber	30	Peter Woof Electrician	69
Edwin Middleton Carpenter	21	Philip Horner Fencer	16
Ellie Archer Yoga	37	Robert Powell Web Design	32
Fairbank Society	75	Rosemary Lewes Accountant	17
Farfield Mill	7	Ryan Simpson Septic Tanks & Skips	38
First4Homes Improvements	61	SarahM	11
Flat to Let	11	Sedbergh School Vacancy	6
Flicks in the Fells	4	Sheila Shuttleworth Dressmaker	32
G J Baines & Son Builders	79	Simon Parkin Carpet Cleaning	73
Garsdale Design	50	Smart Office	64
Gary Allan Metalworker	52	Stefan Kliszat Decorator	55
Gavin Charlesworth Wood Supplier	56	Stephenson & Wilson Builders	39
Graham Milburn Weed Control	65	Steve Hopps Handyman	33
Graham Moffat Builder	36	Stobars Hall Care Home	22
Graham Moore Chimney Sweep	32	Stramongate Printers	29
H&M Craftsmen	59	TDS Tiling	71
Haddock Paddock Fish & Chips	39	Temptations Craft Boutique	43
Hayton & Winkley Solicitors	77	Thenewsnot	58
Helping Hand *	11	Three Hares Café	42
House Clearances	49	Tiik Wilkinson Builder	27
House For Sale	11	Tooby Electricals	51
Howgill Upholstery	58	Trevor Gardner Plumber	45
Ian Higginbotham Decorator	52	W Milburn & Sons Builders	46
Josephine Lade Orthopaedic	76	Weavers Cafe Vacancy	8
Jude Jackson Music Teacher	23	Wes Brewer Firewood	14
June Parker Acupuncture	15	Westmorland Veterinary Group	46
Kate Thexton Tuition	21	Windermere Windows	74
Kay Whittle Chiroprapist	33	Yoga Classes	59
Kentdale Property & Garden Services	70	Yvonne Cervetti Massage	47

Table of Events

British School Trust	48
Celebratory Concert	5
Coffee Morning Christian Aid	8
Early Morning Swim	4
Ellie Archer Yoga	37
Farfield Mill	7
Flicks in the Fells	4
History Society	15
Medical Centre	22
Messy Church	19
Red Nose Day	24
Sedbergh Orchestra	13
Senior Citizens Concert	1
Town Band Dance	24
Yoga Classes	59
April Wickerfishart	63
April Help the Aged AGM	43
April Spring Concert	62
April Spring Show	41

Miss Peregrine's Home for Peculiar Children

*Eva Green, Samuel L. Jackson, Allison Janney
Asa Butterfield, Ella Purnell, Judi Dench
Certificate 12A*

Saturday 4th March

film starts **7.30pm**

Sedbergh People's Hall
Flicks in The Fells

Early Morning Swim



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March Birthdays

Day	Name	Age
3	Meredith WADE #	10
3	Luke HUMPHREYS	9
5	Willow ASHWORTH	10
10	Aaron KELLY #	4
10	Leo KELLY #	4
12	Tommy METCALFE #	1
12	Evie STANLEY	9
12	Edward DEIGHTON	10
13	Isabel JOHNSON	7
17	Freya GARDNER	8
17	Fiona HOGGARTH	9
20	Mylo WADE #	3
20	Holly HAMLETT	10
27	Sophie WHITE	7
27	Zoe COWIN	11
27	Jack GARNETT	11
29	Zara GORNALL	8
29	Ellie-Ann STAINTON #	8
30	Daisy ALLAN	6

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland
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105
Medical in any area
111
Pension Service Surgery
Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265
Police in any area
101
Sight Advice South Lakes
01539 769055
South Lakes Citizens Advice Bureau
03444 111 444
South Lakeland District Council
01539 733 333
Yorkshire Dale National Park
0300 456 0030
<i>If you would like to see any numbers listed here, please let us know.</i>

A Third Celebratory Concert

presented by the trustees of the Trott Musical Foundation
will be held in the Thornely Studio, Station Road
Sunday 5th March at 2:30 pm

A wide selection of Music will be played by grant recipients.

Admission is free; retiring collection will be made to help with
Trott Musical Foundation Funds.

Light Refreshments

The venue is kindly provided by Sedbergh School

The Trott Musical Foundation is a Registered Charity number 1129182



SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held in February 2017. The next meeting of Sedbergh Parish Council is on Thursday 9th March 2017 at 7.30pm in the Committee Room of the People's Hall, Howgill Lane, Sedbergh

COUNCIL VACANCY

Helen Bromley was Co-Opted to Sedbergh Parish Council and will commence as Parish Councillor following the completion of the necessary formal papers.

MARYFELL – PLAY PARK

A Grant application has now been submitted to South Lakeland District Council for the proposed improvement works at the Park. A consultation document will be

considered further, and circulated, for resident feedback in due course.

COMMUNITY RESILIENCE PLAN

It is hoped to complete the Community Resilience Plan by March 2017 and a summarised version will be available on the Parish Council Website.

CUMBRIA COUNTY COUNCIL – FLOOD INVESTIGATION REPORT

Sedbergh Parish Council discussed the final report compiled by CCC for Sedbergh. A copy of the report can be found at <http://www.cumbria.gov.uk/floods2015/floodforums.asp> and a paper copy at the Information Centre.

OTHER MATTERS:

Various other matters were discussed, including planning applications and the playing field/



SEDBERGH SCHOOL



New Employment Opportunities

Sedbergh School are looking to employ enthusiastic people who would like a varied working environment, with the potential to develop their careers in the longer term through the collaboration between the School and local colleges and providers.

The School is currently looking for staff to work in the Catering and Events Section of the Hospitality team. Very much a valued and appreciated part of the team, the ideal candidates would be happy working flexibly in accordance with the changing requirements and needs of the School as part of a group delivering catering and waiting on support. Jobs are available for full time, part time evening, and weekend work. For those who may wish to use their housekeeping skills, there are also opportunities within the Domestic and Housekeeping section.

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An application can be obtained by:

- Downloading from our webpage <http://www.sedberghschool.org/senior/Information/Vacancies>
- Emailing Lizzie hrrecruitment@sedberghschool.org
- By calling in to the Sedbergh School Bursary or telephoning 015396 20303

We look forward to hearing from you.

football pitch at Havera. The long standing problem of surface water flowing onto Howgill Lane (close to the playing field) is to be investigated by Cumbria County Council. The meeting supported a proposal to construct an inspection chamber/ catch pit close to the Tennis Courts at Guldrey to enable better maintenance of the main drainage culvert. Also noted was the support being shown for a 'Friends of Queen's Garden' group. The meeting accepted a tender for the removal of the diseased Horse Chestnut Tree at Queen's Garden. There is continued liaison in connection with the vacant former Barclays Bank plc building and the condition of a further property on Main Street.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. **Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.**

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

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.

*Janey Hassam
Clerk*

New Exhibitions Opening Wednesday 8th March



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HUMBLE PIE

Literally two days after I filed last issue's article as clerk to Garsdale Parish Council, castigating the workshy ethics of CCC's Highways, they started work again and have now filled in a few more potholes on the A684. So it's humble pie for supper for me tonight. However, the pie won't taste that bitter as they still only managed to fill about 3 holes a day and still packed up and went home by 2.30pm. As all the temporary road signs have gone, we can assume they have finished but they obviously haven't been to Specsavers or any other Opticians as they appeared not to have seen umpteen other potholes which haven't been filled, so it's still a case

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Weavers Café

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kitchen assistant
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Sedbergh and District
Christian Aid Committee

COFFEE MORNING



Wednesday 8th March

10am – 12 noon

in the

CCC rooms Sedbergh

Coffee ~ Biscuits

Homebaking ~ Stalls

All welcome

of 'mind how you go'.

The hearts of the councillors were lifted at the last council meeting when Kevin Lancaster, our district councillor, reported from a meeting the previous night that there had been talk of an application for road closures in Garsdale for resurfacing works. Subsequently, a letter was circulated from CCC Highways' Rob Huck detailing at least three large sections to be resurfaced with a possibility of more if funds would allow. This would mean potential night closures to the A684 for the whole of March. There was concern that local residents would object but the general feeling is please, please, please get on with it.

However, it does beggar belief as to just how our taxes are spent. After years of nagging, threatening and pleading, Highways have carried out some repairs to the road but literally weeks later are going to rip it up and

re-do it, albeit properly this time but what a waste of resources? Which got me thinking, just what do we get for the thousands of pounds we pay in council tax? My reckoning is that, although there is a sparse population in Garsdale, South Lakeland District Council still receive at least £250,000 in council tax from Garsdale residents. Assuming that all road maintenance comes from a national budget, what services do we actually receive? Do we have:

1. Bin collections? Yes, alternate weeks.
2. A police presence? No.
3. Footpaths? No.
4. Street lights? No.
5. Schools? No.
6. Public transport? No

7. School transport? None for the over 16's.
8. Street cleaners? No.
9. Verge maintenance? Rarely.
10. Gully clearances? Emergencies only.
11. Public car parks? No.
12. Residential homes? No.
13. Help with insulation or heating? No.
14. Mains gas or water? No.
15. High speed broadband? No.
16. Mains drainage? No.

The list could go on, so apart from the £16.67 spent annually on the parish council, each of the 120 residential properties in Garsdale each spend about £2000 annually to have household rubbish collected 26 times a year. Value for money? You

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decide.

*Philip Johns, Clerk to Garsdale
Parish Council, 015396 22170*
ps.johns@btinternet.com
www.garsdaleparishcouncil.com

TIM FARRON MP

The campaign to bring an Urgent Care Centre to the hospital in Kendal continues. I have seen a stream of figures showing how under pressure the A&E facilities at both Barrow and Lancaster are which seem to me to make the case unanswerable. The most recent report I saw said that patients who arrived in an emergency ambulance at these hospitals are having to wait twice as long as the national average to be assessed before they can be admitted. Once

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inside they are also spending more time in A&E than the national average with hundreds spending more than 7 hours. I know that the staff in these units are very dedicated and hardworking (some of them are even remarkably good bakers as I found when I judged their Great Macular Bake Off the other day) so it can really only be a shortage of facilities that is resulting in these delays.

Opening an Urgent Care Facility in Kendal would take pressure off both Lancaster and Barrow hospitals, allow the staff there to focus on very serious cases, it would mean that people in South Lakeland wouldn't have to travel as far and that ambulances could be used more efficiently. If you haven't signed my petition then please do so. Just search for Tim Farron Urgent Care Centre Petition on the internet.

I was really pleased to be asked along to a meeting of local Head



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Teachers the other day. They told me that they are really worried about the £23 million cut in funding Cumbrian schools face over the next three years. This would equate to 625 teachers or £383 per pupil. There is no way that schools can handle that without the education they provide our children suffering. I have written to Education Minister to ask her what she plans to do about it and have asked for a debate in Parliament on the issue.

Finally, I got rather cross with the Minister for Communities Housing and Local Government in a debate in the House of Commons last month. He was presenting the Government's proposals for how we fix our housing

market. To say they were disappointing keeps us within language acceptable in Lookaround but is a bit too mild for how I feel about their plans. They talk about building more homes costing up to £250,000 for people with household incomes of £80,000. We all know that if these are the caps they are dealing with it will be at this level that the homes they plan will be built. Average household incomes around here are just over £50,000 so I cannot see how this will help us at all. I pressed him to recognise that the only way we are going to get the houses needed is for the Government to fund councils to build more and to remove the limit on borrowing that they currently have

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SarahM

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that she will be back on
Sedbergh Market*

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Wednesday 15th March.
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of 'Ready Meals' she will be making.*

Many thanks to all who
continue to support **SarahM**



to work within. South Lakeland is doing a great job around here and are well on track to provide the 1000 homes by 2025 they have promised, the Government should learn from them rather than trying to impose their own out of touch views.

As ever if I can help you with any issues please email me at tim@timfarron.co.uk or call 01539 723 403.

Thanks for your support

Tim Farron MP

COUNCILLORS CORNER

February is the month that public authorities make their budgets and so set the level of their council tax.

There used always to be the confident assertion that the public

were happy to have an increase in order to provide improved services. In 2010 Eric Pickles introduced a 2% limit for increases unless the council received a positive vote in a referendum. In spite of the undying confidence of some local politicians that the public are just hankering for an inflation busting increase in the council tax none has taken the matter to a vote – funny that !

I am the first to admit the mechanism for such a referendum would be fairly eccentric and in the hell freezing over unlikelihood the public were to vote yes there would have to be re-billing. Even the referendum itself would cost between 1.5 and 2% on the council tax. But, as a meat cleaver hanging over the

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heads of greedy controlling groups it has been unsurprisingly effective in a Henry VIII sort of a way.

Last year the thresholds were relaxed slightly. There is now an extra 2% for the county to improve social care (I fully support this). For the district it is 2% or £5 on a Band "D" property. £5 is actually 2.8%. The controlling group is looking for the full 2.8%. I am currently the Conservative Shadow Finance Portfolio-holder so, next week as I

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Contact KEVIN BATEMAN



treat local politics as a game. It is not. The decisions taken affect the residents of the district to a greater or lesser extent. Ultimately the votes cast in the ballot box do affect every one of us.

Last week I attended the Yorkshire Dales Planning Committee to speak in favour of an application within the new extension. It was the first YDNP meeting I had been at for a long time and my first impression was that everything had changed and everything remained the same. The agenda itself was much thinner than they used to be. The lack of apparent challenge of the reports from members was I thought a matter of some concern.

write this, or last week as you read it I will be presenting a zero increase budget – which would improve the finances of the council and provide better service delivery. It will of course be utterly defeated and the analysis offered will be trashed. Three of the policies will however re-emerge in the Lib Dem budget next year.

With this annual cod boxing for the budget night too many councillors

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For the Barbon item members were in the difficulty of considering the matter under an alien local plan but under YDNP procedures – how would that work at appeal? Whether members misdirected themselves is unclear but it was obvious that there were side issues such as “self-build” which were completely ignored.

This is the last article from Mel and me for a couple of months. There are County Elections on 4 May 2017 (Star Wars Day - May the Fourth be with you !) I will be the Conservative candidate. As well as the place on Cumbria there will also be the subsequent appointment to the Yorkshire Dales National Park. I have represented you on both bodies in the past and would like to do the

same in the future.

If you have any problems please contact either me or Mel.

*District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS*

*Telephone 07980 844 695;
email Kevin@Sarhwaite.com*

*District Councillor Mel Mackie
Beech Cottage, High Casterton, Via
CARNFORTH, Lancashire LA6 2SD*

*Telephone 015242 71644,
07957868256*

email mel.mac@uwclub.net

COUNCILLOR CORNER

It looks like we are finally coming to a solution for maintaining the culvert that runs through town from the playing field west towards Guldrey.



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During Storm Desmond in December 2015 this culvert was unable to cope with the volume of water pouring down off the fells and as a result some houses were flooded in the vicinity of Guldrey Terrace and Guldrey Lane.

A team from Cumbria County Council's Environment & Regulatory Services spent several days using a drain camera to find out the exact course of this culvert and were able to see how it changes shape, capacity and direction along its length. They were able to determine that the culvert was flowing at well under full capacity as a result of the build up of debris over a period of years. This is not surprising - water pouring down off the fells carries a lot

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SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 1st March

The Home Front
Sedbergh 1914 - 1918

Diane Elphic

7:30 pm @ Settlebeck School

Wednesday 15th March

Thomas Garnett
Spa Doctor & Society Scientist

Robert Fox

7:30 pm @ Settlebeck School

Saturday 18th March

Annual General Meeting
Plus Jacobs Join

7:00 pm @ Settlebeck School

www.sedberghhistory.org

Chairman: Graham Dalton 25436
Secretary: Karen Bruce-Lockhart 20224
Treasurer: Chris Elphick 20605
Membership Secretary: Chris Elphick 20605

of silt when the gradient is very steep then as the gradient eases and becomes more level the water slows with the tendency to deposit silt and debris.

Add to this the fact that the culvert does not run in a straight line and that at times it is a large round pipe and at others a stone-built square channel. A further factor is that the culvert is the responsibility of each of the riparian owners who have land above the structure. It is not the responsibility of Cumbria Highways nor of United Utilities.

So the solution is to build a combined silt trap and inspection chamber which will allow the culvert to be cleaned with a gully cleaner and allow the introduction of drain cameras to assess the state of repair of the culvert. Discussions are ongoing between Sedbergh Parish Council and the County Council's team about the best location for the

silt trap and a trial dig will soon be undertaken to ascertain the depth of the culvert below the surface. I have been able to locate some funding for both the trial dig and the inspection pit from SLDC and CCC.

Clearly there are other drainage problems on Howgill Lane above the playing field which ultimately impact on the main culvert described above. Where the gullies and culverts are on or under the road they are the responsibility of Cumbria Highways and there will be liaison between the various teams to ensure there is a joined up solution. Sedbergh is set well above the rivers that converge near the town so will not suffer flooding from rivers in the same way as Kendal or Carlisle. However, with the backdrop of the Howgills, there will always be the possibility of massive volumes of water running down off the fells and through town. The work being undertaken should help relieve the problems these deluges may cause.

