

# Sedbergh & District

# LOOKAROUND

May 2017

Issue 354

Donation £1

Another bumper issue of 104 pages this month.

A big thank you to everyone that submitted their articles and adverts before the 15th which was a great help. Even though it puts you under

a little bit of extra pressure, it's not as much as mine every month.

Lots of event to see and take part in this summer so please support them if you can.

*Dennis & Jacky Whicker*

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### 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 18<sup>th</sup> March.  
Summer term Tuesday 25<sup>th</sup> April to  
Saturday 8<sup>th</sup> July with a break for half  
term.



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*of*

*Sedbergh Lookaround*

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## May Birthdays

Day	Name	Age
2	Oliver WOOF	10
3	Mamie KEEGAN	11
5	Max TOWNLEY	7
7	Charley DEAN	6
8	Mason MORA	11
8	William DAWSON	9
9	Amber WOOF	11
11	Harry DOBSON	5
12	Aidan WILLIAMSON	11
13	Solomon JAMES	9
14	Ella LEWIS	9
15	Elsie WOOF	7
19	Rex GARDNER #	3
19	Isabel MOFFAT	11
20	Avie CLEMENT #	8
23	James MOFFAT	9
25	Bobbi-Mae KIRBY #	12
27	Jack DAWSON	9
29	Olivia DAVIES #	6
31	Maggie HOSKER	8

### USEFUL TELEPHONE NUMBERS

<b>Age UK South Lakeland</b>
01539 728180
<b>Electricity in any area</b>
105
<b>Medical in any area</b>
111
<b>Pension Service Surgery</b>
Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265
<b>Police in any area</b>
101
<b>Sight Advice South Lakes</b>
01539 769055
<b>South Lakes Citizens Advice Bureau</b>
03444 111 444
<b>South Lakeland District Council</b>
01539 733 333
<b>Yorkshire Dale National Park</b>
0300 456 0030
<i>If you would like to see any numbers listed here, please let us know.</i>

## La La Land

*Ryan Gosling, Emma Stone  
John Legend, Rosemarie Dewitt  
128 minutes. Certificate 12A*

**Saturday 6th May**

*film starts* **7.30pm**

**Sedbergh People's Hall**

**Flicks in the Fells**

## Chapmans Chimney-Vac Service

*Ring me  
when it  
"Soots"  
you!*



**Sedbergh  
015396  
20353**

## NORTH WEST CANCER RESEARCH

On February 17<sup>th</sup> in The Peoples Hall, Sedbergh Young Farmers organised a Quiz night with Pie & Pea Supper, in memory of former member, Ruth Elizabeth Armitstead, who sadly passed away in June last year after a long & courageous battle with Cancer.

Young people are often given rather a bad press these days but the members of Sedbergh YFC had put a lot of care & thought into the organisation of this evening. They organised & made the pies, collected raffle prizes & when more & more people turned up they just calmly got out more chairs & tables, altogether feeding 140 plus people! Also

providing Tea & Coffee through out the evening.

Raising the amazing total of £1,228.30 which they have donated to North West Cancer Research.

NWCR is the only independent cancer research charity fighting the toughest cancers in NW England.



Over the next 5 years it is committed to funding over £11 million on medical research at the Universities of Liverpool, Lancaster & Bangor. The research covers three main areas - basic, translational & preventative which allows the charity to improve local people's lives & save loved ones from cancer.

*Hazel Jackson*

# Montreal Guitar Trio



highlights  
rural touring scheme

Sedbergh People's Hall  
**Friday 5<sup>th</sup> May at 7.30 p.m**

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## LAMBING SERVICE

2pm Sunday 7th May

St John's Church, Garsdale  
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 Facebook us - The Haddock Paddock



Every Monday - Fish & Chips £4  
Every Wednesday - Jumbo Sausage £2

### SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held in April 2017. The next meeting is on Tuesday 9<sup>th</sup> May at 7.30pm and is the Annual Parish Meeting in the People's Hall, this is an open meeting for all to attend and raise any issue (please see separate advert). The Annual Meeting of the Parish Council is on Thursday 11<sup>th</sup> May 2017 at 7.30pm (followed by the normal monthly meeting) in the Committee Room of the People's Hall, Howgill Lane, Sedbergh

### MARYFELL – PARKING

Members have agreed to press for an initial meeting with South Lakes Housing/South Lakeland District

Council, Cumbria County Council – Highways and Sedbergh Primary School with regard to the recent concerns expressed by residents in the area. Representatives from Maryfell should be involved in any future discussion on options to improve parking and traffic flow on the estate. SPC still awaits a response from SLDC in connection with potential additional parking in the area.

### AMENITIES

Playingfield, Howgill Lane – recent discussions have taken place with Sedbergh Wanderer's FC and the Football Association in connection with the poor drainage at the pitch. It was reported that a recommendation

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to remove the top layer of the football pitch (to a depth of 1inch) and create a new surface would be received and that the estimated cost of this would be some £20-30k.

### **SEDBERGH TOWNSCAPE PROJECT**

Members discussed the expressions of interest recently received in connection with the planned refurbishment works at Joss Lane car park. Also discussed was the car parking ticket machines at Joss Lane and Loftus Hill, Members agreed to proceed with replacement machines as soon as practicable, these would accommodate the new £1 along as well as provision for contactless and CHIP&PIN payment.

### **OTHER MATTERS**

Various other matters were discussed, including: planning applications; a donation request from YDNPA toward the planned rebuild of Fisherman's Bridge, five Grant applications (three granted and two declined), the Annual Audit and Annual Meetings, clearance of debris/vegetation by Members at Loftus Hill car park along with ongoing maintenance at both car parks, the Market Rules, the planned initial meeting of the Friend's Of Queen's Garden, the Community Resilience Plan, Sedbergh Tennis Courts, the new Grit/Salt bin at Havera and the former Barclays Bank building on Main Street.

Please note that members of the public are invited to our monthly

## **'A week at Farfield'**

### **An exhibition of prints and paintings**

Manchester based artist, Alison Scott, presents her happy and quirky collection of paintings and prints about life in the Mill.

**Wed 26 April - Sun 31 May**



### **Felting Workshops in May with Caren Threlfall**

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20th May Felt Pictures

(children's workshop) £10 2.5hrs

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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](mailto: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*

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### WYMSICAL THOUGHTS

The Chairman of Garsdale Parish Council, Annette, is a woman of

frighteningly sharp intellect but fortunately endowed with an equally warm heart. She took on the chairmanship when the council was on its knees and is endeavouring to make a very small council vibrant and productive, to rival much larger councils. She wishes to show that small councils can be run ethically, efficiently and within the guidelines set by the government. Under her leadership the parish council has restricted costly water supply inspections, badgered CCC to repair roads and gullies, put pressure on CCC to reinstate school transport, persuade the police to put calming measures in place for errant bikers, encouraged B4RN to include Garsdale in their plans for broadband,



*Sedbergh Parish Council would like to invite you to the*

## **Annual Parish Meeting**

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

**Tuesday 9th May 2017**

7.30pm

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

The meeting will include brief reports on the Council's progress with plans for the future of Queen's Gardens and on proposals for the improvement of Joss Lane car park

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

and much more. This is why I have to point out that these inane ramblings are purely my own thoughts and if anyone takes exception to them, they do not necessarily reflect the views of the council. Garsdale is privileged to have such a person and we surely must be the envy of others, hats off to you and well done Annette. Because of her caring for the community, Annette would like to see as many of the parishioners as possible at the Parish Meeting on May 18<sup>th</sup>. Please come along and tell us what you think.

However, aficionados of my articles are aware that I think Cumbria County Council and South Lakeland District Council leave a lot to be desired. Repeated requests to Highways, for example, for information about impending road works or wall repairs that could be passed on to local residents are totally ignored. MP Tim Farron and

County Councillor, Nick Cotton, do generally respond fairly swiftly and usually helpfully. However, the ones ensconced in publicly funded offices, sipping their publicly funded tea, nibbling their publicly funded Garibaldis, seem to think that the public who provide their wherewithal's can be totally disregarded. A recent report in a national newspaper has revealed that there are well over 2000 local government officers clawing in over £100,000 a year in salaries and 'benefits'. One wonders what these 'benefits' are. When they are in their offices, feet up on the desk, nibbling their Garibaldis, are they thinking about the next publicly funded project or what more could they add to their expenses sheet? One wonders indeed. Compare that to chairman Annette and the other parish councillors who do their work for free and do not claim any expenses at all.

On a lighter note, the days are drawing out, the sheep are delivering



## Open Information Meeting

**10<sup>th</sup> May – People's Hall – start 7.15pm**

The meeting will cover what B4RN (Broadband for Rural North) is and why it is important for Sedbergh and the surrounding areas.

The meeting is mainly for residents in Howgill, Marthwaite and Sedbergh Town but all are welcome.

There will be an opportunity to check that your property and any future development plans have been recorded correctly.

their achingly cute offspring and even the sun has occasionally put in an appearance. On one such day I was sat in my none-publicly funded car overlooking The Fell, nibbling on a none-publicly funded sandwich, sipping from a none-publicly funded can of Coke, admiring the wonderful vista of the Howgills. It was one of those days that you felt glad to be alive, the fell ponies weren't trying to break the door down trying to get at my sandwich and the only thing moving was a seagull gliding gracefully round one of the rain filled potholes. My thoughts drifted back to my 'former life', set in the hustle and bustle of the vibrant, multi-national, hugely cosmopolitan city of Nottingham where traffic jams are

everyday fodder, where traffic lights abound at every crossroads and cameras spy on your every move, where people hurry past in the street, never to make eye contact and every transaction is made in a rush. There may be thousands of pubs, restaurants and clubs, any shop that you can think of and theatres, arenas galore but do I miss it? My friends think I am mad, no shop for 8 miles, no pub for 4 miles, no real neighbours, just sheep and lambs, but as I sat there marvelling at the view before me, listening to the peace and quiet and the bleating of new born lambs, glimpsing the occasional passing car, knowing that if I went into Sedbergh, people would nod and smile, not knowing who I was but

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would look me in the eye and wish me a good day and knowing that if I walked into a shop, I would be greeted kindly, helpfully and be given all the time in the world. So where do you think I would rather be?

The next meeting is on Thursday May 18<sup>th</sup> in Garsdale Village Hall and is the annual Parish Meeting, where residents can hear all the latest, including the progress being made by B4RN who will be providing us with world beating broadband. The meeting starts at 7.00pm, please come along.

*Philip Johns, Clerk to Garsdale PC,  
015396 22170,  
[ps.johns@btinternet.com](mailto:ps.johns@btinternet.com),  
[www.garsdaleparishcouncil.com](http://www.garsdaleparishcouncil.com)*

### PARISH COUNCILS

What is the role of parish council clerks? How should they report on the proceedings of their parish council? These are questions that vex me every month when reading

"Lookaround".

Two parish councils have their proceedings reported in the Newsletter, Sedbergh and Garsdale, but there is a significant difference in their content. Turning first to Sedbergh Parish Council, their clerk, Janey Hassam, reports on issues discussed by the council and its decisions. She does so in a professional manner devoid of any expression of her own personal views. This surely is the correct exercise of her role.

Now consider the reports of Philip Johns, the Clerk to Garsdale Parish Council. Very little of the content of his reports, or at least the manner in which they are worded, relates to discussions and decisions taken by the council. Instead, he abuses his role by using it to express his own opinions, often in an offensive manner. He seems to consider his monthly reports as an opportunity to go on an ego trip and seeks to



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### CONTACT DETAILS

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- Decorating
- Conservatories
- Garage & porch construction
- Drainage works
- Paths & steps
- Paving
- Boundary & garden walls (brick & stone)
- Gates & fences

impress the readership with his satire and sarcasm. Indeed, in the April edition of "Lookaround" he concludes his rant by stating that "the contents of this article does[sic] not reflect the views of Garsdale Parish Council", and yet he still signed the report in his capacity as Clerk to the Parish Council!

The principal target of his reports is the highway authority and its employees. Whilst there may be some justification in the issues raised, they should be reported in a more measured and professional manner, hopefully reflecting the manner in which they were discussed by the council. Furthermore, his personal attacks on the council employees, at least when he is reporting in his

capacity of clerk, are at the very least, totally inappropriate, and in some instances childish and petty. I hope that he and the members of the parish council (who by their silence are condoning his conduct) think carefully about the content of future reports.

Finally, I appreciate that some may consider this letter controversial, but is it not an equally true description, if not more so, of Mr John's reports?

*Mike Morrison*

### GARSDALE ROADS

Dear Editor,

Philip Johns article in the April Lookaround is a disgrace. He clearly states that his views on the road gangs do not necessarily reflect the



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[www.meditationcentre.co.uk](http://www.meditationcentre.co.uk)

christian  
**aid**

# CHRISTIAN AID WEEK

14 - 20th May

in Sedbergh and District.

## Coffee Morning

Wednesday 18th May

in Sedbergh CCC Rooms from 10am

with bric-a-brac, books, plants, home-baking, etc.

Donate it and we'll try to sell it!

*Sorry, no electrical goods but bric-a-brac most welcome*

Also door to door collection in the district throughout the week

views of Garsdale Parish Council , and yes, he is entitled to his opinion, but as he writes under the guise of "Clerk", it does reflect poorly on them. There are some good lads doing the Garsdale road, several of whom are Sedbergh locals, Garsdale locals even. Mr Johns dire attempt to be funny by belittling these guys is in very poor taste to say the least.

We were Garsdale locals for some 35 years, and from time to time the state of the road has given rise to all manner of frustration, but Mr Johns would be better aiming his guns at higher authority, not at the lads of the groundforce

*David Lord.*

---

### TIM FARRON MP

As I write this the General Election campaign is just kicking off.

Here the General Election will follow only a month after our County Council Elections in May.

So if you haven't already seen me at your door recently then the chances are very high that you will over the next few weeks.

And for those of you new to the area you will certainly be becoming familiar with the People's Hall. Unless that is

you get a postal vote. If you are at all interested in doing this you can find out how to apply online at the SLDC website.

Actually, I feel the General Election is coming at a good time as I am getting increasingly worried about the current Government's plans for our public services.

I wrote last month in Lookaround about the cuts planned to the education being provided for our children. With the savings equivalent to 625 teachers' salaries being asked of Cumbria. I had the meeting with the Schools Minister that I mentioned and he flatly refused to do anything about this catastrophic funding gap.

To this worry you can add the fact that we learned this month about the Government's plans to make South Cumbria one of only six areas in the country where they want to fast track their "Sustainability and Transformation" plans. In theory these plans could be good as they are about keeping us all healthy so they can save money on hospitals because we won't need to go.

However, the risk is that we will see cuts to our health services without

any of the investment in the services needed to help keep us out of hospital. There really isn't a great track record in spending on social care or any of the other services we urgently need for that matter. The Doctors' organisation the BMA has warned that these plans are being "used as a cover for delivering cuts, starving services of resource and patients of vital care". So I really am not filled with optimism.

And then, as if that was not enough,

# TDS



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I read in the paper the other day that Cumbria is one of only two places in the country where GPs are being incentivised to reduce the numbers of people they refer to hospital for heart operations.

This coming after the cuts we have already seen in services like our police and court services (I have made one last attempt to persuade the Justice Minister Liz Truss to persuade her not to close the courts

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in Kendal so we may see a reversal there).

In the run up to an election there isn't much point trying to see ministers to raise these matters but whoever gets elected needs to fight their way into whichever ministers' diaries as soon as they possibly can to fight the corner for services in South Cumbria.

Meanwhile I can still work on your behalf with council and other officials so if you have any issues where I can help then please do get in touch by emailing [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or calling 01539 723 403.

Thanks for your support and please do remember to vote on May 4<sup>th</sup>.

*Tim Farron MP*

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from SIC, Green Door & Sedbergh Mini Market



*Sedbergh Town Band is a registered charity No. 1086817*

## **SEDBERGH ART SOCIETY**

On Friday 17<sup>th</sup> March in the Methodist Hall there was a demonstration by Les Darlow. He certainly lived up to the title of 'Wild and Free'! It is no exaggeration to say that we sat spellbound as Les created two pastel pictures. We watched these two pictures take shape - there were at times gasps as he so deftly created stunning effects. Everyone was also drawn in by his engaging manner, his knowledgeable commentary and his humour. He said himself that he loves giving demonstrations and workshops.

Les Darlow is a professional artist from Blackpool. He specialises in pastels, although he paints using

most mediums. He trained at Palatine College in Blackpool as a technical and scientific illustrator, learning to paint photos realistically. At that time one painting could take 250 hours to complete.

His first job was illustrating a series of 17 books called The Hidden Places Series. This involved creating line drawings from photographs – often very murky and lacking definition - a rewarding challenge!

He branched out into painting watercolour for book covers and graphic design. However, one birthday, a family member gave him some pastels.

He had always loved the impressionists, and found that with

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Finally, this is a gentle reminder to anyone who wishes to continue membership with the Sedbergh Art Society and hasn't yet paid his or her subscription. Could you contact Mike Morrison as soon as possible at [mikemorrison433@btinternet.com](mailto:mikemorrison433@btinternet.com) or on 015396 20209. Thanks.

pastels he could loosen up, capture the balance of colour, light and mood.

Visit [www.lesdarlow.com](http://www.lesdarlow.com) or email [lesdarlow@sky.com](mailto:lesdarlow@sky.com) for information about his activities and workshops.

Each of the two pictures took Les about 35 minutes to complete. He emphasised that the success of the picture is in the planning. He always spends a few hours sketching out various compositions and tones until he finds the one that best reflects what he has in mind.

On Saturday 25<sup>th</sup> March in the Methodist Hall, 10am. – 4 pm. Jane Ward led a watercolour workshop entitled, 'Springtime in the Lakes'. This was very well attended. Jane was an inspiring presence and offered consistent individual help throughout the day.

The season will finish, once again in the welcoming Methodist Hall.

Thanks to June and William for looking after us so well. On the 20<sup>th</sup> May, 10am. – 4 pm. Helen Shields will run an autonomous workshop, 'Painting in Pastels' - I wonder how wild and free we will be?

