

Sedbergh & District

LOOKAROUND

February 2019

Issue 373

Donation £1

As you can't have failed to notice Dennis and Jackie Whicker, 'Mr and Mrs Lookaround', have now retired from active duties on the magazine. On behalf of us all I'd like to say 'Thank You' to them for those many

years of service and dedication, not just to Lookaround, but to Sedbergh as a whole. And to wish them many more years of enjoyment of all their other ventures and interests.

Ed Welti.



Welcome to the new
LOOKAROUND

**A big Thankyou to
all contributors and
advertisers for their
continuing support**

(Same as the old Lookaround)

CLOSING DATE: 15th of every month for everything
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e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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~~~~~  
Local businesses, big or small

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Individual Services

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Community Organisations and Events

~~~~~  
One-offs or regular gatherings

Whatever you offer, it's good to let people know you're out there.

A local monthly magazine for locals.

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See page 84 for details.

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If you want to be seen, **LOOKAROUND**

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## February Birthdays

| Day | Name              | Age |
|-----|-------------------|-----|
| 7   | Lois LONGLANDS    | 8   |
| 13  | Charlie SMITH     | 7   |
| 14  | Edward RICHARDSON | 2   |
| 14  | Evie DEAN         | 11  |
| 17  | Joshua BROWN      | 2   |
| 20  | Isabella HUBBARD  | 11  |
| 20  | Kristian PRATT    | 10  |
| 22  | Grace Louise      | 10  |
| 22  | Ole CLOSE         | 3   |
| 23  | Arlo LONGFELLOW   | 4   |
| 23  | Evie HAYGARTH     | 7   |
| 23  | Matthew CANN      | 1   |
| 28  | George SMITH      | 9   |

## Weekly Coffee Morning Every Wednesday 10am to 12 Noon

We have moved from the URC to St Andrews Church.  
Please come along as usual!



Groups who wish to book to do a Coffee Morning  
Call Judith Ryder on 01539824379



## DENNIS WHICKER

*Karen Bruce Lockhart*

Dennis John Whicker first came to Sedbergh in 1982 as the local Policeman. He served in that capacity until his retirement apart from a short period between 1988 and 1990 when he was moved to another district. He soon became involved in local affairs and in particular in raising money for a thirteen year old girl who was dying of leukaemia and the needs of the local public hall. He found trying to gain advertising or other interest for these charitable activities through the Westmorland Gazette (a newspaper published in Kendal) extremely frustrating. In 1984 he happened to go to an awards ceremony at which various organisations were represented, one of which was a locally published newsletter. He thought this a very good idea and, although it took two years to come to fruition, in 1986 he published the first edition of The Lookaround – a four pages edition printed on plain paper, cut out then placed on a master sheet and photocopied on both sides (not easy on photocopiers at that time). This was a slow and laborious process involving many a night's work. By the 9<sup>th</sup> edition in October the paper had increased to 16 pages. By issue 13 they were printing on coloured paper to distinguish the various editions. By issue 18 there were 28 pages

In 1987 there was a local fight to keep Settlebeck School open and the Lookaround was instrumental in keeping the district informed of the progress of the campaign – which



was successful in keeping the school open. In July 1988 the Lookaround won an award in the News & Publications Section of the local Cumbria Village Ventures Competition

Issue 61 in May 1991 saw a full colour cover featuring the visit of HM the Queen to Sedbergh School – an issue of 48 pages with the colour cover.

In June 2002 a 'Large Print' version of the Lookaround for the partially sighted began free of charge and a 'Talking Lookaround' is also now produced which is also free.

It is heavily relied on in the district for information as to what is happening, what has happened, how to find a workman, and where to get information. It is financed by the adverts, the cost of which has not changed since 1999 (a single column

2.56" by 1" costs £7.50, and a small ad £1), and donations suggested at £1 per issue.

Mr Whicker was ably assisted by his wife Jacky, and they did all the work of publishing and printing (now very professionally done). They made no gain from this and donations are made to charity and for the benefit of the Town. The Lookaround is published once a month apart from January.

Mr Whicker's involvement in the community has not been confined to the Lookaround – until 2018 he acted as the Town Crier (in full dress) and was Father Christmas during the town's Late Night Shopping. He is a Trustee of the Sedbergh & District Community Fund. He also took an active interest in the Royal British Legion editing their newsletter and website as well as serving on the committee, and continues to take an active interest in many charitable works. He is still active in many local groups both informal and formal for example Cumbria Sight Advice and the Freemasons and has been awarded the prestigious degree of Royal Ark Mariner Grand Rank at a presentation in London.

## THE NEW LOOKAROUND

### TEAM

*Ed Welti*

Back in the days of yore when we were visitors to Sedbergh, rather than residents, we used to stay in the Middleton Head. Along with the inevitable teabags, pre-packaged milk and biscuits there would be, of course, a copy of Lookaround. At that time I no more considered how it was created than I would have done were it Cumbria Life, The Sun or The Economist. But I did marvel at both its homespun style (as distinctive as each of those other publications) and how much information it contained, and would always read the bits that took my eye with interest. All the more so after I found, at the back of issue 270 a picture of my mum, in earlier days of yore (i.e. the 1930's) attending a Bible Class at Randall Hill.

Now I'm stuck, and I mean right now, in the middle of creating it, and thanks to Dennis, have a pretty good idea of how to do it. But the key is

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not me, or even us (the editorial team), but you. We need the contributions, adverts and articles, to make it work. As long as you send them in, there will be work for us to do.

So the new team are :-

**Philip Johns.** Philip is a busy man, involved in many other local projects, and a regular Lookaround Contributor, so he became secretary.

**Richard and Susa Ellis** are in charge of the cash. They make sure we can afford to publish each edition.

**Dr Myles Ripley.** When the team came together in the middle of last year, Myles took the role of 'Herder of Cats'. A particularly apt title. Myles is the organiser. When information comes in to us he allocates it to one of the team members. Articles, adverts, personals, updates, all come to him in the first instance. And Myles keeps an eye on what has gone where so it just doesn't disappear into the void.

**James Palmer and Jane Fisher** prepare the articles, formatting them so they look like Lookaround articles, extracting information and noting where they are linked to adverts.

**Elizabeth and Paul Saunders** administer the adverts. That means they make sure they are paid for, formatted for Lookaround, (with borders and in the correct sizes), and will also design them when all we've received is text.

**Ed Welti** then takes everything and puts it all together, along with a cover photo hopefully supplied by one of the great local photographers, and finally, after a quick team check, sends it off to **Stramongate**, our

printers.

That's the existing team, but we are more than happy to welcome anybody who wants to help. Particularly anybody with more technical skills or inclination who would like to learn how to put a Lookaround together, as back up for Ed and Paul.

If you want to know more contact us through the usual Lookaround routes, or speak to any of us. And please, please, please keep sending the contributions.



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## YORKSHIRE DALES NATIONAL PARK PLAN

*Andrew Fagg*

The Yorkshire Dales National Park Management Plan (NPMP) 2019-2024 has been published.

It sets out, in effect, a five-year work programme to enhance the environment and support the local economy.

More than a hundred organisations – all listed in the plan – have committed to work together to achieve one or more of the 49 objectives set out in it.