Cllr Nick Cotton

INDIFFERENCE

I think that we can all agree that Sedbergh is a charming place to live. The town might not be quaint in the Cotswoldy thatched cottages and oast houses sense, but it does have a unique character. Here we are, tucked away beneath the Howgills and bounded by rivers, living in what is fast becoming a rarity; a Community.

A Community is a place of mutual interest; a group of people who look to one another for support and who cherish the place in which they live.

Philip Horner

Fencing Contractor

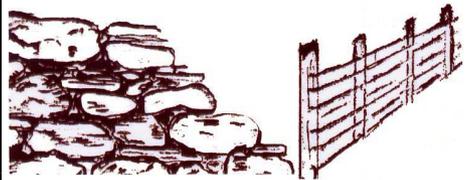
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e-mail: prhorner@hotmail.com



But it is a fragile thing that once broken is difficult to repair.

To make Sedbergh thrive we, (as a Community still), need to become involved in the life of the town. There are, of course, many wonderful people doing things that enhance and benefit the Community but, sadly, too few.

We have lost the Gala, for instance. Groups like the 'First Responders' need help to survive and the Churches: Yes, the Churches, the beating heart of the Community for centuries need help.

If we do nothing, if we succumb to indifference, we shall lose our Community and the town will become simply Sedbergh School and an intriguing little Main Street to service it. Is that what we really want?

What then can be done?

There are many groups active in the town, everything from the Red Squirrel preservers to the 'old and the

bold' of the British Legion. All of these groups would love more local people to become involved and certainly there are many who would do so if they knew how. Of course, there is a point of contact in 'Lookaround', but what we need is somewhere where groups can display what they do and where people interested in helping can make contact.

On Main Street we have the sight of 'Farron's Folly; the business hub from which, I suppose, lively young entrepreneurs, iPhones to their ears, would sally in and out setting up lively young businesses. It didn't happen and the place will fall into disrepair quite rapidly if left to time and tide. But just think what a wonderful

volunteer centre it would make!

As a Community, we can make a difference. Badger the Parish Council, who will tell you all the reasons why nothing can be done; worry the Trades Council, who also will tell you the reasons why nothing can be done. As a Community, it is up to us to do something, despite the inertia of our 'great and good'. Please offer your help, it doesn't matter how little, do your bit. For as it is often said in quite another context; "Use it or Lose it"!

A small addendum: In response to a nationwide appeal could I suggest that anyone wishing to donate food for our local food banks include some female sanitary items. Please help.

Nick Cross



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DENT MEDITATION CENTRE

Creating FLOW with Qigong

Tai Chi Qigong is a big part of my life. A friend asked me 'do you think you would have learned Tai Chi Qigong if you hadn't become ill?' (I have Meniere's Syndrome.) I think the answer is 'very unlikely'. I responded to a need in my life: to manage a chronic health condition that traditional approaches were unable to affect. And I have never looked back! It has informed my lifestyle to provide a good quality of life. It started with acupuncture treatment. I wanted to learn more about the Traditional Chinese Medicine approach and learnt about the complementary use of Qigong in China. Fortunately I found good teachers. I am now delighted to have the opportunity of offering what I have learnt in my life to others at the Dent Meditation Centre, a beautiful, peaceful place in a wonderful setting within the Dales village of Dent. It holds special memories for me. I have met some lovely people and my meditation and Tai Chi practice has been supported and enhanced through attendance at sessions and

courses over the years.

Qigong is Meditation in Movement. The word Qigong means self-nurture. Meditation trains us to free our minds of unhelpful and intrusive thoughts so as to free the body of e-motion and stresses. We are aware of this through feeling calmer and being able to think more clearly. Qigong is moving in alignment, with breath, without effort. Combining meditation with movement trains us to apply ourselves to the activities and experiences that go to make up our lives, aware of breath, using only the necessary energy so that we feel that life FLOWS more easily.

The notion of FLOW clearly fascinated those people who some 5,000 years ago sought to find ways of improving their health and how they felt and developed Qigong. They observed nature and how trees bent to the wind, maintaining their position and strength. They considered the continuous flow of water along a river, as it travels from its source in the sky down to the sea, only to return to the sky overcoming obstructions and hindrances along the way. This is a fine metaphor to use in how we can

apply what we learn from practising Qigong to our daily lives.

Energy medicine tells us that we have energy flowing through our bodies, but, in places, it can become stagnant, obstructed, too weak, or too strong. Balanced energy, shared by our various mind/body systems is essential for our health. Qigong helps us to rebalance our mind/body systems.

You can learn how to create more FLOW in your life by attending one or more of four one-day workshops at Dent Meditation Centre over the course of this year. Attendance will result in you having a better theoretical understanding of why you feel the way you do and the practical means of acquiring greater balance in the way you feel, assisting your body to achieve the natural state of homeostasis with the accompanying sense of well-being – to achieve a greater sense of FLOW.

Workshops will be run by Tony

Bennett from 10.00am to 4.00pm on the following dates:

Sunday April 23rd

Saturday July 8th

Saturday September 23rd

Saturday November 18th

Tony Bennett, a retired Town Planner, is a registered instructor with Tai Chi Union of Great Britain and has a Diploma in Stress Management Training. He has taught Tai Chi Qigong for over 15 years. Tony's approach is to empower people, encouraging them to adopt new ways of thinking and living their lives as they put their learning into practice.

Sue Stark

PEOPLE'S GYM & FITNESS CENTRE

The PG&FC will be holding its Annual General Meeting on Wednesday April 5 in the People's Hall committee room beginning at 7.30pm. Anyone who is a member of the gym is welcome to come along and will be able to vote in the election of committee members. Members of the general public are also welcome but will not be able to vote.

The PG&FC have an urgent need for a Treasurer/Membership Secretary as Rosemary Lewes who has been in post for more than 7 years is stepping down. Rosemary is offering training for the post which is a little more than the usually treasurer's job. It would suit someone who is perhaps a gym user or has retired and would like an extra interest. Call me on 015396 21808 in the first instance or check out the PG&FC's Facebook page.

Sandra Gold-Wood



Come and Join us
4 to 6pm
Sunday March 19th
Cornerstone Community Church
New Street

Bring your parents and have a nice meal
All Free Of Charge

CHURCHES TOGETHER

News from the Pews



St Andrew' Parish Church

Like the snowdrops that have pushed their way up through the dark earth amid the winter gloom to brighten our days and give us hope that spring is on its way church life is revving up as we fill the calendar with services and activities in preparation for the seasons ahead.

The soup makers are already committed to their selected date on the rota for Lent Lunches. As the

regular "lunchers" know each Wednesday at 12 noon throughout Lent homemade soup is served with bread roll and fruit in the church room for £3. If you have been shopping in the morning come along and recharge your batteries before heading home or conversely put a little pep in your step before hitting the shops. Should you not have any shopping, just come and be spoilt anyway! The more the merrier and obviously the greater the proceeds to be given to St John's Hospice in Lancaster, a very familiar place to many folk from Sedbergh and surrounding area.

Ash Wednesday is March 1st when the lunches start. Vicar Andy has a special service planned for the

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evening at 7.30pm.

Clubs and associations of all kinds hold Annual General Meetings and churches are no exception. The Parochial Church Council (PCC) of St Andrew's combined with St Mark's Cautley and St John's Garsdale meet several times during the year to discuss and plan the everyday running of the churches. A tempting recipe of meat and potato pie followed by any amount of scrumptious desserts will be used to encourage attendees to the AGM in the People's Hall on Friday 17th March at 7pm.

The AGM is open to everyone. Once everyone is fed and watered the business follows. This is when the Churchwardens and PCC members are elected for the following year, the accounts and other important reports are accepted and usually all over in no time at all as careful preparations ensure. You may consider coming along to join in the meal and leave before the business, or you may be curious and stay to the end just to see what happens. We do not mind, it will be good to have you there. Rest assured you will not be called upon to join a committee as



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can often happen to a curious attendee...I know I have been that curious person!

The newly renamed "Missions Committee" at its recent AGM divided the total monies raised last year (£1,096) four ways between NISCU which is the Northern Inter - Schools Christian Union, Scripture Union, Friends International and Church Missionary Society, each receiving £250, the remaining £96 held over for next year.

NISCU provides paid and skillful workers who live and work in our area to go into our local schools. We know Brian Sedgwick, born here who works for the Scripture Union in Prague, Bob Dawson again born in Sedbergh

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SEDBERGH MEDICAL CENTRE

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at 1pm on the following afternoons:-

2017
Wednesday 22nd March



works for Friends International and Catherine Lee we know through her parents who lived in Sedbergh. It is a privilege to support these familiar faces in some small way as they work to bring Christianity to unfamiliar faces.

We hope you will have enjoyed the snowdrops and likewise enjoy some of the items we have on our calendar for 2017.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

St Mark's Church, Cautley

We shall be holding a Taizé service on March 26th at 2.30pm. Prayer, readings, singing and contemplation all form part of the Taizé liturgy, making a refreshingly different way of expressing worship. Everyone is welcome.

WOMEN'S WORLD DAY OF PRAYER 2017

The annual Women's World Day of Prayer will take place at Cornerstone Community Church, Main Street, on Friday 3rd March, beginning at 2 p.m. The organist will be Barbara Gorst and the speaker Revd. Carole

Marsden.

The service is planned by the Christian women of a different country each year and very much reflects their local culture and concerns. This year the focus is on the Philippines, the theme: "Am I being unfair to you?"

Although the service is devised by women, it is open to ALL, so please come and join us for what is always an uplifting and thought-provoking act of worship. Refreshments will be served.

Pam Dent

DENTDALE CHRISTIAN FELLOWSHIP

In January Keith Smith came over from Witherslack and shared something of his testimony with us. A

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man he met talked to Keith about Jesus, about the difference Jesus had made in his life. Just a short conversation woke an interest in his life. And yes, the other man would be praying for him and God was involved too, but it began with a conversation.

Now Keith takes groups of people to Zambia every year to help and make a difference to people's health and lives out there. Last year he took footballs for the children.

The Feb FFWF was attended by 11 people, a meal is prepared and shared and then the Dale and its people and businesses and organisations are prayed for. These happen one Fri eve monthly and are open to all.

Our Sunday eve gatherings are on the 4th Sunday and all are welcome. Our Passover meal will be in the Memorial Hall on Good Friday; more about this next month. God Bless.

J & SE Woof. (25212)

LENT LUNCHESES

It is that time again when Lent Lunches start in St Andrew's Parish Church from Wednesday 1st March from 12 noon until 1pm and will run until Wednesday 12th April.



Come and join us for Soup, Roll & Fruit and a chat.

All proceeds go to Charity.

Anne Reed-Screen

SEDBERGH TOWN BAND

I hope you have all got your dancing shoes ready for the band's next performance.

On Friday 24th March the band are having a dance night at the people's hall. Tickets are £10 each, which includes a pie and pea supper. There will be a bar.

Tickets are available from band members, TIC, Premier and Green Door. It is a ticket only event.

It is promising to be a great night with rehearsals under way. The Training Band is gaining new members all the time. If you would like to learn to play a brass instrument, then pop along to the Sedbergh School Band Room on a Wednesday night 6-7pm.

Sedbergh Town Band



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don't forget your nose

The Main Band welcome new members as well. Do you play percussion, or a brass instrument? Then pop along and see what the Main Band has to offer.

Iwan is challenging the Main Band with different music all the time. And they are rising to the challenge.

The band will be playing at the Spring show on the 1st April.

Please pop along and check the Band's Facebook page for information about events coming up.

Thank you for all the support that the band receives and we hope to see you all at the dance evening.

Trish Woolf

SEDBERGH ORCHESTRA

*A Musical Journey Through Time
(See advert on Page ????)*

Sedbergh Orchestra's Spring Concert this year follows an unorthodox pattern with the overture moving from its usual position at the

start of the programme to take second place. This is to allow the Telemann concerto for recorder, viola da gamba and strings to be played first. There are two reasons for this, the first being determined by the title of the programme 'A Musical Journey Through Time'. Renowned exponents of these instruments, Philip Gruar (recorder) and Elizabeth Dodd (viola da gamba), are the soloists. They both play regularly with Sedbergh Orchestra and the Westmorland Orchestra on flute and violin. In addition, Elizabeth teaches the ocarina and recorder at Dent and Sedbergh Primary Schools and also runs the Peppercot Music Makers orchestra.

Telemann's lifespan of 86 years from

Olde Tyme Dance

People's Hall

Saturday 25th March

7:30pm

with

Bar & Raffle £2.50

Jacobs Join

Proceeds to the People's Hall



1681 to 1767 was remarkable for those times and it covered the whole of JS Bach's 65 years. Telemann was a prolific composer who wrote literally thousands of works, many of them real gems, such as this one, probably written in 1715 when he was Kapellmeister in Frankfurt. It will be performed without a conductor, as was the custom during the Baroque era.

The second reason for the concerto to come first on the programme is a practical one. The viola da gamba has seven strings to be tuned. This could cause a long hiatus between pieces if programmed differently!

Schubert's charming overture to Rosamunde has a chequered history. You will need to read Bob Wells' expert notes in the concert programme on the day to discover more!

Dvorak's Slavonic Dance Op.46 no.2, composed in its original form for piano duet in 1878 in Prague, is a delightful work. This arrangement for winds will send you off in a happy mood for the interval refreshments - a glass of fine wine, a cup of coffee or tea or a soft drink, together with



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Then follows a rare treat - Borodin's Symphony no.1, completed in 1867 after five years' work. (Notice a little backtracking in the timeline here!) It is not surprising it took so long because he was also busy with his day job at the time, as Professor of Chemistry at the Medical-Surgical Academy of St Petersburg.

Please come along on Thursday March 30th at 8.00pm. Tickets can be obtained from members of the orchestra, Sedbergh Pepperpot Club 015396 21196 or Sedbergh TIC 015396 20125 (£7 in advance, £8 at the door, 18 & under free).

Shirley Smith

First, check that you've been paid any redundancy money you're entitled to, if you've been in the job two years or more. If this is not clear on your final payslip, contact your employer.

Then look at ways to boost your income. See if you're eligible for benefits like Jobseeker's Allowance with Citizens Advice's [benefits calculator](#) (www.citizensadvice.org.uk). You could also check if you can make savings on your bills, for example by switching to a cheaper gas or electricity deal.

Pay your rent or mortgage and council tax bills first as there can be serious consequences for missing payments. Try to negotiate lower repayments on your mortgage or credit cards to give you some breathing space.

For further help managing your money, contact South Lakes Citizens Advice.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for on-going enquiries. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574



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Flight to Extinction

What if the Neanderthals had won?

We welcomed once again as our speaker in November Peter Mawby. Peter was brought up locally and is engaged in a long running study of the dippers on our local rivers.

This time his subject was the extinction of species, with special reference to birds. As an example the passenger pigeon was once perhaps the most abundant bird in the world and was present in many millions in America. They were tasty, too. Commercial exploitation wiped them out in only a few years once the telegraph and railways allowed organised groups to kill on a massive scale. Another well known example is the dodo-

flightless and so trusting that when sailors killed one bird others came to sympathise (and of course suffered the same fate). Later introduced rats hastened their extinction.

In recent times our planet has lost one kind of bird every couple of years. Island species are especially vulnerable to changes in habitat and introduced predators, especially when man intervenes.

Animals and plants are still dying out. An example is the thylacine (Tasmanian tiger), last seen in 1930. The Pyrenean ibex disappeared sixteen years ago. Others, thought to be extinct like the coelacanth, reappear.

Sometimes the cause of loss is less certain. Dinosaurs are believed to have been killed off by the effects of

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an enormous asteroid hitting earth. Other causes of the loss of species include disease, over use of chemicals such as insecticides, predation and sometimes lack of food.

Some loss is inevitable; certain species may not be able to survive because of changes in climate or other environmental factors. That is how natural selection works.

What can we do to prevent losses? In some cases active eradication of predators and conservation of habitat may help, especially on islands.

Ground nesting birds are vulnerable to rats and even hedgehogs. Pesticides and insecticides need to be used carefully. For instance, DDT accumulate in carnivores.

Many medicines are derived from plants or moulds. Only a fraction of species has been tested for medical use. Sometimes old folk remedies are found to be effective where modern drugs have failed, as in the case of malaria. Conservation may be of use to us all.

Roger Moore.



Cumbria
Wildlife Trust

SEDBERGH COMMUNITY SWIFTS

It is only 2 months to go now until our swifts return at the beginning of May!

In Israel, the southernmost country where the Common Swift breeds, they arrive much earlier and a swift enthusiast reported that one of the first sightings was on January 31st. However the further north they breed, the later their arrival. In Sweden they don't arrive until late May. At present our swifts are probably in Mozambique, having moved there from the Congo, their main wintering area. They will not start their long journey back to us until mid-April.

Our swifts made national fame when they were featured in the Telegraph newspaper on Saturday Feb 4th, to coincide with National Nest Box week. The article described the colony at our cottage in Lowgill, and also the activities of Sedbergh Community Swifts.