If you wish to join any of these, please contact Jenifer Alison on

## SIGHT ADVICE SOUTH LAKES

### *Sedbergh Group*

We met once again on 21st March at the People's Hall. Our good wishes go to Rosemary who could not be with this. Our speaker for the afternoon was Jean Briggs who kindly gave us a most entertaining talk on the life and work of her literary hero, Charles Dickens.

Jean has had three novels published and is in the process of writing a fourth. They all feature Charles Dickens as an amateur detective accompanying Superintendent Sam Jones in his investigations in Victorian London (and Manchester in the case of "Murder by Ghostlight"). Jean has clearly done an immense

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Wednesday 21st June  
Wednesday 12th July  
Wednesday 20th September



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amount of research into her subject, including the incredible amount of letters written by Dickens. Dickens was a prolific writer with 13 full length novels and many short stories and articles to his name. He contributed to the periodicals "Household Words" and "All the year round". He was interested in crime and the psychology of the criminal mind and is said to have had a secret desire to be a detective. G. K. Chesterton likend him to Sherlock Holmes. Dickens accompanied the real life Inspector Field to some of the most dangerous places in Victorian London, such as the slums of Saint Giles and Whitechapel.

He thought nothing of walking as

much as 17 miles a day. He was also an accomplished actor. Queen Victoria was said to have been very impressed by his acting abilities. The afternoon flew by and we are very grateful to Jean for making it so enjoyable.

Our meeting in April consisted of a quiz on the theme of "around the world in 80+ questions". Dennis opened the meeting and welcomed everyone. Several members were missing and we wish them all well and hope to see them next time. It was good to welcome Rosemary back. After tea and biscuits and a "catch up" we got down to the serious business of the quiz!

This caused a good deal of hilarity



## **SCOTTISH COUNTRY DANCE**

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News update...

We welcome the general public to Stephanie Close and Maty Baldwin's civil wedding ceremony at Howgills Barn on 20th May 2017 at 2.15pm.

Sedbegh Food Festival  
We are delighted to be working with The Three Hares to deliver cookery demonstrations at our Barn on the 15th June. Call us for more details.

[www.howgillsaccommodation.co.uk](http://www.howgillsaccommodation.co.uk) 0800 8 32 16 32  
[info@howgillsaccommodation.co.uk](mailto:info@howgillsaccommodation.co.uk)

and a very competitive spirit! The final score was greeted with some incredulity and I like the discussion, but at least we all had a good laugh!

We discussed the venues for our meals out in June and November-yes, it really is coming up to the middle of the year once again. Time certainly does fly! Our next meeting will be on 16th May when Emma Palmer has kindly agreed to talk to us about Red Squirrel Conservation, something to look forward to.

*Sue Harper*

**DENTDALE MEMORIAL HALL**

At our recent AGM all the organisation representatives and the elected and co-opted members and

the officers were thanked and re-Elected. Our Treasurer, Roger Underwood has given notice of his retirement from the post at the end of our financial year so we are on the lookout for a community minded person with book keeping skills to take his place.

DMH now has a Facebook page and hopefully will shortly have a simple Web page too. If anyone has pics of an event in the Hall you are happy for us to use please let me know.

Gala continues to be arranged and we are grateful for all the help we receive. The income keeps the Hire charges static.

*Sarah E Woof.  
Chairman*

SEDBERGH

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Craft and food stalls

Also 24 Jun, 22 Jul, 26 Aug, 16 Sep

## DENT PILGRIMAGE

*10th -16th June*

Walking doesn't have to be just a stroll in the park. Many philosophers, poets and mystics have used walking to help clarify their thoughts. Those who have found meaning through walking include Coleridge and Gandhi, Frederic Gros, Merlin Coverley as well as Rebecca Solnit and Robert Macfarlane. For others such as Buddhist, Thich Nhat Hanh, the everyday act of walking provides opportunities for insight and for experiencing the joy of being alive.

Pilgrimage is a special kind of walking. The word Pilgrim comes from the word peregrinus meaning stranger. To walk as a pilgrim is to see the world with fresh eyes. Satish Kumar, believes that to walk as a pilgrim is to find enchantment through the "vibrancy of forests" and the "tranquillity of valleys". He uses the example of St Francis who lived his life as a pilgrim and who saw the sun and the moon as his brother and sister and animals and plants as his kith and kin. This is very different to the modern idea of a walker as a tourist or consumer.

The act of pilgrimage is common to all major religions. Many of the routes taken may predate the religions which use them. The Camino de Santiago, walked by many thousands each year, may have once been an ancient prehistoric trade route. Iona, a popular location for modern day pilgrims and tourists, was a hugely significant sea port which commanded sea access to the Hebrides well before St Columba established his Mission to convert Scotland to Christianity.

The route we are taking for the Dent pilgrimage is an area steeped in culture and the remains of ancient civilisations. Starting at Bradford's Hindu Temple and ending in the historic village of Dent our route will pass stone circles, rock carvings and ruined Abbeys. Now existing as the Dales Way this was the route taken by Vikings who settled Upper Wharfedale and by pilgrims in the Pilgrimage of Grace on their way to London to protest about the dissolution of the monasteries by Henry VIII. George Fox, the founder of the Quaker movement also walked this route on his way to Sedbergh. In

the industrial revolution unemployed farm workers used this route to leave lands they had farmed for generations to go and work in the factories and Mills of Bradford.

On the pilgrimage there will be opportunities to meditate and to walk silently, to talk, to share meals and to be alone. Each day will begin and end with a period of meditation. There will also be times of silent meditative walking during the day when it will be possible to take in our surroundings and fully appreciate where we are. Taking in life at a gentle walking pace can be a deeply satisfying and relaxing experience. Breathing in fresh air each day, finishing each day physically tired, sleeping well and waking up refreshed can be

invigorating. The pilgrimage could be a great tonic from the ceaseless pressures of modernity and provides the possibility of a return to more ancient patterns of life.

The Pilgrimage is being led by Andy Weller who is an experienced Mountain Leader and a Trustee at Dent Meditation Centre. Andy is an Outdoor Counsellor with a practice in Ingleton close to the Yorkshire Dales, [www.andyweller.co.uk](http://www.andyweller.co.uk). He has an extensive knowledge of the local area and is currently studying for an MA in Outdoor Learning at Cumbria University. Accommodation on the pilgrimage will be with local people and B&Bs. This will give opportunities to learn about life as it is in this part of the Yorkshire Dale. Food will be

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wholesome and simple. The pilgrimage is suitable for those with a reasonable level of fitness.

*Sue Stark*

---

### **DENTDALE CHRISTIAN FELLOWSHIP**

Each month we meet one Sunday evening, the 4th at 7pm and hear the testimony of how God has intervened in a life. One Fri evening and this varies we share a meal and fellowship and pray for the area in which we live.

From time to time we hire the Memorial Hall as we did in April to celebrate Passover, Jewish style, over 20 of us shared together, the meal, the singing and the dancing. And then the clearing up!

In May we have a day of Prayer "Shepherds Dwelling " in our garden. This is the prayer and quiet garden ministry we have been involved in for many years. Again all are welcome and the idea is people call in at the best time for them and stay as long as they can. There will be drinks and food available and a warm welcome in the house if weather inclement although there are shelters in the garden.

Everything is open to all.

*John & Sarah Woof. (25212)*

---

### **CHURCHES TOGETHER St Mark's Church, Cautley**

Do come along to our Summer Concert of light music on May 27<sup>th</sup>. Our guest artistes are the Bryce

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#### **Every Thursday is Pie Day**

Any home made pie with chips and veg plus tea or coffee only £7.50  
Lots to choose from including Vegetarian.

Closed Mondays unless a Bank holiday.

Opening Hours: - 9am to 4.30pm Wednesday to Sunday inclusive  
Thursday, Friday & Saturday open to non residents from 6.30pm for Evening Meals  
**but prior booking essential**

Street Strummers' Showband, a lively group of ukulele players, which includes several familiar faces. Roger and Judith Bush will also be performing as well as some talented local youngsters. We are looking forward to an enjoyable and entertaining evening.

May 28<sup>th</sup> is the date of our next Taizé service, which will be at 2.30pm. If you enjoy simple chants and prayers interspersed with periods of silence, then this is the service for you.

### **News from the Pews**



#### *Our Parish Church*

The Parish Church has recently had an experience; an "Easter Experience".

The Easter story was told in six displays sited around the church. Following a pre arranged timetable more than 250 children participated from the schools in Sedbergh and Dent, plus a surprise visit from the playgroup who were delightful little visitors.

Before moving around the displays the Easter story was told by the leaders. Forming into small groups the children visited each display for that part of the story to be explained and a small but thought provoking activity took place. They chalked on stones, dipped their fingers in water to make a cross on their hands, they ate bread, made plasticine models for the Garden of Gethsemane, prayed by the cross and thought about how the women felt at the empty tomb.

The children listened intently and engaged in every part of the story. It was remarked many times over how well behaved they were.

Certainly a wonderful experience, a



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real act of Christian witness.

Lent Lunches raised £645 for St John's Hospice. Wednesday lunchtimes throughout Lent have proved to be really good social occasions, providing the opportunity to meet and chat with people we may only see in the street when "on the move".

Not quite the weather we had hoped for Easter weekend, low temperatures, strong winds, occasional rain showers and minimal sunshine. Tony chose his time between showers on Holy Saturday to manoeuvre the lawnmower around the assault course that is the churchyard in time for Easter Day so all in our Church Garden is looking

good.

As always the Easter flowers are a delight starting with displays in the church porch, around the font with its tiny tomb in place, on the windowsills and on various pedestals standing in strategic places until we see the beautiful white Easter lilies at the high altar. As always a lot of thought and care goes into these arrangements for the congregation and our many visitors to enjoy.

Weather permitting do come and sit in our garden and enjoy the flowers.

*Susan Sharrocks*

*Tony Reed Screen*

*Churchwardens*

### **Pentecost**

Joint Service at St Andrew's and Peoples Hall.

Thy Kingdom Come 6pm

Pentecost Bonfire 7.30pm for 8pm at Birks

Sunday 23<sup>rd</sup> July – 10.30am United Service to launch the holiday club at CCC New Street.

Sunday 30<sup>th</sup> July – 10.30am CCC at Peoples Hall (no New Street or Main Street service) or Choral Matins St Andrews.

6<sup>th</sup> August – Joint service at St Andrew's (no People's Hall service)

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## WEATHER

March “many weathers” lived up to its reputation. We had a bit of everything weather-wise. We didn’t really have gales force winds to bring us in “like a lion” or “go out like a lion” but it was a very breezy month. In fact on only 2 days did the maximum gust not get into double figures though the maximum gust was only 21mph (33.8kph) We reached a high of 63.3F (17.4C) during the last week. We had only 2 nights with sub-zero temperatures, a low of 28.6F (-1.9C) but at least 5 more when there would have been a ground frost if you had been up early enough!! This was refelected in the wind-chill factor when all but 9 nights were sub zero. Precipitation came in various forms and colours totalling 5.85 inches (148.5mm). The longest dry spell was 5 days towards the end of the month.

The signs of spring arriving include yet another dazzling display of daffodils. It is always pleasing to drive around the area and find so many daffodils planted in road side verges. We’ve had a good show with very few “blind” ones this year so they obviously made plenty of bulb last season.

The early blossom on plum and damson has been good so let’s hope there were enough bees around to pollinate them. My bees sadly are struggling again with one colony gone and another looking queenless in spite of having plenty of stores. As I have said before I have lost far more bees since we moved over here than ever I did on the East coast, where my bees were a few hundred yards from oil seed rape with its

neonicotinoids. Local farmers do not use this pesticide so they can’t be blamed for losses. I suspect the climate which is at least twice as wet as the East coast which will prevent bees flying on many more days at critical times.

The birds are on with nesting, judging by the materials being collected and the cock birds singing



from their vantage pots. The song thrush is singing at first light and then well into the gloom at the other end of the day. Lets hope they are successful but we still have too many of the black and white villains about!! Next month should see the swallows back and lambing start for me.

## SEDBERGH SCHOOL NEWS

May 2017

### Events

In March two groups of Sedberghians visited the Royal Palaces in London. The first group were receiving their Gold Duke of Edinburgh awards at St James Palace. The second group visited St James Palace and Buckingham Palace on a visit arranged by the Rev. Canon Paul Wright sub Dean of the Chapel Royal. In St James Palace they saw many interesting rooms including the Chapel Royal, and the room where Prince Charles will be offered the throne. In Buckingham Palace they were fascinated to find the Queen only inhabits five small rooms.

Martin Smith, who has been with the school for 13 years, has retired to the Alps. As Estates Bursar he oversaw many projects including the major moves of the Prep School and Casterton, and his parting work for the School was the putting in hand of the new Sports Centre to be built at Buskholme.

The Prince of Wales took off from the Lupton pitches in his helicopter on 10<sup>th</sup> April.

The National Youth Wind Orchestra played in Powell Hall on 15<sup>th</sup> April with free entry.

### Academic

Following skill workshops run by Elevate, years 11, 12 and 13 have been challenged to do 100 hours work during the April holidays in

## 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.

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**Events Staff**  
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E-mailing Lizzie [hrrecruitment@sedberghschool.org](mailto:hrrecruitment@sedberghschool.org)

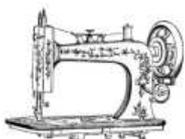
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preparation for their exams. To achieve this they needed to do 5 hours work a day for the 21 days of the holidays, and it was suggested they devote the mornings to this leaving the rest of the day free.

### Sport

188 pupils took part in the Wilson Run this year, a record number. The qualifying runs took place in almost perfect weather (except for mud!) and it was hoped that there would be attempts on both the records.

However, on the Sunday two days before the Heavens opened and the rains descended. The water in the ghylls was dangerously high and the becks were impassable. But the Headmaster and another member of staff ran the course on Monday afternoon and decided the water had fallen sufficiently for the run to go ahead. So it took part on a cold, windy, very muddy, and occasionally snowy afternoon. Joe Bird, the

winning boy, got round in 1 hr 13 min. 09 sec and Maria Page the winning girl in 1hr 30 min 10 sec, 13<sup>th</sup> overall. Joe is from Penrith and attended Sedbergh Prep School. Particular congratulations are really due to those who are not natural runners, and who simply toiled (and toiled is an appropriate word) round the 10 miles through the mud, wind and snow showers.

The Prep School ran at Malvern again this year and Fraser Sproul won the Boys U13 again by 34 second beating his time last year by 27 seconds. The U13 Girls and Boys brought home the Small Schools Trophies, and the U13 Boys finished second overall, beating such large Southern schools as Millfield,

St Mark's Church, Cautley

# Summer Concert

*An evening of light music with*

**The Bryce Street Strummers Showband**



**Roger & Judith Bush & friends**  
**Saturday 27<sup>th</sup> May**

**7.30pm**

*Admission £6  
includes glass of wine/juice*

Bromsgrove, the Dragon, and Dulwich. Other local children who did well were Millie Gunning (12<sup>th</sup> in the U11), and Maddie Harrison (28<sup>th</sup> in the U13). Fraser Sproul also helped Cumbria to win the Group D U15 English Schools championship coming in 12<sup>th</sup>.

James Griffin (yr 8) has been called in to the GB tennis training squad. Four pupils were called to play in the England U18 rugby against Canada.

The Prep School had a visit and lecture from the England Shooting Team Captain and World Champion, Marcus Iddon.

The Sedbergh Super Tens took place in glorious weather on Sunday and Monday 26<sup>th</sup> and 27<sup>th</sup> March. Sixteen schools took part including one from South Africa. Sedbergh scraped into the final fighting off QEGS by one point but in the final had an easy ride against Milfield, winning for the third time in four years. Josh Hodge was Player of the Tournament. The Monday games were broadcast live onto YouTube.

Four pupils attended a selection weekend for the UK Cadet Rifle team, and after three days of intensive training all four were selected to be part of the twelve in the UK Rifle Cadet Rifle team to tour Jersey in August

Just short of 100 pupils from all over the UK attended the cricket, rugby sevens and horseriding courses over the Easter holidays.

The Dressage team came 6<sup>th</sup> in the country in the National County Championships.

#### Future Events

The 1<sup>st</sup> XI home matches in May are

against Yorkshire CCC Academy (1pm), the MCC on 4<sup>th</sup> May (11.30), Shrewsbury on 13<sup>th</sup> May (1pm), and Bolton (11.30)

There will be a Tea Concert in the Thornely Studio on 4<sup>th</sup> May at 6.30 pm

The Junior play "Little Shop of Horrors" will be performed on Wednesday, Thursday and Friday, 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> May

The House competitions of Tug of War and Cumberland/Westmorland wrestling will take place at 4.30 on the field in front of Powell House.

Speech Day followed in the afternoon by the House Athletics finals is on 27<sup>th</sup> May.

Half term is from 27<sup>th</sup> May to 4<sup>th</sup> June.

*Karen Bruce-Lockhart*

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## St JOHN'S HOSPICE

On Wednesday 12<sup>th</sup> April, St John's Hospice were very kindly welcomed in to the CCC Rooms for our first ever Coffee Morning in Sedbergh.

I am delighted to inform you that we raised an incredible £422.35 and I can assure you that all of the funds raised go directly to the hospice, providing specialist palliative care in your local community.

It was a really lively morning and I would like to take this opportunity to thank everyone who came along and visited, I hope you enjoyed it as much as we did. I would also like to give a special mention to Carole Marsden and Doris Howarth who provided



fantastic direction to us newbies and a huge thank you to all those who brought cakes – the stall was fantastic – those who helped on stalls, worked in the kitchen, and did anything else!

Volunteers are the cornerstone of what we are able to achieve at the hospice, and I am very grateful for all of your hard work. We are looking forward to coming back on Wednesday 6<sup>th</sup> September and hope to see all of you again.

With very best wishes and grateful thanks,

*Sara Brown, Community Fundraiser  
at St John's Hospice.*

## Cowgill Church Annual Fair



**Monday 29th May**  
From  
**10 am to 1 pm**  
**Dent Memorial Hall**

Plants

Cakes

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Magazines

Outdoor  
& leisure

Tombola

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Bric-a-brac

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Guess the  
Weight

Refreshments

Musical Melody

**RESIDENTIAL SCOTTISH DANCE  
WEEK IN SEDBERGH  
12 -19 MAY**

Part of the Scottish Dance residential week I wrote about in the April Lookaround includes six morning classes (Sunday through to Thursday) with qualified and group teachers. There are a few places left for anyone reading this to join these classes. They run from 10.00 to 12.30 with a light lunch at 1pm. A syllabus is available. Note the classes are not for beginners – improvers/intermediate and above only.