Chairman of the NPMP steering group, Carl Lis, presented the plan for the first time last Thursday (6 December 2018), at the second annual NPMP forum, held this year at the Victoria Hall in Settle. He told the gathering of 57 people, drawn from



**YORKSHIRE DALES**  
National Park Authority

organisations and councils working in the National Park, that he was proud to be launching the new plan:

"The Management Plan is the single most important document for the National Park. It contains an ambitious 20-year vision for the area, backed up by 49 specific objectives that will be delivered by a partnership of more than a 100 local organisations over the next 5 years. "It's important to remind ourselves that the management plan is prepared by a partnership of bodies and not by the National Park Authority on its own. The steering group that I chair includes representatives of the people and organisations that are

directly involved in action on the ground – that means farmers, land managers, tourism businesses, statutory government agencies and district councils. "We've focussed on the things we can do, if we work together, to make this National Park a better place. It is unashamedly about people. The plan recognises that people are at the heart of the National Park – the people that farm it, manage the land, live and work here, and the millions who come here to enjoy it."

Mr Lis identified some of the biggest challenges, including the condition of barns and walls; the condition of nationally designated wildlife sites; and the decline in the number of young people working and living in the National Park. He concluded by saying it had been "genuinely inspiring" to see the

plan taking shape during the past two years: "But dare I say it; this is the point at which the real work begins. The success of this plan will depend on all of the people who care about the Park working together to deliver on the commitments they have made."

Leader of Richmondshire District Council, Yvonne Peacock, addressed the forum during a half hour open discussion. She drew attention to objective F1 on house building in the National Park: "We need homes for people to live in, affordable homes and local need homes – as well as open market homes, which make the affordable homes possible. The

target is to build 400 houses in the Park over five years and we really need to make this happen," she said. "The housing is part of a wider initiative to attract young people. This is something we are taking to our own council for agreement and funding. This can't be delivered without the resources. What we have here is called the National Park Management Plan, but it's a plan for the Park not just the Authority. Unless all the organisations put effort into this, we won't achieve the objectives."

Leader of Craven District Council, Richard Foster, who also attended the event, said: "I think the new plan continues to enhance and conserve the natural environment whilst putting a stronger emphasis on supporting the communities that lie within its boundaries. We will be working with the Park Authority to deliver the shared objectives."

In a presentation to the forum, the Director of Conservation and Community at the Yorkshire Dales National Park Authority, Gary Smith, gave context for some of the objectives that the NPMP steering group had set. He highlighted that it was the first NPMP to cover the areas of Lancashire and Cumbria – including the 'Westmorland Dales' – that became part of the National Park in 2016. It was hoped that a £3.5m landscape partnership programme (objective A7) would give the new area of the National Park a "kick start" and raise its profile. He described an objective for a new agri-environment scheme (A8) as "a real biggie – as everyone knows farming

SEDBERGH & DISTRICT

## HISTORY SOCIETY

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**Wednesday 6th February**  
**Cattle Droving Through Cumbria**  
 1600—1900  
*Peter Roebuck*  
**7:30 pm Settlebeck School**

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**Wednesday 20th February**  
**Invasion via Garsdale, June 1487**  
*Adrian Braddon*  
**7:30 pm Dent Memorial Hall**

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Chairman: Graham Dalton 25436  
 Secretary: Karen Bruce-Lockhart 015396 34603  
 Treasurer: Adrian Braddon 0330 113 8850  
 Membership: Adrian Braddon 0330 113 8850

is absolutely fundamental to the National Park". On rivers, he said that less than a half of these in the National Park were in good condition, as measured by the water framework directive. An objective (C3) to bring at least 90% of rivers into good condition by 2027 was an "ambitious target". National wildlife sites in the National Park were "not in the best condition", but a "big ask" had been set in the new NPMP to bring half of such sites up to a favourable condition by 2024, he said. He concluded by highlighting an objective (F2) to halt the decline of in the number of younger, working age households living in the National Park.

## ROYAL BRITISH LEGION

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

Your local Sedbergh Branch 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.

Membership costs £17.00 - call 20964

email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

For more information, visit our website:

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

THE ROYAL BRITISH  
LEGION



## NOV AND DEC WEATHER

*Brian Wright*

Weather: November 2018; A reasonably mild month, though we did get our regular dusting of snow, with maximum temperatures in the 50sF (10C) most of the month, the highest being 58.1F (14C). The minimum was 20.8F (-6.2C). It was a fairly breezy month with a maximum gust of 25.3mph (40.7kph). Precipitation was moderate but we only had 8 dry days and a couple of days we had ½ inch (12mm) in a short downpour. For the month we received 3.74inches (94.8mm) in total.

December weather: As to be expected it was a colder month with a maximum temperature of 49.8F (9.88C) and a low of 28.4F (-2C). Some nights the wind chill took the temperature way down to 18F (-7.7C). With low atmospheric pressure during the period winds were fairly strong with several blustery days. A maximum gust of 26.2mph (42.16kph) was recorded. Precipitation was quite extensive with only 6 dry days during the second week. A total of 9 inches (225mm)

being the final total.

As to be expected it seems that the seasons have shut down but there are still some positive signs. The winter jasmine continues to bloom and the bulbs are pushing through the fallen leaves. Although I have not seen a rabbit recently there are scratchings which suggest they are about. On the milder day's midges are flying in swarms. Fieldfares are joining the flocks of starlings as they congregate in an afternoon. We have a group of 5 hen pheasants come to feed when I feed the sheep. The cock bird seems to feed with the geese. Owls are calling as though they are territory building. On these dark mornings one is calling in the garden. A lonely heron is in the field most mornings. What it finds to eat I've no idea. I have off loaded most of my sheep due to the family situation. I have just kept my 6 whites and a couple of coloured gimmer hogs. The feed bills should drop dramatically!! Wishing you all the best for the New Year!



## **FARM GRANT UPDATES – OPTIONS FOR UPLAND FARMERS**

*Sally Howorth*

Advice and assistance will be provided by the Yorkshire Dales National Park on Countryside Stewardship Mid and Higher Tier applications, Hedgerows & Boundaries Scheme, Water Capital and Woodland grants, plus Ammonia Emissions guidelines. The next application window for Countryside Stewardship Schemes opens in January-February 2019. The Farm Conservation Team is inviting farmers to an evening meeting, including a free supper at:

Sedbergh Peoples Hall on  
Wednesday 6th February 2019

Orton Market Hall on Monday 11th  
February 2019

Come along to find out what further support is available for you from the Farm Conservation and Trees and Woodlands Teams. If you would like to attend please contact the farm team on 01756 751654 or email [sally.howorth@yorkshiredales.org.uk](mailto:sally.howorth@yorkshiredales.org.uk)

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## **SMALL GRANTS MAKE A BIG DIFFERENCE**

*YDNPA News*

People in Conistone in Craven have unblocked the village spring, revealing ancient stone troughs and cobbles, while Malham Tarn Field Studies Centre has been made more welcoming and energy efficient in the latest projects supported by the Sustainable Development Fund (SDF).

At Conistone Keld residents came together to restore the water supply that had been a major factor in the

village's development; keld derives from the Viking word 'kelda' for spring.

The troughs, cobbles and spring had become entirely covered in vegetation. An SDF grant of £1,000 meant villagers could hire a digger and pay for a skip as well as a specialist chainsaw operative. Residents, who received advice from the Authority's Historic Environment team, did much of the digging themselves, and over the course of eight volunteer days managed to restore an important, historic feature. "It's been a great project for the whole village – and has helped community spirit. Everyone was so generous with their time and the results are fantastic. The keld is now a focal point for the village again," said one of the volunteers, Denise Richardson.