Some of the nest boxes made by



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design technology pupils at Sedbergh School have now been put up in the town. One is at the Information Office, facing the garden, and another two are planned for the gable facing Main St. We are extremely grateful to Rob Close for putting them up for us. The photograph shows two of the pupils who made the boxes, with master Mr Simon Arnold. Other boxes have been put up at the lower end of New St where it joins Main St. Now all we need is for the swifts to find them – please everyone keep a lookout in summer to see if you can spot swifts prospecting them, and let us know.

It can take time for swifts to occupy boxes, and it is unpredictable, which is why it's important to put up as

many as possible, in a variety of locations. So it is excellent to have had successes in the first year: for example, boxes at two houses in Bainbridge Road, at Settlebeck School, and the nest bricks at the People's Hall, had swifts roosting last summer. These were swifts that were not yet old enough to breed but had formed a pair and stayed overnight in their new site. This is preliminary activity to breeding the following year.

Swifts also prospected the boxes at another house in Bainbridge Road, and in Guldrey Lane, when they repeatedly fly right up to them - a process called 'banging' as sometimes you can hear a bang as they hit the woodwork. This too is a good sign for possible breeding next year. And a very interesting result happened where boxes were put up at a rural location outside Sedbergh, which had not swifts in the past. As soon as attraction calls were played, swifts appeared and then continued to prospect the boxes during the summer.

Swift conservation is a two-fold approach, most importantly preserving existing nest sites as well as putting up boxes and bricks. If you are lucky enough to have swifts at your house, we urge you to look after these special birds by not disturbing their nest sites. And if you'd like to attract swifts, now is a good time to put up boxes or bricks. We are happy to help and advise.

–To Contact Sedbergh Community Swifts:

email ta.hoare@btinternet.com or
ring 01539 824043

Tanya & Edmund Hoare



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LAWYERS ON THE MOVE

As the observant people of Sedbergh & District may well have noticed over the last few weeks Andrew Mattinson and his team together with Johnny Lawson, Trevo Gardner and Andrew Sampson have been busy working on the old Nat West Building at 54 Main Street, Sedbergh converting this from a rather awkwardly set out bank building into a handsomely proportioned and accommodating Solicitors Office.

In the last couple of weeks carpets have gone down, blinds up, name plate and signs have been put in place and lastly but not least the staff of McGarry & Co have moved from number 7 Main Street (formerly the

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Dalton & Hague Office) along the street into the heart of the town centre.

Michael McGarry the Senior Partner of the firm, who has been overseeing the conversion and fitting our works has said how he is delighted that the work has been done in such a short space of time to a very high standard. Most importantly however he is really thrilled that his firm has moved to such a prime location in the middle of Sedbergh, with easier access for clients, in such a convenient location.

It is always a worry in rural towns that services are easily lost and therefore it is particularly pleasing that services of a local legal practice can remain in the town.

Michael noted that one of the overriding concerns of Graham Dalton when he was talking to Michael about transition of the legal practice, was to ensure that legal services continued to be provided in Sedbergh. This is very important to Michael also who has set his store by ensuring that a high quality of legal services are provided in three key rural locations being Sedbergh, Hawes and Barnard Castle.

SEDBERGH ORCHESTRA

Conductor: Peter Crompton Leader: Sue Armstrong

A Musical Journey Through Time

Telemann: Concerto for Recorder & Viola da Gamba
soloists Philip Gruar & Elizabeth Dodd

Schubert: Rosamunde Overture

Dvorak: Slavonic Dance op 46 no 2 *arranged for winds*

Borodin: Symphony no 1



St Andrew's Church Sedbergh

Thursday 30th March 2017

8.00pm (doors open 7.45pm)

Tickets £7 in advance, £8 on the door
18 and under Free

Tickets from: Orchestral Members
Sedbergh Pepperpot Club (015396 21196)
Sedbergh and District Information Centre (015396 20125)

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Michael McGarry

McGarry & Co
Solicitors

The three offices are linked by computer and by staff. Michael pointed out that the costs of running individual legal offices are prohibitively expensive and therefore by linking the offices providing services to the clientele of the firm locally can make the individual offices viable.

It is interesting to see what when other organisations are retreating from rural areas McGarry & Co have gone in the opposite direction. Michael McGarry believes that the wheel has turned and people actually want services close at hand. He pointed out that there will always be those who want the cheapest service irrespective of the quality of that

service and location, but many others want a quality service with friendly people who are interested and understand them at a sensible cost close to home. Michael quoted his former Senior Partner now retired for more than 20 years who when Michael was a young trainee and he was sent to work at Barnard Castle said to him "if you come to work here you may never be rich, but if you look after your clients, treat them well and care, you will have a good living and they ultimately will look after you". Michael has set his professional career around this ethos. That said Michael makes no bones over the fact that rural firms do not have an easy life, both in that they are

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competing with many large urban firms a number of whom obtain work by giving what appear to be cheap quotations or estimates for fees but very often the work is undertaken by unqualified members of staff whereas at McGarry & Co all those handling clients work are qualified solicitors, and most have many years of experience.

The McGarry & Co team consist of:-

- Michael the Senior Partner who attends the Sedbergh Office undertaking a variety of work including will, estate planning, probate and trust together with property and agricultural matters.
- Graham Dalton now a practising consultant continues to undertake

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for his existing clients conveyancing, preparation of wills and administration of estates.

- New faces now coming over to Sedbergh are James Fawcett and Sarah Averis both Associate Solicitors undertaking predominantly residential conveyancing and commercial conveyancing work, and
- partner Janice McKenna who is available undertaking divorce and separation work.

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Michael is pleased that he is able to provide therefore a wide spectrum of legal services for the Town and District which would otherwise have necessitated a trip to Kendal, Lancaster or elsewhere.

Michael and his team invite anyone interested to pop in to see the changes to come inside, noting that anyone who went into the old Nat West Building will be surprised at the development of the building.

INFORMATION AND BOOK CENTRE

If you have a self-catering or bed and breakfast property, you have probably already started thinking about your publicity for the year, but please read on – this will still be relevant.

You may already know (it's mentioned in the back of Lookaround!) that we hold details of accommodation in the area so that when visitors or potential visitors contact us we can let them know what is available and how they contact you, the providers. As well as giving information over the counter and over the phone, our volunteers can give out or post leaflets containing bed-and-breakfast,

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camping and self-catering information which we produce. Those leaflets can also be downloaded from the **sedbergh.org.uk** website. We are also responsible for keeping the accommodation section of the website as complete and up-to-date as possible.

By the time you read this, I hope we will have contacted you as part of this year's spring clean of the website's accommodation details (if you're on). Do please have a look at your listing and check it's as you would wish; we will also be suggesting one or two features of the website that you could be taking advantage of (unless you're already doing so). Any updates to the website information will also be taken through to our leaflets.

If you're not listed on the website, and you would like to be, do please get in touch with us at the Information and Book Centre by emailing office@sedbergh.org.uk, phoning 015396 20125 or 20504 or dropping in to see us at 72 Main Street – we're open every day. And don't forget that the Walking and Cycling Group's website, www.sedberghgateway.org.uk, also

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While I'm on, a quick word of thanks to everyone who has offered images for the 2018 Information and Book Centre calendar. We have had a great response and by the time you read this we will have started the difficult but enjoyable task of choosing twelve images out of many, many more that deserve to be included just as much.

Best wishes, Andi Chapple

COMMUNITY ORCHARD GROUP

Sedbergh

The Community Orchard Group AGM will take place on Monday 20th March in the Rawthey Room at 72a Main Street, 7.30 pm.

Come and hear about what we have achieved since last year and what we have planned for 2017. Everyone is welcome.

GUIDED WALKS

The Sedbergh Area Walking and Cycling Group is planning a short series of walks in the Howgills and Dales area, the primary aim of which is to gauge if there is sufficient

interest amongst local people to develop and support an ongoing programme of regular walks in the future. These will be of between 8 and 10 miles in length, and centred around Sedbergh. All the walks listed below will begin and end at the Information and Book Centre at 72 Main Street and they will start at 10am.

Saturday 18 March – Sedbergh Low Level – 8 mile walk along River Rawthay and Dales Way. Generally easy walking on good tracks and minor roads.

Wednesday 05 April – Howgills Hike – 9 mile walk around Calders and Bram Rigg. Good fell tracks over open exposed terrain with 500M of ascent.

Saturday 15 April – Dentdale – 10 mile walk along Dentdale via the Dales Way and the Dales Highway. Good paths and tracks with 150M of ascent.

Wednesday 03 May – Howgills Hike – 9 mile walk around Knott, Calders and Arrant Haw. Good fell tracks over open exposed terrain with 500M of ascent.

More information about these walks is available on the Sedbergh

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Gateway website at www.sedberghgateway.org.uk/events and from the walk leader, Keith Birbeck, via keithbirbeck@gmail.com or 015396 20941. Any comments or suggestions concerning this walking initiative would be most welcome.

Robert Powell

SEDBERGH LUNCH CLUB

A convivial group of Sedbergh residents congregated in the Red Lion (second Thursday of the month at noon) to enjoy a selection of good nourishing tackle! The log fire had warmed the room and we all sat expectantly awaiting our selections of the day. They did not disappoint, with a choice of beef stew, salmon and lasagna for main course, and spotted dick or bread and butter pudding for sweet. The menu changes each month.

Our own Dennis, a member of the group, presented Mary Gladstone with a plant and card signed by those present to thank Mary for organising the event so well for the last 5 years.

If you would like to join us, please ring Maggie l'Anson on 21757 to find out more.

DENTDALE MEMORIAL HALL

I am delighted to tell you we have a new Minute Secretary for the committee.

Our AGM is Monday April 10th in the Memorial Hall and members of the public are invited. Officers are elected/re-elected, representatives of all the user groups are voted on for another "term of office" and the committee can elect and co-opt a certain number of people onto the

committee.

It also gives people not on the committee the opportunity to comment/ask questions including regarding the Dent Gala. 7.30pm Mon 10th April.

Sarah E Woof (Chairman DMH)

DENT & SEDBERGH ORAL HISTORY SOCIETY

Feeding the family

We used t' get a ten stone bag of flour about every month. But there would be, oh, at least two stone put into a big tin for our bread because we usually made about twenty four loaves in a day when we 'ad a proper bakin' day. An' it took us an hour t' knead our bread up. You've got yer oven hot an' you would start, when



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yer got yer bread med up, that 'ad t' rise at least fer an hour an' more. When that was rising yer med yer pastry an' med yer apple pies or plum pies or rhubarb or whatever you were mekin', an' yer used t' get them in first. An' you would mek a pasty for every day, 'cause we only baked once a week, an' yer med enough pasties an' Eccles cake, an' sometimes if we run short we'd mek a sad cake in t' frying pan over t' fire, it's like pastry without any fruit in, an' yer rolled it out into rounds an' popped it into your greased frying pan an' then when it got browned underneath jus' turned it over, an' they were good! A bit o' butter on! Lots of folk would 'ave a sad cake fer a drinking at elevenses. **Cissie**

Middleton born 1914

On baking day me mother used to make twenty six loaves of bread a day, and it being an open fire we used to cut lengths of wood approximately six foot long, and she used to have a chair set out in the kitchen with the end of the logs on the chair and the other end in the fire and as it burned down you just kept pushing the chair forward and that

kept the fire going all day for baking day. **Kenneth Cragg** born 1936 From *Telling it like it was, Dent, Sedbergh and District in living memory*, edited by Anthea Boulton and Veronica Whymant

JANUARY WEATHER

A cool month, as you would expect in January, with 9 days not even reaching 40F(4C). A high of 49.8F (9.5C) was quite balmy but a low of 25.2F (-3.5C) was more typical of the time of year. When the windchill was added only 4 nights did not drop below freezing with one night dropping to 10F(-12.5C)!The winds were generally from the North West with only 6 days from elsewhere, usually South West. The maximum gust was 22.4mph (36.04KPH). Not the wettest January with only 4inches (101mm) measured in total though of various forms of precipitation.

Although not the wettest January we've had but still more than enough to keep the mud ankle deep around gateways etc. I have to get fairly close to pick out my white sheep from the brown ones! With poultry all fastened in it gets quite messy indoors. Ducks and geese certainly

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do not relish it and seem to intent on turning their shed into a pond!! With the snowdrops colouring up and the other bulbs pushing through it is a good sign the seasons are changing. I hope you all sent in your garden bird survey to the RSPB on the last weekend of the month. Some of our regulars did not show up during the hour I was recording but have been around since. We have a cock thrush singing his heart out each dawn and the collared doves have been mating so should be nesting soon if the magpies let them. We've had regular visits from a fox after taking the ducks. I have recorded its visits on camera! On the milder days there have been swarms of midges about. Where do they hide up in inclement weather?

ROSE COMMUNITY THEATRE

On February 15th, a Coffee Morning was held in support of the Rose Community Theatre and £177 70 was raised which is marvellous. I shouldn't be surprised as the generosity of our town's folk is well known. We had so many cakes, bread and donations of all kinds that our regular 'Coffee Mornings' were truly spoilt for choice. Plus RCT and I personally thank all the lovely helpers who gave up their time as it is their input that makes for a successful event.

You may already know that there will not be a pantomime this year due to a variety of circumstances. But don't be too relieved or down hearted we will be back in Panto 2018 with some ridiculous nonsense, swinging songs and a good bit of slap stick.

If you can't wait until 2018 members

of the RCT will be putting on a short play entitled 'Times at Wipers' on Sunday November 5 in support of the British Legion Poppy Appeal. The play is about WWI and is a complete change from the usually RCT stuff. So do come along and see us all at the People's hall being serious for a change. RCT are planning to have two performances on the Sunday the first at 2.30pm and the second at 5.30pm.

Sandra Gold-Wood.

DENTDALE, HEAD TO FOOT

The well attended February meeting, held on the 3rd at Dentdale Memorial Hall was entertained by an amusing and informative talk, given by Mr John Sugden on a Scottish

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Dent Meditation Centre

YHA trip in the 1960's, ably assisted by his assistant who at that time was Miss Kellett of Skirts, Blouses and Ski Wear, Brown Muffs of Bradford.

He took us on trips to the West Highlands, using slides taken at the time, which they reached by steam train and then used Post Buses to travel from Youth Hostel to Youth Hostel when other modes of transport, other than Shank's Pony, were not available.

His love of the Highlands had been kindled, like many of us in that era, by Scout camps to the region.

Apparently, Miss Kellett had not been to the area before so it was somewhat of labour of love to show her the splendours of the Highlands. They seem to have been blessed by good weather on these trips, apart from one adventure on Liathach, where the weather closed in and they had to retreat before reaching the summit. Not for nothing do the locals call it the grey one. Miss Kellett later became the present Mrs Sugden, so we presume she must have enjoyed herself on these occasions.

The Youth Hostels were pretty strict in those days, not only did each person have chores to do to keep the place neat and tidy, but the dormitories were strictly segregated into male and female and generally the ladies had the better accommodation, apart from one very remote hostel where Miss Kellett found herself sleeping in the overflow lady's accommodation, which was apparently little better than a chicken shack. But for one night and being watertight it counted for little in the greater scheme of things!

Our next meeting is on March 3rd, where Mrs Kate Cairns will update us on the Sedbergh Medical Centre and its latest Quality Care Commission report. In these changing times, it will be very useful to have the latest information on our medical practice.

For further information please contact Mike Steele on 015396-25054, 07813-806209 or mds@pesdent.co.uk.

WESTERN DALES BUS

More seats on the bus?

An anonymous donation helps, but DRIVERS are needed.

Regular passenger on the Western Dales Bus S1 Kendal Shuttle service on Saturdays, will know that from time to time we have been unable to pick up everyone wanting to travel with us because all seats have been taken. This is a regrettable situation which we do our best to tackle by encouraging passengers to travel at quieter times in the day and by

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passing on details of local taxi firms and voluntary driver groups in the community. When we know in advance to expect large numbers of passengers our volunteers arrange to be on standby to pick up anyone who gets stranded.

But these measures do not offer a solution in the long term, as we envisage passenger demand growing, and we cannot run a larger bus because a 16 seater bus is all that we can legally operate. So an unexpected and anonymous donation of £5000 in January came at a most welcome time. It has enabled us to consider purchasing a second bus to carry our increased passenger load and give us the flexibility to develop more services.

However, we cannot operate another bus without volunteer drivers to drive it. At the moment we have 12 drivers who help us to run the Saturday S1 Kendal Shuttle, the Tuesday S3 Hawes Hopper and the Friday S4 Kirkby Stephen Connect services in the winter, with an added Sunday S2 Cautley Flyer in the summer months, Most have been with WDB since it began operating in

2013, and they were asked recently what they enjoyed about volunteer driving. Bob Pontefract's remarks sum up what most people said:

'The sense of doing something useful for the community.... meeting people and chatting about all kinds of things being appreciated.... the beautiful scenery we drive through coffee and toasted teacake when I get a break.'

So, please, I would urge anyone out there who likes meeting people and would like to help keep this highly valued service on the road, to think about joining us. The commitment is not huge, just a few hours a month. We understand you will need more information before deciding so anyone interested will initially be put in touch with a current driver to explain in more detail what is involved. After that we will arrange some training. You will be supported by other drivers and the admin team throughout, but most of all it will be rewarding and enjoyable.