Anyone interested and for other details please contact me.

Also see Page 18.

*Dr Gina Barney  
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**SEDBERGH ORCHESTRA.**

*A Musical Journey Through Time.*

As a community, we are truly fortunate to have amongst us such dedicated musicians as constitute this Orchestra. Our Orchestra is one that we can all be proud of.

On Thursday 30<sup>th</sup> March in St Andrew's Church a large and

enthusiastic audience were treated to another interesting, adventurous and entertaining programme. A musical journey through time it certainly was, moving effortlessly from Georg Philipp Telemann and the 18<sup>th</sup> century to Alexander Borodin who died on the threshold of the 20<sup>th</sup>. But this was also a journey from the Elbe to the Neva by way of the romantic German heartlands and the foothills of the Carpathian Mountains, as a wet Sedbergh evening gave way to the music of Central and Eastern Europe.

The Concert was opened intriguingly with an interesting piece of Telemann, his Concerto for Recorder and Viola da Gamba, played superbly by Philip Gruar and Elizabeth Dodd. These instruments give a truly 18<sup>th</sup> century sound which must have pleased the wealthy burghers of Hamburg.

The Orchestra then performed one of Sir Thomas Beecham's 'lollypops' in the shape of Schubert's 'Rosamunde' overture. An interesting piece this; a fair amount of music for 'Rosamunde' exists, but no one knows whether it was intended to be an Opera or a Ballet. The overture was an arrangement for an unperformed opera entitled 'Die

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Zauberharfe' (The Magic Harp) in 1825. However, much of this music was eventually used in a German light Opera entitled 'Das Dreimäderlhaus' (The House of Three Maidens) by Heinrich Berté which was first performed in the war weary Vienna of 1916. This light, lively piece was played with truly Schubertian verve.

The first half of the concert was brought to a close with an enterprising rendition, admirably played, of Dvořák's Slavonic Dance no. 2 from his opus 46 set rearranged for winds. These are peasant dances from Dvořák's homeland; one listens and imagines this lively music at a village celebration of some kind, in the wild shadow of the Carpathians,

where vigorous young men show off their prowess at the dance to rosy cheeked village girls in their colourful traditional costumes.

The second half of the concert was devoted entirely to Alexander Borodin's magnificent 1<sup>st</sup> Symphony composed between 1862 and 67. Five years! Borodin was, after all, Professor of Chemistry at St Petersburg and contemporary and collaborator of Mendeleev, who created the Periodic Table of the Elements. So, a busy man!

The Orchestra was required to convey the sense of 'Mother Russia' to the audience. The vastness of the Steppes; the onion domes glinting in the morning sunlight; the sonorous Orthodox liturgy and the slow, broad,



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darkling rivers winding to the sea under an opalescent sky were all portrayed. This was a big ask and the Orchestra set about it with enthusiasm.

Conductor Peter Crompton guided us all surefootedly on a journey that everyone who attended thoroughly enjoyed. A special mention must go to Sue Armstrong who led the Orchestra delightfully and to all the players, young and not so young, for the time and dedication that they all bring. A Sedbergh Orchestra; long may they continue to impress and entertain!

*Nick Cross*

### **MONTREAL GUITAR TRIO**

Three virtuoso guitarists hailed as

Canada's 'hottest guitar ensemble' cross the waters to play an intimate concert of stunning music at Sedbergh People's Hall at 7:30pm on Friday 5th May

In a mixed musical menu, the trio play classical, jazz and world music pieces, with a few rock classics and spaghetti westerns and some well known covers adapted for three guitars. Alongside, the trio play some of their own original material and music from their 6<sup>th</sup> and latest album Der Prinz. They occasionally add their voices to the guitars on great popular classics by the likes of The Beatles and Radiohead. The trio are also known for their good humour and easy audience rapport making their

concerts a joy on every level.

The three masterful musicians are Marc Morin, Sébastien Dufour and Glenn Lévesque.

For over 15 years, the trio's virtuosity, rigour, creativity and impressive stage presence have been winning over audiences around the world. They have collaborated and shared the stage with world-renowned ensembles and artists, such as the Orchestre symphonique de Québec and have played at prestigious venues from BB King Blues Club in New York, to the legendary Concertgebouw in Amsterdam.

They are now playing a series of intimate concerts to rural audiences in village halls supported by

Highlights Rural Touring Scheme. Highlights' partnership with Canada's Contact East allows the scheme to bring some of the best artists from the eastern provinces of North America to rural Cumbria, giving small communities access to world class performances on their doorstep.

*"... They delivered loads of infectious good humour and some solid ensemble playing that skirted the four corners of the musical world."* - Bill Rankin, Edmonton Journal – CANADA

<https://www.youtube.com/watch?v=1QicfXEEZ8>

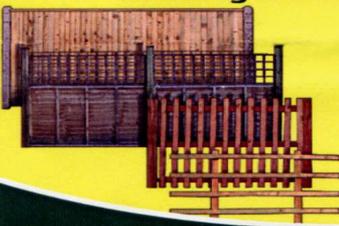
Tickets are Adults £9, Children £5 and £20 for a Family available from Sedbergh Information Centre: 015396 20125 or online at

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Also see Page 6.

*Gillian Rea*

### ALLEGRI

Allegri Singers and Players return to Sedbergh with their usual mix of great masterpieces and lesser known works. The group has members gathered from an area bounded by Ulverston, Windermere and Lancaster, with Gary and Elizabeth Wemyss, Dorcas Thomas and Jenny Robinson representing the Sedbergh area, all under the leadership of Cautley resident Owen Davies.

They begin by commemorating the

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death 250 years ago of Georg Philipp Telemann, a composer who was compared favourably in his lifetime with Bach and Handel. From his vast list of compositions, Allegri will performing the extensive first chorus from his cantata Mached die Tore Weit. They continue with Vaughan Williams' Te Deum, written by the agnostic composer for the enthronement of the Archbishop of Canterbury in 1928. This is followed by a choral setting of Vaughan William's much-loved Serenade to Music, written as a tribute to Sir



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Henry Wood.

The second half is devoted to Handel's glorious Te Deum, written to celebrate the Treaty of Utrecht. Based on Purcell's Te Deum, it became highly popular in Handel's lifetime and was performed regularly at St Paul's until superseded by the same composer's later setting, which celebrated a military victory in Dettingen. Ten highly varied choruses, demonstrating the young Handel's sheer joy in composing and his absolute mastery of choral music.

The concert is on Saturday June 3rd at 7:30 in St Andrew's Church. There will be a retiring collection for church and choir funds. Also see Page 42.

*Owen Davies*

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Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

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For more information, visit our website:

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THE ROYAL BRITISH  
LEGION



## MAY GARDENING

The *Clematis macropetala* beside my back door has been a cloud of blue flowers for the last week or two. It is the earliest to bloom in my garden, well ahead of the large flowered cultivars which have only recently begun to sprout stems and leaves. *Clematis macropetala*, and its close cousin *C. alpina* are both very hardy and easy to maintain. They lack the rampant growth style of *C. montana*, the beautiful pink or white flowered species which is commonly grown in gardens but which, in my experience, doesn't know when to stop. (When it reached the roof, and climbed under the slates, we decided that it had to go.) Being early into flower, *C. macropetala* and *C. alpina* can be pruned straight after flowering – though I usually leave most of it alone and only cut back the stray bits which are threatening to grow across the doorway, or climb behind the downspout. Leaving the rest unpruned gives the added bonus of lots of fluffy seed heads which last well into the late summer. *C. macropetala* and *C. alpina* flowers come in a range of soft pink, white, and blue.

The next to bloom here is the old favourite, *C. 'Jackmanii'* (rich velvety blue blooms) followed by 'Ernest Markham' (wine red). My large flowered favourites – *Perle D'Azur* (pale blue) and 'William Kennet' (rich blue) flower next – though these sometimes struggle with the weather conditions and with the local snail and slug population. In the wilder part of the garden, *C. vitalba* scrambles over a low wall and through a cotoneaster bush. Small flowers, in racemes, are creamy white and they are followed by masses of fluffy grey seedheads - the "Old Man's Beard" of the wild clematis which grows in hedgerows in predominantly limestone areas.

The last to flower in my garden are *Clematis viticella* –with small, ruby red flowers, and *C. texensis* 'Gravetye Beauty'. The latter is so late into bloom that it is often overtaken by the first frost, or a dose of cold, damp autumn weather, before the buds break. I persevere with it in the hope that its astonishing, lipstick red blooms will someday have the time, and the weather conditions to open. Gardening is all about hope.

*Elaine Horne*

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The judges said: This company dealt with some 118 claims in two days even whilst they themselves had suffered a power cut - a pressure for any team, but particularly a small team. The judges were impressed by some of the strongest testimonials this year.

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**BROKER CLAIMS TEAM  
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geographical and personal circumstances.

To deal with the situation it was clear that the usual procedure of insurers appointing loss adjusters and arranging their appointments would not work efficiently enough due to damaged infrastructure, and Capstick quickly organised two dedicated loss adjusters with local knowledge to deal with claims.

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*David Capstick & Melanie Haygarth,  
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Group Resilience, Barclays;  
with host Holly Walsh*



Capstick is centred on the belief that claims are the core value of insurance service. Given that the scale of Storm Desmond was far greater than anything the team had experienced, it can take considerable pride that it was able to continue to provide customers with the personalised service and additional help to support them during a time of their greatest need.

Capstick received positive feedback from all customers surveyed which further underlines the company's success throughout the claims surge. Following the settlement of claims, Capstick conducted a post-event analysis of the lessons to be learned and it could improve preparations for a future major event, which might include more use of social media.

"We are thrilled to have won Broker Claims Team of the Year in recognition of our innovative and proactive approach in dealing with the claims linked to the devastation caused by the storms in Cumbria. Here at J N & E Capstick Insurance Consultants we pride ourselves on

the personal service we provide to our clients. We understand our clients, their businesses and their lifestyles and do everything we can to ease the claims process for them with one of our expert team members by their side. Where possible, we aim to visit claimants at their own premises and have been rewarded by a very loyal client base," says David Capstick, partner at J N & E Capstick.

"The devastation caused by the storms in Cumbria saw us receive almost a quarter of our usual annual claims in just two days.

With our knowledge of our clients and the areas we serve we were able to contact affected clients, insurers and loss adjusters within hours of the losses occurring, ensuring clients were visited quickly and efficiently. Of course, we couldn't have done any of this without the hard work and effort of our close knit team - many of whom were affected by the floods themselves."

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## VOLUNTEERING

If you took all the volunteers out of the activities that run in and around Sedbergh, it would be devastating: the gaps in our community provision would be vast. Well over half the reports in Lookaround are based on volunteer activities.

For some, volunteering can be a route to employment, or a chance to try something which may lead to a career change. Volunteering can be a way of:

- Gaining new skills, knowledge and experience
- Developing existing skills and knowledge
- Enhancing a CV
- Improving one's employment prospects
- Gaining an accreditation
- Using one's professional skills and knowledge to benefit others (usually described as pro bono)

**Below are some of the reasons people choose to volunteer.** For some it provides an opportunity to:

- Give something back to an organisation that has impacted on a person's life, directly or indirectly

- Make a difference to the lives of others
- Help the environment
- Help others less fortunate or without a voice
- Feel valued and part of a team
- Spend quality time away from work or a busy lifestyle
- Gain confidence and self-esteem
- Meeting new people and making new friends
- A chance to socialise
- Getting to know the local community better.

## How volunteering helps YOU

*Volunteering England* commissioned a report on the impact volunteering has on people's well-being. Their summary finding is ..... "Volunteering can increase volunteers' longevity, improve their mental health, keep them fitter, and enable them to cope better with illness when it occurs. Volunteering also has a positive impact on a range of factors affecting health service users including their self-esteem, disease management, adoption of healthy behaviours, compliance with medical treatment and relationships with health care professionals." The full report of this study can be found <http://www.ivr.org.uk/images/stories/news-item-attachments/summary-report-21st-july-20082.pdf>

**How can you make your volunteer team value what they are doing and encourage new people to volunteer?**

### 1. Thank your volunteers and thank them again (and again....!)

Show appreciation in varied ways and always mention volunteers who make your organizational successful.

**2. Reward your volunteers.** Volunteers have many motivations. Really work to get to know your volunteers and what excites them about what they do.

**3. Provide an experience connected to your cause.** Nurture engagement—not just tasks needed by your organization. The stories of those whose lives are enriched or changed by your non-profit organisation's work will inspire your volunteers.

**4. Create a community or team from your volunteers base.**

Maintaining open communication channels among your staff and volunteers helps to build community. In person thanks and feedback events are the best ways to fuel connection between volunteer work opportunities. These can be supported by discussion forums and feedback e.g. surveys. But there's nothing like thanking volunteers with a party or just picking up the phone.

**5. Showcase your volunteers** and how their time and talent contribute to your organization's growth.

**6. Honour top volunteers in both big and small ways. Small recognition efforts mean a lot.**

Volunteers understand that the constituents receiving your programmes and services are top priorities. But those donating their time and assistance will appreciate being recognized by name in print, online, and in event settings. A token or certificate for volunteer service is always a nice touch. Maybe a "Volunteer of the Month" recognition?

**7. Cultivate your volunteers for**

**bigger roles.** Your volunteers may also be leaders — staff advisors, board members, and consultants. Your volunteer pool may yield those who just want to show up and assist with whatever task you provide. However, care and feeding of all of your volunteers is critical for your organization's reputation and growth.

**8. Grow your volunteer pool through recruitment of volunteers by...your volunteers!**

Word of mouth is great advertising. Your volunteers are your best recruitment asset. Provide ways for volunteers to invite others to join them.

Think about who volunteers with your organization. Know them well enough to make the best assignments and to provide the perks that will make your volunteers keep coming back—and telling others about your mission and the roles they play in your success.

*Dr Myles Ripley*



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## KILLINGTON WI

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

I'm glad that it isn't Friday as I write this. I know that it's **Thursday**, the thirteenth. I have spent the last six weeks fighting my computer -all in the name of progress. Luckily I have a couple of staunch helpers but I really need them to move in!

Once again our meeting started with our visiting speaker. I think, perhaps, that the news is getting about that the speaker can thus avoid having to sit through our enthralling business meeting!

Today's speaker, Peter Rimmer, certainly had an interesting tale to tell and wonderful pictures with which to illustrate it. He started with this song.

## 'On Morecambe Bay'

For the tide's the very devil,  
It can run you out of breath,  
It can race you on the level,  
It can chase you to your death.  
Yes, the tide's the very devil,  
And the devil has his day,  
On the weary cockle grounds  
of Morecambe Bay.

*Words and music by Kevin Littlewood.*

His talk followed a journey around the bay, largely centred on a family of shrimp fishermen from Flookburgh. He showed us the differing tackle used by shrimpers and cocklers, and how little it has changed with the passage of time. He had some enlightening pictures, taken from a hot air balloon, showing the rivers

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which flow into the bay, and the gullies and other hazards which appear and change with the tides. Dilys thanked him for his fascinating and very informative talk.

Then it was time for tea, to refresh us after our exertions on the sands. Yummy!

Our President, Susan Sharrocks, then called us to order. Unfortunately her little bell had lost its clapper so it took some time. (You really can't beat a good bellow!) Birthday wishes for Maggie l'Anson and Eileen Wilkinson were followed by good wishes to Anne Jones who has finally departed for southern climes. We shall miss her.

We heard about meetings and

events attended. Marion Wood and Dilys Evans had represented us capably at the "Reading Aloud" competition, with a fair following of groupies. Susan and Avril reported on the half-yearly Federation meeting in Kendal and enjoyed the company and another good speaker. Our attention was drawn to the cups on the table. No! not tea cups---Spring Show Cups. Killington WI (that's us folk!) had reclaimed the WI Cup, Barbara Hollett had won the Lookaround Cup, with a wonderful photo of two old folk dozing on a bench, and Margaret Fearnhead had won half of the Art Cup! (in other words "a tie") Well done everybody and to all those who entered to earn precious points for

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# Allegrì



## Singers and Players

*Handel: Utrecht Te Deum*

*Telemann: Machet die Tore weit*

*Vaughan Williams: Te Deum and Serenade to Music*

**St Andrew's Church, Sedbergh**

7:30 pm

**Saturday 3rd June**

*Retiring Collection*



us. "And what do points mean? Points mean prizes!" Wendy then spoke (that's me folk!) to thank all our members for the wonderful help given, in so many ways, to the smooth running of the show. We were happy to hear that Shirley was a prize winner in the WI 200+ Club draw. She doesn't look that old. Dilys won our competition for 'a picture of water', with one of her own paintings, and Lavinia won a luscious box of chocolates in the raffle.

On Monday 15<sup>th</sup> May at 7-30pm, several of us will be attending the Lune Valley Group Meeting, hosted this year by Sedbergh WI.

Our next meeting on Tuesday 9th May at 2-00pm in the committee room of the People's Hall, is the one at which we discuss the Resolutions which will go forward to the National WI Meeting in June. We shall also be having a speaker who will tell us about St. John's Hospice. Do join us

if you are at a loose end.

*Wendy Fraser-Urquhart*

### **SEDBERGH WI**

How many voyages of discovery have started in Sedbergh market, I wonder? This was certainly the case for Michael Beecroft who spoke to us about his "Last Voyage to St Helena" on April 12th. Several years ago, while browsing through the market bookstall, Michael purchased a copy of Simon Winchester's "Outposts", which details his visits in the 1980s to the furthest outposts of the former British Empire. Inspired in particular by Winchester's description of the island of St Helena in Chapter 6, from which Michael read us an extract, Michael made plans for his first visit to the island about 10 years ago. His talk to us, though, was mainly about his last voyage in 2016, which was also the very last voyage of the Royal Mail Ship St Helena which was due to

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be retired after serving the island's passengers and carrying freight since 1990, because an airport had now been built and at last certified for use in 2016. This airport, however, is not proving as useful as had been hoped because large planes have considerable difficulty in landing in very tricky windy conditions.