At Malham Tarn Field Studies Centre, a Grade II-listed building,



*Water runs again at the keld in  
Conistone*

work has taken place to create a welcoming space at the entrance where visitors can find out about the history of the field centre while accessing a hot drinks facility. This project received a SDF grant of £2,464. Separately, new insulation was installed in the walls and ceilings of rooms used to accommodate students in the north wing of the centre. This energy-efficiency project received a grant of £6,880. SDF Officer, Andrea Burden, said: "We were pleased to support the residents of Conistone, and the staff at Malham Tarn Field Studies Centre, who came up with projects that scored well against the SDF's criteria. "The fund is here to support projects that contribute in some way to helping conserve the natural beauty, wildlife or cultural heritage of the National Park, or promote opportunities for people to understand and enjoy those special qualities. Fresh applications are always being invited." Enquirers can get in touch by phone - 01969 652337 or by using the SDF email address –

[SDF@yorkshiredales.org.uk](mailto:SDF@yorkshiredales.org.uk) An application form and a set of guidance notes can also be downloaded online: <http://www.yorkshiredales.org.uk/living-and-working/sdf> The fund is open to individuals, community groups, businesses and the voluntary sector.

For more information, please call the Yorkshire Dales National Park Authority's Media Officer Andrew Fagg (Mon, Tues and Fri) on 01969 652374 or Communications Manager Richard Payne on 01969 652394.



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## **SEDBERGH FARM ADVICE MEETING**

*Andrew Fagg- Media Officer*

An evening meeting for upland farmers on grants and stewardship schemes is to be held in Sedbergh next month.

Advice and assistance will be provided by Yorkshire Dales National Park Authority officers on Countryside Stewardship Mid and Higher Tier applications; the Hedgerows and Boundaries Scheme; Water Capital and Woodland grants; and Ammonia Emissions guidelines.

The meeting will take place at **7.30pm at Sedbergh People's Hall on Wednesday the 6th of February.** A free supper is included.

Sally Howorth from the National Park Authority said: "The next application window for Countryside Stewardship schemes is likely to open in February. Farmers are invited to come along to the evening meetings to find out what further support is available to them from our farm conservation and trees and woodlands team."

People wishing to attend are being asked to contact the farm conservation team on 01756 751654 or email [sally.howorth@yorkshiredales.org.uk](mailto:sally.howorth@yorkshiredales.org.uk)

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## **LADIES NFU NOVEMBER**

*Caroline Sandys-Clarke*

Before our meeting on the 20th November got under way, Colin Kendal from North West Blood Bikes was presented with a cheque for £435.40 which was the result of our coffee morning on the 14th November. £415.40 was raised on



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---

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Facebook: David Jermy House & Gardens

the day and a subsequent donation raised the total further. When thanking us Colin mentioned that the North West Blood Bikes stall at the coffee morning had raised a further £78 so all in all a magnificent result.

We then sat back to enjoy a talk and slide show given by Laura Rosenweig entitled 'Weaving lovely things with local wool'. Laura has been weaving for about 25 years now, but it all started as a hobby when she was shown how to weave and she then became hooked. Laura was married and living in the USA when she began weaving, the family subsequently moved to Switzerland where their second child was born and Laura sold some of her products at local craft fairs. In 2002 they moved to Brigflatts and Laura took a studio at Farfield. Inspired by the local landscapes and colours and also with a desire to use locally produced wool she has gone on to

grow her business to what it is today. Laura buys whole fleeces from local farmers with Blue Faced Leicesters, Shetland and Hebridean sheep and then, having sorted it all by hand, packs it up and sends it off on the start of its processing journey. First to a mill in Bradford to be scoured, from there it goes on to the spinner to be blended, carded and twisted to create yarn. It will be several months before Laura sees her fleece again by which time it will be ready to be dyed and woven into one of her wonderful scarves or made into blankets or throws. An excess of yarn can be made into socks and left over pieces of woven fabric are made into hot water bottle covers, tea cosies and notebook covers.

We all much enjoyed the talk, as well as trying our hand at weaving and looking at the gorgeous selection of items Laura had brought with her to show us.

Our next meeting on the 4th December is about collecting Vintage Clothes by Margaret Watkins.

---

### LADIES NFU – DECEMBER

*Caroline Sandys Clarke*

Due to fitting around other bookings for the People's Hall Committee Room our December Meeting was held on the 4th when we were entertained by Margaret Watkins who was talking about and showing us a few of the wonderful vintage clothes inherited from her aunt.

When Margaret's aunt died and she had the task of clearing everything out, she found, amongst other things, over 100 pair of shoes in their boxes, many of them unworn. Many of the

clothes were also unworn and in beautiful condition and all made in the UK - something not often found these days.

Women's sizes have gone up over the years, not only in body measurements, when in the 50's a 22" waist would have been quite normal, but height and foot size as well.

Our President, Barbara Escolme, had sportingly offered to model some of the clothes Margaret had brought with her, including a bikini and a fur coat!

After a short meeting the evening concluded with the singing of a few carols accompanied by Barbara Gorst on her keyboard to get us all in the Christmas spirit.

We will be having a meal in The Bull in January and our new year of meetings will start on the third Tuesday in February.

## ACUPUNCTURE

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## NATIONAL PARK HEDGE LAYING RESULTS

**BAINBRIDGE, 8 JANUARY, 2019**

*Paul Wilkinson. YDNPA*

Low Wilkinson Farm in Howgill hosted the eleventh annual Yorkshire Dales National Park Hedge Laying Competition. Organised by the Yorkshire Dales National Park Authority (YDNPA) in partnership with the Lancashire and Westmorland Hedge Laying Association the event on Saturday 5 January attracted 18 competitors in five classes. The competitors worked on a 10 year-old hedge.

The results were:

*Championship Class* (eight entrants)

1. Thomas Kendal 2. Craig Procter 3. Peter Gibson 4. Damon Peacock 5. Andrew Kirkwood.

*Open Class* (five entrants)

1. William Bell 2. John Gibson 3. Steven Boyes 4. Aidan Handley 5. James Haigh.

*Junior Class* (Under-18s, one entrant) 1. James Dodgson.

*Novice Class* (three entrants)

1. James Yates-Bell 2. Sally Capewell  
2. Danny Hodgson.

*Starter Class* (one entrant)

1. Pete Stevens.

*Regrowth from last year's competition.*

1. Heather Swift 2. William Bell 3. James Haigh 4. Aidan Handley 5. Danny Hodgson.

*Best Hedger on the day:* Thomas Kendal.

*Junior best nicking prize:* Aidan Handley (winner of Samurai Saw).

The judges were Edmund Capstick from Howgill and James Postlethwaite, also from Howgill.

YDNPA Farm Conservation Adviser Hannah Fawcett said:

"It was great to see so many competitors and spectators enjoying the day, and continuing this traditional skill.

"Hedgerows are an intrinsic part of our landscape, particularly in the western Dales. As well as creating a stock proof barrier, they provide shelter for stock and habitat for wildlife. "It is also now recognised that hedgerows perform a natural flood



management function by trapping water and slowing flow. I'd like to thank the host, Alistair Mackie of Low Wilkinson, who is a member of the Lunesdale Facilitation Farmers group. A group of farmers in the Sedbergh, Garsdale and Dent area who are holding meetings and training events on natural flood management techniques."

For more information on hedge laying or on the Lunesdale Facilitation Farmers group please email [Hannah.Fawcett@yorkshiredales.org.uk](mailto:Hannah.Fawcett@yorkshiredales.org.uk)

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### **FAMILY MUSINGS**

*Sarah Woolf*

Here we are again, "All good friends and jolly good company" as my Mum used to sing in a song about "...the more we are together the happier we shall be". I grew up as have my children with that song, "...for your friends are my friends and the more we are together..." and I sing it to my grandchildren. Of course life is not always happy and people not always friendly and some situations we find ourselves in are not good but as we get our teeth into 2019 maybe we can try to be kind. A family Christmas is lovely and for different families that can be celebrated in varied ways and even on different days. I am very willing to share in good food and presents as many days as possible and my figure probably pays evidence to such!