If you'd like to know more about being a volunteer driver for the Western Dales Bus contact Liz Nuttall. liznuttall@talktalk.net. Tel. 015396 25571.

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DENTDALE W.I.

It was an evening when it was good to hurry into the warmth of Dentdale Memorial Hall for the start of the February meeting. The temperature was hovering around zero but no snow or ice, so I suppose you could say the weather was as good as we could anticipate in the depths of Winter!

Marion Feltham welcomed members and guests and we sang Jerusalem before getting down to the items on the Agenda. We heard that our fund raising cheque of £400 has been presented to Manna House and now ideas are being sought for a recipient for the 2017 fund raising challenge. Air Ambulance is uppermost in most members minds as a suggestion. A

letter of thanks has been received from CFWFI for our donation for the £10 challenge. Apparently they (CFWFI) particularly liked the idea of the exercise class, which, thanks to Marion who led the class, had been such a fun way to contribute.

We have received an invitation from Barbon WI to join them at their Open Evening on March 6th when The Royal Navy will be giving a presentation. This will give a very good idea of personnel, and commitments our Royal Navy make to ensuring that our seas are kept safely.

Items for the monthly mini market are usually made by just a few members and they sell well. However, the committee have put out a

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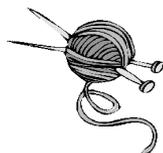
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challenge to all the members, to look out and finish off craft items that have been hanging about at home for maybe years. Perhaps with the stimulus of other WI members around, one could endeavour to finish them! So dates and times of a *finishing off* craft session will be announced soon as there seemed to be a lot of support for the idea.

Needless to say, there was, just a gentle reminder with various lists out for help at the Dent Run on March 11th. The production line for the preparation of the refreshments given to each entrant to the race has to be seen to be believed. It is very satisfying and rewarding to be part of the team preparing the packs of scones sandwiches and cakes for so

many.

It was time then for the evening Speaker, Chris Comerie, husband of fellow member Lynne. Chris had called his presentation "Vertical Challenges" and it show cased his almost life long passion for climbing. He said he had first been a caver and it was this that had brought him to the Dent area. Two of the first of many amazing photographs were Combe Scar and Cautley Spout both of which he had climbed in the snowy conditions a few years ago. In fact, he felt that the Mountains of England Wales and Scotland offered amazingly varied terrain for climbing. Chris showed a large selection of slides from all the famous climbing challenges around the world but he



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also had a table full of a selection of safety gear and he was keen to emphasise just how important it was to have the right equipment for safety and protection. It was an inspiring talk.

Back to more homely matters over tea and biscuits, Cathrine Sugden's photo of a scene of mountains was considered the best in the competition and Monica Cleasby won the raffle prize.

Our next meeting on 8th of March will be a talk on *Plants for a cold garden*. Visitors and new members always welcome. *Pat Allen.*

HOWGILL AND FIRBANK WI

We met at Firbank Church Hall on February 2nd. There were only two

members unable to attend. We were pleased to hear that a Joan is improving. The walking group were favoured with good weather on the January walk in the Sedbergh area. Liz Moore will be leading the next walk around Cautley. Liz, our Outing Organiser, gave us some ideas to consider for a day trip on June 29th.

Bridget and Audrey are to attend the President and Secretary Question and Answer session at the W. I Office. Barbon W.I., are hosting an Open Meeting on March 7th when the Royal Navy Presentation Team will be illustrating the work of the modern Navy

One or two representatives have accepted an invitation from Sedbergh W.I., to attend a Planning Meeting on

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March 8th to make arrangements for the Lune Valley Group Meeting, hosted this year by Sedbergh W.I., on May 15th at the People's Hall.

Bridget introduced our speaker John Falkinham who gave a talk entitled 'A Grand Tour of Peru'. John, along with wife Liz, travelled by train, boat or on foot to the ancient city of Macho Picchu in the Andes mountains. The trip included the Sacred Valley, the Inca Trail and Cusco, ending with a cruise on Lake Titicaca. The tour

lasted for more than three weeks during May. Bridget thanked John for the stunning photographs and lively commentary giving us a picture of many aspects of Peruvian life and archaeological sites enjoyed by all. The competition for something to do with South America was won by Sarah Syred with Liz Moore second. Liz went home with the raffle prize.

We meet at Howgill Village Hall on March 2nd when Brenda Head will be telling us all about Voluntary Work in Zambia. New members and visitors are most welcome. Do join us.

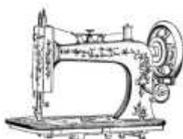
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KILLINGTON WI

The Afternoon WI for the Entire District

This month our meeting started with our speaker – a back-to-front meeting, so to speak. Richard Cann was ready and eager to educate and entertain us with a selection of slides entitled "Sedbergh in Pictures", a small part of the photograph archive collected by the History Society. The society is always on the lookout for more photos of Old Sedbergh, its environs and its people. They can

copy photos or slides, returning the originals to their owners and keeping an image for posterity. With the help of some of their photographs we enjoyed a trip through the last century of change in Sedbergh. We saw the ever-changing Bull and White Hart hotels, various old houses and shops some of which are no longer in existence. We visited the National School and the British School which amalgamated in the early 1960s to become Sedbergh Primary School. We viewed the rise and fall of Akay and Ingmire Houses, and marvelled at the original layout of Queen's Gardens before the trees grew and obscured the view. Finally, we looked at photos of some of the water powered mills which made use of our

lovely rivers. It was both enlightening and fascinating, almost as good as looking at long past family images. Thank you, Richard, and thanks also to those enthusiasts who have saved and organised all these pictures in the History Society's collection.

Then it was on to our usual business meeting. Sadly, rather more than usual of our number were missing, for one reason or another. I expect they were off cruising, or maybe skiing, or even hob-knobbing with royalty! If any were unfortunate enough to be "under the weather", we wish them well.

Our president, Susan Sharrocks, made sure that all things were dealt with in good order. Lots of our members are planning to go lots of different places -planning meetings,

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learning meetings, enjoying yourself meetings and so forth. All members were invited to come and support our team of Dilys and Marion at the "Reading Aloud Competition" on 27th March in our People's Hall. In this chilly weather, we discussed and decided on our summer outing. (We aren't thinking about the Christmas party just yet). We are contemplating our entries for the Spring Show on April Fools' Day and trust that you are all busy doing the same. Nudge, nudge! Hint, hint! Barbara Hollett told us that she and Chris plan to open their garden in "Bluebell Time", on a date to be decided by the bluebells. Look out for notices in Joss Lane car park. Donations for the Air Ambulance will be welcomed.

Our delicious tea-time was even better than previously thanks to the greatly improved serving hatch. Thank you, P.H. officials. Thanks also to our hostesses for splendid provisions at short notice. Dilys was delighted to win a lovely pot of snowdrops as her raffle prize and Barbara Kooper's photo of her house in past times won the competition.

At our next meeting at 2-00pm on Tuesday March 14th, we shall be regaled with "Stories from the Mayor's Parlour, Queen Katherine Parr and other tales", as told by Tom Clare. **PLEASE NOTE THAT THIS MEETING WILL BE AT OUR USUAL VENUE IN THE PEOPLE'S HALL,** and not as printed in our programme. We'd hate you to miss it! *W.F.U.*

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SEDBERGH WI

A transformation greeted us when we walked into the committee room on February 8th, and I don't just mean the ongoing improvements to the room itself! It had been transformed into a workshop where we were going to have to do some work, with large tables set out with glue pots, scissors and brushes, and smaller tables with boxes of fabric, paper and ribbon, as well as other trimmings too numerous to mention.

Our subject for the evening was 'Upcycling for Real!' and had nothing to do with bikes, as some members had previously thought. Emily Jackson, known to some of our members who had received her help

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with making sheep for Sheep Fest, spoke with great enthusiasm about the Ragtag Community Scrapstore which she and her brother Joshua Simpson have set up at the Mealbank Mill Industrial Estate just outside Kendal. Gathering materials free from businesses like the paper factory or upholsterers – ends of rolls, for example, or off-cuts which the wholesalers would have to pay the council to take away – they stock their storeroom and sell things on to members of their organisation (members who have to register but don't pay a subscription) at a very reasonable price to use in craft activities. Their activities are not limited to selling things, though. They also run many craft workshops and their amazing variety of skills can be seen on their website, www.ragtagarts.co.uk. It's worth having a look at to marvel at their creativity. Sedbergh Sheep Fest features quite a few times, including that wonderful, fearsome Sedbergh Dragon! (Opening times for the Ragtag Scrapstore are limited so please consult the website before going along.)



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Our own workshop didn't produce anything like as spectacular but we all went home with an upcycled exercise book now hard-backed and coated in fabric, most of them decorated with some of the trimmings Emily had provided. It was an entertaining evening and filled with friendly chatter as we worked.

No less friendly but more contentious was the discussion at Valerie's the next afternoon about our book club choice for January.

'Random Deaths and Custard' by Catrin Dafydd, its cover in bright blue, red and yellow like a well-known custard tin, is about an 18-year-old girl, Sam, who lives in the former mining valleys of South Wales and works in a custard factory. She is the narrator and her lilting Welsh dialect runs through the book, liberally scattered with colourful language which in former times would have been interpreted with many asterisks!

Two of our group were soon put off by this style and decided they had other books they would much rather be reading, but those of us who soldiered on found other things to recommend it. It's an often amusing coming-of-age story about a girl's relationships with her lively family and her fantasies about her would-be boyfriend, and we could feel empathy with some of the situations she encountered. Marks we gave varied between 4 and 7.

On February 16th the walking group are planning to meet Pat Ramsden in Grange-over-Sands so she can guide them on a walk taking in Cartmel and Flookburgh, so we hope the weather will be kind.

Several of our members enjoyed afternoon tea at the People's Hall on January 28th, part of the People's Hall Jubilee Celebrations. The Hall was festively decorated, and the sandwiches and cakes, beautifully made and served by students from Settlebeck School, who looked extremely smart, were a treat. Congratulations and many thanks also go to our own programme secretary, Sandra Gold-Wood, for master-minding this very successful event.

Please note there is a change of programme for our next meeting, on Wednesday 8th February at 7.30pm in the committee room at the People's Hall. We look forward to hearing our own treasurer, Gaynor Bowman, speaking about 'The Murder of the King', the king in question being Edward II. Visitors are always welcome.

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FAMILY MUSINGS

Leaving a pan of eggs on the cooker and forgetting about it is probably something that we have all done sometime, when 'auntie' at Hull, who is nearly 99 did it the fire brigade arrived to pump out the smoke! She is connected to a Lifeline which automatically called the fire brigade. One called the other.

A bit of high drama for the residents of the street, concern for those in the adjoining house and M seemed oblivious to any possible danger.. not good.

I couldn't be blamed as I wasn't there. . Except somehow it wasn't her fault. Distracted by a phone call (not me) then she forgot. A reminder of some sort was suggested, we'll see..!

Doing things differently certainly brightens up life, each month this year I am doing "something special" as part of my 60th birthday year. In January I met up with friends, esp those for whom such a thing gets difficult with time and distance, for a meal/drink/catch up. Feb I had hoped to have a bouncy castle event for little friends but folks are busy or the Hall not free so am postponing that and have been writing letters to friends and family seldom seen. March will include going on holiday with 3 of our grandchildren (and 2 Mummies so all will be well!) and April will include the usual egg hunting in the garden for the toddlers. And so on ..

One unusual thing I have done, and yes, there's plenty of choice, (!) was

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Mrs Jean Cope
Hon. Secretary

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to buy a chair without legs at the Gala white elephant stall. I put it on something to try it out and it was comfy so I bought it and passed it onto a friend to make/fix legs. After a while I text to see how it was progressing. Except I text his wife who knew nothing about a chair with no legs. We all met up recently and the chair is as was but it sure made for interesting conversation and I wondered what the people there who have never met us before thought about a woman who buys a chair with no legs..!

Thinking about a different "chair", the Chairman sort, it was in March 2009 that I was voted on to the Dentdale Memorial Hall Trustees as

Chairman. 8 years. A lot has happened. On the whole positive and good, the committee works hard and that helps the Chair. 7 years before that when I offered and was appointed Secretary someone said (in my hearing) 'they're really scraping the bottom of the barrel here'. Well folks it just goes to show that there is treasure in the most unlikely places.! I hope this will encourage you to offer to help and do things because there are local committees who need help. And yes, it can seem thankless but there are precious moments and satisfaction along the way. Don't forget any pans on the stove!
Sarah

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LOOKAROUND

Please note that due to a continued increase of material that is being submitted every month, the workload has increased drastically making it difficult to get Lookaround out by the first of the month. This is partly due to the Closing Date being the 19th and most things coming in on or just before that date. We have therefore decided to make the Closing Date 15th every month from April. *DJW*

SETTLEBECK CONSULTATION

Consultation on proposal to convert from a Stand-alone Academy to joining a Multi Academy Trust (MAT)

Settlebeck's school leadership team and governors are committed to providing the highest standard of education to all students, present and future.

To this end, we are considering changing the financial, legal and governance structure of the school so that we can collaborate and share resources with more schools within the South Westmorland MAT.

The implications of this, on a day to day basis for parents and students, will be minimal. However, critically, we expect a positive impact on teaching and learning for pupils and

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the school's specialist and financial resources.

We would like to hear your views on our proposal to convert from a (single) Academy Trust to joining a Multi Academy Trust. Further information and details of how to do this are below at the end of this document. You may remember that a few years ago, we were thinking of forming our own MAT and through a public consultation with parents and the community we received your agreement for this. The goalposts have moved since then, and we would be considered too small to form our own standalone MAT now.

As you are aware, Settlebeck School has been a stand-alone academy since 2011, led by the Settlebeck School Academy Trust. It is proposed that in September 2017 the academy trust will join the South Westmorland multi-academy trust (MAT) to be the second member of that MAT alongside Dallam School, Milnthorpe.

What is a MAT?

A MAT is a formal linking of schools to work under one trust arrangement. The MAT takes overall responsibility

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for the performance of the schools in the trust, and provides educational specialist support and resources to enable ongoing school improvements. Each individual school will have a separate Ofsted inspection.

Why is this being proposed?

The main reason for joining the MAT is for the opportunities to work closely with other schools to improve the educational standards and learning experience we can offer our young people. This is in the context of central government's encouragement of school collaboration, and changes to the level of support that local authorities are able to give to schools.

Does this change how the schools

are funded?

Settlebeck will have its own Local Governing Body (similar to the existing Academy board for the day to day management of the school) with full delegation of powers to run the school. If there is a school within the trust that needs more support in some areas, then the trust may decide to hold some powers centrally in order to support the school to improve.

Each school in the trust would continue to receive its own separate budget allowance from the Education Funding Agency. However, the Trust is responsible for the overall accounts across the school(s) and will appoint auditors to ensure that all financial

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procedures are kept to a high standard within each school.

What will becoming a MAT mean for Settlebeck School?

Currently Settlebeck School is supported by its own academy trust, the Settlebeck School Academy Trust. If the Settlebeck School Academy Trust joins the MAT, the governance structure for the academy will change slightly. In reality students and parents will not see any significant difference in the day to day running of the school.

What are the benefits of being a MAT?

In our opinion the benefits are numerous:

Schools in a MAT will benefit from

being part of a larger organisation, examples would include:

- Developing shared resources where this will enhance teaching and learning, such as employing specialists across schools to support students with particular needs
- Sharing administrative resources such as business management and human resources expertise
- Sharing staff development to ensure best practice
- Potentially some staff may be able to work across more than one school in the MAT which may be of benefit to some staff who wish to work full time, but the current job doesn't require full

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- System leadership across schools i.e. schools supporting each other to continuously improve
- Better purchasing power; having a larger organisation allows economies of scale for e.g. ICT and consumables
- Greater economies of scale will mean more resources can go directly into the classroom to support students
- Developing a greater resilience to the many and varied expected changes ahead from Government policies and future school funding arrangements, as well as the unknown changes that Brexit may bring.

Are there any disadvantages to

becoming a MAT?

As a MAT, the Board of Governors will be accountable for any other academies that join the MAT, not just Dallam and Settlebeck School. This means increased responsibility, however, as part of the conversion process, the MAT Board will ensure that careful decisions are taken to ensure that the right governance structure and systems are in place to successfully operate more than one academy. This will include recruiting Governors (also known as, directors, trustees and members) with expertise in specific areas useful to the MAT, such as education, finance, human resources, law, etc.

What else will change?

We do not intend to change



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anything else about the day to day operation of Settlebeck School as a result of converting to a MAT. For most students and parents there will be very little that will obviously change. Over time the sharing of best practice and resources will help to secure continued improvement in student achievement, high quality teaching and learning and good use of resources to ensure financial sustainability in an increasingly challenging budget situation. At the same time, and coincidentally, Settlebeck will be appointing a new Head as Mrs Grant is moving on after so generously having postponed her retirement by a year.

How can I make my views known?

The closing date for comments to be

made is **14th March** so that they can be considered at our next Governor's meeting.

Comments can be made in writing to:

**Mrs Little, Clerk to the Governors
c/o Settlebeck School**

**Long Lane,
Sedbergh
LA10 5AL**

or by email to: littlek@settlebeck.org

SEDBERGH SCHOOL NEWS

Events.