Following a tickertape and brass band send-off from Tilbury, London, in honour of the RMS St Helena's final voyage, Puerto de Santa Cruz on Tenerife was reached after 5 days at sea. Michael showed us slides of Tenerife, where they had several hours ashore, as well as pictures of life on board, including the Neptune Ceremony on the Equator. Ascension Island was the next landfall, a week after leaving Tenerife. Two days later, they reached St Helena, where they stayed 6 days at Wellington Lodge and 6 days at the Farm Lodge Hotel, which Napoleon Bonaparte, St Helena's most famous resident, is known to have visited. Napoleon was exiled to the island in 1815 after his defeat at Waterloo by the Duke of Wellington, and died there in 1821. With this historical interest, the hotel

industry was hoping that the new airport would bring in lots of visitors to boost tourism but the problems with large planes mean that there is now some doubt about this. St Helena's isolated position – 1300 miles from the nearest landfall in South Africa – means that most potential tourists are reluctant to make the long return sea journey.

At our business meeting we extended congratulations to Killington WI who deservedly won the Spring Show WI Cup back from us. We also gave special Birthday Wishes and congratulations to our greatly respected senior member, Jean Jones, who will be 90 on April 23rd!

Inspiration derived from books was the subject of "The Readers of Broken Wheel Recommend" by Katarina Bivald, one of the two books sent to the book club in March because a full set of our chosen book was not available at Carlisle. Sara Lindquist, a young woman from Sweden, corresponds with an elderly American woman, Amy, from Broken Wheel, a small, dull, dysfunctional town in Iowa, who sends her some novels to read, and eventually invites

her to come and stay. On her arrival, however, she finds that Amy has just died. Sara discovers that people in the town know a lot about her already, just as she knows quite a lot about them from Amy's letters! She decides that what the town needs to spice it up is a bookshop – an idea scorned by the inhabitants until they reluctantly get drawn in to the cosy book shop and are entranced by the novels they start reading. Sara has by now fallen in love with the place (and a young man in it!) and doesn't want to leave when her visa runs out – a feeling reciprocated by the townsfolk. One member of our group only awarded the book 5 points because it was more like a modern fairy tale than a credible story, but most of us

felt that it was an enjoyable, light read and awarded 7 or 8 points.

Our second book, "The English German Girl" by Jake Wallis Simons, was anything but lightweight. Charting the menacing development of anti-Semitism in Germany in the 1930s from the point of view of a Jewish family, particularly the 15-year-old Rosa, it follows her journey from Berlin in 1939 on a Kindertransport train to London, where she is fostered by unwelcoming distant relatives reluctant to have her. Her aim is to find jobs for her parents so they and their son and younger daughter can get visas to travel to England. She eventually does so but it is too late because war has been declared and travel stopped. The foster family

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evacuates to their property in Norfolk where further trauma awaits Rosa, so she returns to London where she trains as a nurse, seeing a different side of the war. The author's descriptions of Berlin and London are excellent, as is his empathy with young Rosa. It's an excellent though harrowing story, but one that needs to be read. Our average mark was between 8 and 9.

We send our best wishes to the walking group who will be going to Church Stretton later this month for their annual 4-day holiday, to be joined by 3 former stalwarts of the group.

Our next meeting, on Wednesday 10th May, will start at 7.30pm with an

illustrated talk by Sara Brown about the work of St John's Hospice in Lancaster, and will be followed by discussion of the WI Resolutions for 2017.

*Moira Folks*

#### **DENTDALE WI**

On a sunny evening with spring flowers appearing everywhere we came together for our April meeting.

A smaller group than usual with several members having given apologies due to the pending Easter holidays. Marion our president gave a warm welcome to everyone and it was good to meet a new member.

As always it was business first with a look back at our recent visit to the

Keswick theatre by the Lake when 13 members enjoyed a performance of 'Silver Linings' written by Sandy Toksvig.

Information was given about our proposed summer outing in June this year to visit over the border to Gretna Village with a stop en-route at either Hutton in the Forest or Acorn Bank. Finally, plans for our next Dining Club Outing to Kendal College in May were discussed.

On a more serious note details of

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fund raising for our chosen charities this year, the Air Ambulance and Growing Well were discussed. Plans are underway to hold a Quiz night with a Pie and Peas supper later in the year. Similarly our annual Mini Market selling home baking, homemade preserves and locally grown produce and plants and craft items will be held in July.

Marion spoke of our newly formed social crafts group and gave

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encouragement to all to come and 'have a go' or simply bring along a piece of handiwork for a chat and a cuppa.

The Lune Valley WI Group meeting hosted this year by Sedbergh WI is on 15<sup>th</sup> May. This event is always popular with our members and tickets are now available. All were relieved to hear that we do not have to produce a Competition item this year, we simply have to brush up on our knowledge of antiques and their value.

Pat and Thelma reported back from the Federation Council meeting. It was disturbing to hear that overall membership numbers had fallen. Funding is always an issue and a

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question about the increase in costs for events was raised. Funds raised for ACWW had achieved £2744 over the year and we learned that all monies raised were invaluable to help women in deprivation throughout the world. A final item of interest advised us that local records kept by WI groups throughout Cumberland/Westmorland are to be archived to ensure that future generations have access to firsthand information of the activities of the WI through the ages. Two interesting speakers ended the meeting, Gretyl Cook from the Sandgate Hydrotherapy Pool in Kendal and Meredith Towne who talked about 'Romance in the Raj' telling of times when girls in the late 19<sup>th</sup> century were sent out to India to

find husbands from serving army soldiers. Her talk covered the changing fashions from that time through into the 1920's showing us outfits from that period. She surprised us at the end saying that her own great grandmother was one of these girls.

Having dealt with all the business it was time to introduce our speaker for the evening Zipha Warcup.

Zipha had been Mayor of King's Lynn from 2010 to 2011 and she gave us a very informative and entertaining talk on her mayoral year. A folder, inches thick contained all her records for events attended throughout that year, sometimes with 5 events in one day. Civic duties, Council meetings, visits to schools, residential care

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homes, meeting 'bikers' at a Christmas Rally with all their 'bikes' covered in fairy lights. Meeting airmen from RAF Marham recently returned from Afghanistan. Small children wanting desperately to touch her 'Mayoral car' and wanting know how much her gold regalia was worth. The year also included Royal visits, attending balls and many more social events. One very memorable occasion was when she hosted a birthday party for HRH The Duke of Edinburgh. Many memories she shared with us and finally read out to us a couple of verses written about the 'penalty' of being Mayor. Both of these focused on the huge amount of food presented at each and every event and the inevitable weight gain as a result. We were all amazed at the stamina and fortitude it takes to 'be the Mayor'

Finally a well-earned cup of tea and biscuit for us all. The competition for a 'recycled' item was won by Sue Owen with a beautiful quilt made from her husbands' old shirts. And the raffle prize was won by Chris Taylor.

*Thelma Belfield*

---

### LADIES NFU

The speaker for our February Meeting, Laura Rosenzweig, was unfortunately unable to come due to a family bereavement, but we are very much hoping we will be able to book her for another meeting. So, instead, after the AGM and monthly meeting, members took part in a Food and Drink Quiz which was a lot of fun. At the meeting we were told that a wonderful total of £388.95 had been sent to the Great North Air

Ambulance as a result of the December Coffee Morning. At our March Meeting our speaker was Ian Fletcher from Dentdale, who gave us a fascinating tour of the world 'Birding'. 'Birders' are people who go looking for different birds as opposed to 'Birdwatchers' who look at the birds that are there and 'Twitchers' who flock to see a specific, maybe unusual, bird that has landed somewhere. Ian has travelled extensively and seen over 4700 birds of the 10,400 that there are in the world. We saw some wonderful books and pictures.

He generously donated his speakers fee to the Sedbergh Football Club.

There was a coffee morning on 5th April when over £300 was raised for the Alzheimer's Society.

The speakers at the April Meeting are to be Tanya and Edmund Hoare about Sedbergh Community Swift Conservation.

*Caroline Sandys-Clarke*

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**PEOPLE'S HALL NEWS  
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We have almost enough now! Since the last Lookaround, the Hadfield Trust and the Cumbria County Council have made grants to us. We are now short of £5,000. Donations accepted.

We have also received a donation to dedicate the seat to be sited in front of the Hall. There are other parts of the works that can still be sponsored - just contact Gina.

Work will start at the end of May. This means the top entrance will be closed to vehicles and also to pedestrian access at times. Please use the bottom entrance and the Side Entrance to the Hall. We will try to keep disruption to the minimum.

**RURAL HIGHLIGHTS – MONTREAL GUITAR BAND – 5 May 2017**

The People's Hall by arrangement with the Rural Highlights presents the Montreal Guitar Band event on 5 May 2017. The start is at 7.30pm and will run to 9.30pm with 30 minute break. Tickets from Sedbergh Information Centre, 72 Main Street and at the door. More information from:

<https://www.facebook.com/MontrealGuitarTrio/>

**HIRE CHARGES**

The AGM showed that the income from hires is gradually reducing our slim reserves doubling the deficit year by year. The Hall has to pay rates,

electricity, waste disposal, insurance, caretaking, minor repairs etc. and all these costs have risen. Another reason for the increased costs of running the Hall is it is bigger (we have added a new toilet block and increased the size of the front lobby). And we are (underfloor) heating them too. This coupled with the many more major repairs results in the increasing deficit. We did raise the fees in June 2016, but only by a very small amount.

SO! The hire charges are rising on 1st July 2017 for new bookings (see below).

We will hold the current fee tariff for all booked events until 31 December 2017 when the new charges will apply.

The Hall is mainly for the benefit of residents of the civil Parish of Sedbergh. That is why bookings made by hirers outside LA10 and parts of LA6 pay 50% more in fees. we are now introducing a corporate/ business tariff at a 100% uplift for commercial bookings such as auctions, carpet sales, HGV courses, elections (SLDC) and other statutory bodies.

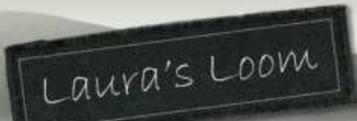
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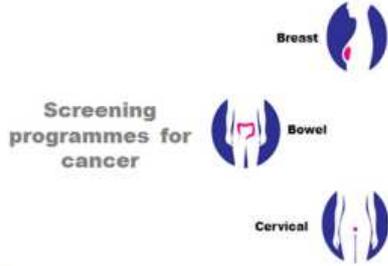
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**LETTER FROM THE SURGERY**

Following our letter in the February Lookaround; this month I am going to concentrate on screening programmes 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.



**BOWEL SCREENING**

Bowel screening aims to detect bowel cancer at an early stage when treatment is more likely to work. It can also sometimes prevent bowel cancer from developing in the first place.

**Who is tested in the screening programme?**

- \* Men and women from the age of 60 to 75
- \* Over 75 people can request a screening test - phone 0800 707 6060

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### **What is the test?**

The test used in bowel screening in the UK is the FOB or faecal occult blood – this looks for hidden traces (occult) blood in poo (stool or faeces).

There is also a test called bowel scope where a thin tube with a camera is inserted into the lower bowel (known as a flexible sigmoidoscopy) – This is offered as a one off examination at age 55 and is being rolled out across the country

The benefits of bowel screening – early diagnosis – **90%** survive **5+** years.

Estimates are that by 2025 the programme will save **2000** lives a year

### **Bowel screening kit**

The kit is sent out by post from the

bowel screening hub for the Midlands and North West based in Rugby.

The kit is a simple way to collect small samples of poo on a special card which is then hygienically sealed and sent back in a pre-paid envelope.

If a patient chooses not to return the test or forgets to do it – a reminder is sent. If a patient does not respond to this then the GP practice is informed and the patient will be recalled again in 2 years. The results of the test are returned in two weeks to both the patient and the GP practice. If the kit is lost or the patient changes their mind about taking the test, a replacement kit can be ordered by phoning 0800 707 6060. Each kit is bar coded and specific for the patient – so they cannot be given out in surgery.

We already know it has saved the lives of several of our patients in Sedbergh when their cancer diagnosis came at a stage where curable surgery was possible and they did not even have any symptoms. Because we are fully committed to the programme at Sedbergh Medical Practice, we have evolved our own project whereby when we receive a notification from the hub that a patient has not responded to an invitation to screening – someone from the surgery will ring the patient to encourage them to take up the offer and ring for a replacement kit if needed. By doing this we have improved our screening uptake in the practice from being 3<sup>rd</sup> from the bottom of the 20 practices in South Lakes to being 3<sup>rd</sup> from the top – thanks to our patients and our staff –

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### **CERVICAL SCREENING**

*Scientists and experts estimate that cervical screening saves around 4500 lives each year in the UK.*

Cervical screening uses a test called liquid based cytology (LBC) – known to many as a smear test. A nurse or doctor takes a sample of cells from the cervix with a small brush. The sample is sent to a lab to check for abnormalities and in some cases the samples are tested for a virus called HPV (human papilloma virus) that increases the risk of cancer. The result comes back to the patient within two weeks.

#### **Who has cervical screening?**

In England, Northern Ireland and Wales the NHS Screening programme invites women from the ages of 25 to 64 for screening.

Women aged 25 to 49 are invited every three years and after that every five years until the age of 64.

#### **Why are younger women under the age of 25 not offered screening?**

We know from research that cervical cancer is very rare in women younger than 25.

Changes in the cervix are quite common in this age group and can

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lead to unnecessary worry and treatments.

However cancer of the cervix can occur in women under 25 – so abnormal patterns of bleeding need to be taken seriously and investigated by clinicians.

#### **What happens to the Smear Test?**

The cell sample is sent to a laboratory for analysis and patients should receive the result within two weeks.

Most samples are normal and women will be asked to attend again in 3/5 years depending on their age.

However the test may reveal a number of potential outcomes:

- \* Inadequate – not enough cells or infection or period or cervix



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- \* inflamed. Repeat after 3 months
- \* Borderline or mild changes (low grade dyskaryosis) - an HPV test will be done on the same sample of cells (this test is called HPV triage). This will be done automatically if your test shows up with borderline or low grade dyskaryosis. If your test shows no high risk HPV (it is negative) you can return to your regular screening intervals (three or five years). If the test shows positive for high risk HPV, you will be invited to attend a colposcopy clinic for a further check up
- \* Moderate or severe changes (high grade dyskaryosis) - you will be invited to attend a colposcopy clinic. Abnormal cells usually

need to be removed and further treatment will be based on the colposcopy and any biopsy results of the affected area

Of 100 women having a smear test, about 6 tests will show abnormalities. Two of these will be negative to the HPV virus and be offered follow up in GP practice. The other four will be offered a clinic appointment for a colposcopy to look more closely at their cervix. Most of these will not have cancer. And if abnormalities are found, treatment can be offered to prevent cancer occurring.

**BREAST SCREENING**

Breast cancer can affect 1 in 9 women in their lifetime. Mammograms are the screening test used to look for early signs of breast

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cancer – these are x-rays of the breast.

The Breast Screening programme invites women between the ages of 50 and 70 for screening every 3 years and is currently being extended from 47 to 73. Over the age of 73 a patient can request a mammogram 3 years after their last by ringing the screening programme.

### What are the benefits of Breast Cancer Screening?

- \* Very early cancers are much easier to treat
- \* Early diagnosis can result in a cure
- \* Evidence demonstrates **1300** lives saved a year by screening
- \* Early stage cancers @ there is a 90% chance that a patient will

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### What are the harms of the programme?

- \* False positives and false negatives
- \* Screening doesn't always find cancer
- \* False positives will cause a great deal of anxiety
- \* False negatives can mean a delay in diagnosis

There are some issues about over-diagnosis and treatment. The evidence is not completely clear – as some of the cancers found may never have caused a problem – for example, ductal carcinoma in situ. Also, there is the additional risk of exposure to radiation. But the bottom line to remember is that for every 1 life saved it is estimated that 3 women are over diagnosed. Great if you are the one whose life is saved – not so great if you are one of the 3 who are over diagnosed. It has to be a personal decision – but given how we are all at risk (and I include men here who comprise 1% of the diagnosis of breast cancer) it is important to be vigilant.

*Dr Chrissie Hunt*



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## CUMBRIA WILDLIFE TRUST

### *Butterflies in Cumbria*

Butterflies have been in serious decline in the UK in recent years but there is hope! At the April meeting of the Sedbergh Wildlife Group, Chris Winnick of the Cumbria Branch of Butterfly Conservation highlighted some of the species native to the region and more importantly reported on the work being done locally to reverse the decline in certain butterflies specific to Cumbria.

There are 58 species of butterfly in UK and surprisingly Cumbria is a hot spot with 40 species. Butterflies can be roughly categorised as habitat specialist or countryside wide

Habitat specialist species, whose larvae or caterpillars only eat one or

maybe two certain plants, have declined by about 80% since 1976. Development or changing farming practices has caused these habitats to reduce, hence limiting further the discrete areas where their plant still survives. Moreover, most of these species only have a single generation per year. A wet cold spring means the plant source is not there when needed, and leads to a bigger reduction in numbers, as particularly occurred in 2016.

Wider countryside specialists are less fussy feeders at the larval stage and so their habitat is not so restricted. Moreover they may have two generations per season, making them less dependent on adverse weather conditions. Nevertheless



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they have still declined by 54% since 1976

Rare butterflies can be found in certain hotspots in Cumbria. Irton Fell in Eskdale is home to the Mountain Ringlet, the only true mountain species of butterfly living at higher altitudes. The Duke of Burgundy which is mainly a Southern species, but is also found on North York Moors and Gait Barrows nature reserve in Silverdale. Arnside Knot and our nearby reserve of Smardale Gill are the only places you will find Scotch Argus in England. Limestone woodlands and grassland around Morecambe Bay are strongholds for several species including Pearl Bordered Fritillary, High Brown Fritillary, Dark Green Fritillary and Northern Brown Argus.



A species which has been virtually saved from extinction in Cumbria is the Marsh Fritillary, a habitat specialist which feeds on devils bit scabious. It was found in several colonies north west of Penrith towards the Solway but through intensification of grassland these colonies had reduced until in 2004 there was only one left In Skelton. A captive breeding programme was carried out under the direction of Natural England in which larvae, including some from Scotland, where reared in cages of devils bit scabious. These were reintroduced at the late caterpillar stage to some sites and new colonies are now established. In fact Marsh Fritillary butterflies are now spreading at sites in NW

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Cumbria without the introduction of larvae. These can be seen flying from mid June.