Last year hubby and I broke the mould and went away for Christmas, this year we were home for that and then went away in January; most unusual. We went to rural

Warwickshire and house and pet sat for family as they went off to Italy to celebrate an 80th birthday. We got the best deal for us...no currency problem and we spoke the language. Shopping was a doddle and we enjoyed rest and relaxation in the lovely warm house with cats to cuddle all day long. Often we had no idea what day it was and time meant nothing, no deadline or picking up time to remember, ate when hungry and what beautiful surroundings to do it all in. One day we went exploring and "No!" said hubby, "Don't need a map. Not going far"

Five miles later we staggered back, a lovely walk but oh boy...at least 3 miles further than planned! I kept being asked if I was OK, and I was until we got to Flecknoe, then leg burning but no alternative but keep on going to the end of the walk. Crawled upstairs on my hands and knees...thankfully the Thrombophlebitis was (and still is) improving! For some 2018 was rather/very/incredibly (please choose appropriate word) challenging especially health-wise. Some of these issues are still with us and what we are all short of is encouragement. So, can we try to be a person who encourages others this year?

Something I often wonder about is 'romantic' candlelight dinners. What is romantic about candle light? While away I put on all the Christmas lights around the table and lit a candle. In came hubby: " Bit dark, put light on!" Is the 'romantic' bit that in the dim light we can't see each other's wrinkles??

## COUNCILLOR CORNER

*Cllr Ian Mitchell*

I hope you have had a good Christmas and New Year. It has been a busy month in Dent, with many visitors joining the local community to create a great atmosphere.

It seems a long time since the last Lookaround in December, since then I have had further discussions with South Lakes Housing and Jonathon Brook (housing portfolio holder on South Lakeland District Council) looking at the possibility of building more affordable housing in our area. When I have been out door knocking throughout our communities this is an issue that is mentioned time and time again. I'm hopeful that further progress will be made soon.

I was delighted to see so many people at the consultation meeting for the new parking proposals at Maryfell, this is a great example of your local Lib Dem team working alongside members of the local community and Sedbergh Parish Council. It is as a result of us all making direct representation to South Lakes Housing, that this much needed car park will be happening. I look forward to working closely with

residents and Sedbergh Parish Council to deliver further projects that benefit our community.

A request from your council to the government for them to reinstate the previous targets and urgently tackle those areas that have seen dramatic increases in child poverty was put forward at a council meeting just before Christmas.

A motion was brought to the December district council meeting that called on the government to review its welfare strategy to provide more support for the most vulnerable in our society, to reinstate ambitious targets for lowering child poverty and to take urgent action to help those who are most affected by poverty. Child poverty in our area is a reality, with almost 1 in 5 children living below the poverty line, a significant increase on previous years and one that as a first world country we should be ashamed of. As a local councillor I felt it my responsibility to support the motion as outlined above.

This motion received cross party cooperation between Lib Dem and Labour Councillors. It's vital that on issues of this size that we work together to tackle this burning injustice and was deeply saddened to see every Conservative councillors refusing to back the motion with Cllr Lancaster deciding to vote against South Lakeland District doing more to help the most vulnerable.

At the time of writing roadworks are just starting on the main road into Dent, although I appreciate that this will cause some disruption, it is essential work that has needed to be done for some time. I'm delighted that

### Sedbergh Wesley Guild Anniversary Service



Sunday 17th February, 10.30am,  
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~  
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~  
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I could work with our Lib Dem County Councillor Nick Cotton to push Cumbria County Council to get these much needed works carried out.

As always if there is anything I can help you with, please do not hesitate to contact me;

[ian.mitchell@southlakeland.gov.uk](mailto:ian.mitchell@southlakeland.gov.uk) or 07530602234

## COUNCILLORS CORNER

*Kevin J Lancaster  
Sheila Capstick*

It is inevitable that national events impinge on our activities as local representatives. At such times it is important to press on with those matters which affect our daily lives. I have been less involved with B4RN this last couple of months as our ducting in Cautley and Dowbiggin is more or less complete. Fibre has been blown from the chambers to many houses but the main fibre from Hallbank to our cabinet at Metcalfe Brothers is still to be done. However, most of it will have been blown by the time you read this. Providing the weather remains reasonable we hope to be finished by Easter.

Progress continues to be made with

the play area at Maryfell and the new parking on Maryfell, both parish council projects. Our other major actions, the Tennis Courts in Guldrey and the Bowling Green wall are both complete. We are still in discussions about Joss Lane and Loftus Hill car parks. Sedbergh B4RN have asked for permission to put conduits under Joss Lane and the parish is supportive in principle. Any such work needs to be done fairly soon so that any disturbance will have fully settled before our more major project to resurface the car park.

Thank you to the opposition leader on Cumbria, James Airey who intervened to make sure the blocked drains on Joss Lane and Winfield Road were finally dealt with. They had been in the queue for an awfully long time. As a parish we are also making enquiries to see if it would be possible to do something in Three Nooked Close to clear out Little Ashbeck and so prevent the major flooding of the A683 every time we have a major rainstorm.

For most people their household water supply is not an issue. However, for those of us in the more out of town locations water is always at the back of our minds. Here at Fellgate there was no supply worthy of the name when I was a kid and most of our neighbours were in the same situation. Many like me have had to make major alterations and these have always been done without external funding. No-one will deny that where a house is let out there should be a strong regime to ensure the water is of the highest standard. The problems arise for those with

completely private supplies, especially those which are by accident shared by two or more houses. The UK implementation of the relevant EU directive was extremely badly thought out but there can be no doubt that its implementation by South Lakeland District Council has been appalling. Sheila and I are constantly being asked to intervene by private householders who have been faced with ridiculous bills for the most vacuous of inspections. People are being asked for £300, £600, £1,000 for nothing of any value at all. If they refuse, then they are even threatened with court action. I first raised this in the council chamber four or five years ago. Then as now the controlling

group denied there was a problem or even that they were receiving complaints. Sheila and I know that to be untrue. It is unfortunate that their council's commitment to affordable housing does not extend to affordable water supplies.

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

District Councillor Kevin J. Lancaster,

Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS

Telephone 07 980 844 695;

email [Kevin@Sarthwaite.com](mailto:Kevin@Sarthwaite.com)

District Councillor Sheila Capstick, 12, Maryfell, SEDBERGH, Cumbria

Telephone 07 818 221 999

email [sheilacapstick@hotmail.co.uk](mailto:sheilacapstick@hotmail.co.uk)

## Sedbergh Parish Council

### INTERESTED IN HELPING YOUR LOCAL COMMUNITY?



We currently have a casual vacancy on Sedbergh Parish Council and, as no election has been requested, we wish to co-opt a new councillor.

The Council may co-opt any person who is legally qualified to hold such office, and who is willing to serve provided they are a British citizen, or a citizen of the Commonwealth or the European Union, and are neither the subject of a bankruptcy restriction order or interim order or have, within five years before the day of the election, been convicted in the United Kingdom of any offence and have had a prison sentence (whether suspended or not) for a period of over three months without the option of a fine.

Provided you also satisfy at least ONE of the following you may apply:

- You are registered as a local government elector for the Parish
- You have during the whole of the preceding twelve months occupied as owner or tenant, any land or premises in the Parish
- Your principal or only place of work during the preceding twelve months has been in the Parish
- You have during the whole of the preceding twelve months resided in the Parish or within 4.8 km of it

You must also be 18 years or older on the day you become nominated for election.