The School hosted the regional finals of the national Academic Challenge on Wednesday 25th January. They were beaten in the final by RGS Lancaster

New planters, made by the Lower VI DT students, have appeared round

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the town including at the door of the School Library and Main Street.

Chinese New Year was celebrated in the Houses and at the Prep School with lavish banquets.

A pupil attending the Summer School last year has tweeted "Not the best weeks of my summer, the best weeks of my life!"

The Jazz and Swing night on 5th February was again a "swinging" success.

The Prep was visited after half term by Green Up Your Act, an outfit keen on recycling, gobal/local biodiversity, endangered species and their habits and the growing of seasonal food, who visit many schools. Each year had a workshop on an environmental issue. The Prep also had a visit from OS Will Carlin.

I am glad to report that Mr Badger is after all to move house, English Nature having seen sense, and the Sports Centre is back on track.

Arts

Amelia Horan, 14, was chosen to represent Ripon Cathedral to sing with one chorister from each Cathedral in the country at St Paul's Cathedral for the Diamond Concert and a recording for Classic FM (to be publicised around Easter)

The Prep School has entered four paintings in the Saatchi Gallery School Art competition. The four paintings can be seen at www.saatchigallery.com/schools/prize/2017/artist.php?id=216

Year 6 at the Prep put on a performance of The Prince and the Pauper which was well received by an audience described by a startled actor coming off stage as "there are thousands of them out there!"

Sport

On 25th January the Prep School won the Rawthey Run Boys U13 but by only 2 points from QES (Fraser Sproull setting a record time of 9:37), and also won the U13 and U11 Girls. The U11 Boys was won by Sedbergh



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Primary School. Millie Gunning and Maddy Harrison both managed 2nd in their races. On the following Saturday in a muddy, wet and cold Morgan Run Maria Page was the first girl and Jo Bird the first boy home. About 400 pupils, Old Sedberghians, parents and guests ran the 7.4k from Buskholme over the bridge at Milthrop, up onto the fell near Archer's Hall, down Frostrow Lane, along the river and back to Buskholme. The passage of some 800 feet splodging through the mud did not improve the path along the river or round Bruce Loch! On 1st February the School Boys A team (U18) came 4th in the King Henry VIII Relays at Coventry (51 teams) with Fraser Sproull from the Prep School

running the final 6th lap and moving the School from 6th to 4th place, and the Girls' A Team came 6th (28 teams). On the same day the Prep School hosted the Cumbria Cross Country championships with over 50 schools taking part. Maria Page has qualified for the English Schools Cross Country Championships. At the Scottish Lacrosse Open Championships the girls were Div 2 Champions. The Equestrian Team were the Dressage County Champions.

Harry Brook OS scored 51 (75 balls) on his debut for England U19 cricket against India, and James Botham OS made his debut appearance for Wales Sevens in New Zealand in the World Sevens Series.

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Future Events

In the second half of term there will be three Teatime Concerts in the Thornely Studio. The first (Strings) will probably have taken place by the time this is published as it is on 27th February. The second is on Monday 6th March at 6 pm and will concentrate on Voice. The third is Brass and Woodwind and will be on Monday 13th March also at 6 pm. All are welcome (it includes tea) and is free.

The Wilson Run is on Tuesday 21st March starting at 2.30 pm outside Lupton House. The last qualifier is on Wednesday 15th March.

The 10 Mile relays at Buskholme are on Tuesday 7th March at 4.30 pm
Three U6 pupils and 6 staff are

training for the London Marathon for Afghan Aid

The U15 Girls County Hockey Final is at Casterton on 9th March at 13.30

The Sedbergh U16 Sevens are on 11th March on Buskholme

Term ends at 09.00 on Friday 24th March, restarting on 24th April

Karen BL

SETTLEBECK NEWS

Settlebeck's production of the musical 'Our House' has been a roaring success – we hope you had the chance to come and see it. Most of our students have never been on stage or even acted before this production, and they pulled out all the stops to give a stellar performance over three nights in February.



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Congratulations to you all and a huge thank you to everyone who helped including musicians, technicians, backstage and front of house crew, catering, tickets, etc. Your time and commitment is very much appreciated – we couldn't have done it without you!

On 14th February, Settlebeck welcomed Year 4 and 5 students from Sedbergh, Hawes and Dent to a Gifted and Talented Maths Day. The day was focused on Codebreaking and Ciphers, with students journeying through the history and mathematics of codes, creating and breaking their own ciphers. All the pupils thoroughly enjoyed the day and we look forward to seeing them again soon for

another exciting challenge.

This term we have welcomed the return of Garry Holmes. He has worked closely with the school over the last few years developing the student's rugby skills and linking them to the county programme. Garry is one of England's most successful Rugby Union Development officers; he can be seen on the RFU website and social media sites promoting some key training strategies. With Garry's help and expertise we are significantly increasing our rugby participation with 4 boys being nominated for the South Cumbria County Squad and 2 girls currently in the County Squad with more to be nominated later this term.

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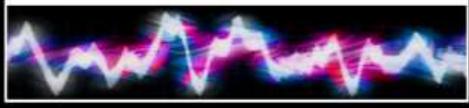


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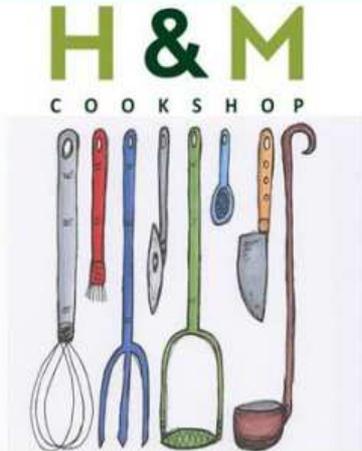


Cross country season has continued to flourish in and out of school, with some amazing results at the local Kendal Winter Leagues races from athletes from our Friday night running club. Henry Hunter and Maisie Gough competed in the County Trials at Sedbergh School, with Henry being selected to represent Cumbria at the National Championships. Thanks to John Richardson, Settlebeck were invited to enter a team for the infamous Morgan Run, a 4.5mile fell race organised by Sedbergh School. As this was a race for students and staff I also took part in the run (it wasn't pretty!). The team (Maisie Gough, Cj Middleton, Edward Thomas, Bethany Beck, Carla Avery, Amelie Pennington and me) did really

well running under tough and muddy conditions over Fostrow Fell.

Recent football fixtures against Dallam School have seen us win 2 and draw 1 – fantastic results which showed great teamwork, positional sense and positivity, attributes that we have been working on in training since the start of the academic year. We are now looking forward to welcoming a number of teams to our school for fixtures next term.

We are fortunate to welcome Erin Holding to our English department. Erin is a student teacher on her second placement and will be with us until the end of the summer term. She has immersed herself in Settlebeck life and already feels like one of the family!



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Settlebeck PTFA held a domino drive last month. The school canteen was packed out with players, the old hands showing the newbies how it's done. It was Mrs Grant's first experience of doms and she did surprisingly well. Thanks to John Waller who was an accomplished caller, and to everyone who helped. The night was a huge success and the domino drive will become a regular fixture in the PTFA calendar so look out for the next one later in the year.

Finally, don't forget our Senior Citizens Concert on Tuesday 14th March. Settlebeck hosts an evening of entertainment with a three-course meal for our local senior citizens. There is no charge and you don't have to have grandchildren at school here. Just contact school to book a place on 015396 20383.

Juliet Proctor

MADNESS 1

at Settlebeck School

Yes, it was complete madness at Settlebeck; No, all the teachers and students hadn't decided to run amuck around the playing field, no it was all about a show called 'Our House'.

Wednesday February 15 was opening night and I was in the audience ready to watch a performance by the students of Settlebeck. The story is based on the songs by the popular band Madness, songs such as, 'My Girl's Mad at Me', 'Baggy Trousers', 'It Must be Love' and 'Driving in My Car'. These songs featured in the performance and were woven in as part of the script.

All was calm front of house as I took my seat in the audience, though I couldn't help thinking that this would not be the case back stage. In my experience it is difficult to stay calm and wait quietly as the minutes tick

L-R Esme Kirkbride (Angie); Holly Ross (Billie); George Chapman (Priest); Gabi Raw (Joe's Solicitor); Alisha Brewer (Kath); Angel Sherrard (Emmo); Wesley Mills (Joe); Luke Troughton (Ray); Ted Hodgson (Copper); Jay Ferguson (Lewis)



away toward curtain up.

Then came that wonderful moment when the band struck up and suddenly it was all action as the younger cast members sang and danced their way through the audience and up on to the stage to the strains of 'Our House' which set the pace for the whole show.

Joe Casey and Sarah are the central characters and were portrayed with exceptional ability by Wesley Mills and Mily Seymour-Price. The story is based around how the choices young people make effect the way their lives pan out. Wesley and Mily sang perfectly together as they played out the story creating a special magic between them. Robbie Kendal played the part of Joe's dad who did

not return to the family home after a spell in jail leaving Joe Casey to be brought up by his mother Kath played deftly by Alisha Brewer. Robbie commanded the stage and his vocals were outstanding. Alfie Eaton who portrayed bad guy 'Reecey' did a fine job and bore a certain resemblance to a young Suggs from Madness. Great support was given by, Jay Ferguson, Angel Sherrard, as Joe's side-kicks. Esme Kirkbride and Holly Ross provided support to the Sarah's role while the rest of the talented cast oozed enjoyment as they danced and sang their way through this delightful show. Many of the young people played more than one part showing their versatility.

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More details in the April issue of Lookaround

to teachers, firstly Gillian Rea who directed and produced the show. Thanks too to musical director Joanna Brennan who brought out the best in the young singers. The music was provided by musicians, Roger Bush, Alan Steadman, Mark Barker and Carole Marsden. Nigel Crook was in charge of the technical side and Adam Roberts took care of publicity while, Julie Calvert, Jess Oxley, Holly Sedgwick and Jessica Orr made up the make-up team. Cara Ellis and Amy Harper deserve praise for the excellent poster they designed for the show. Then there is all the back stage crew too numerous to mention individually, but of course without their work of lighting, sound

and everything else that goes toward the smooth running of a show things would not knit together at all. It's is this kind of commitment that turns hours of hard work into a real live show making sure; ' It's just right on the night!' When you think of how much goes into producing a show praise is certainly due for the dedication of the young students, teachers and members of the community without whose input we would not have such great entertainment on our doorsteps. It is occasions like this that make a person feel proud and thankful for the marvellous community spirit which is so strong in Sedbergh.

Sandra Gold-Wood.

MADNESS 2

at Settlebeck School

I attended the first performance and although I have never been a follower of Madness and their music, the production in Settlebeck was excellent. Many comments were made by the audience including:-
'A show definitely worth seeing. Well done to everyone involved, it was amazing.'

'Settlebeck shows once again that it's a small school with hugely talented students.'

'Blown away with the performance tonight, just stunning.'

'Outstanding! Loved it. So much talent.'

'You were all very professional, presented yourselves wonderfully



Mily Seymour Price (Sarah)
& Wesley Mills (Joe)

on stage and blew me away with your performances...Thank you Settlebeck for giving us an evening to remember.'

I concur with all of them and wish to add more but space precludes me. If you didn't see it, you missed out on a truly Cockney Musical presentation.

D J Whicker



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or at Farfield Mill Studio 2a/2b

Dear Editor

Our House. Our School.

'Our House' what a brilliant production. What a happy and joyous time. The effort, commitment and sheer enthusiasm was a credit to all concerned.

Settlebeck School, our little comprehensive is to be congratulated on many fronts. Excellent results, excellent, teaching staff, a beautiful environment, contented children and students.

With all this success, why would anyone send their children anywhere else?

Yet every morning I see a queue of shivering children waiting at bus stops for a bus that does exactly that. Takes them on a tortuous journey to Queen Katherine School Kendal. A place that we read this week is in 'special measures'. Other buses go to similarly distant and (to me) less worthy schools. By the time the buses move off some of the kids are back to sleep, head collapsed on the seat in front.

This enormously expensive exercise is I presume laid on at public expense to provide 'choice' to parents and children. I'm not going to be rude or insult people about the choices made. There may be many and considered reasons. But come on parents, think hard this next September and support

our brilliant school.

'Our House' was another example to us all about what can be achieved here in Sedbergh's own school.

Keith Wood

MARIE CURIE

Great Daffodil Appeal

March sees the launch of the Marie Curie Great Daffodil Appeal, Marie Curie's flagship fundraising campaign.

In shops, offices and pubs you will see Daffodil Boxes. In towns and big stores there are people collecting (there is to be a street collection in Kendal on 4th March and in Morrisons in Kendal on the 10th, 11th and 12th March).

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with Cancer Care but the charity has widened its brief. The nurses are there to look after patients with ANY terminal illness and help and support their families, either by providing free care to the patients in their own home or at one of Marie Curie's wonderful hospices. The charity also provides help and support in many other ways.

EVERY Daffodil counts. EVERY £20 raised pays for one hour of the wonderful, dedicated nurses time. ALL the money raised locally stays locally.

If you feel you would like to help with collecting either visit mariecurie.org.uk/daffodil or call 0800 304 7025 to find out about signing up.

Caroline Sandys-Clarke

Community Project hasn't exactly been in hibernation: ducting has been laid in Deepdale and Flintergill, and more connections made in Gawthrop. But we'll be revving up to top gear as the weather improves, digging our way up the sunny side of Dentdale first, then up the 'money side' (if only!), and then tackling patient Garsdale. 2017 is going to be a busy, exciting year.



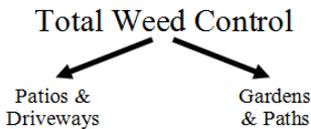
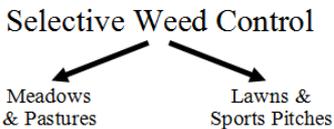
Demand for hyperfast fibre broadband is now expanding at such a rate that to keep up with it B4RN is planning to organise one-day training courses for volunteers in fibre blowing and splicing. If you fancy picking up a new skill, in the company of fellow enthusiasts, get in touch and we'll let you have details.

Local investment in the project has far surpassed our expectations, but there are still opportunities to benefit the community and get a good return while doing so. B4RN is currently paying a 5% dividend on shares invested for three years, and offering a similar return for loans. Compare that with what the banks are offering on cash savings! And remember that you can get generous tax relief on community investments.

For more information on volunteering or investing, contact David Pilgrim on 015396 25589 or email d.pilgrim@btinternet.com

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B4RN

'If winter comes, can spring be far behind?' wrote Shelley. Well, winter is hopefully on its way out and spring will soon be springing into life. The Dentdale and Garsdale B4RN

LETTER FROM THE SURGERY

Following our letter in the December Lookaround; this month I am going to concentrate on risk factors for cancer. As you might remember from my last article, for the last six years I have worked one day a week as Cancer Lead GP for South Lakes Locality and more recently have taken on roles with Macmillan and Cancer Research as a Strategic Lead GP, working on ways to improve earlier diagnosis of cancer and the care of people living with and beyond cancer. I am not an expert, but my extended role has given me some understanding of the challenges and problems we are experiencing and some of the ways we can combat them. Dr Chrissie Hunt

RISK FACTORS FOR CANCER

RISK FACTORS WE CANNOT CONTROL

- Genetics

- Family History
- Age
- Environmental factors

We know that there are some risk factors we cannot control – for example the BRCA gene mutation increases a person's risk of breast cancer and Familial Polyposis Coli runs in families and can increase the risk of colorectal cancer. There is nothing we can do about the ageing process and the longer we live, the increased risk we have of developing cancer. However, there are ways we can reduce our risks and the most obvious ones are listed below.

RISK FACTORS WE CAN CONTROL

- Smoking
- Obesity
- Alcohol
- Lack of exercise
- Sun exposure and radiation exposure, sunbeds
- Poor diet – lack of fruit and veg,

Figure 1.1: Preventable cancer cases by prevention method, UK, 2011





4 IN 10 CANCERS CAN BE PREVENTED

too much processed food, high salt intake

HOW MANY CANCERS CAN WE PREVENT IF WE CONTROLLED OUR RISK FACTORS?

If we all followed healthy lifestyles more than 4 in 10 cancers could be prevented. Smoking is the biggest risk factor – but if you add all the other risks together you will see that they are all additive and keeping fit and healthy with a sensible diet can reduce your risk in line with stopping smoking. Food for thought?

NHS EMERGENCY EYE CARE

Collinge Opticians in Market Street Kirkby Lonsdale are accredited to provide a new eye service called MECS (Minor Eye Conditions Service). This is an NHS funded community service scheme which is operated on behalf of Morecambe Bay NHS trust.

The service is available to anyone who is registered with any medical practice in the South Cumbria and North Lancashire area. The Optician has undertaken further training and qualifications to manage many of the eye conditions that would normally

have needed a trip to the doctor or hospital eye clinic meaning long journeys, waiting times and inconvenience.

The same service is now provided locally at Collinge Opticians in a convenient and timely manner. To satisfy requirements new equipment and technology are being utilised. In many cases a same day appointment is available as well as expert advice to give you full peace of mind.

You can book a MECS appointment for yourself directly with Collinge Opticians on 015242 72944. You may also be referred to us by your GP, pharmacist, NHS111 or a non-accredited optician.