Another habitat specialist under threat was the Small Blue which was restricted to three colonies along the Cumbrian coast around Workington and Maryport. This butterfly is found along old railway lines and industrial sites. The larval stage feeds solely on kidney vetch which grows on thin poor soils and brown field sites. The project focused on working with land owners to recreate the growing conditions for kidney vetch by scraping off top soil. A colony of Small Blue was also established near Barrow and is surviving well. A bonus is that this species thrives under wind turbines which are a feature of West

Cumbria.

Our speaker was inspirational about butterflies, especially the conservation work done by enthusiastic volunteers from local branches of Butterfly Conservation. Their work ensures we can enjoy the wide range of species which inhabit our area. The best time to see butterflies on the wing is mid to late morning. They prefer to hide in the afternoon!

*Dorothy Thomson*

---

### **SEDBERGH COMMUNITY SWIFTS**

*They're back!* It is often the calls of swifts that first alert us to their return in early May, causing us look up skywards and welcome them back once more. Supreme fliers, they are

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truly the herald of summer, filling our summer skies with acrobatic flight and drama.

What sets swifts apart is that we never see swifts still. We only ever see them in flight, and never perched or on the nest like other birds.

A pair of swifts does not spend the winter together, nor do they migrate together, so it is extraordinary how both of them return faithfully to the exact same nest site year after year. After the first swift comes back, sometimes as much as a couple of weeks can elapse before its partner returns. Yet after 9 months apart, and independent journeys of 7,000 miles each way, the two swifts that nested last year in – for example – the eaves of Farfield Clothing, will be back in Farfield Clothing once more this month.

The breeding swifts are the first to come back, along with the swifts that were roosting in pairs for the first time last year (ie. spending the night in

their newly established sites). The latter – such as those in the boxes in Bainbridge Road, Settlebeck School and the nest bricks at the People's Hall gym - are likely to breed this year. A few weeks later arrive the younger swifts who have not yet paired up or claimed a site (prospecting swifts of 2-4 years old), and it is these that we are hoping to tempt to the various so far empty boxes.



Do let us know:

- \* if you spot swifts going into any of these boxes
- \* if you have breeding swifts in your house, or live nearby, have they come back?

Swifts only have time to raise one brood in the 3 months they are with us. Two, or sometimes three, eggs have usually been laid by the 3<sup>rd</sup> or

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4<sup>th</sup> week of May, with both swifts taking turns at incubation. Compare this with swallows and house martins, which have two, or even three, broods with around 5 chicks in each. Because both adult swifts go into the nest every night, the half hour before dusk can be a good time to catch sight of them – but they dart in so quickly that blink and you've missed them. Once the eggs have hatched, by mid-June, the parents will go in and out more frequently as they feed the young.

As always, please contact us if you want to put up boxes, especially if you have any building work planned. The aspect (N/S/E/W) does not matter, so long as there is a clear fly-in (no big trees in front). We're happy

to call round and advise if you wish.

Finally, Sedbergh Community Swifts have again been featured in the press. The summer edition of the RSPB's quarterly magazine '*Nature's Home*' has an article on swifts and described our activities, and Cumbria Life magazine have also been to see us and we may well feature in their May edition.

We look forward to hearing from you about swift sightings, and welcome anyone to join us. We'll have a stall at Sedbergh Artisan market on Sat. May 20<sup>th</sup>, and in June we hope to organise some swift-spotting evenings.

To contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043

*Tanya & Edmund Hoare*



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## FARFIELD MILL

*Towards the next 25 years.*

It was 25 years ago this November that interested townsfolk in Sedbergh first met at the People's Hall to save Farfield Mill from closure. The achievement of buying, restoring and then opening Farfield Mill to the public in 2001 as an Arts and Heritage Centre is a remarkable one, but then Sedbergh is a remarkable place.

Since then, Farfield Mill has only remained open because of the many people who have given so generously of their time and their money.

Why does Farfield Mill matter? To some, it's an important part of the area's heritage and its connection with wool. To others, it attracts

quality exhibitions of national, even international, renown. These things have motivated many local people to support the Mill over the years. But at least as importantly, Farfield Mill attracts around 14,000 visitors a year, 14 people depend on the Mill for a job, and Farfield is home to a community of 12 small businesses in the creative industries. When the assembly at the People's Hall 25 years ago decided that Farfield Mill must be saved because Sedbergh would be the poorer without it, they were absolutely right.

Today Farfield Mill faces considerable challenges. Funding opportunities are not so generous as once they were. Financial pressures are great. But this sometimes

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email [centremanager@farfieldmill.org](mailto:centremanager@farfieldmill.org)

## Can You Help?

Everyone at Farfield Mill is working on a plan to take the Mill forward to a secure and sustainable future. We believe the Mill should play a vital role in the local community and we need your help and support to do this.

**Volunteers** can play a key role in helping shape the future of the Mill. If you can help support our staff by helping in reception and the shop, meeting, greeting and informing visitors, we would love to have you on board. If you think you can help us in any way, please contact

**Lesley Faulkner, centre manager:**  
[centremanager@farfieldmill.org](mailto:centremanager@farfieldmill.org) or phone 21958.

farfieldmill

# farfieldmill

troubled Mill has much to be positive about.

In January the members refreshed the Board with six new trustees: Vic Brown, Carolynne Cotton, Anne MacKinnon, Bob Nicholson, Peter Rothery and Dave Smith. They joined existing trustees Carole Bowman, Carole Nelson, Alison O'Neill and Anne Pierson. Anyone interested in more information about who we are will find profiles on the website: [www.farfieldmill.org](http://www.farfieldmill.org).

The new Board elected Peter Rothery as chair. It secured the considerable commercial expertise of John Barraclough, Graham Carlisle and Mark Westwood to work alongside Andy Denton and Trustees in running the Trust's trading arm. These are early days but already progress has been made as the board gets to work restructuring the

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organisation, revising budgets and developing a business plan. The Trustees believe that the Mill should play a vital role in our local community and its relationship with local people and businesses is important. The Board is committed to being open and accountable to members, to friends and to the wider community.

Lesley Faulkner, the Centre Manager, has assumed responsibility for leading the team of dedicated staff and volunteers in implementing the strategic direction set by the Board. Over coming weeks and months visitors to Farfield Mill should begin to notice positive changes. An important first step is welcoming 4 new creative businesses to Farfield Mill. We are particularly delighted that Laura Rosenzweig's thriving business Laura's Loom will be returning from 15 June 2017.

The task that faces us is exciting, but daunting. We may yet fail. But with support from the Community we are confident we can build a secure and sustainable future for the next 25 years.

*Peter Rothery*

Philip Horner

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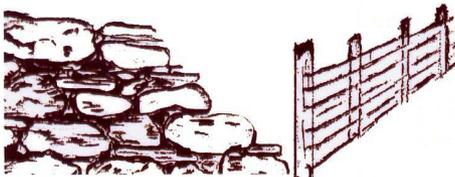
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## B4RN

### *Dentdale and Garsdale*

Pushing a stationary vehicle to get it started takes a big effort, but once it is moving.... Winter is over and the Dentdale and Garsdale Project is picking up speed.

Good, dry weather really helps. Several important "road crossings" have been completed. With these done beforehand, the laying of ducting makes uninterrupted progress once it gets started. The "North Dent Ring" which runs from Millbeck Farm round to Church Bridge should be completed by mid-May. Again because of the good conditions, work of some sort is under way on all the Dentdale routes. Look out for Tony Middleton's new piece of specialist kit



at Backstonegill: a "tracked mole plough", which is particularly swift and efficient at the duct-laying job!

The solid financial situation has to be emphasized. Most important is the fact that B4RN has guaranteed the material and expenditure for the network to be built. No ifs and buts. Some £450,000 remains the estimated total cost and the communities of Dentdale and Garsdale have provided, so far, over £220,000 -- an amazing effort and clear evidence that local people are backing the future. The project is hoping for a further £50,000, if

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possible, and we continue to point out the good returns investors get for their money. For instance, there's fully 30% tax relief if you invest at least £500, 5% interest after three years and, if you put in £1500, you get free connection. And of course there's the contribution to community quality of living. In all, good terms for investment by any measure. Funds are also coming from sources other than local investments, government agencies for example.

As needs arise, the Project looks to satisfy them. A group has been formed to help people to make best use of the new service when it reaches them. While "fibre to the property" brings speeds of up to 1,000 megabytes to your router, the

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speed you actually get depends on the arrangements and equipment you have in your house. Two months or so before connection you will receive a "Preparing for Connectivity" leaflet, and knowledgeable volunteers Ann Wilson and Peter Allwright will be available so you can realise your expectations and get full benefit from the B4RN service. Many of us who are not technically "savvy" will welcome this help and guidance.

Finally, how welcome it is that there are two reports running in the Lookaround nowadays. We wish the West Sedbergh, Sedbergh Town and Cautley and Dowbiggin Projects a fair wind, and any support the Dentdale and Garsdale Project can offer will be given wholeheartedly.

As always, we finish by saying that if you need information on volunteering, investing or on any other aspect of the developing network please contact David Pilgrim on 015396

25589 or email [d.pilgrim@btinternet.com](mailto:d.pilgrim@btinternet.com). Blow-by-blow details of work taking place can be found on [www.facebook.com/hyperfastdales](http://www.facebook.com/hyperfastdales)

*Hyperfast Broadband for Dentdale and Garsdale Communications Team*

### **B4RN**

*Cautley & Dowbiggin*

One of my last jobs at Manchester University in 1987, was to run fibres across the campus and also to UMIST, the Business School and the MRCM. It is amazing to me that fibre has taken so long to arrive nationwide – 30 years!!!

I wrote to 62 addresses in Cautley and Dowbiggin on 20 March 2017. By the time you read this the

residents, who have shown an interest (about 60%) in having up to 1000 Mb/s speeds will have met in the Cross Keys to plan the network. Some residents did not reply and are in danger of being left off the plans. If they still want to join in this community lead initiative then email your interest to me.

*Dr Gina Barney,*

*Area Lead, Cautley and Dowbiggin.*

Email: [B4RNEYB4RNEY@gmail.com](mailto:B4RNEYB4RNEY@gmail.com)

*Also see Page 10.*

### **YORKSHIRE DALES NATIONAL PARK**

*Major rights of way deal signed*

The Yorkshire Dales National Park Authority (YDNPA) has assumed responsibility for an extra 300 miles of

*Nigel*

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rights of way, following a legal agreement signed with Cumbria County Council.

A further 150 square miles of Cumbria, including Orton and the northern Howgills, became part of the National Park when its boundaries were extended in August last year.

The agreement, which came into effect on the 4<sup>th</sup> of April, means that National Park rangers are now formally the first port of call for any enquiries about rights of way in the extension area.

Cumbria County Council will make a one-off payment of £150,000 to the Authority, to help it carry out its new duties.

The YDNPA's Chairman Carl Lis, said: "This has been a sensitive

negotiation and it has been well handled. Cumbria County Council have been exceptionally good to work with, and I would like to thank them for their co-operation.

"Now the National Park Authority can get on with maintaining and improving the rights of way network in this beautiful part of Cumbria. Well maintained rights of way are often cited as one of the advantages of being in a National Park. Everyone should benefit, as excellent footpaths help support the local economy and protect local facilities such as shops, pubs and cafes."

The YDNPA has opened an office in Orton to provide a base for a newly created Western Ranger team. It has the task of making sure the surface of footpaths, as well as bridleways, restricted byways and byways open to all traffic, are safe and easy to use.

Landowners will continue to be responsible for the crossing points such as stiles and gates, although the National Park rangers will maintain the infrastructure on their behalf as required. In total there are 5,400 stiles, gates, signposts or waymarks, as well as 400 river crossings, in the Western Ranger team area.

The team is led by Area Manager Steve Hastie, while the main point of contact for local communities will be Area Ranger Paul Wilkinson.

Maintenance of rights of way in an area including Orton, Crosby Ravensworth, the northern Howgill Fells, Wild Boar Fell and Mallerstang, are the responsibility of Access Ranger Suzannah Barningham. Rights of way in an area including Barbon, Middleton, Casterton, the

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Lune Valley, Southern Howgills, Sedbergh, Garsdale and Dent, will be maintained by Access Ranger Graham Pye.

They will be assisted by a team of 22 trained Dales Volunteers, alongside 16 volunteers who have come forward since August's boundary extension.

Steve Hastie said: "We're really looking forward to working with local communities and developing links with landowners. We'd like to build on the good work that Cumbria County Council have done and enhance the network of paths even further.

"The network was surveyed last June, so we already have an idea of the work required. But we'd like to know what we should prioritise, what work is particularly important to local communities and businesses."

There are 28 parishes in the Western Ranger team area. Four of them, Grayrigg, Tebay, Orton and Shap Rural, have become the first parishes in the country to have feet in two National Parks, the Yorkshire Dales and the Lake District.

You can contact the Western Ranger team on 01539 626104.

*Andrew Fagg*

---

## **YORKSHIRE DALES NATIONAL PARK**

### *Dales Young Rangers*

The Yorkshire Dales National Park Authority has set up a new "Young Rangers" group, open to all 11 to 16 year olds. Young Rangers offers exciting opportunities to work alongside National Park Authority Rangers and other organisations and land owners. Members discover new

places and gain valuable conservation and land management experience and skills, while having fun outside with friends.

The West Young Rangers group (there are also groups in the North and South of the Park) meets once a month. If you are interested or wish to take part in any of the upcoming Spring 2017 Programme, please contact Rachael Alderson on 01969 652366 or [rachael.alderson@yorkshiredales.org.uk](mailto:rachael.alderson@yorkshiredales.org.uk) to book a place:

### **Saturday 20<sup>th</sup> May We Dig up Bainbridge**

Joining the Yorkshire Dales National Park Authority Historic Environment team and local experts we will be taking part and getting hands on in this brand new archaeological project. Bainbridge was the place to be in Roman and Medieval times so what will you find?

**Meet:** 9.30am at The People's Hall, Sedbergh or 10.00am at Yorkshire Dales National Park Office in Bainbridge.

**Finish:** 1.30pm at Yorkshire Dales National Park Office in Bainbridge and return 2.00pm to The People's Hall, Sedbergh.

### **Friday 2<sup>nd</sup> June Footpath maintenance near Nateby**

Walling, cutting back of branches and clearing stones back off the Right of Way there is lots to do at this site.

Rangers Suzannah and Paul will lead the day as we help tackle this path.

**Meet:** 9.30am at The People's Hall, Sedbergh or at site – details to be confirmed.

**Finish:** 2.00pm at The People's Hall, Sedbergh.

**Saturday 22<sup>nd</sup> July We Dig up Bainbridge .. Again**

We go back to Bainbridge to help dig some more and hopefully see what has been found. Another chance to have a go and see what happens after an artefact has been unearthed.  
**Meet:** 9.30am at The People's Hall, Sedbergh or 10.00am at Yorkshire Dales National Park Office in Bainbridge.

**Finish:** 1.30pm at Yorkshire Dales National Park Office in Bainbridge and return 2.00pm to The People's Hall, Sedbergh.

**Wednesday 26<sup>th</sup> July Himalayan Balsam Bashing in Sedbergh**

To celebrate National Park week and the summer holidays we will be having a mass Himalayan Balsam

Bash in and around Sedbergh. Bring your family and friends as we try eliminate this non-native invasive species.

**Meet:** 10.00am at The People's Hall, Sedbergh.

**Finish:** 1.30pm at The People's Hall, Sedbergh.

The North and West Young Ranger groups are being funded through the Green Futures programme, which aims to develop environmental opportunities for young people across the region and is led by local charity Yorkshire Dales Millennium Trust.

More information is also available on the Dales Young Rangers Facebook page @dalesyoungangers.

Many thanks,

*Rachael Alderson*

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## SEDBERGH FOOD & DRINK FESTIVAL 8<sup>th</sup> – 18<sup>th</sup> June

### What's On

#### Thursday 8<sup>th</sup> June

☞ The Dalesman: Brunches of the World (*continues daily throughout the festival*)

8 a.m. – 2 p.m., menus individually priced

Call 015396 21183 to book

☞ Weaver's Café, Farfield Mill: Taste of the Dales (*continues daily throughout the festival*)

10 a.m. – 4.30 p.m., menus individually priced

Call 015396 21958 to book

☞ Mad Hatters at No 6 Finkle Street: Afternoon Tea (*continues daily*

*throughout the festival*)

12 p.m. onwards, Classic £9.80/£6,  
Mad Hatter £13.50/£10

Call 015396 20298 to book

☞ Sedbergh Heritage: Exhibition at Farfield Mill about the history of local food and drink

(*continues daily throughout the festival and will also be at the Festival Food Market on Saturday 10<sup>th</sup> June*)

10 a.m. – 4.30 p.m.

☞ Duo: Puddings Galore

7.30 p.m., £20 per person,  
reservations only

Call 015396 20552 to book

☞ The Malabar: Tastes of South India  
7.30 p.m., £25 per person,  
reservations only

Call 015396 20200 or email

info@themalabar.co.uk to book  
Saturday 10<sup>th</sup> June

🌀 Festival Food Market  
9.30 a.m. – 3 p.m., free entry  
Call 015396 20504 for more  
information

Sunday 11<sup>th</sup> June

🌀 Lock Bank Farm: Open Farm  
Sunday

10 a.m. – 2 p.m. free entry  
Call 015396 20252 for more  
information and to book

🌀 Mad Hatters at No 6 Finkle Street:  
Mad Hatters Tea Party  
4 p.m. £13.50/£10, limited spaces –  
booking advisable

Call 015396 20298 to book

🌀 Three Hares: Washoku Japanese  
Taster Evening  
7 for 7.30 p.m., £39.50 per person

Call 015396 21058 to book  
Monday 12<sup>th</sup> June

🌀 Sedbergh Primary School:  
Cupcake Competition  
3.30 – 4 p.m.