Written expressions of interest from persons wishing to serve as a Councillor need to be submitted to the Clerk to the Council 72a Main Street, Sedbergh LA10 5AD to be received by Friday 1st March 2019. It would be helpful if your letter (preferably on one side of A4 paper) could provide some details of your background, any experience you feel is relevant, and a statement explaining why you would wish to serve as a Parish Councillor.

Should you be interested in serving as a Councillor you are encouraged to contact the Clerk to the Council who will be able to explain the nature of the role, the time commitment likely to be required and the training which is available for new Councillors. Please visit the Council's website [www.sedberghparishcouncil.org.uk](http://www.sedberghparishcouncil.org.uk) for more information about the work of the Council.

*Janey Hassam, Clerk to the Council (07966 134554) Email: [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk)*



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## TIM FARRON'S COLUMN

*Tim Farron*

I try to keep these columns focused on the issues I am dealing with around Sedbergh and Dent and I will do so in this one, I promise. But, as I write this column we are in the middle of voting on Theresa May's Brexit deal so it is hard to avoid mentioning it. That said, by the time Lookaround is delivered everything may have been sorted out and we can all get back to focusing on other things that need sorting out in the country; somehow I doubt it.

There you see the issue I have been facing, more or less, since the referendum. I have been trying to make the things that need to happen

around here happen, but it has been hard going as Government ministers are focused on other issues. It might be going a bit far to blame Brexit for the fact that I had to arrange for a train service on the Lakes Line because the Transport Minister couldn't but I am sure there is a grain of truth in the claim.

Since, Christmas I have been working on a number of issues I think are important to us around here. I am stepping up the work I do to help our hill farmers. With the help of the NFU I have kicked the all-party parliamentary group on hill farming back into life. It is more important than ever that we have a group in parliament standing up for hill farmers



**Sedbergh Bowling Club AGM**  
Thursday 21st February 2019,  
7.30pm,  
Committee Room,  
White Hart Sports and Social Club  
Everyone welcome

and I am looking forward to working with MPs from all parties to make sure this happens. We are starting by publishing a report on the future of hill farming later this month.

I have met with the Chancellor to push him to do more to support our high streets (and Main Streets). The government has proposed introducing a digital tax of 2% on the likes of Amazon and Facebook and use the money raised to reduce the business rates paid by shops. But all that will raise is about £400 million; clearly a lot of money but it is only just over half the total rate bill paid by Tesco alone! If we are to really support our high streets we need to make bold moves like halving business rates. To give him his due the Chancellor was very open to listening to my suggestions.

Of course the fight for better cancer treatment facilities in our hospital in Kendal goes on and I was flattered to be praised by the Government Minister for Health for what he called "excellent work" in this area.

Finally I should mention that just before Christmas I had the chance to lead a debate on second home

ownership. I took the opportunity to ask the Government to introduce a number of measures that I am convinced would help with this issue, including allowing councils to increase the council tax they charge on second homes and changing planning law so second homes need planning permission.

It looks like it is going to be a busy 2019. As ever if I can help you with anything drop me an email at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or call us on 01539 723 403.

---

## **SEDBERGH PARISH COUNCIL**

*Janey Hassam  
Clerk to the Council*



This report covers items from the Parish Council meeting on the 13<sup>th</sup> December 2018 and 10<sup>th</sup> January 2019. The next meeting is on Thursday 14<sup>th</sup> February 2019, commencing informally at 7.00pm with representation from SLDC on Localism, the Parish Council meeting will begin formally at 7.30pm. The meeting will be held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

### [Maryfell play area](#)

Sedbergh Parish Council is pleased to confirm that work on the refurbishment of Maryfell play park is planned to commence in March 2019 (weather dependent!). This follows an initial petition by Donna Cowin, and much collaborative ongoing work between Sedbergh Parish Council and South Lakeland District Council.

Grateful thanks also go to the many supporters of this project – SLDC (Inc. Big Lottery Fund contribution), SLDC Locally Important Project Fund, Sedbergh Community Trust, Sedbergh United Charities, The Craven Trust, Cumbria County Council Young Person's Fund, Cumbria County Council Community Grant, Police Crime and Commissioner Fund, South Lakes Housing and The Hadfield Trust. Without all this valuable support, it would not have been possible to go ahead with the Project, thanks also go to Sedbergh Primary School from the initial drawings by students in 2016, to the recent feedback on tenders. A copy of the final design

will be on display in the Parish Council notice board.

### **Casual Vacancy**

Members wish to highlight the Casual Vacancy on Sedbergh Parish Council, with interested parties being invited to apply prior to 1<sup>st</sup> March 2019. Please see separate notice on page 19.

### **Other Matters**

Various other matters were discussed, including: Planning, Amenities and Finance. PCSO Marion (Maz) Jefferey was welcomed to the meeting for a short introduction and representation for B4RN and The Bus/Book Shelter were also heard at Public Participation. A briefing note from Sedbergh CIO was noted in regard to a proposal for a Pump Track and this will be formally heard at the February meeting. It was additionally noted that Howgill's Fell Race was planned for 6<sup>th</sup> April 2019, with some 400 runners anticipated.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions.

**Public Participation is at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend.**

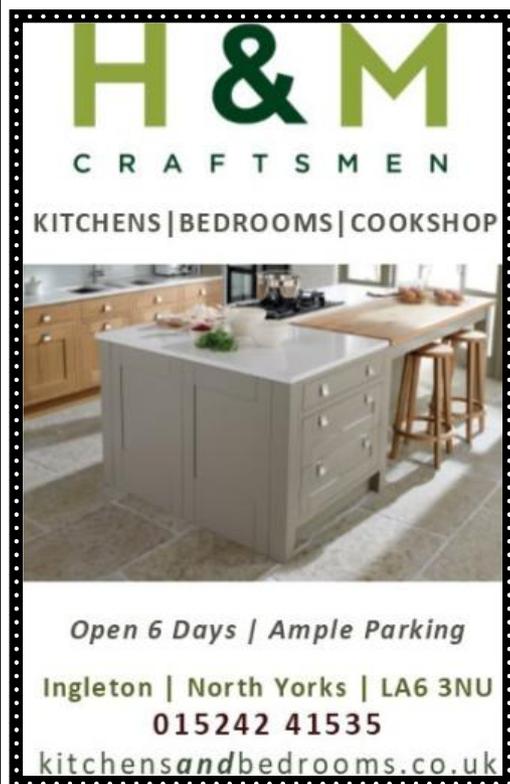
If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at

[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 and online at

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## **GARSDALE PARISH COUNCIL Snowflakes Descend**

*Philip Johns*

The official bit: At the November Garsdale Parish Council meeting, Sheila Capstick, one of our District Councillors, reported that South Lakeland DC were obviously running out of money again as they have started hounding residents once more about private water supply risk assessments. These can cost £500 per resident and achieve absolutely nothing. Since the meeting, one of Garsdale's residents has been approached by SLDC. The parish council will endeavour to fight off these costly and unnecessary invasions of privacy which were successfully defeated two years ago.

Concern was also expressed at the state of the path leading down from the railway station; efforts are being made to improve the track. Finally, the wall repairs along 'The Street' have been completed. The remaining 'temporary' traffic lights left on the last Friday before Christmas. The contractors have left the road looking spic and span with the verges refilled with soil and the layby near the old quarry has been resurfaced. However, the two culverts that need repair haven't been done and the bridge repair at Low Scar remains unfinished.