You do not have to be an existing patient with ourselves to qualify for a MECS appointment, so if you have any eye related problems, simply get in touch with us.

MECS conditions include – Flashes and Floaters, Red or Stick eyes, Reduced vision, Foreign bodies in the eye, Eye injuries, Watering or Dry eyes, Eye lid lumps etc.

For all appointments and enquiries call us on 015242 72944.

SEDBERGH ART SOCIETY

On the 20th January we enjoyed an inspiring demonstration by Trish Parry, from Brampton.

The stimulus for the painting she chose to demonstrate came from a place she had visited, where dead or dying trees were ready to be felled. Affected by the mystical atmosphere, she took photos to inspire her painting.

The Committee Room was adorned with a variety of Trish's beautiful finished paintings. This was to illustrate the finished product using the techniques she was about to show us. (Some of these might have up to a hundred layers - which would be impossible to achieve in a two-hour demonstration!)

We learned how she prepared a rough sketch and then employed 'gesso' to create relief for trees and grass. When dry, layers of texture were added for rough ground and rocks in the foreground with crumpled tissue paper moulded on to the picture with a mix of PVA glue and water.

In the second half of the demonstration Trish built up the colours. Starting with thinned down acrylic paint, she then added more texture, colour and tone by spraying or adding drops of turps or methylated spirit, brushing in embossing powder or lava gel. Water based calligraphy ink also played a part. The message was for us to be imaginative and adventurous by

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inventing more ways to enhance our painting! Looking around at Trish's finished paintings we could see that she uses a number of different media in most of them and it was obvious that they each took several weeks to complete.

Thanks to Gordon Hosker for filming all this for us and to all in the Society who helped make the afternoon successful.

Eight days later we followed this up with an autonomous workshop, masterminded and planned by Gill Impey. The day was very well attended with us all fired up with enthusiasm. Gill gave a brilliant introduction, showing us lots of her own stunning examples. We thank Gill for all the preparation she put into the day and for her generosity in supplying us all with 'Yupo' paper with which to experiment! Thanks also to everyone who shared their materials, made tea and coffee, helped set out



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and clear away. There was, as always, such a lovely friendly atmosphere in the room. We mustn't forget William and June Allen, who got the room nice and warm for us. As Ron Gerrard wrote, 'Although I did finish up with more stuff on me than on the painting it was great'. Helen Shields also got quite messy. Thanks to Gill and Helen who both made a lemon drizzle cake for the day!

At the time of writing we are looking forward to our AGM in the People's Hall Committee Room from 7.00 - 9.30 pm on Friday 17th. February. Ron Ward will be regaling us with stories about: 'What war artists did ... in the war.'

Jenifer Alison



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PEOPLE'S HALL NEWS

The People's Hall Hub is open for service

As you know the Main Street Hub was closed last year just as it was attracting interest. The People's Hall seemed the best place to provide similar and better facilities. The Hall was fortunate to receive a grant from the Dulverton Trust and by adding some more funds from the Hall's hire income the Committee Room has been enhanced. The facilities include: new decoration, carpeting, heating, socket outlets, lighting, pictures, new hatch and blinds. The new LED lighting has two levels. A working level for meetings, etc. and a second level using dimmer controlled downlighters for films/slides, Jacob's Joins and social occasions. Break out areas are adjacent and for bigger functions, eg: conferences, the Main Hall is available for hire. There are modern toilet facilities, a shared

kitchen, with dishwasher, and plenty of parking. The Hall is next to extensive play facilities and the sports recreation ground.

Come in a try us for your business and social function – hire charges on our website

FRONTAGE TO THE PEOPLE'S HALL

The development of the front of the Hall is going to happen!

We have made all the improvements to the Hall happen so far and this is last part to complete the transformation. Since our last report we are pleased to tell you another £10k has been awarded to the Hall for the frontage works. We have had grants/awards from: *Templeman-Barney Trust (Gift Aid), Sedbergh Community Fund, Sedbergh United Charities, Garfield Weston, Freda Scott Charitable Trust, Cumbria Endowment Grass Roots, Cumbria County Council Community Grant*

and other donations. This brings our funding to £23k with a cost to meet of £37k.

We have other applications pending and the Committee is thinking up fundraising ideas, but it is always good if the Town helps as well. Last month we included a donation appeal. Please consider it and if possible Gift Aid it. Alternatively you might consider sponsoring some part of the works, eg: the seat, the railings, the shrubbery. All donations to: PO Box 7, Sedbergh, LA10 5GE. Every little helps – you know it will be well spent.

OUR WEB SITE

Some Hirers have said they can't find it! Well the address is:

www.sedberghpeopleshall.org

If you have a modern mobile device and WiFi access just speak into it "Sedbergh Peoples Hall dot org" and you will be there.

A more old fashioned way is to use a search engine.

If you type "Sedbergh People's Hall" then take the first prompt and you will be there.

If you type "Peoples Hall" take the third prompt and you will be there.

You will also see a web site "peopleshall.org". IGNORE IT. This our old site and is not being used and was set up by people who have gone away, lost interest, lost the password, etc. so we can't take it down. Any hackers out there who can?

BOOKING SESSIONS

We have four sessions every day for both the Main Hall and Committee Room. These are:

A: 09.00-13.00, **B:** 13.00-17.00, **C:** 17.00-19.00, **D:** 19.00-end

I went to the Committee room at 6.20pm one day to do some admin and found the 19.00 group already there setting up. This was not a problem as I went away. If hirers need to set up outside their booked session you must book the session before also. Similarly if clearing up is going to take you outside your booked session you will need to book the following session. Alternatively allow time in the booked session for set up and clear up. We have had complaints from hirers booking sessions and arriving to find the Hall or Committee Room still occupied. Please assist here. If we find out we will send you an invoice.

DANCE 25 MARCH 2017

Our next Old Time Sequence Dance is on 25 March 2017 doors open at 7.30 pm with dancing to 11.30pm. Bar facilities and Jacobs Join.

DATES FOR YOUR DIARY

Dances: 17 June & 14 October.

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NATIONAL PARK NOTES

A senior National Park's officer said to me just the other day – "there has never been a more exciting time to be at the National Park than now". He was absolutely right. There is a great deal going on at the moment which is keeping both officers and Members of the Authority very busy. For starters our new Local Plan (governing all planning matters in the un-extended part of the Park) has now been adopted and it is being applied on all new planning applications coming to the Authority whether being dealt with by Planning officers under delegated powers or by Members at Planning Committee. In addition, in the now extended Park covering additional parts of South Lakeland District, parts

of Eden District and parts of Lancashire we are having to apply *their* Local Plans to all applications coming from those areas until such time as the Park develops a composite Local Plan for the whole of the new Park area. Having just gone through a long process to have our own new Local Plan approved it is likely to be some years before a Plan for the *whole* of the Park emerges.

The consequences and implications of Brexit continue also to take up a great deal of time particularly as the EU Common Agricultural Policy (CAP) will need to be replaced by a solely UK agri-environmental policy. This requires a fine balance to be maintained between the needs of farmers and food production on the



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one hand and the equally important need to protect the natural environment (which is the National Park's primary statutory purpose) on the other. As Member Champion for the Natural Environment I am obviously highly involved with this process myself! So far Defra has failed to provide much of a lead on this so, in an attempt to stay "ahead of the curve", National Parks England (NPE) has set up a Future of Farming Group which has already met several times in London and has two representatives from the YDNPA as part of its membership as well as reps from other upland parts of the UK. It has already submitted a first draft of a report to the NPE Board and a final

report is expected to be forthcoming around about April time. It is hoped that its findings will be highly persuasive in helping Defra to formulate a policy which will help not only farmers but also the environment. One way forward is a much more "results based" agri-environmental policy which I have mentioned and reported on in previous articles. The other day I attended a meeting in Hawes of the Yorkshire Dales Farmers and Land Management Forum which gave me the opportunity of hearing more from local farmers and land managers about their particular needs in our own neck of the woods.

In addition to all of the above a



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number of local projects continue to be developed mainly to do with the environment and in some cases the need for effective flood management particularly of a sustainable nature (such as slowing the flow of water in the rivers by natural means, planting more trees, restoring peat bogs and blocking grips, allowing flooding in certain parts of the catchment area to alleviate flooding further downstream etc). These projects, a number of which benefit from already substantial grants from the Heritage Lottery Fund (HLF) and other sources of funding, include the Ribble Catchment Project, the Westmorland Dales Hidden Landscapes Project, the new TeesSwale Project, the Ingleborough Dales Project, the Upper Aire Project

and another new developing project centred around the Lune catchment area. As I said earlier, a lot going on at the moment!

If you would like to know more about any of the matters which I have mentioned above then, as always, please do not hesitate to contact me either on 015396 20648 or at ianmcperson24@hotmail.com.

Ian McPherson

**YORKSHIRE DALES
MILLENNIUM TRUST**

Cash for Community Initiatives

Grants of between £250 and £1500 are available for small community or voluntary groups in and around the Yorkshire Dales that need funding to help continue or expand initiatives

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that benefit local people.

Through the Roger Stott Community Grant programme, local charity Yorkshire Dales Millennium Trust (YDMT), wishes to distribute grants to support small voluntary organisations and community groups with an annual income of less than £30,000. No match-funding is required, so groups can apply for up to 100% of the total project costs.

The grants aim to support a range of uses that meet an identified need in the community. Funding can be used to cover revenue expenses, such as staff costs, rent or training, or for capital investment in assets such as furniture, computers or catering equipment, to name just a few.

Tanya St. Pierre, YDMT Project Officer, said: "I'm looking forward to receiving proposals for projects that will have a big impact for communities in and around the Yorkshire Dales and Nidderdale. Since the launch of the Roger Stott Community Grants programme almost a year ago, we've awarded 28 grants totalling £32,326 to support a wide variety of projects that are making a real difference to local people."

Recent successful applications came from Austwick Bowling Club, Gargrave Heritage Group, Malham Parish Youth Group and Kendal's Window on Arts; a project based in Sedbergh providing elderly residents the opportunity to engage with the community through memory maps and art.

The Roger Stott grant programme was set up in memory of Roger Stott, the founding Chairman of YDMT who sadly passed away in 2015.

Commenting on the programme launched in his father's name, Roger Stott (Jnr), said: "I feel extremely proud that when great enterprise and initiatives are being developed in the Dales, in some small way it feels like my Dad is there, still trying to help as he always did. He's sadly missed but his legacy lives on."

The Roger Stott Community Grant programme is made possible thanks to support from players of People's Postcode Lottery, who have raised £1,226,332 for YDMT over the last eight years.

Clara Govier, Head of Charities at People's Postcode Lottery said: "By working at grass-roots level, these small grants have the potential to

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make a big difference to communities in and around the Yorkshire Dales, and I'm delighted that players of People's Postcode Lottery are making this possible."

The application process is quick and simple. Please visit www.ydmt.org/resources to download the application form, guidance notes and map of the eligible area. For more information please contact the project officer Tanya St. Pierre on 015242 51002 or email tanya.stpierre@ydmt.org.

The closing date for this round of applications is 5pm on Friday 31 March. Final decisions will be made on 18 May 2017 and all applicants will be contacted soon after.

**YORKSHIRE DALES
 MILLENNIUM TRUST**

Festival with Flower Power
 An annual celebration of wildflowers and nature in the Yorkshire Dales will soon be underway, as the Flowers of the Dales Festival returns for its ninth year.

The Festival kicks off on 1 March and runs until the end of October, bringing together more than 120 events led by passionate experts and

enthusiasts in and around the Yorkshire Dales.

Coordinated by local charity Yorkshire Dales Millennium Trust (YDMT), and sponsored by Parkfoot Holiday & Park Homes, the Festival showcases some of the region's nationally and internationally important habitats which support many native species of wildflowers, insects, birds and mammals.

There really is something for everyone to enjoy in this year's Festival, with events ranging from guided walks and bumblebee talks, to family-friendly nature trails and bug hunts, to identification courses, hands-on conservation activities, arts and crafts.

YDMT's Flowers of the Dales Project Officer, Leah Cardus, said: "We are very lucky to have such a rich and vibrant landscape on our doorstep, home to an array of native species. Through the Festival we aim to provide opportunities for people of all ages to explore the Yorkshire Dales and discover this for themselves. More than 33,000 people have taken part since the first Festival in 2009, and I hope many more will

be inspired to get involved this year."

YDMT would like to pay special tribute to Mrs D Jones, Ms A Green, Mr R Jenkinson, Mr P V Mitford and Miss M Gorman whose generous legacy gifts have supported the 2017 Festival, together with generous support from the Linden Charitable Trust and players of People's Postcode Lottery.

Clara Govier, Head of Charities at People's Postcode Lottery said: "Our players have raised £1,226,332 for Yorkshire Dales Millennium Trust to date, enabling the team to deliver many varied projects, including the annual Flowers of the Dales Festival. The huge range of events provide opportunities for people of all ages to explore the natural environment, be

inspired to visit the countryside and perhaps learn something new."

The free Flowers of the Dales Festival programme can be downloaded from www.ydmt.org/festival2017. Or to receive a printed copy of the programme please send an A5 stamped and self-addressed envelope to: Flowers of the Dales, Yorkshire Dales Millennium Trust, Main Street, Clapham, Via Lancaster, LA2 8DP. Copies will also be available from National Park centres and other outlets across the Dales over the coming weeks and months.

LOOKAROUND

Please note that the new 'Closing Date' for May is 15th April for everything.

DJW



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Sedbergh Branch

The Sedbergh members attended a cosy environment when the outside was wet and windy. Dennis gave a warm welcome to everyone which included Jenny, Connie, Jean, Elizabeth, Elspeth, Jim, Rosemary, Gladys, Mary, Edward, Mary & Jenny.

Unable to be with us on this occasion was Sue, Florence, Rosemary, May, Jessie & George.

Dennis gave details of the Group Meeting held recently in Kendal. Members were there from Ambleside, Arnside, Milnthorpe and Sedbergh.

Many things had been covered but the one of interest was the possibility of giving one of the other Branches a visit from Sedbergh and inviting the other Branches to visit us which would create a common bond and increase attendance, which in some Branches was a bit low. It would also give opportunities of seeing & hearing other speaks from others parts of the area.

Dennis then introduced the meeting's visitor who was local acupuncturist June Parker.

June explained her profession and how much it refers back to the ancient Chinese with 'acupuncture lines' in the body. We all waited with baited breath for the needles to come out for a demonstration - but there no volunteers. Instead, June explained simplified exercises which everyone could join in while being seated.

These consisted of gently tapping/patting the legs, arms, body, neck and head which aided in the circulation of blood and stimulation of the muscles. Those that couldn't

reach their backs shared in mutual patting which raised a titter or two.

June was thanked by Elizabeth who then presented a small gift in appreciation of June's visit.

Dennis produced some large Print Books and numerous Audio Tapes which were available for free for anyone to read and listen to. Also that there was a large electric magnifier available for use. These items are also available for any readers of Lookaround who would benefit from using them. Delivery can be arranged.

The next Meeting in March will be a presentation by Author Jean Briggs. New Members are invited as well as anyone wishing to help the Group. Please contact Sue Harper on 20613.

Dennis J Whicker

Dear Editor,

I read the articles about broadband in Sedbergh in February's issue with mounting frustration. Since so-called "superfast" fibre broadband reached the green cabinets and was activated, I have noticed a marked deterioration in connectivity and increasingly frequent "drop-outs". It seems the quality of service (which of course relies totally on BT's infrastructure) has gone into reverse. On several occasions in recent weeks it has taken upwards of 15 minutes for me to log in to something as basic as my email service. This is far worse than in the dark days of dial-up.

I suspect that the reason behind this second-class service is BT's decision to "update" its infrastructure on the cheap, by only doing half a job and not upgrading the connections

between the green cabinets and individual properties. We customers are not getting the service we are paying (often quite heavily) for, and which BT is trumpeting as being the best thing since sliced bread. It is very concerning to read that Sedbergh might well be left behind by the apparently haphazard roll-out of "superfast" - a misnomer is ever there was one.

Sincerely,

Nick Lamb

MARCH GARDENING

I spent a very satisfying few hours last week, digging up the roots of Bindweed (*Convolvulus*) and Couch grass, both of which have had free rein in the last few years, to rampage through one of the borders. Although I cannot hope to have eradicated these weeds – they are both mixed up with big clumps of *Montbretia* (*Crocusmea*) and Solomon's seal (*Polygonatum*) and dwell safely underneath the dry stone wall boundary of the garden, I do feel that the other small things in the border have been rescued, at least for another year.

Looking at the fat, white roots, reminded me of taking "root cuttings" from some perennials, during my time at Harlow Car Gardens.

Plants such as Oriental Poppies (*Papaver orientalis*), *Verbascum*, Globe thistles (*Echinops*) *Acanthus*, Japanese anemones (*Anemone x hybrida*), *Gypsophila*, and, the delectable Tree poppy (*Romneya*) all do well with this method. It is the only way to grow healthy new plants from old border *Phlox* cultivars which have

been infected with Phlox eelworm - the eelworms only inhabit the top growth of the plants. (Unfortunately it does not work for variegated plants as leaf colouration is only carried in shoot tissue and not in the roots.)