You are warmly invited to come and  
view the children's creations

Tuesday 13<sup>th</sup> June

🌀 People's Hall: Festival Film Night:  
Jiro Dreams of Sushi

7.30 p.m., Admission: £5.50/£3.50/  
family ticket £15 (2 adults, 3 children)  
Tickets available from the Information  
Centre or on the door

Thursday 15<sup>th</sup> June

🌀 Howgills Accommodation: Cakes  
and Bakes with Nina from Three  
Hares

1 p.m. – 3 p.m., £20 per person  
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☞ Duo: Thai Night  
6.30 – 9 p.m., menus individually priced, reservations only  
Call 015396 20552 to book

☞ The Malabar: Tastes of North India  
7.30 p.m., £25 per person, reservations only  
Call 015396 20200 or email [info@themalabar.co.uk](mailto:info@themalabar.co.uk) to book  
Sunday 18<sup>th</sup> June

☞ Mad Hatters at No 6 Finkle Street: Mad Hatters Tea Party  
4 p.m. £13.50/£10, limited spaces – booking advisable  
Call 015396 20298 to book

☞ The Dalesman: Pie Competition Judging at 6 p.m. Pies must be delivered to the Dalesman by 12 noon on 18<sup>th</sup> June  
Call 015396 21183 for more information

☞ Three Hares: Field to Fork Full Tasting Menu  
7 for 7.30 p.m.  
Call 015396 21058 to book  
Throughout the Festival

☞ The Dalesman: Brunches of the World  
8 a.m. – 2 p.m., menus individually priced  
Call 015396 21183 to book

☞ Weaver's Café, Farfield Mill: Taste of the Dales  
10 a.m. – 4.30 p.m., menus individually priced  
Call 015396 21958 to book

☞ Mad Hatters at No 6 Finkle Street: Afternoon Tea  
12 p.m. onwards, Classic £9.80/£6,

Mad Hatter £13.50/£10

Call 015396 20298 to book

☞ Sedbergh Heritage: Exhibition at Farfield Mill about the history of local food and drink  
10 a.m. – 4.30 p.m.

☞ Three Hares: Festival loaf on sale  
*For full listings, please see the brochure or go to*

[www.sedberghfoodfestival.co.uk](http://www.sedberghfoodfestival.co.uk)

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**PEOPLE'S HALL AGM  
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MEETING**

Extracts from the Minutes of the  
Annual General Meeting held Monday  
3 April 2017 at 7.00pm

**Chairman's Report (Mr Steven  
Longlands)**

It's my yearly report as chairman,  
and it's the same report as the last  
couple of years, more work done,  
more money needed, and the  
committee has new faces and some  
have gone.

We welcomed Dan Mason back for  
the football club, Sandra O'Neill has  
come to join us as the treasurer after  
a few ifs and buts by others and is  
putting us on the right path with new  
ideas.

As chairman I would like to thank the  
committee members, who have made  
it another successful year, Gina for  
her efforts as secretary, part time  
treasurer and fund raiser. Sandra G  
W for her work involved in the 60-  
year anniversary, Ian for technical  
support with functions and other  
work. The ladies running the old-time  
dances, Kath's well run coffee  
morning. Thanks to Gillian for more

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enjoyable Rural highlight nights. Ann  
P stood in has minute secretary at  
times to help out and David H has  
kept us right with fire matters.

Sarah has left us to enjoy her future  
role with motherhood and I wish all  
the best, Chris Wood has joined us to  
take over the role with bookings and  
is putting his years of experience to  
good use.

The hall looks good and people  
comment on its clean appearance,  
thanks to Bill and his stand in Keith.

Thanks, go to all committee  
members that do their jobs when  
needed in organising coffee  
mornings, old time dances, the rural  
highlights etc. which all fetch in well  
needed funds.

---

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This year we have given the committee room a facelift: new lighting, carpet and blinds, also had the hatch height improved and had the chance of some new second hand tables which still have to be looked at. Also, we have an update in the kitchen with a dishwasher. The rear stage passage and little lobby had new carpets to match the committee room. Also, this year we have made life easier for people with extra taps put in for hot water in the kitchen and outside cold tap.

John Davis who left Sedbergh lately give us a pulsnetic clock and with help from Mr R Thomas and Mr Bird a system of four clocks faces has being installed (and a little input from me).

Some pictures in the committee room from B Lewis and the Art Group Pepper Pot paintings have brightened up the walls.

Next project starting soon, with Sedbergh Parish Council to update the car park, the front entrance steps and path around to hall side entrance.

Talking of the outside, we have solved the flooding at the bottom of the steps to the changing rooms and gym. During the year, we had some issues with people not in the hall, Gym, playground / field leaving their vehicles on car park which in turn left users having to park on local roads.

This year /last November the hall was 60-year-old and we had a grand celebration, afternoon tea and evening do, which went down really well. A big thank you to Sandra G W for this.

Sedbergh Parish Council have nominated the Peoples Hall to be the Primary Place of Safety in their Resilience Plan and have left an emergency pack.

The old hall still has a problems to sort out, leaky roof and other ongoing maintenance jobs

The hall is still well used, from

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christening, wedding celebrations, funeral teas, birthday parties to kids groups, dog-training, sales etc., so hopefully we are providing what people need.

Dr Barney on behalf of the Trustees thanked the Chairman for his report and for his sterling work during the past year. All agreed by acclamation.

## Election of Trustees and Management Committee

The following six persons were proposed by Mr Daniel Mason and seconded by Ms Gillian Rae for election as Trustees to the Committee for 2017/18 and agreed:

Dr Gina Barney, Mrs Sandra Gold-Wood, Mr Steve Longlands, Mrs

Sandra O'Neill, Mrs Kathleen Swift, Mr Chris Wood. [There is one vacancy.]

The following six persons were proposed by Dr Gina Barney and seconded by Mr Steve Longlands for election as Representatives Trustees of user organisations and agreed: Mr David Hendrickse (Christian Centre), Mr Ian Hutt (Flicks in the Fells), Mr Daniel Mason (Sedbergh Wanderers Football Club), Mrs Sandra Longlands (Gala Committee), Mrs Anne Petyt (Sedbergh WI), Ms Gillian Rea (Spellbound Theatre).

## Extract from the Minutes of the Management Committee Meeting. Election of Officers

It was proposed and seconded that the following persons, who were willing to stand, be elected:

Chair: Steve Longlands  
Vice Chair: Sandra Gold-Wood  
Treasurer: Sandra O'Neill  
Secretary: Gina Barney

Agreed *nem con.*

Chris Wood agreed to serve as Bookings Secretary.

*Dr Gina Barney, Hon. Secretary*  
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## **GOLF CLUB BAR AND RESTAURANT**

Exciting times at Sedbergh Golf Club, who have welcomed new Executive Chef, David Scarr, formerly Head Chef at the Barbon Inn, to run the new bar and restaurant. David's reputation for a high standard of food is well deserved. His menus will use the best, fresh ingredients, mostly locally sourced. Full menus are available online.

This new venture comes after extensive renovations to the clubhouse, where the end result is a light, spacious restaurant and bar, giving a relaxed and friendly atmosphere. The chance to enjoy the best food and drink in a stunning location, with, weather permitting, a

superb patio area for you to enjoy wining and dining alfresco.

Booking is advisable, call 21551, but if you just happen to be passing by, pop in and see for yourself.

*David Lord*

## **SEDBERGH AND DISTRICT HISTORY SOCIETY**

Most History Society members have had the privilege of reading Diane Elphick's informative and interesting book about the part played by Sedbergh in the First World War. So there was a good turnout on March 1<sup>st</sup> to hear Diane tell us more about Sedbergh's role in the conflict. Diane began by putting Sedbergh's experiences in World War 1 into a wider context by devoting some

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Thursday	11:00 to 19:00
Friday & Saturday	10:30 to 20:30
Sunday	12:00 to 18:30



### **Offers:**

- 10% Discount on food & drink for all members
- 10% Discount for Over 65's on Mondays

### **Thursday Dish of the Day:**

*Between 17:00 & 19:00 every Thursday  
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May 4th	Beer Battered Cod, Chips & Mushy Peas
May 11th	Homemade Burger & Sweet Potato Fries
May 18th	Steak & Stout Pie, Chips & Vegetables
May 25th	Sausage & Mash with Onion Gravy

attention to the previous decade and the way in which the Boer War had affected the town and surrounding area.

At the beginning of the book there are several photographs of local schoolchildren which were taken at about the turn of the century. The significance of these school groups is only revealed when you later realise that a few years later a number of these same youngsters who had been conscripted into the army had died on the battlefield. Diane referred to the enthusiasm shown by the younger generation for participating in the War effort. For example, the National Egg Collection for wounded soldiers and sailors began in 1916 and by 1919 children in Dent and

Cowgill had collected 1,348 eggs. Their competitive spirit was probably aroused by the prizes that were awarded! Winning prizes was probably also an incentive for National School children who worked hard in the Sedbergh allotments to alleviate the food shortage.

Diane also reminded us of how life began to change in Sedbergh at the outbreak of the war. Groups of women and girls began to raise funds in a variety of activities including jumble sales, concerts and a tennis tournament. In addition, numerous working parties produced large quantities of clothing for distribution to outlets which included hospitals for the seriously wounded, the Red Cross Association and Belgian



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refugees.

She talked about recruitment and about some of the problems that it caused – not least the difficulties for farmers when some of their labourers joined up leaving a depleted work force to cope with the Government's demands for increased food production. Men enlisted in a variety of regiments but loyalty was shown in the choice of local regiments. Letters home revealed that training was received in many different places and some men were transferred from one regiment to another.

Much of Diane's book is devoted to information about the deaths in action of many local men. She stated that as the number of casualties mounted, awareness of the scale of the loss of life and concerns about the mismanagement of the war began to surface. When the war ended in 1918 many men did not return home for several years because they were sent to other countries where conflicts had arisen, for example, Afghanistan and Archangel in Russia.

Altogether Diane's talk provided a stimulating addition to the details that she had given in her written version of the topic.

*Julie Leigh*

he was obviously copying his Mummy.. and the inevitable train track building. I tidied up later.

I remember reading a poem once about 'dust if you must bit wouldn't it be better to write someone a letter' good advice but I have actually dusted as well and even polished the dining room table!

Trips East still continue with hospital appointments on going, once in the system it seems everyone needs to see auntie. She will be 99 in May. And then in her 100th year! When I began to support her, somewhere around 5 years ago there was no inkling of how long this would go on and I dare not even try to add up the milage! Or wear and tear on either car or me. Defo in God's strength.

The glorious sunshine showed up spiders webs and spured me on to start spring cleaning and re organisations of house but all this can change in an instant as a little voice says " train track Grannie " or little people have endless enthusiasm to race down the ramp and the drive on sit and ride toys .. yes folks it is us who disturb the peace in the Laning. Come and join us it is great fun and we will always find you a

### **FAMILY MUSINGS**

As two of our grandchildren could not be with us for the annual Tots Easter Egg hunt we had a pre run the Saturday before. Fun in the sun. A morning which was supposed to be a big tidy up of all the toys actually included a "pic pic" (picnic) under our dining table, grandson doing his 'paperwork' on toy computer and telling me and Sophie to be quiet ...

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*Sarah*

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### **INFORMATION & BOOK CENTRE**

Hello from all at number 72! and we hope you are enjoying the spring as it unfolds. I thought I'd put the spotlight on 'book' rather than 'information' and ask Dennis to give me a bit of space to talk about our second-hand book offering as not everyone knows we have books here from nearly twenty book dealers.

We have some of Henry Wilson's specialist railway books from his old Main Street shop and a lot of Avril Whittle's stock from Patch and Fettle including specialist crafts books, reference, history and engineering. We also have Folio Society books, specialist natural history, more transport, art and architecture, collectable children's literature, some very interesting and rare local and regional history books, and of course lots of topography, walking and mountaineering. Modern children's books and genre fiction are well represented. And there's lots more ... you will just have to come and have a browse.

Of course we also have a few new books – mostly walk books for the

Dales and Lakes and OS (and other) maps, but we also have a selection of light reading with a Lakes and Dales flavour (James Rebanks, Amanda Owen, Gervase Phinn ...)

Best wishes,

*Andi Chapple*

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### **LOOK TO YOURSELF**

This was heard on the doorstep during the recent Copeland by-election. A lady, when asked if she had an opinion on the projected closure of the maternity unit in Whitehaven replied: "Why should I have an opinion, I don't need maternity services."

I wondered:

First they came for the Trade Unions  
And I did not speak out Because I hated Trade Unions.

Then they came for Workers Rights  
And I did not speak out Because I was not a Worker.

Then they came for Schools and Education

And I did not speak out Because I had no kids in school.

Then they came for the Health Service.

And I did not speak out Because I didn't need it.

Then suddenly, when I needed help



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There was no one left to speak out for me.

Apologies to the memory of Pastor Martin Niemöller, imprisoned by the Nazis for realising his mistake in not speaking out. He survived the war, dying in 1984. *Nick Cross*

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### GUIDED WALK

The Sedbergh Area Walking and Cycling Group are having the last of their free guided walks in the present series on Wednesday the 3<sup>rd</sup> of May. It is to be another "Howgills Hike" – a nine mile walk around Knott, Calders and Arrant Haw – on good fell tracks over open exposed terrain with 500m of ascent.

The walk will start as usual, outside the Information and Book Centre on Main Street at 10am.

Further information on the website, [www.sedberghgateway.org.uk](http://www.sedberghgateway.org.uk), and from the walk leader, Keith Birbeck at [keithbirbeck@gmail.com](mailto:keithbirbeck@gmail.com).

*Robert Powell*

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### SEDBERGH SPRING SHOW 2017

What a super record breaking show! 908 entries were displayed in 86 classes at the Show on Saturday 1<sup>st</sup> April. (but no fools here!). The show was opened by the town's very own Rev. Carole Marsden of our Cornerstone Community Church (formed by the amalgamation of the Methodist Church with the United Reformed Church). It attracted more visitors than ever before.

The exhibits were highly praised by the judges who had a difficult job to select the winners, and they commended all the entrants. It was pleasing to see many new people

## Daphne Jackson

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*Registered Osteopath*

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submitting entries and good to hear other folk saying that they would enter next year. The more entries, then the more for us all to enjoy. The schools, Settlebeck Academy, Sedbergh Primary, and the pre-school groups had pulled out all the stops to show off their talents. The most innovative new class for "3 Dimensional Computer Generated objects", provided scope for the students to demonstrate their impressive, up-to-date skills.

The atmosphere of the afternoon was enhanced by the relaxed and tuneful playing of Sedbergh Town Band.

The stalwarts of Killington WI were kept at full stretch all afternoon serving their home-made refreshments, which we all enjoyed. Again, records were broken for the amount sold and consumed. The residents of Sedbergh are now a little rounder! though the WI ladies are a little slimmer.

The People's Hall was thronged with admiring visitors from start to finish.

We have already started preparing for the 2018 Sedbergh Spring Show which, all being well, will be on

Saturday 24<sup>th</sup> March. We are always looking for ways to improve the show so if you have any suggestions please contact any committee member.

Many, many people joined together to make the Show such a success and we would like to thank them all – and invite their help again next time!

Handicrafts Cup Elaine Lewis  
Homemade Toys Cup Elaine Lewis  
Flowers and Plants Cup

Jean Sowerby  
Garments Cup Gill Dickinson  
Homemade Produce Cup

Jane Tulloch  
Art Cup Margaret Fearnhead

Photography Cup Jenifer Alison  
Michael Baeron  
Chris Wood

Abbi Woof  
Junior Cup  
W. Milburn & Sons Handwriting Cup  
Elisabeth Hartley  
Cup for Special Effort Ami Wong  
Roger Underwood Cup for most New  
Entries Wendy Higson  
Lookaround cup Best in Show  
(Adults) Barbara Hollett  
Lookaround cup Best in Show  
(Children) Avie Clement  
WI Cup Killington  
Shield for Overall Winner of Show  
Elaine Lewis

A full list of the winners in all classes can be seen on the Sedbergh Web Site, as can the list of the generous providers of the raffle prizes.

*Wendy Fraser-Urquhart*  
Secretary – Tel. 21902

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## THE CHRISTIE TEMPORARY CHARITY SHOP

I would like to say a huge thank you to all who helped me raise £1,412.40 for Cancer Research and Treatment in two weeks.

Firstly thanks must go to Avril Whittle gave me the last two weeks of the tenancy of her shop, Patch and Fettle. She also left her shop half full of goods for me to sell. My thanks also to Chris Chambers, the landlord of the property, it was most helpful and generous.

It would be no good having a shop without customers, so thank you to all who came to buy or support me in any way, also thank you to neighbouring shopkeepers for their kindness and making me feel welcome.

The money I took in the shop raised my total to £32,000 in six years. It was on 3rd April 2011 that I went to my first Car Boot Sale. I only intended to have the one sale but I went to 7 in 2011, making £550 that year. Then in July 2012 I started coming to Sedbergh market, and have been setting up my stall in all sorts of weather ever since. I still do car boot sales on Sundays through the

summer-but only on fine days!

After my two weeks in the shop I'm now back on the market and enjoying the fresh air! I usually bring a variety of goods to the stall, but try to avoid clothes and electrical goods. If you don't see what you want on the stall please ask as I may well have one at home in my shed. There are an awful lot of things in my shed!

Many thanks to you all, I look forward to seeing you at the stall.

*Mary Kendal*

## DENTDALE, HEAD TO FOOT

Well, following Mrs Kate Cairns talk on Sedbergh Health Centre in March, we had something total different in April when Jenny Robinson of WRAP gave us an extremely interesting talk on re-cycling, giving us the national picture which as expected is somewhat different in each Local Authority area throughout the country.

WRAP is the Waste & Resources Action Programme which is a charitable body and has the following objectives:

- \* re-inventing how we design, produce and sell products,
  - \* re-thinking how we use and consume products, and
  - \* re-defining what is possible through re-use and recycling
- in other words, using our country's resources sustainably.

The vast amount of data collected over the years underpins all their modelling work and gives a fascinating insight into "rubbish" which she informed us she had been in for the last 25 years!

So great was the area covered that we will definitely have Jenny back to

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talk to us next year in greater detail on one of the locally interesting areas.

Next month we will be hearing from our local stone carver, Pip Hall of Cowgill, who will be acquainting us with some of the work she has done, so do come along to listen to yet another interesting topic.

For further information please contact Mike Steele on 015396-25054, 07813-806209 or [mds@pesdent.co.uk](mailto:mds@pesdent.co.uk).