B4RN progress has temporarily stalled due to a change in Government funding. To prevent large companies, such as BT, snaffling up

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all the grant monies, a new voucher system has been introduced which should benefit smaller concerns like B4RN tremendously and could lead to other isolated areas being connected to the system. The whole build needs to be approved for funding by the Government before any properties become live, hence the delay in blowing fibre up the dale. House properties are being fitted with installation kits and the numerous road crossings that are needed will commence soon.

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

The unofficial bit: SLDC never fails to astound me. The wall repairs along Clough River were delayed from June, a time when the river was at an all time low with long daylight hours, to October when storms set in and short daylight hours resulted in increased cost of traffic lights, scaffolding and contractors. Starting bridge repairs and then not finishing them in time to avoid the road closure, starting road repairs in Grisedale and posting signs telling us to find 'an alternative route' even though the road is isolated and one way only.

However, what I have found out recently tops all this: SLDC are changing the size of the blue recycling boxes from 55 litres to 44. Why? Snowflakes! Council workers apparently find that the size of the 55 litre boxes too large and there has been a rash of 'injuries' causing an increase in claiming sick days. Now, there's a large percentage of quite elderly residents, living at the end of

long tracks and driveways but these people still manage to lug these 'over-sized' boxes down to the road ready for collection every fortnight. Some of these tracks are hundreds of yards long, some nearing a mile but they still manage. Contrast that with the collection process. The 'bin lorry' pulls up. A council worker slides out of the cab, walks round the back and courageously heaves the box full of empty cans and plastic bottles about four feet up to empty it into the side of the lorry. We must have the heaviest empty cans and bottles in the world if these council workers find that is beyond their capabilities. The residents in Garsdale do get a raw deal concerning their council tax. We have no school, no police, no street lights, no pavements, all we get is one collection a week and that is now being cut back. Am I a cynic or is this reduction in box size really to do with council workers' bad backs or is it an exercise in reducing the amount of material being collected so reducing their costs? Or have we really been hit by an avalanche of snowflakes? By the way, final cost of 'temporary traffic lights': £30,000.

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## **RICHARD THOMAS 1941 – 2018**

*John Sykes*

The following tribute was published in the 2002 Sedberghian Magazine to mark Richard's retirement from Sedbergh School.

It was in 1967 that Richard was appointed by Mr GMC Thornely and so it was he came to teach Physics and some Biology. Richard then was not quite the Richard we know now. Like all young teachers, then and now, he liked to go to the Bull after afternoon school at 6p.m. for a glass of beer. Perhaps it was his diverting conversation that led to the formation of the Staff Club in the Knowles Pavilion. He enjoyed cross-country running and was often seen in company with boys across the fells.

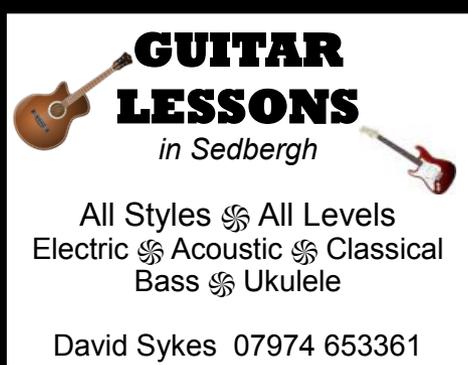
Richard has taken part in many interesting and varied activities at Sedbergh: editor of The Sedberghian, running REME, in charge of the Chess Club, supervising sailing, excited by electronics and for many years the calm and unflappable

examinations officer.

Richard was described on Speech Day by the Headmaster as a renaissance man. I prefer to think of Richard as a Victorian Gentleman. His interests are firmly entrenched: science, music and history. Some of these he has brought together with his involvement in the Sedbergh and District Buildings Preservation Trust, especially with Farfield Mill. He is fascinated by railways- I am sure that if he were to be on Roy Plomley's Desert Island he would ask, in addition to the Bible, for a copy of Bradshaw's.

After Hart, Richard moved to 15, Bainbridge Road. Whether that was because he was marrying Dorcas or because it is the only house in Sedbergh with its own railway signal in the garden I am not sure. Next was Marshall House, then in 1982 he was appointed Housemaster of Sedgwick. In his time music flourished in the house and Richard and Dorcas brought a family atmosphere to Sedgwick. After Sedgwick Richard and the family rebuilt their house at Low Birks. In this time they had six wonderful and talented children Tabitha, Beatrice, Chloe, Ralph, Hugh and Tudor, of whom Richard and Dorcas are very proud.

It was at Low Birks in 1986 that Richard started Collegium Musicum. Richard and Dorcas encouraged the Sixth Form to take



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an interest in musicians, musical instruments and making music, all in the welcoming atmosphere of their delightful home. Col Mus stemmed from Richard's own interest in music: playing the bassoon and the school organs, taking part in various orchestras and wind groups and singing. He has encouraged so many of us to enjoy music.

Richard's major role in the Classroom has been that of a teacher of Physics. He has been greatly appreciated, especially by his Sixth Form classes for his encyclopaedic knowledge of the subject and his innate enthusiasm for it. This is shown best in his

philosophy of explaining ideas and concepts through the medium of practical work. His love for Physics extends beyond the school. For many years he had been the secretary of the North East and North West Science Group and has recently become a member of the Royal Institute of Physics.

With Richard's departure from Common Room, we shall all miss his interesting and stimulating conversation (I now know why we have two tides each day, what Schrodinger's cat was, about the life of Ada Lovelace, and who Baskerville was). We shall miss his impish grin when he is being mischievous and that gentle

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questioning of authority and the raised eyebrow, especially when he doesn't quite agree with what one is doing. In particular, we shall miss a man of integrity, someone who has an awareness of doing things properly – with regard for history and tradition, and insisting that people are treated in a proper and respectful manner.

During the 16-year interval since the above piece was written Richard continued to contribute his time to many local initiatives. The excellent hosting at Birks of Collegium Musicum continued long after his retirement with guests enjoying both the impressive refreshments and the plethora of clocks that all chimed slightly out of sync with one-another. He maintained the Synchronic clocks in Fairfield Mill and the Tourist Information Centre, and installed the system in the People's Hall. He played in the Sedbergh Town Orchestra as well as various ensembles when a bassoon was needed. He was instrumental in recording the Talking Lookaround which brought the local news to many who would not have otherwise had access to it. He will be greatly missed.

---

### **RICHARD THOMAS AND TALKING LOOKAROUND**

*Elsbeth Griffiths*

Richard Thomas, who sadly passed away at the end of last year, did so many things quietly and without fuss,

with dedication and skill, the list is almost endless. He will be sorely and sadly missed by all.

We thank him and want to say how much he contributed to the Talking Lookaround, for many years, ably recording articles for the readers to listen to. He would have been doing it again this year but for his untimely death. We are very grateful to him for his dedication, patience, persistence, and constant good humour.

*Lookaround would like to offer deepest condolences to Dorcas and all Richard's family, and to thank Richard for his long service to the Talking Lookaround and the community.*



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JUNE - Saturday 22<sup>nd</sup> 10-12.30pm  
JULY - Sunday 14<sup>th</sup> 11-1pm  
AUGUST - Sunday 18<sup>th</sup> 11-1pm  
SEPTEMBER - Saturday 21<sup>st</sup> 10-12.30pm  
OCTOBER - Sunday 20<sup>th</sup> 11-1pm  
NOVEMBER - Sunday 17<sup>th</sup> 11-1pm  
DECEMBER - Sunday 15<sup>th</sup> 4-6pm

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## SINGING OUT THE COLD, SING IN THE WARMTH

*David Burbidge*

Many thanks to everyone who came to our celebration of Folk Carols in Dent at the end of last year: our visiting singers all enjoyed staying at the Sun Inn and George and Dragon, and both pubs made us very welcome with the singing of our carols; Peter Rushton also helped enormously with getting us all accommodated, and everyone who came to sing our farewells over coffee at Meadowside cafe said how much they enjoyed being there, and how welcome everyone in the village had been to them. The trustees and staff at the Dent Meditation must also be thanked for making such a

beautiful and serene venue for our harmony singing with the Christmas Folk Carols - I am convinced that taking our shoes off in the centre helps with creating that special sense of peace and harmony in our singing. And of course everyone at the Dent Memorial hall - Anne who has always been so selfless in managing the bookings for our events, and Sarah who gave us a wealth of advice on how to use the hall. We hired Jo Vinsen from next door to the centre to help us make sure we put everything back in the right place, and help with clearing up - and what a terrific job he did - we couldn't have asked for a better worker.