The best cuttings come from young, thick roots (about pencil thickness and 2-4 inches, long if possible), and they are most successful when taken whilst plants are dormant. Carefully lift the parent plant or dig down the side of the plant to expose some



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Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

roots, and sever root pieces as near to the crown as possible. Make a straight cut across the top and a diagonal one across the bottom end – nearest to the root tip- so that you will know which way up to place the cuttings.

Fill a pot with moistened (but not soaked) cuttings compost and make holes with a dibber or pencil. Insert cuttings so that the tops are level with the compost surface and then cover with a layer of sharp grit to hold in the moisture. Do not water. New shoots will grow from the top and new roots from the base of the cuttings. Thin cuttings should be laid sideways on a layer of moist compost, then covered over with a second layer. Leave the pots in a cold frame, a cold greenhouse or a sheltered, covered place outside until shoots develop. Then the cuttings can be potted up individually.

Elaine Horne

BEST LIFE

The People First Self Advocacy Group meets in Wetherspoons on All Hallows Lane in Kendal from 10am to 12 noon on the last Thursday of the month on the following dates:-

30th March

27th April

25th May

29th June

27th July

31st August

28th September

26th October

30th November

21st December

If you wish to attend, please just turn up or ring 01229 811278 for further



information.

What and who is Best Life for? If you are someone who has learning difficulties, this is for you. Also, if you know of anyone that would benefit from the Group why not take them along?

You will meet others who have similar experiences and you will be able to develop new skills and learn how to speak up for yourself.

SEDBERGH YOUNG FARMERS

Sedbergh Young Farmers would like to thank everyone who came to the Quiz Night fundraiser on Friday 17th February at the People's Hall, Sedbergh. We raised £1228.00 for Cancer Research in memory of Ruth Elizabeth Armistead. We had an amazing turnout of people, and was a great night.

Clare Thompson

SWIMMING CLUB TIMES

Tuesdays

6.30 - 7.30pm children's lessons,

7.30 - 8.30pm training squad,

8.00 - 9.00pm adult swim

Thursdays

6.30 - 7.30pm children's lessons,

7.30 - 8.00 open swim children and

adults,

8.00 - 8.30 adults only (7.30 - 8.30pm continuing during holidays if sufficient demand)

Saturdays

10.00 - 11.00am open swim, including toddler lessons 10.15 - 10.45
Lent term ends Saturday 18th March.
Summer term Tuesday 25th April to Saturday 8th July with a break for half term.

SEDBERGH & DISTRICT COMMUNITY TRUST GRANTS

At their meeting in February the Grants Committee made awards to the following:

- Sedbergh Churches Together to help towards the costs of the children's Holiday Week.
- Sedbergh Community Swifts to set up a nest box camera system at Settlebeck School.
- Garsdale Village Hall for improvements to the water supply.

Prospective applicants are reminded that the next round of grants will be made in May. The closing date for applications is Friday 12 May.

COMMUNITY OFFICER REPORT

12/1 – Attempt theft of a Hudson Trailer from the Firbank area. Caller found his trailer un-hitched from his landrover overnight.

Cold calling was reported in the area, did you know you can set up your own No cold calling area? If you would like more information then please email me

Amanda.coleman@cumbria.police.uk

A couple of RTC's were reported in the area. Non injury.

Cumbria's Police and Crime Commissioner Peter McCall is urging local communities to apply for funds from his Property Fund, for up to £2,500 to support local initiatives that

link to the Police and Crime Plan.

The Police and Crime Commissioner has power to distribute funds accumulated in the above fund as a result of the disposal of property coming into the possession of the police by the Police (Property) Act 1897 and The Powers of Criminal Courts Act 1973.

Police and Crime Commissioner Peter McCall said:

"I'm a great believer in 'we, not they', so I would urge communities to get in touch with their local PCSO if they have a scheme or project they need some funding for. In the past we have funded a wide range of initiatives, from swimming clubs, air cadets, Scouts and Guides, community halls, residents clubs. If you have any ideas that will help tackle crime or antisocial behaviour in your area, please do consider applying, especially now that I have increased the limit to £2,500."

Any application for funding must be completed by a Police Officer, PCSO or a member of Police Staff and a recommendation or comment made by a TPA Inspector or Department Inspector. The application is then submitted to the Office of the Police & Crime Commissioner.

Applications to the Property Fund will be considered quarterly, and the next closing date is 28 February 2017.

For further information, the guidance notes can be accessed [here](#), or if you wish to receive a paper copy please email: commissioner@cumbria-pcc.gov.uk or call: 01768 217734

Cumbria Police and Cumbria's Police and Crime Commissioner are

urging dog owners to keep their pets on leads when near livestock.

In 2016 there were 31 incidents of sheep worrying – which includes attacking or chasing livestock - reported across the force.

Cumbria Police also received 44 complaints of sheep attacks last year, and in half of these (22) incidents one or more sheep were killed.

It is an offence to allow a dog to worry livestock and in some circumstances landowners have a defence in law to shoot dogs that are endangering their livestock.

Garsdale farmer Ian Calvert was forced to put some of his sheep down after becoming the victim of worrying.

He said: "It is soul destroying, and completely out of my control. There is a footpath which goes across my field and I purposely don't put my best sheep there because I can't control other people's dogs.

"I understand that dogs don't do it on purpose but I won't tolerate it anymore."

Police have the power to seize a dog to prevent worrying, and an owner can be fined up to £1,000 for the offence.

Superintendent Gary Slater said: "Worrying is a very serious issue and one that the police take seriously. It can lead to significant consequences for sheep and therefore farmers, and can be so easily prevented by owner's keeping their dogs on a lead.

"The issue of sheep worrying is more pertinent to highlight at this time of year, as lambing season approaches. A dog does not have to physically attack livestock to cause harm – even chasing them can cause distress and easily cause a pregnant

sheep to miscarry lambs.

"We have provided posters for farmers to display to remind dog owners of their responsibilities, and we will be taking a proactive approach and positive action against those that allow the offence to occur."

Cumbria's Police and Crime Commissioner Peter McCall said:

"Sheep worrying is an issue that is often raised by members of the public when I am out and about, which is why I am keen to get the message out there about the need for people to take responsibility for their dogs.

"People need to understand that the worrying of livestock can have devastating consequences for animals and for farmers and their businesses."

Anyone who wants to report an incident of sheep worrying should call Cumbria Police on 101 or Crimestoppers anonymously on 0800 555 111.

If you would like a poster then please email me on amanda.coleman@cumbria.police.uk
Regards

CSO 5244 Mandy Coleman

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		8		1		3		
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PERSONAL & SMALL ADS £1

NORRIS CHAMLEY

The family of the late Norris Chamley would like to thank everyone for their very kind messages and support following their sad loss. Special thanks to Andy McMullen for helping us in many aspects regarding the funeral services, and to the choir for singing for us at the church. Also thanks to Brian and Dorothy Goad for carefully guiding us through the funeral, and for providing refreshments afterwards. It was moving to see so many people at the memorial service, and the number of people who stayed behind after the service. Many thanks to PPA for providing their excellent services at short notice. Our gratitude to all who have donated to the British Legion, which was very important to Norris.

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LAURA GARNETT

Happy Birthday on 1st March with love from Nigel, Anne-Marie, Ben, Jenny, Dawn & Georgina.

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RICHARDSON

William and Emma (nee Middleton) are delighted to announce the safe arrival of their precious son Edward William Richardson who was born at 22.44 on 14/02/2017 weighing 8lb.



Thank you so much for all your prayers, wishes, cards and gifts, he's one very lucky boy!

TOWNSON/KAY

Ruby Wedding
12th March 1977
Settle, North Yorkshire
To Malcolm, my Mower Man from your Dancing Queen. All my Love, Carole X

=====

FOR SALE

Full Size Beko Dishwasher. New - Unused - Unwanted. Argh!! £75. Sedbergh 0779 634 7932

=====

FOR SALE

Ladies 18 speed bike £75
Raleigh Ladies bike, 18 speed with cantilever brakes, kickstand, good lights, mudguards and a basket. Useful for local trips and shopping. James or Emma Tel. 21615 or 07584 285923.

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

Please note that the Closing Date for the May issue is 15th April.

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	09/16	Helpline	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
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
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	12/15	Mr Parratt	Sed:	20964
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
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley mylesripley52@gmail.com		
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
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
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	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
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 *	03/17	Mrs Houghton admin@howgillharriers.co.uk		
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 mylesripley52@gmail.com		
Labour Supporters Group	10/15	Mr Cross	01539	634139

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	02/17	Mrs l'Anson	Sed:	21757
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Over 60's - Dent	09/16	Mr Steele	Dent:	25054
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	08/16	Mrs Hassam	07966	134554
People's Hall	08/15	Sleepy Elephant	Sed:	21770
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	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Schools	Dent Primary	03/13	School	Dent:
	Dent Primary - Friends of	03/13	School	Dent:
	Sedbergh Primary	01/09	School	Sed:
	Settlebeck	01/09	School	Sed:
	Settlebeck PTFA	04/15	Mr Hartley	Dent:
	Sedbergh School	01/09	School	Sed:
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com	
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
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
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
Yoga	11/16	Mrs Hennedy	Sed:	20899
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287
Youth Club	09/16	Mrs Wilberforce	Sed:	21562
* = Latest Amendments				

If there are any Groups missing and/or contact details are incorrect, please let us know.

EDITORS COMMENTS

The first apology must go to all the Children who had Birthdays in February. Guess who forgot to update their years?

There have been another few errors which I cannot explain including Church information.

Another two regular Advertiser this month are Linda Greensmith with Helping Hand and Bibby's Holidays of Ingleton. Please mention Lookaround if you make any enquiries.

AMENDMENT OF CLOSING DATE

Due to the increase of information coming in by e-mail - which is fantastic - there is so much that comes in on or just before the 19th (and some afterwards) that it has become physically impossible to get the Lookaround out by the first of the month. After giving it serious consideration, we are changing the Closing from the May Issue to the 15th for EVERYTHING which will give me another 4 days to get it to the Printers. We thank you in anticipation in assisting us. Anything received after 15th will not go in for that month but will be in the following month.

FUTURE OF LOOKAROUND

After very serious consideration, Jacky and I have decided to 'Retire' from putting the Lookaround together. After over 30 years of production, we feel that we should give up the reins and let someone else (younger?) take over.

If any person or group is interested in continuing Lookaround, please make contact with us.

Complete briefing and tuition would be given to the interested parties. It will not be easy for whoever takes over but we will always be on hand for help and guidance.

We are looking at our last issue being December 2018 which gives two full years for a new editor(s) to take charge. However, if the new editor is ready to take over earlier, this may be

possible.

At this time, we would like to thank everyone for their continued and valued support of Lookaround since it started in March 1986 with a sheet of A4 folded. My, haven't we come a long way since then?

E-MAILS

One or two people are dropping me an e-mail to the old address of lookaround@whicker73.freemove.co.uk.

This is no longer in use and I cannot retrieve any messages from this address. Please use the current one on the front of every issue. Can you please check your system and remove the old address.

LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & 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.

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire). *Back Copies* are available at the History Society at 72 Main Street.

All items for Lookaround must be sent to 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to editor@sedberghlookaround.org.uk

ADVERTISING

For the benefit of advertisers, the following information will assist you.

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details & place it in the Post Box. A receipt will be issued & left in the Lookaround Tray in the Office for collection or include a SAE.

Our distribution area is the LA10 Postal District which is Sedbergh & the

surrounding villages, but it is sent all round the country & the world.

We are published on the 1st of every month (except January).

February to November is printed black ink on white. The December/January issue is in full colour. All copies have a full colour cover to indicate a new issue & photographs are requested from our readers who will be credited.

We do not have whole page adverts but will allow two half page adverts opposite each other.

The Front Page is given priority to Event Adverts relevant for the appropriate month.

You can supply the information & we can create an advert for you. You can supply an example in hard copy & we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word, a jpg or as a PDF.

If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

The closing date for new Adverts is 15th of every month. Renewed adverts & articles are 19th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999 (over 17 years ago.)

PERSONAL MESSAGES

These are £1 each & are for sending Good Wishes, Thank You's, Birthday Greetings, Anniversaries & any other celebration or congratulation. You may also sell personal items - not on a business basis, & also make an appeal for wanted items.

Details with respect to people Passing Away are inserted for free.

Please submit legible writing as many mistakes have been made in the past due to not being able to read properly.

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at

their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable. All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

Adverts for the Rent or Sale of property are not Personals & can only be included as a boxed Advert.

If you are a new advertiser in *Lookaround* & you order 3 or more adverts, you will receive one free advert & can also include some text explaining who you are, what you are, where you are, etc (which can not all go into an advert) up to about 550 words for free.

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year).

We respectfully request payment with ordering. Please make cheques payable to "Sedbergh & District *Lookaround*".

Payments by BACS can also be made.
Account: Lookaround
Account Number: 30940267
Code: 20-45-28
Reference: Invoice Number or
your name or reference.

CAN YOU PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS?

Any receipts issued for Adverts will be left in the *Lookaround* Tray in the Information Centre for collection.

Dennis J Whicker

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme				
Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC
0940 (L)	1010	M - F	564	W
1015 (L)	1045	Wed	564A	W
1240 (L)	1310	M - F	564	W
Sedbergh to Kirkby Stephen				
1749 (L) (C)	1819	M - F	502	SCC
Sedbergh to Kirkby Lonsdale				
0945 (L)	1018	Thu	567A	W
Sedbergh to Dent				
1330 (L)	1345	Wed	564A	W

Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive			
1030	1056 (L)	M - F	564	W
1300	1330 (L)	Wed	564A	W
1330	1356 (L)	M - F	564	W
1705 (C)	1749 (L)	M - F	502	SCC
Kirkby Stephen to Sedbergh				
0738 (C)	0808 (L)	M - F	502	SCC
Kirkby Lonsdale to Sedbergh				
1215	1248 (L)	Thu	567A	W
Dent to Sedbergh				
1000	1015 (L)	Wed	564A	W
Last Update: October 2016				

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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)

S1 Kendal Shuttle Saturday from 1st October R = Request only						
Kendal Morrisons				12:45		
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15	
Kendal Asda		09:06	12:56	14:26	16:21	
Westmorland Hospital		09:07	12:57	14:27	16:22	
Oxenholme Station		09:10	13:00	14:30	16:25	
Killington M6 Bridge		09:20	13:10	14:40	16:35	
Sedbergh Dalesman		09:35	13:23	14:53	16:50	18:40R
Sedbergh Maryfell		-	13:25R	14:55R	16:52R	-
Dent village		09:50		15:10	17:05	18:55R
Cowgill		10:03			17:18	19:08R
Dent Station		10:05			17:20	19:10R
<i>Dent Station</i>						
<i>Train from Leeds</i>		10:16				19:23
<i>Train from Carlisle</i>		10:38			17:32	19:20
Dent Station		10:20			17:50	19:30R
Cowgill		10:22			17:52	19:32R
Dent village		10:35		15:15	18:05	19:45R
Sedbergh Maryfell	08:15	-	13:38	15:28	-	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:20	20:00R
Killington M6 Bridge	08:32	11:02	13:52	15:42		
Oxenholme Station	08:42	11:12	14:02	15:52		
Westmorland Hospital	08:44	11:14	14:04	15:54		
Kendal Asda	08:45	11:15	14:05	15:55		
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05		
Kendal Morrisons		11:30				

- At 1020 the bus will wait at Dent Station for up to 6 minutes beyond its scheduled departure time for a late running 1016 train from Leeds.
- R: The 1840 from Sedbergh and return 1930 from Dent Station runs only on request to the driver on the day.
- R: The bus will only stop at Sedbergh Maryfell at 1325, 1455 and 1652 on request to the driver on the day.