---

### CITIZENS ADVICE

*Can I claim sick pay?*

I took 7 days off work for flu and my employer won't give me sick pay. I work on a flexible shift contract and when I called in sick they just took me off the rota and didn't pay me till I came back. Is this right?

Whatever your contract type, your entitlement to statutory sick pay is the same. It is paid from the fourth day you are off work. You need to earn £112.00 a week or more before tax, and to report your sickness according to your workplace rules.

Removing you from an agreed rota cannot change your entitlement to sick pay. The first step is to ask your

employer to fill in the government form SSP1 explaining their reasons for not paying you, then call the number for HMRC on the form.

They'll clarify whether you're entitled and if you are, make sure you're paid.

If your employer won't fill in the form, contact HMRC, who have a legal duty to solve issues around sick pay.

For further help and advice, contact your nearest 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 debt and on-going enquiries. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574 K Evans*

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### SEDBERGH CYCLING FESTIVAL & SPORTIVE 2017

This year's Cycling Festival and Sportive takes place **1<sup>st</sup> – 2<sup>nd</sup> July**.

There are already some fantastic activities planned for you to enjoy, with more to be announced soon.

#### **FIELD BASED EVENTS**

**(Lupton Field, Back Lane)**

- \* Go-Ride Racing: interschool event (Saturday 1st July) and open event (Sunday 2nd July)
- \* Watt Bike challenge
- \* Guided Mountain Bike Trail with Dales Trails
- \* Electric bike sales and experience



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sessions

- \* Bicycle maintenance workshops
- \* Display of vintage bicycles
- \* Bicycle Recycle (see below)
- \* Wheelbase
- \* Hardy Soft Play and other children's entertainment
- \* Live music and bands
- \* Beer tent
- \* Local food and drink
- \* Prize ceremony for 'Best Decorated Bike' (see below)
- \* Prize draw (tickets on sale in local shops)

### **OFF FIELD EVENTS**

***(People's Gym & Fitness Centre, Howgill Lane)***

- \* Gym based training demonstrations for cyclists
- \* Exercise bike relay ride with prizes

### **SPORTIVE**

The Sportive takes place on **Sunday 2<sup>nd</sup> July**, leaving from Lupton Field at **9 a.m.**, with 2 distances – 30 or 70 miles – to choose from.

Places can be booked directly on the British Cycling website, [www.britishcycling.org.uk](http://www.britishcycling.org.uk).

### **DECORATED BIKE COMPETITION**

Decorate your bike and bring it along to the festival. Judging and prize giving ceremony will take place at **3 p.m.** on **Saturday 1<sup>st</sup> July**.

Classes: (1) Reception/KS1 and KS2, (2) secondary school children, (3) (i) families and (ii) businesses (window displays). Entry forms are available from the Information Centre and No 6 Finkle Street.

### **BICYCLE RECYCLE**

Clear out your sheds and garages and pack your car boot with all things

cycling and sport related. Email [info@thesleepyelephant.co.uk](mailto:info@thesleepyelephant.co.uk) or pop into the Sleepy Elephant to book a space.

If you are interested in having a stand at the festival, please email [project.manager@sedbergh.org.uk](mailto:project.manager@sedbergh.org.uk) for more information.

To keep up to date with what's happening, please go to [www.sedbergh.org.uk/events](http://www.sedbergh.org.uk/events).

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### **WESTERN DALES BUS**

*Summer Services 2017*

Once again the start of May sees the start of our summer services, and as last year we will be running four of them – the S3 Hawes Hopper on Tuesdays, S4 Kirkby Stephen Connect on Fridays, the S1 Kendal Shuttle on Saturdays, and the S2 Cautley Flyer on Sundays.

While the times of the Saturday S1 Kendal Shuttle have not changed from the winter service, some of the Hawes Hopper and Kirkby Stephen Connect times have been adjusted slightly to make better connections with trains and other bus services. Please see our timetable leaflets for details.

Following the success of our popular

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S2 Sunday Cautley Flyer last summer, we are running it again in 2017. From now until the end of September it will connect Dent Station, Dent and Sedbergh with the Cross Keys at Cautley, making it ideal for combining a bus ride with a walk, either over or along the foot of the Howgill Fells. The last bus will leave the Cross Keys at 1710, and the Inn will remain open for refreshments on Sunday afternoons until it departs.

This year the Cautley Flyer will also be calling at Farfield Mill three times each Sunday, and if you show your bus ticket when you arrive, you will receive a 1/3 discount on your entry. A visit to the Mill can also be combined with a walk – either on to Cautley to catch the bus there, or back to Sedbergh along the river via Straight Bridge.

Full timetables for all our services can be obtained from the Western Dales Bus website at

[www.westerndalesbus.co.uk](http://www.westerndalesbus.co.uk), from the Sedbergh Information Centre, in *Lookaround* every month and from cafes, pubs and shops in Sedbergh and along the routes. *Jock Cairns*

---

### **SEDBERGH YOUNG FARMERS**

Thank you to everyone who brought a Quiz Sheet from Sedbergh Young Farmers. The winner was Mrs M Mason from Endmoor.

The answers to the quiz are:-

1. Shortest Loser - Straw
2. Sounds like rivers meeting in Northumberland - Tines
3. Party - girls only - Hen
4. Coming from Snowdon - Welsh Mountain Pony
5. A police Informer - Grass

6. Autumn moon - Harvest
7. Listen here for children game - Ear tag
8. Grim for age at the end - Forage reaper
9. Top school links together - Chain Harrow
10. Letters - Post
11. Small Isle - Muck
12. Pigling brands friend - Berkshire Pig
13. Top footballer minus pork - Beck
14. Search for the melon king - Lonk
15. Whisky - Sheep dip
16. Tax heaven - Sheep dip
17. Add energy to be airborne - Power takeoff
18. Found in humid dense woodland - Midden
19. Empty water - Bale
20. Local hill named for a fierce one - Boar

*Clare Thompson*

---

### **LENT LUNCHES**

A big thank you to everyone who made soup, helped with the kitchen and all those who attended.

A grand total of £646 was made which will go to St John's Hospice.

*Anne Reed-Screen*

---

### **CRYPTIC QUIZ ANSWERS**

*From Page 82 April issue*

- 1) Oxenholme
- 2) Whitehaven
- 3) Wigton
- 4) Silverdale
- 5) Barrow-in-Furness
- 6) Ravenglass
- 7) Workington
- 8) Sellafield
- 9) Seascale

- 10) Grange-over-Sands
- 11) Kents Bank
- 12) Foxfield
- 13) Green Road
- 14) Askam
- 15) Wetheral
- 16) Windermere
- 17) Ulverston
- 18) Braystones
- 19) Nethertown
- 20) Parton
- 21) Maryport
- 22) St. Bees
- 23) Dent
- 24) Kirkby Stephen

---

### **DNA PROPERTY MARKING KIT**

#### *Community Safety Initiative*

Cumbria Neighbourhood Watch Association is very proud to be working in partnership with SelectaDNA to provide communities with the means by which they can better protect their own property.

SelectaDNA Property Marking kits can be used to mark and protect a wide range of valuable possessions and assets ranging from laptops, ipads, tablets, phones, TV's, jewellery and fine art to tools, gardening and plant machinery, caravans, trailers and bicycles.

The SelectaDNA Kit is a forensic property marking solution that marks about 50 items. It consists of a bottle of clear liquid which carries its very own unique DNA forensic code that is only visible under ultraviolet light and allows stolen goods to be traced back to the rightful owner.

The kits come with window stickers which Householders are encouraged to display which aims to act as a deterrent to opportunist burglars and

is an important first line of defence to warn criminals that DNA marking is being used on items of value at the property. The kits cost £20 each.

Police have already claimed that the use of DNA Property Marking Kits has been able to successfully reduce the incidence of burglaries.

If you would like to purchase one or more of these kits please get in touch.

*Joe Murray QPM  
Joemurray99@hotmail.co.uk  
Chair Cumbria*

#### *Neighbourhood Watch Association*

Please mention that you have seen this in *Lookaround* if you make any enquiries. I have known Joe Murray for about 30 years so you can be assured that this is a good system.

*DJW*

---

### **COMMUNITY OFFICER REPORT**

Logs of note for the area:

15/3 – RTC with injury was reported outside Ingmire Hall.

4/4 – ASB was reported on Maryfell.

*Parking has been reported to us as becoming a nuisance on MARYFELL*

-When parking your vehicle, take consideration to look and see if an EMERGENCY vehicle can get past, if it can not then DO NOT park there.

"I'm just going to be 2 minutes" is NOT ACCEPTABLE as everyone says this and everyones 2 minutes can add up to 30 minutes or more at school times!

If obstructing then you will be fined.

Please ring in any cars that you see obstructing and we can deal with them **at the time**.

There has been an increase in Cold Callers in the area, most cold callers

do have an ID badge and are legit, but some can be rude and pushy, if this is the case then please ring us on 101 and we will come and move them on as well as checking their ID.

If you would like a No Cold Calling sticker to display in your porch/ window then please email me on [Amanda.coleman@cumbria.police.uk](mailto:Amanda.coleman@cumbria.police.uk)

We had our first night of action where local people were involved in taking up static observation points doubled up with ourselves covering all major roads in/out of the area, they assisted officers by passing suspicious information via radio. We had 10 volunteers who worked into the early hours of the morning and were a credit to the area. A number of vehicles were stopped and we were also asked by a local what we were doing as we looked suspicious! A great night with more to come.

If you would like to be involved on the next operation then please email me on the above.

We have had complaints regarding bikes cycling the wrong way up Main St and on the pavement. This is illegal and you will be fined £75.

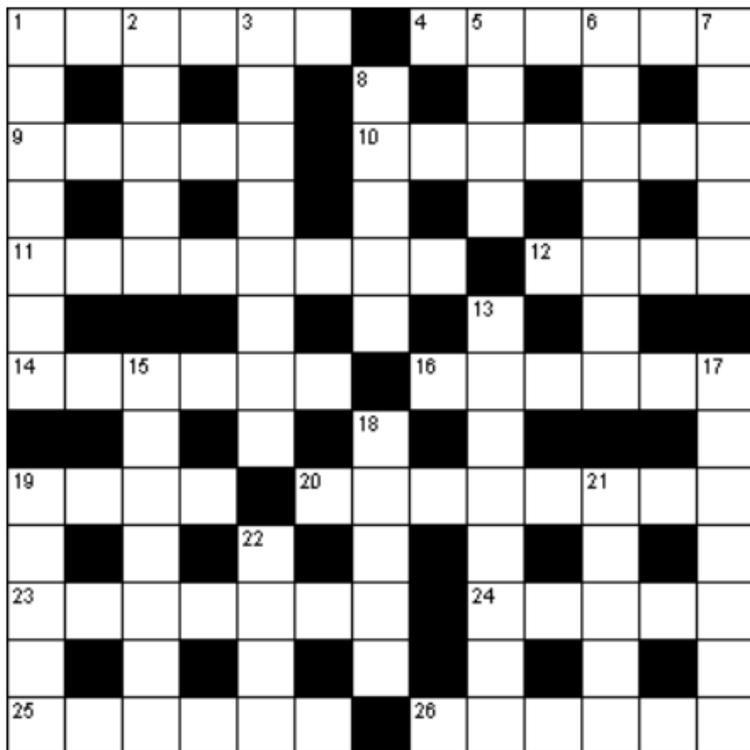
CSO 5244 Coleman

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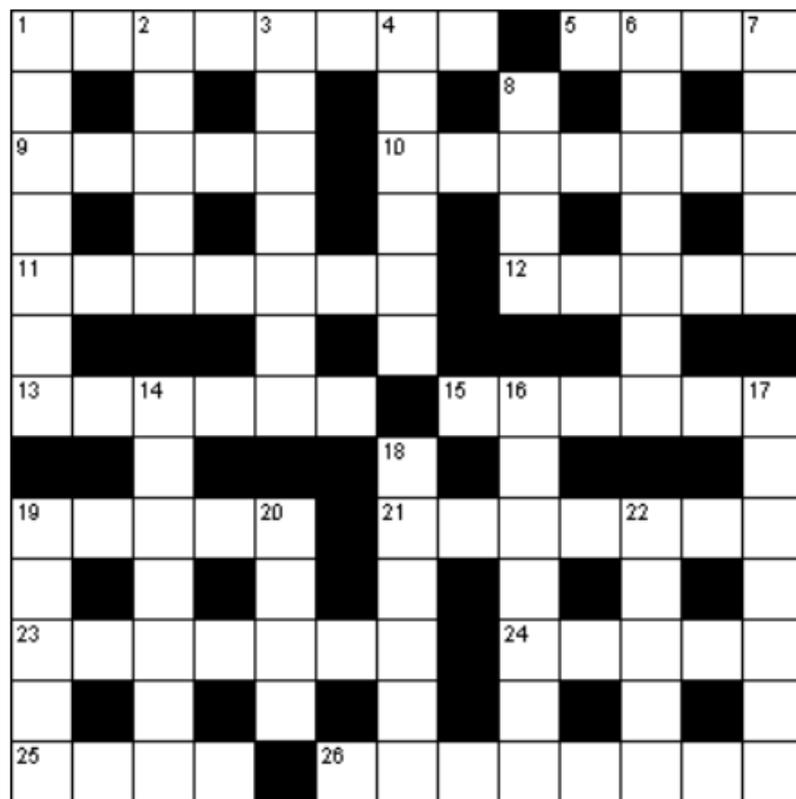


### Across

1. Cultivated plot (6)
4. Written musical compositions (6)
9. Film (5)
10. Refrain from voting (7)
11. Listlessness (8)
12. Meat or vegetables cooked slowly (4)
14. Shrink (6)
16. Evaded (6)
19. Part of the neck (4)
20. Resident (8)
23. Inactivity (7)
24. Play (5)
25. Excused (6)
26. Deferred payment (6)

### Down

1. Risk taker (7)
2. Stud (5)
3. Panache (8)
5. Monetary value (4)
6. Responded (7)
7. Tendon (5)
8. Freight (5)
13. Flatfish (8)
15. Use up (7)
17. Take away (7)
18. Large expanse of water (5)
19. Dissonance (5)
21. Accolade (5)
22. Pace (4)



### Across

- Peril (8)
- Rim (4)
- Similar (5)
- Extinct elephant (7)
- Aromatic seasoning (7)
- Wild feline (5)
- Gaped (6)
- Winner (6)
- Go in (5)
- Farmer's calendar (7)
- Italian red wine (7)
- Inexperienced (5)
- Luxuriant (4)
- Fierce (8)

### Down

- Envious (7)
- Mediterranean fruit tree (5)
- Norm (7)
- Type of plum (6)
- Shortage of rainfall (7)
- Used as an anesthetic (5)
- Leave out (4)
- Achieves (7)
- Vast (7)
- Wealthiest (7)
- Of the sea (6)
- Surpass (5)
- Rip (4)
- Dissonance (5)

# PERSONAL & SMALL ADS £1

## FRANKIE COWIN

Diane and family would like to say a big Thank You to everyone who helped with Frankie Cowin's Darts Tournament on 18th March at the White Hart Sports and Social Club. Also to everyone who donated a raffle prize. Thank you so much. It was a brilliant night. Everyone enjoyed it so much. Congratulations to the winner Richard Calvert, well done. All the money raised was split between Air Ambulance and MacMillan nurses. The total raised was £290. Thank you once again and see you all next year.

=====

## ANNE JONES

Many thanks to my many friends and acquaintances for the love & friendship I have shared with you all over the last 25 years of living in Sedbergh. I have just read April *Lookaround*, so am up to date. Sorry I was unable to say 'Goodbye' personally as was so busy packing and getting organised to move. I am writing this sitting in my daughter's garden in lovely sunshine thinking of you all. My love to you all. Anne

=====

## WANTED

A vacancy exists for an experienced domestic help in quiet household by elderly lady for a few hours a week in Sedbergh area. Older lady willing to do various duties preferred. Car essential. Pay, hours, days etc to be agreed. Please Tel: 015396 20465.

## FOR SALE

2 leather reclining chairs and 1 faux leather chair for sale, all with foot rests, £50 for the lot plus £20 for delivery if required. Tel: 22170.

=====

## FOR SALE

4' Round Schreiber Dining Table £20. Tel: 20042.

=====

## FOR SALE

Kraken Carrera Mountain Bike. 24 Shimano gears, Disc brakes. Good condition. £50. Tel: 20993.

*(Continued from page 93)*

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.

## **CHILDREN'S BIRTHDAYS**

Children's Birthdays are included free on the Birthday page until their 11th Birthday. Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it.

If anyone or any business would like to Sponsor the Birthday Gift, please contact us. Full credit will be given. *D J Whicker*

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<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
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	<a href="mailto:mylesripley52@gmail.com">mylesripley52@gmail.com</a>	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	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	<a href="mailto:admin@howgillharriers.co.uk">admin@howgillharriers.co.uk</a>	
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	<a href="mailto:mylesripley52@gmail.com">mylesripley52@gmail.com</a>	
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	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185	
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	04/17	Mr Hopps	07870	785322	
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:	25259
	Dent Primary - Friends of	03/13	School	Dent:	25259
	Sedbergh Primary	01/09	School	Sed:	20510
	Settlebeck	01/09	School	Sed:	20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
	Sedbergh School	01/09	School	Sed:	20303
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	<a href="mailto:kate574@btinternet.com">kate574@btinternet.com</a>		
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**

### **BARCLAYS BANK**

For the last few weeks, I have had problems with Barclays Bank. Thirty one years ago, I opened up an Account in the Sedbergh Branch (it used to be on Main Street for those that cannot remember we had one!!!) and there has never been a problem with presenting cheques. They have now decided that as the Account only says "Whicker - Lookaround" and not "Sedbergh & District Lookaround", they cannot accept the cheques submitted to me. I have therefore got to open a new Account with that Title. As I want to get it right, I have to make an appointment with the only person in Cumbria that can do it with me and he only visits Kendal once a month!!! I could possibly travel to Barrow, Penrith or Carlisle to speak to him but that would be impractical for me.

The reason I am mentioning this is that there will be a delay in many cheques being cleared from your account if you have sent me one. Progress? I'll leave that for you to decide.