Singers came from all over the



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country and from further afield - Lucia came back with Anika from Rottweil in southern Germany, and before joining us in Dent went to meet all her former primary school friends in Sedbergh; Steve, who has helped on previous Carol singing events, came over from France, and a young lass from San Francisco, who grew up singing carols with her parents on Cape Cod, heard about Dent and our annual carol event and came over to join us. She won an Emmy for the creative videos she makes of choirs, where all the singers look identical - because they are all her. (You can see them by Googling Jul3ia Richard.) Other singers came from Devon, Kent, London, Scotland, and several Welsh singers from Bangor had some beautiful carols to sing in their home language. Our guest performers Muldoon's Picnic came from Glasgow and joined us after the concert with more singing in the George.

From nearer afield we're extremely grateful to all those who came to join us in the singing or to listen to our concert from Dent - and especially the Cowgill Folk Chorale who hosted the concert in Dent, joined one of the other choirs in the singing, and sang some of their own songs. We met for half our term on Monday evenings in Cowgill. Before the weekend we had our weekly practices in the homes of our singers in Dent: about 3/4 of the choir.

I am very proud to say that as well as the world and his daughter coming from all corners of the world to join us, our ages spanned several generations, from 11 to 90.

We had a bit of a rest for a couple of weeks - and then took off round the

lanes around Sedbergh, singing at cottages and farms and at the Black Bull hotel - many thanks to Laura and James and Nina who made us so welcome at the pub, and to all of those gathered round the fire who sang with us. Also to all those who invited us into their homes for the singing with refreshments and welcome: Dorcas at Birks, Jean in Millthrop, Mick and Nicky and Duncan and the cafe at Farfield, a kindly visiting family at Oakdene gathered together under the Christmas tree, and a wonderfully exuberant singing party at Hallbank where our good friends and neighbours joined together in one of their homes for mulled wine and mince pies round the fire.

All of it as much a display of rural folk traditions in the making, as the special warmth and hospitality of this great place where we live.

"And this shall be for a bond between us: that we are of one blood you and I; that we have cried peace to all and claimed fellowship with every living thing; that we hate war and sloth and greed, and love fellowship....and that we shall go singing to the fashioning of a new world." William Morris.

## Sedbergh Red Squirrel Group

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## THE WIND IN THE WILLOWS

*Elsbeth Griffiths*

*Spellbound* is to be commended for the excellent production of *The Wind in the Willows* in the People's Hall in December. Thank you so much to the cast, director, Hilary Stephenson, producer, musicians, actors young and old, sound and lighting engineers, scene-builders and shifters, costumes and prop makers, make-up ladies, front of house, and all involved. We look forward to the next production.

---

## ROSE COMMUNITY THEATRE

*Sandra Gold-Wood*

Just to let you know that in March 2019 the members of RCT will again be enjoying themselves and entertaining you. This time it is a bit of fun and nonsense entitled 'Robyn Good and her Militant Maids'. For this production we have we have moved backwards in time from the 15th century Medieval to 13th century Medieval where we find Sheriff Scarr tucked up in Sedbergh Castle with his cronies living it up on the taxes he has extracted from the peasantry. Enter our heroine, Lady Robyn Good. Will she change the situation? Well, she just might with a little help from her friends. There's goings on in the Castle kitchen, a little romance and lots of songs to set your feet tapping.

The venue is the People's Hall as always and the dates are Thursday/Friday/Saturday 14/15/16 March, 7.30pm evenings with a 2.30pm Saturday Matinee. The RCT members very much hope to see you there.

In December last year Sandy Roy, whose musical talent lifted so many of the RCT's pantomimes and shows, died and undoubtedly 'went upstairs'. We all loved and respected him and will always have fond memories of him. Sandy had a strong Christian faith, an indefatigable work ethic and a wonderful sense of humour. All the members of the Rose Theatre will miss him very much and send their loving thoughts to Sandy's family.

---

## LAKELAND VOICE

*David Burbridge*

Happy new year everyone! We had a fantastic time singing in the season of goodwill with several excellent sessions singing the folk carols in pubs, concerts and workshops - and on two memorable evenings, around the houses in Kendal and Sedbergh, enjoying the midwinter festival.

Our weekly community choirs start again in Kendal on Tuesdays (Lakeland Voices), and Bentham Voices on Wednesday from January 15 2019, - we look forward to singing with you again if you have sung with us in the past, and making you welcome if you are joining us for the first time.

We have several singing and walking events planned for January which will have passed by the publication time of the February Lookaround. But further events planned for this year include a **lighthouse** singing session in Whitely Bay 1-3<sup>rd</sup> March, a Spring Sing Thing and Slovenian songs in the Lake District - a spring walk through the central **Lake District** 23<sup>rd</sup> March, and a week with the **Singing Cyclists in the Black Forest** in

southern Germany along their fantastic cycle ways following the Danube and Nekar rivers in April. We have a Slovenian singing workshop on March 25th and several further weekends learning Slovenian songs in harmony, and if you would like to join us singing in this fabulous country, come on our summer tour in August when we will sing on the top of Triglav,

We look forward to singing with you soon. There are more details for all our events on the **Lakeland Voice website**.

Slainte mhath! Nazdravje! Cheers!

---

### **GARSDALE CAROL SINGING**

*William & Mary Airey*

How fortunate we were. Three consecutive nights of fine weather! Grateful thanks to all who gave so generously raising £360.00 for Action for Children. A special thank you to our "Carolling Choir" who faithfully and cheerfully turn out every year, not forgetting Auntie Agnes and David for the wonderful refreshments and "the best cup of tea of the year".

Thank you all.

---

### **SEDBERGH SONGSTERS**

*Dilys M Evans*

On Monday 10th December, sixteen of Sedbergh Songsters took songs and Christmas Carols to Brent Howe, Kirkby Lonsdale. We were warmly welcomed and had a lovely time. Joan Abbott led us on her ukulele, Clare Pope sang "Poor Little Jesus" and Eileen Todd read one of her poems. The group then went to Beetham Nursery for refreshments and shopping.

If you feel like a sing, friendship and



a cuppa, why not join us in the New Year—Monday mornings at Gladstone House—a good way to start the week.

Happy New Year from the Sedbergh Songsters.

---

### **SEDBERGH PRIMARY SCHOOL**

*Joyce Scarr*

All at Sedbergh Primary School would like to thank you for your continued support of our fundraiser 'SPS- The Big Build'. We are hoping to raise £60,000 to cover the cost of classroom and toilet alterations. We have currently raised £17,000 and with a capital grant from the Local Authority we are almost half way to our target.

We raised £660 for our Buy-a-Brick and £262 from the sale of quiz sheets, so thank you to all who bought one, also, a huge thank you to all local businesses who sold them. The winner of the £50 cash Buy-a-Brick prize was Mrs M. Middleton.

By the time you read this we've, hopefully, had a successful bingo night. Please keep a look out for future events.