BUS SERVICES

S3 Hawes Hopper					
Tuesday only from 27th September R = Request only					
Dent	-	0930	-	13:35	15:35R
Spar	-	0944	11:14	13:49	15:49R
Library	-	0945	11:15	13:50	15:50R
Maryfell	-	0947	11:17	13:52	-
Farfield Mill (entrance)	-	0949	11:19	13:54	-
Garsdale Street	-	0957	11:27	14:02	-
Garsdale Station Arrive	-	-	11:32	14:07	-
Garsdale Station Depart	-	-	11:34	14:09	-
Moorcock Inn	-	1005	11:37	14:12	-
Hawes Creamery	-	1017	11:49	14:24	-
Hawes Market Place	-	1019	11:51	14:26	-
Hawes Dales Centre	-	1021	11:53	14:28	-
<i>Garsdale Station</i>					
<i>Train to Carlisle</i>					
		10:21	12:17	14:20	16:16
<i>Train to Leeds</i>					
		10:02	13:02	15:13	
Hawes Dales Centre		10:28	12:33	14:38	-
Hawes Market Place		10:30	12:35	14:40	-
Hawes Creamery		10:32	12:37	14:42	-
Moorcock Inn		10:44	12:49	14:54	-
Garsdale Station Arrive		10:47	12:52	14:57	-
Garsdale Station Depart		10:49	12:54	14:59	-
Garsdale Street		10:54	12:59	15:04	-
Farfield Mill (entrance)		11:02	13:07	15:12	-
Maryfell		11:04	13:09	15:14	-
Library	09:10	11:06	13:11	15:16	-
Opposite Morphet's Garage	09:11	11:07	13:12	15:17	-
Dent	09:25	-	13:26	15:31R	-

S4 Kirkby Stephen Connect					
Friday only from 30th September R = Request only					
Dent	-	09:45	-	13:40	15:50R
Sedbergh Spar	-	09:59	11:29	13:54	16:04R
Sedbergh Dalesman	-	10:00	11:30	13:55	16:05R
Sedbergh Maryfell	-	10:02	11:32	13:57	-
Cautley Cross Keys	-	10:10	11:40	14:05	-
Fat Lamb	-	10:17	11:47	14:12	-
Ravenstonedale	-	10:22	-	14:17	-
Kirkby Stephen Station arr	-	10:29	11:54	14:24	-
Kirkby Stephen Station dep	-	10:37	11:57	14:27	-
Kirkby Stephen Town	-	10:43	12:03	14:33	-
<i>Kirkby Stephen Station</i>					
<i>Train from Leeds</i>					
		10:34	12:30	14:32	
<i>Train from Carlisle</i>					
			12:49	15:00	
Kirkby Stephen Town	-	10:50	12:35	14:47	-
Kirkby Stephen Station arr	-	10:56	12:41	14:53	-
Kirkby Stephen Station dep	-	10:59	12:44	15:03	-
Ravenstonedale	-	-	12:51	15:10	-
Fat Lamb	-	11:06	12:56	15:15	-
Cautley Cross Keys	-	11:13	13:03	15:22	-
Sedbergh Maryfell	-	11:21	13:11	15:30	-
Sedbergh Library	09:25	11:23	13:13	15:32	-
Opposite Morphet's Garage	09:26	11:24	13:14	15:33	-
Dent	09:40	-	13:28	15:47R	-

March Church Services					
St. Andrew's Sedbergh	5th	12th	19th	26th <i>Mothering Sunday</i>	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	United Service @CCC	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
	5th	12th	19th	26th	
St. Mark's Cautley	2.30am HC	9.30am MP (NC)	No service	2.30am Taizé	
St. John's Garsdale	10am St John's (HC)	2pm Low Smithy	6.30pm Street Chapel	10am St John's	
Lune Parish Services					
	5th	12th	19th	26th	
Holy Trinity Howgill	10.30am @ CCC New Street	2pm Holy Communion @ Firbank	2pm Holy Communion @ Killington	2pm Holy Communion @ Howgill	
St John's Firbank					
All Saints Killington					
Dent & Cowgill Parish Services					
	1st	5th	12th	19th	26th
St. Andrew's	10.00am Ash Wednesday Communion	10.30am HC	10.30am HC	10.30am Joint Service with Dent Methodists	10.30am HC
St. John's					2.30pm Mothering Sunday Service
Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodists)					
	5th	12th	19th	26th	
10.30 am	CCCM/PH	CCCN	CCCN	CCCN	
Messy Church					
			19th		
4.30 pm			CCCN		
worship@peopleshall					
	5th				
10.30 am	People's Hall				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
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. Peter Campbell Tel: 20918

CORNERSTONE COMMUNITY CHURCH

New Street/Main Street
 Sunday 10.30

Rev. Carole Marsden Tel: 22030

Rev. David Crouchley Tel: 20329

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: Rosemary Lord 20993

& 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. Peter Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. David Crouchley 20329

Rev. Carole Marsden 22030

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 2.56" x 1"	=	£7.50
Single Column 2.56" x 2"	=	£10.00
Single Column 2.56" x 3"	=	£12.50
Single Column 2.56" x 4"	=	£15.00
Double Column 5.2" x 2"	=	£15.00
Double Column 5.2" x 3"	=	£20.00
Double Column 5.2" x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month to Britain	=	£2.50
Postal per month Overseas	=	£6.00

All information to
 72 Main Street, Sedbergh LA10 5AD
 New Adverts by 15th of every month.

*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*

All else by 19th of every month

Last Advert Update August 1999.

Last Postal Update September 2016



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) <i>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL</i>	20200
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
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

CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs Whitfield	Old Station Cottage, Station Road, Sedbergh LA10 5HP (2016/12) <i>Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage</i> www.oldstationcottage.co.uk	20799

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	CCCM
1030	Every Monday	Sedbergh Songsters	GH
1730	Every Monday #	Brownies	CCCN
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1200	2nd Monday	Soup & Stay	CCCN
1900	3rd Monday	Chamber of Trade	PH
1430	Last Monday	Tea & Company	CCCN
0930	Every Tuesday	Drop-in & Relax (6)	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	CCCM
1145	Every Wednesday	Age UK Swimming	SS Baths
1315	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebbras	CCCN
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1800	Every Wednesday	Yoga for All (5)	MCD
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	Every 2 weeks	Cameo Club	CCCN
1430	1st Thursday	Age UK Cream Tea	Sed Café
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Red Lion
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

= School Term Time Only

See Group Page for contact details & Diary Page for Keys

PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens

Bruce Loch Nature Area, Busk Lane

Cautley Spout, A683 towards Kirkby Stephen

Community Office, 72 Main Street

Cornerstone Community Church, Main Street

Cornerstone Community Church, New Street

Cumbria Wildlife Trust, Community Office

Dent Heritage Centre, Laning, Dent *

Farfield Mill, A684 Garsdale Road *
Free to LA10 Residents on Sundays

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 Nature Area, Castlehaw Lane

Langstone Fell, A684 Garsdale Foot

Motte & Bailey Castle, Castlehaw Lane

Pepperpot Folly, Busk Lane

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

Winder Fell, above Sedbergh

* = Entry Fee Applicable

DIARY OF EVENTS

Dates are held up to 20th December 2017

MARCH			1 1000 Exploration of Land & Nature Exh Ends DCMH		
1	St David's Day		3	1930 Help the Aged AGM (43)	PH
1	1000 Coffee Morning - Vacant	CCCM	5	1000 Coffee Morning - Ladies NFU	CCCM
1 1000	Exploration of Land & Nature Exh	DCMH	5	1000 Guided Walk - Howgills Hike (34)	SIC
1 1030	Jill Colquhoun Exhibition until 4/3 (7)	FM	5	1200 Lent Lunches (23)	StAS
1 1030	Celebrating Ceramics until 4/3 (7)	FM	5	1930 Gym & Fitness Centre AGM (19)	PH
1	1200 Lent Lunches (23)	StAS	6	1930 WIHF Collection & History of Buttons	FCH
1	1930 HS The Home Front (15)	SSAT	7	1400 Dentdale Head to Foot (37)	DMH
1	1930 Community First Responders AGM (Feb)	CO	11	1400 WIK The Tide's the very Devil	PH
2	1930 WIHF Voluntary Work in Gambia	HVH	12	1000 Coffee Morning - St John's Hospice	CCCM
3	1400 Dentdale Head to Foot (37)	DMH	12	1200 Lent Lunches (23)	StAS
3	1400 Women's World Day of Prayer (22)	CCCM	12	1930 WIS Last Voyage to St Helena	PH
3	1930 Tattie Pie & Dominos	HVH	12	1930 CWT - Butterflies in North West	CCCM
4	1000 Saturday Coffee Morning	DMH	13	1200 Age UK Lunch Club	Red Lion
4	1930 Flicks in the Fells (4)	PH	14	Good Friday	
5	1430 Trott Musical Foundation Concert (5)	SSTS	15	1000 Saturday Coffee Morning	DMH
7	1930 North Westmorland Arts Concert (Sept)	Appleby	15	1000 Guided Walk - Dentdale (34)	SIC
8	1000 Coffee Morning - Christian Aid	CCCM	17	Easter Monday	
8 1030	Textiles Exhibitions (7)	FM	18	SS Term Begins	
8	1200 Lent Lunches (23)	StAS	18	1930 Ladies NFU Community Swifts Conservation	PH
8	1930 WIS Listening with Intention	PH	19	1000 Coffee Morning - StAS Mission	CCCM
8	1930 CWT - Flood Prevention	CCCM	22	1000 Dentdale Chapel Coffee Morning	DMH
8	1930 Tennis Club AGM	Randall Hill	22	1100 Monthly Meditation Drop-In (18 & 25)	MCD
9	1200 Age UK Lunch Club	Red Lion	22	0930 Wickerfisharts Walk (63)	FM
11	1300 Dentdale Run (Feb)		22	Dentdale Choir Spring Concert (62)	StAD
12	1100 Monthly Meditation Drop-In (18 & 25)	MCD	23	St George's Day	
14	1400 WIK Queen Katherine Parr	CCCM	23	1000 FLOW with Qigong (18)	MCD
14	1700 Senior Citizens Concert (1)	SSAT	23	1030 Wickerfisharts Workshop (63)	FM
14	1930 Domino Drive	FCH	23	1900 Dentdale Christian Fellowship (Dec)	Rhumes
15	1000 Coffee Morning - Vacant	CCCM	26	1000 Coffee Morning - NW Cancer	CCCM
15	1200 Lent Lunches (23)	StAS		MAY	
15	1930 HS Thomas Garnett (15)	SSAT	1	May Bank Holiday	
17	St Patrick's Day		3	1000 Coffee Morning - D&S Oral Society	CCCM
17	1900 Parochial Church Council (20)	PH	3	1000 Guided Walk - Howgills Hike (34)	SIC
18	1000 Dentdale Chapel Coffee Morning	DMH	4	0700 Cumbria County Elections	
18	1000 Guided Walk - River Rawthey (34)	SIC	4	1930 WIHF Cumbria's Fell Pony	HVH
18	1930 HS AGM & Jacobs Join (15)	SSAT	5	1400 Dentdale Head to Foot (37)	DMH
19	1600 Messy Church (19)	CCCN	6	1000 Saturday Coffee Morning	DMH
20	1930 COGS AGM (34)	CO	6	1930 Flicks in the Fells -	PH
21	1430 SS Wilson Run	Back Lane/Loftus Hill	9	1400 WIK Resolutions	PH
21	1930 Ladies NFU Birdwatching	PH	10	1000 Coffee Morning - Firbank Church	CCCM
22	1000 Coffee Morning - CCC	CCCM	10	1930 WIS Resolutions Meeting	PH
22	1200 Lent Lunches (23)	StAS	11	1200 Age UK Lunch Club	Red Lion
22	1300 Medical Centre Closed for Training (22)	MC	15	1930 Wl Group Meeting Going for a Song	PH
24	1000 Coffee Morning - Red Nose Day (24)	No. 6	16	Town Band Concert	TBA
24	1930 Town Band Dance Night (24)	PH	16	1930 Ladies NFU Feet First	PH
25	1000 Art Society Workshop	SMC	17	0900 Dementia Awareness	JLCP
25	1000 Learn to Meditate (18 & 25)	MCD	17	1000 Coffee Morning - Christian Aid	CCCM
25	1930 Olde Time Dance (PH)	PH	20	1000 Dentdale Chapel Coffee Morning	DMH
26	1900 Dentdale Christian Fellowship (Dec)	Rhumes	24	1000 Coffee Morning - Garsdale Village Hall	CCCM
26	Clock March Forward		27	SS Half Term Begins	
29	1000 Coffee Morning - Garsdale Church	CCCM	28	1100 Monthly Meditation Drop-In (18 & 25)	MCD
29	1200 Lent Lunches (23)	StAS	29	Spring Bank Holiday	
30	2000 Sedbergh Orchestra Concert (30)	StAS	31	1000 Coffee Morning - St Andrew's Church	CCCM
31	1000 Yoga & Meditation (18 & 25)	MCD		JUNE	
	APRIL		1	1930 WIHF Members Evening	FCH
1	1000 Saturday Coffee Morning	DMH	2	1400 Dentdale Head to Foot (37)	DMH
1 1000	Exploration of Land & Nature Exh	DCMH	3	1000 Saturday Coffee Morning	DMH
1	1200 Spring Show (41)	PH	3	1930 Flicks in the Fells -	PH
1	1930 Flicks in the Fells -	PH	4	SS Half Term Ends	

COVER PHOTO

Who Ewe Looking At?

By Peter Clay

7	1000	Coffee Morning - Dementia Awareness	CCCM
8	1200	Age UK Lunch Club	Red Lion
13	1400	WIK Making Lace	PH
14	1000	Coffee Morning - Howgill & Firbank WI	CCCM
15	1930	WIS Summer Outing	
17	1930	Olde Time Dance (PH)	PH
20		Ladies NFU Summer Outing	
21	1000	Coffee Morning - Town Band	CCCM
21		Twon Band Concert	Middleton
24	1000	Dentdale Chapel Coffee Morning	DMC
28	1000	Coffee Morning - Killington WI	CCCM
29		WIHF Summer Outing TBA	

JULY

1	1000	Saturday Coffee Morning	DMH
1	1930	Flicks in the Fells -	PH
2	1100	Monthly Meditation Drop-In (18 & 25)	MCD
5	1000	Coffee Morning - CCC	CCCM
5		SS Term Ends	
6	1930	WIHF Dog Obedience Demonstration	HVH
7	1400	Dentdale Head to Foot (37)	DMH
8	1000	FLOW with Qigong (18)	MCD
11	1400	WIK TBA	PH
12	1000	Coffee Morning - Royal British Legion	CCCM
12	1930	WIS On the Rocks	PH
13	1200	Age UK Lunch Club	Red Lion
15	1000	StAS Summer Fair	StAS
19	1000	Coffee Morning - Vacant	CCCM
22	1000	Dentdale Chapel Coffee Morning	DMH
26	1000	Coffee Morning - Garsdale Village Hall	CCCM

AUGUST

2	1000	Coffee Morning - NW Cancer	CCCM
3	1930	WIHF Failsafe Gardening	FCH
5	1000	Saturday Coffee Morning	DMH
5	1930	Flicks in the Fells -	PH
7		August Bank Holiday	
9	1000	Coffee Morning - Vacant	CCCM
9	1930	WIS Quiz Night	PH
10	1200	Age UK Lunch Club	Red Lion
13	1100	Monthly Meditation Drop-In (18 & 25)	MCD
16	1000	Coffee Morning - Red Squirrels	CCCM
19	1000	Dentdale Chapel Coffee Morning	DMH
23	1000	Coffee Morning - StAS Mission	CCCM
28		Late Summer Holiday	
30	1000	Coffee Morning - Garsdale Church	CCCM

SEPTEMBER

1	1400	Dentdale Head to Foot (37)	DMH
2	1000	Saturday Coffee Morning	DMH
2	1930	Flicks in the Fells -	PH
3	1100	Monthly Meditation Drop-In (18 & 25)	MCD
5		SS Term Begins	
6	1000	Coffee Morning - St Johns Hospice	CCCM
7	1930	WIHF Servicing & Funding a Hospice	HVH
12	1400	WIK Local Landscape	PH
13	1000	Coffee Morning - Talking Lookaround	CCCM
13	1930	WIS Autumn Flowers	PH
14	1200	Age UK Lunch Club	Red Lion
19	1930	Ladies NFU Home Guard	PH
20	1000	Coffee Morning - Sedbergh WI	CCCM

23	1000	FLOW with Qigong (18)	MCD
27	1000	Coffee Morning - First Responders	CCCM

OCTOBER

4	1000	Coffee Morning - Christian Aid	CCCM
5	1930	WIHF AGM	FCH
6	1400	Dentdale Head to Foot (37)	DMH
7	1000	Saturday Coffee Morning	DMH
7	1930	Flicks in the Fells -	PH
8	1100	Monthly Meditation Drop-In (18 & 25)	MCD
10	1400	WIK Windermere's Lakeshore Villas	PH
11	1000	Coffee Morning - Ladies NFU	CCCM
11	1930	WIS Finding Voices	PH
12	1200	Age UK Lunch Club	Red Lion
14	1930	Olde Time Dance (PH)	PH
17	1930	Ladies NFU St John's Hospice	PH
18	1000	Coffee Morning - Firbank Church	CCCM
21		SS Half Term Begins	

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CCCM	= Cornerstone Community Church, Main St
CCCN	= Cornerstone Community Church, New St
CO	= Community Office
CTis	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DGP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
FCH	= Firbank Church Hall
FM	= Fairfield Mill
GH	= Gladstone House
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
PH	= People's Hall
QG	= Queens Gardens
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAD/S	= St Andrew's Church, Dent/Sedbergh
StJCC	= St Johns Church, Cowgill
StMC	= St Mark's Church, Cautley
SIC	= Sedbergh Information Centre, 72 Main St
SS	= Sedbergh School
SSAT	= Settlebeck School Academy Trust
WID	= Women's Institute, Dentdale
WIHF	= Women's Institute, Howgill & Firbank
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

Month in Bracket indicates when information appeared

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

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

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Defibrillators

72 Main Street ~ People's Hall ~ Fire Station

POLICE

101 or 999

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Evan Hurst,
Katie McKay & Sarah Boom (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

If you are an event organiser or accommodation
provider and you would like a listing on the
website, or if you are a local organisation and
want the website to carry information about your
activities, please email the Information and Book
Centre on office@sedbergh.org.uk."

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 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

WEDNESDAY

Last Update:

February 2017