### **WELL EARNED BREAK**

As soon as the April issue was ready, we shot off for a well earned rest by Cruising to Bordeaux in glorious sunshine, great food and drink and very good company. We would like to thank everyone for getting the items and adverts in by the 15th which allowed us to get down to it on return, hence the late responses to your e-mails.

### **COVER PICTURES**

We are eternally grateful for the many pictures that are sent in to be used and there is no end of talent in our community. Last month's was submitted by Bob Turner but the quality shown did not reflect the true picture for which we apologise. The original can be seen with many other examples from many folk on FaceBook in "Sedbergh in Pictures".

### **FUTURE OF LOOKAROUND**

After very serious consideration, Jacky

and we 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 still looking at our last issue being December 2018. To date (April 2017), we have had one enquiry and this is being followed up.

### **E-MAILS**

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

### **BACK COPIES**

There is a complete set of all the previous Lookaround's in the History Society Room at 72 Main Street.

### **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](mailto: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

*(Continued on page 88)*



# BUS SERVICES

S2 Cautley Flyer  
Sundays from 29th April till 24th September 2017

Dent Station		10:45				18:20
Cowgill [Lea Yeat]		10:47				18:22
Dent village		11:00	12:15		16:40	18:35
Sedbergh Spar		11:14	12:29		16:54	
Sedbergh Library/Dalesman		11:15	12:30	16:00	16:55	18:50
Sedbergh Maryfell		11:16	12:31	16:02	16:56	
Farfield Mill		11:19	12:34	16:05		
Cross Keys, Cautley		11:30			17:05	
<i>Dent Station</i>						
<i>Train from Leeds</i>		10:38			19:17	
<i>Train from Carlisle</i>		10:40			18:16	
Cross Keys Cautley		11:42			17:10	
Farfield Mill			13:15	16:10	17:25	
Sedbergh, Maryfell		11:51	13:18	16:13	17:28	
Sedbergh, Library/ Dalesman	10:00	11:52	13:20	16:14	17:33	
Sedbergh, Spar		11:53		16:15	17:34	
Dent village	10:15	12:07		16:29	17:49	
Cowgill [Lea Yeat]	10:28				18:02	
Dent Station	10:30				18:04	

- \* **\*\*Special offer\*\*** Holders of rail tickets to Dent will be offered a 1/3 discount on return bus fares from the station on Sundays only.
- \* 1045 Dent Station to Cautley will wait for up to 10 minutes beyond its scheduled departure time for passengers off late running train arrivals to and from Leeds
- \* The Cross Keys Inn (Tel 015396 20284) will remain open for refreshment in the afternoon until the bus departs.
- \* Holders of bus tickets will be entitled to a 1/3 discount entry at Farfield Mill
- \* The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver

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

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

# BUS SERVICES

S3 Hawes Hopper					
Tuesdays only from 2nd May 2017 R = Request only					
Dent	-	09:30	-	13:40	15:40 R
Spar	-	09:44	11:20	13:54	15:54 R
Library	-	09:45	11:21	13:55	15:55 R
Maryfell	-	09:47	11:23	13:57	15:57 R
Farfield Mill (entrance)	-	09:49	11:25	13:59	-
Garsdale Street	-	09:58	11:34	14:08	-
Garsdale Station Arrive	-	10:04	11:40	14:14	-
Garsdale Station Depart	-	10:06	11:42	14:16	-
Moorcock Inn	-	10:08	11:44	14:18	-
Hawes Creamery	-	10:19	11:55	14:29	-
Hawes Market Place	-	10:21	11:57	14:31	-
Hawes Dales Centre	-	10:23	11:59	14:33	-
<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		10:35	12:33	14:43	-
Hawes Market Place		10:40	12:35	14:45	-
Hawes Creamery		10:42	12:37	14:47	-
Moorcock Inn		10:53	12:48	14:58	-
Garsdale Station Arrive		10:55	12:50	15:00	-
Garsdale Station Depart		10:57	12:52	15:02	-
Garsdale Street		11:03	12:58	15:08	-
Farfield Mill (entrance)		11:12	13:07	15:17	-
Maryfell		11:14	13:09	15:19	-
Library	09:10	11:16	13:11	15:21	-
Opposite Morphet's Garage	09:11	11:17	13:12	15:22	-
Dent	09:25		13:26	15:36 R	-

- \* R = At 1522 at Sedbergh Spar the bus continues to Dent village only on request to the driver
- \* Connection to Hawes from 1021 train provided by Little White Bus (tel 01969 667400)
- \* The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver

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

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

# BUS SERVICES

S4 Kirkby Stephen Connect  
Fridays only from 5th May 2017 R = Request only

Dent	-	09:30	-	-	13:40	15:45 R
Sedbergh Spar	-	09:44	-	11:29	13:54	15:59 R
Sedbergh Dalesman	-	09:45	-	11:30	13:55	16:00 R
Sedbergh Maryfell	-	09:47	-	11:32	13:57	16:02 R
Cautley Cross Keys	-	09:54	-	11:39	14:04	-
Fat Lamb	-	10:00	-	11:45	14:10	-
Ravenstonedale	-	10:05	-	-	14:15	-
Kirkby Stephen Station arr	-	10:12	-	11:52	14:22	-
Kirkby Stephen Station dep	-	10:15	10:36	11:55	14:25	-
Kirkby Stephen Town	-	10:20	10:41	12:00	14:30	-
<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		10:25	10:50	12:35	14:49	
Kirkby Stephen Station arr		10:30	10:55	12:40	14:54	
Kirkby Stephen Station dep			10:58	12:43	15:02	
Ravenstonedale				12:50	15:09	
Fat Lamb			11:05	12:55	15:14	
Cautley Cross Keys			11:11	13:01	15:20	
Sedbergh Maryfell			11:18	13:08	15:27	
Sedbergh Library	09:10		11:20	13:10	15:29	
Opposite Morphet's Garage	09:11		11:21	13:11	15:30	
Dent	09:25			13:25	15:44 R	

\* The bus can be boarded or alighted at any place it is safe to stop.

\* Please give a clear indication to the driver

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

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

<b>May Church Services</b>					
St. Andrew's Sedbergh	7th	14th	21st	28th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	United Service @ CCCM	Holy Communion	Holy Communion	Family Service	
6.30 pm	Evening Prayer	Evening Prayer	Evening Prayer	Evening Prayer	
Wednesday	3rd	10th	17th	24th	31st
11.15	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
	7th	14th	21st	28th	
St. Mark's Cautley	9.30am HCx	9.30am MP (NC)		2.30pm Taizé	
St. John's Garsdale	2pm Lambing Service	2pm Low Smithy	6.30pm Street Chapel	10am St John's	
<b>Lune Parish Services</b>					
	7th	14th	21st	28th	
Holy Trinity Howgill	10:30 am Ecumenical Service Community Cornerstone Church Main Street	2pm Holy Communion @ Firbank	2pm Lambing Service @ Howgill	2pm Holy Communion @ Killington	
St John's Firbank					
All Saints Killington					
<b>Dent &amp; Cowgill Parish Services</b>					
	7th	14th	21st	28th	
St. Andrew's	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion	10.30am Holy Communion	
St. John's	2:30pm Evening Prayer		9am Holy Communion		
<b>Cornerstone Community Church (CCCM/N) Services (Formerly URC &amp; Methodists)</b>					
	7th	14th	21st	28th	
10.30 am	CCCM/PH	CCCN	CCCN	CCCN	
<b>Messy Church</b>					
4.30 pm					
<b>worship@peopleshall</b>					
	7th				
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			Taizé = Modern Chants & Choral		
			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](http://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 5JQ  
 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. Andy 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. Andy McMullon Tel: 20018**

**Rev. Christine Brown Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

**Rev. David Crouchley Tel: 20329**

**Rev. Carole Marsden Tel: 22030**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 28151**

[www.sedberghchristiancentre.co.uk](http://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  
 Closing Date 15th of every month.

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

*Last Advert Update August 1999  
 Last Donation Update December 2009  
 Last Postal Update September 2016*



## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs G Baines	Howgill View, 11 Bainbridge Road, Sedbergh LA10 5AU (2017/09) <i>2D; CH; L; NS; NP; VB; CW; DFB; Free WiFi</i> e-mail:- gill.durie@hotmail.com	21510
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 (2017/11) <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
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

## CAMPING, CARAVANNING & SELF-CATERING

Borrett Barn Caravan, Marthwaite, Sedbergh (2017/02)	21175 <i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2017/02)	21175 <i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
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
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)	01969 667356 <i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	

## 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
1900	3rd Monday	Chamber of Trade	PH
1430	Last Monday	Tea & Company	CCCN
0930	Every Tuesday	Drop-in & Relax	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
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1800	Every Wednesday	Yoga for All	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 * <i>Free to LA10 Residents on Sundays</i>
Friends Quaker Meeting House, Brigflatts
George Fox's Quaker Pulpit, Firbank
Golf Club, Catholes, Sedbergh *
Information Centre, 72 Main Street
History Society, Community Office
Holme Working Farm, Middleton *
Holy Trinity Church, Howgill
Jubilee Wood 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 14th March 2018*

MAY			
1	May Bank Holiday		
1	<b>1000 Flora &amp; Dales Exhibition till 21st</b>	<b>DCMH</b>	
1	<b>1030 A Week @ Farfield Exhibition (8)</b>	<b>FM</b>	
3	1000 Coffee Morning - D&S Oral Society	CCCM	
3	1000 Guided Walk - Howgills Hike (78)	SIC	
3	1300 SS Cricket Home Games	SS	
4	0700 Cumbria County Elections		
4	1130 SS Cricket Home Games	SS	
4	1830 SS Tea Concert (26)	SSTS	
4	1930 WIHF - Cumbria's Fell Pony	HVH	
5	1400 Dentdale Head to Foot (80)	DMH	
5	1930 Montreal Guitar Trio (6)	PH	
6	1000 Saturday Coffee Morning	DMH	
6	1000 Learn to Meditate (13)	MCD	
6	1200 SS Cricket Home Games	SS	
6	1930 Flicks in the Fells - La La Land (5)	PH	
7	1000 Relax, Reflect & Renew Retreat (13)	MCD	
7	1030 Mono Printing Workshop	DCMH	
7	1100 SS Cricket Home Games	SS	
7	1400 Lambing Service (7) Garsdale Church & Hall		
9	1400 WIK - Resolutions	PH	
9	1930 Annual Parish Meeting (9)	PH	
10	1000 Coffee Morning - Firbank Church	CCCM	
10	1300 SS Cricket Home Games	SS	
10	1915 WID - Resolutions/Valley of the Moon	DMH	
10	1915 B4RN Open Meeting (10)	PH	
10	1930 WIS - Resolutions Meeting	PH	
11	1200 Age UK Lunch Club	Red Lion	
11	1915 Royal British Legion (35)	WHC	
11	1930 Sedbergh Parish Council	PH	
12 - 19	<b>Scottish Dance Week (18 &amp; 30)</b>	<b>PH</b>	
13	1100 Rainbow Chakra Gong Bath (13)	MCD	
13	1300 SS Cricket Home Games	SS	
14 - 20	<b>Christian Aid Week (14)</b>	<b>Sedbergh</b>	
14	1030 Machine Embroidery Workshop	DCMH	
15	1930 WI Group Meeting Going for a Song	PH	
16	1930 Town Band Concert (16)	StAS	
16	1930 Ladies NFU Feet First	PH	
17	0900 Dementia Awareness	JLCP	
17	1000 Coffee Morning - Christian Aid (14)	CCCM	
18	1300 Medical Centre Closed for Training (18)	MC	
18	1600 Open Day (19)	HA	
18	1900 Garsdale Parish Council (9)	GVH	
18	1930 Scottish Country Dance (18)	PH	
19	1900 Fund Raising Evening (1)	No. 6	
19	1930 Dales Village Dances & Their Music	DCMH	
20	0930 Artisan Market (19)	Sedbergh	
20	0930 Dales Young Rangers (66)	PH	
20	1000 Dentdale Chapel Coffee Morning	DMH	
20	1100 Yorkshire Dales Railway Book Launch	DCMH	
20	1130 SS Cricket Home Games	SS	
20	1415 Civil Wedding Invite (19)	HA	
21	<b>1000 Flora &amp; Dales Exhibition Ends</b>	<b>DCMH</b>	
24	1000 Coffee Morning - Garsdale Village Hall	CCCM	
26	1930 Annual Summer BBQ	FCH	
27	SS Half Term Begins		
27	1930 Summer Concert (27)	StMC	
28	1100 Monthly Meditation Drop-In (13)	MCD	
28	1400 Traditional Knitting Demonstration	DCMH	
29	Spring Bank Holiday		
29	1000 Family Fun Day (1)		Millbeck, Dent
29	1000 Cowgill Church Annual Fair (29)		DMH
29	1930 Duck Race & Coffee Evening		HVH
30	1100 Drystone Walling Demonstration		DCMH
31	1000 Coffee Morning - St Andrew's Church		CCCM
31	<b>1030 A Week @ Farfield Exhibition Ends (8)</b>	<b>FM</b>	
JUNE			
1	1800 Killington Sports (41)		Beckside Farm
1	1930 WIHF - Members Evening		FCH
2	0930 Dales Young Rangers (66)		PH
2	1400 Dentdale Head to Foot (80)		DMH
3	1000 Saturday Coffee Morning		DMH
3	1400 Red Squirrel Tea Party (43)		Greenbank
3	1930 Flicks in the Fells - (5)		PH
4	SS Half Term Ends		
7	1000 Coffee Morning - Dementia Awareness		CCCM
7	1430 SS Cricket Home Games		SS
8	0700 General Election		
8	1200 Age UK Lunch Club		Red Lion
8	1915 Royal British Legion (35)		WHC
8 - 18	<b>Food &amp; Drink Festival (68)</b>		<b>Sedbergh</b>
<i>Please check article for specific days events</i>			
10-16	<b>Dent Pilgrimage (20)</b>		<b>Dent</b>
10	1300 SS Cricket Home Games		SS
13	1400 WIK - Making Lace		PH
14	1000 Coffee Morning - Howgill & Firbank WI		CCCM
14	WID - Summer Outing		TBA
15	1930 WIS - Summer Outing		
17	1300 SS Cricket Home Games		SS
17	1930 Olde Time Dance (PH)		PH
18	<b>Food &amp; Drink Festival Ends (68)</b>		<b>Sedbergh</b>
20	Ladies NFU Summer Outing		
20	1130 SS Cricket Home Games		SS
21	1000 Coffee Morning - Town Band		CCCM
21	1130 SS Cricket Home Games		SS
21	1300 Medical Centre Closed for Training (18)		MC
21	Town Band Concert		Middleton
22	1130 SS Cricket Home Games		SS
24	0930 Artisan Market (19)		Sedbergh
24	1000 Dentdale Chapel Coffee Morning		DMC
24	1130 SS Cricket Home Games		SS
26	1130 SS Cricket Home Games		SS
27	1600 SS Cricket Home Games		SS
28	1000 Coffee Morning - Killington WI		CCCM
28	1100 SS Cricket Home Games		SS
29	WIHF - Summer Outing TBA		
29	1130 SS Cricket Home Games		SS
JULY			
1	1000 Saturday Coffee Morning		DMH
1	1930 Flicks in the Fells - (5)		PH
1	1000 Cycling Festival (81)		Lupton Field, Back L
2	1100 Monthly Meditation Drop-In (13)		MCD
2	0900 Cycloportive (81)		Lupton Field, Back L
2	1000 Cycling Festival (81)		Lupton Field, Back L
3	Day SS Cricket Home Games		SS
5	1000 Coffee Morning - CCC		CCCM
5	SS Term Ends		
6	1930 WIHF - Dog Obedience Demonstration		HVH
7	1400 Dentdale Head to Foot (80)		DMH

**COVER PHOTO**  
**Overlooking Sedbergh on the**  
**Walking & Cycling Group**  
**“Howgill Hike”**

*By Robert Powell*

8	1000	FLOW with Qigong (13)	MCD
11	1400	WIK - TBA	PH
12	1000	Coffee Morning - Royal British Legion	CCCM
12	1300	Medical Centre Closed for Training (18)	MC
12	1915	WID - Ancestry	DMH
12	1930	WIS - On the Rocks	PH
13	1200	Age UK Lunch Club	Red Lion
13	1915	Royal British Legion (35)	WHC
15	1000	StAS Summer Fair	StAS
19	1000	Coffee Morning - Vacant	CCCM
22	0930	Artisan Market (19)	Sedbergh
22	0930	Dales Young Rangers (66)	PH
22	1000	Dentdale Chapel Coffee Morning	DMH
<b>24 - 28</b>		<b>Holiday Club (April text)</b>	<b>PH</b>
26	1000	Dales Young Rangers (66)	PH
26	1000	Coffee Morning - Garsdale Village Hall	CCCM
30		Holiday Club (April text)	PH
<b>AUGUST</b>			
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 - (5)	PH
7		August Bank Holiday	
8	1930	Domino Drive	FCH
9	1000	Coffee Morning - Vacant	CCCM
9	1915	WID - St John's Hospice	DMH
9	1930	WIS - Quiz Night	PH
10	1200	Age UK Lunch Club	Red Lion
10	1915	Royal British Legion (35)	WHC

13	1100	Monthly Meditation Drop-In (13)	MCD
16	1000	Coffee Morning - Red Squirrels	CCCM
19	1000	Dentdale Chapel Coffee Morning	DMH
23	1000	Coffee Morning - StAS Mission	CCCM
25	1930	Children's Domino Drive	FCH
26	0930	Artisan Market (19)	Sedbergh
28		Late Summer Holiday	
28	1100	Dent Gala	Dent
30	1000	Coffee Morning - Garsdale Church	CCCM

**SEPTEMBER**

1	1400	Dentdale Head to Foot (80)	DMH
2	1000	Saturday Coffee Morning	DMH
2	1930	Flicks in the Fells - (5)	PH
3	1100	Monthly Meditation Drop-In (13)	MCD
5		SS 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
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HA	= Howgills Accommodation
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
SPS	= Sedbergh Primary School
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*

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# 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](http://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

Crimestoppers 0800 555 111

## DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Ian Dawson,  
Miss 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](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

[www.sedbergh.org.uk](http://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](mailto: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 Page Update:

May 2017