We are also looking for a community governor to join our governing body. Below is a brief insight into what's

involved.

**Why become a governor?**

To help generations gain access to the best possible education.

To contribute to your local community.

To use your current skills in a new environment.

To gain new skills in human resources, finance and management.

**What do governors actually do?**

A governing body 'governs' the school in partnership with the headteacher.

They ensure that all children and young people receive an education that helps them reach their full potential. Governors give strategic direction and focus through agreeing plans and aims, setting budgets,

deciding priorities, appointing staff, supporting the work of the school and challenging it to improve. No special skills are required. The only essential is a keen interest and commitment to this school and this community. The most important thing you can bring is time, commitment and enthusiasm.

The governors meet once every half term (six meetings a year) for about one and a half hours each time with additional meetings as required for members of sub groups.

If you are interested or want to know more about the role then please contact Sedbergh Primary School on 20510 or email [head@sedbergh-pri.cumbria.sch.uk](mailto:head@sedbergh-pri.cumbria.sch.uk) alternatively you could chat to one of the current governors.



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## **SEDBERGH SCHOOL NEWS: FEBRUARY 2019**

*Karen Bruce-Lockhart*

**MICHAELMAS TERM:** The School was placed in the top 10% of schools in Britain for the progress pupils made between GCSE and A level. The same pupils also had a very good year on the sporting side, winning the Outstanding Sporting Achievement category at the Independent School of the Year awards. During the year the School achieved International, National and Regional titles in: Rugby, Athletics, Netball, Shooting, Equestrian (Dressage, Arena Eventing and Show Jumping), Hockey, Tennis, Cricket, Golf, Taekwondo and Lacrosse.

The Prep School held a duck race down Casterton Beck for Children in Need. They also packed shoe boxes for the Samaritan Shoe Box Appeal and Cressbrook House made a donation of items signed by W Greenwood (Wilson run winner 2003) to Who Dares Cares for soldiers struggling with PTSD.

During the Remembrance Sunday weekend a sculpture in memory of OS Rick Abbott was unveiled. It is outside the Thornely Studio and is entitled *The Music Conductor*.

At the end of term the various Houses spent a day across the North West raising money for and helping at charities such as AgeUK, the Great North Air Ambulance, Keswick Mountain Rescue, the Brathay Trust, Bendrigg Trust, the National Trust, Dogs for Good UK, AgeUK, Liverpool Sunflower Cancer Care and Rusland

Horizons by, among other activities, building works, packing in Morrisons, carol singing in Manchester, packing rucksacks for the homeless, woodland preservation, making wreaths and mince pies for local charities, and collecting. The Bendrigg Trust, for instance, said that "With just one Site Supervisor to look after our whole 15 acre site, it would have taken us months to achieve the same result as they did in just eight hours." This is the first of a wider range of events that the School will undertake to support charities this Academic year.



There are currently six Lupton scholars in the School and a former Lupton scholar has just completed her first term at Lancaster University reading Physics, Astrophysics and Cosmology. The Lupton Scholarships cover the whole of the School fees, and are funded through donations and fund raising.

Music: In the Prep School a year 8 boy, Joe DeGroote, has been awarded a place in the Boys Cambiata Choir of the National Youth Choirs of Great Britain. There was a piano recital by Jen Hartley in the Thornely Studio on 4<sup>th</sup> December. The Advent Carol Service, a preview of the official Carol Service which is confined to parents only due to lack of space, was very enjoyable, and sung to a large congregation – and followed by mince pies and mulled wine for all guests. The Choral Society (combined School and Town) sang Rutter's Gloria, Vaughan Williams's Fantasia on Christmas



February classes include:

- Saturday early morning circuits
- **FUSION** Fitness – a Pilates inspired class
- Chair Fit – a chair based fitness class
- Buggy Fit – a 'and baby comes too' class
- Half hour HIIT – a high intensity workout

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Carols, Britten's Hymn to the Virgin and Elgar's The Snow on Sunday 9<sup>th</sup> December in Powell Hall.

The Prep School also put on a very enjoyable concert on Monday 10<sup>th</sup> December for parents and friends, while the upper School had their inhouse informal Christmas concert on the Tuesday which included the staff showing their rapping talents. Both schools finished their terms with their carol services in the School chapel.

Drama: The School put on three performances of *A Midsummer Night's Dream* in the Brewery Art Centre. It was a very professional performance, very enjoyable with much laughter, and was sold out for all three nights. The Prep School performed a Nativity play (year 2) and a Christmas Musical (years 3-5) on 6<sup>th</sup> and 7<sup>th</sup> December.

Rugby: The 1<sup>st</sup> XV won against Kirkham 36-7, against Warwick 38-20, and against Wellington 17-15. In

very wet and chilly conditions they won 8-6 against Millfield in the penultimate game of the term, and finished by beating Llandoverly 12-7 making it yet another unbeaten season, playing 15 matches and winning 15. They have won the Daily Mail trophy for the second year running. In 37 games over the last few years they have lost only one game, in 2016. This is all the more impressive in that six of the pack are Lower Sixth – and will return next year.

Old Sedberghian Abbie Scott was Captain of the English Rugby team for their victory 57-5 over the USA. Cameron Redpath and Josh Hodge (OSs) have been named for the U20 English 'Elite Player' squad. The Prep hosted an U8-U11 Rugby Festival for 10 schools on 14<sup>th</sup> November. Years 7 and 8 also had a tour to Scotland, playing Ardvreck and Cargilfield.

Hockey: The Prep 1<sup>st</sup> VII won the County Finals. The upper School U14

became North Champions at Leeds.

Cricket: The School has been included in the Top 100 Cricket Schools by the Cricketer Magazine.

Shooting: Three prep school girls took part in a training and development tour with pupils from the Senior School at the Lord Roberts National Shooting Centre, Bisley Range. Keira Butler was the youngest competitor in the Imperial International Meeting. Rowan Piper in the Sedbergh 1<sup>st</sup> team was selected for Wales U18.

Golf: Archie Davies has won a full scholarship to study (*sic*) golf at East Tennessee State University in the USA.

LENT TERM: The Prep School started the term with an On Line Safety Forum by Sally O'Donnell from the NSPCC who spent a whole day at the school. A dinner will have been held on 19<sup>th</sup> January when a silent auction was to be held to raise funds for the Australian Netball and Hockey tour and the charity NETS. An interesting list of auction items included a Kenya Safari for two, four tickets for the Ashes Test at Old Trafford, dinner for 10 cooked in your own home by Paul Heathcote MBE, five dog walks in the Sedbergh area – and many more. Mock exams started in the third week of term.

Music and Drama: The school has been auditioning for *Joseph and his Amazing Multicoloured Dream Coat*, and the Prep School have been rehearsing *The Railway Children*. *Joseph* will be performed next term and *The Railway Children* at the end of this term. The Prep School held a Christingle service in Holy Trinity Church on 13<sup>th</sup> January.

Running: The running term took off with Epic 1 - the Frostraw Wall - on the first Wednesday of term, followed by the Knole Run and the Mid Lancs Cross Country League on the Saturday. Followed by Epic 2, 3 and 4 on the following Wednesdays, Bram Rig, Rise Hill, The Calf, Calf Top etc. Other events were the CSSA Cross Country Championships and the Kendal Winter League. The Morgan Run was to be at 2.30 on 26<sup>th</sup> January. All these were dependent on weather conditions, and were due to take place after this article went to press. At the Knole Run in Kent on 12<sup>th</sup> January both the Girls' and Boys' team achieved 4<sup>th</sup> places in fields of 39 and 45 teams respectively. The U11, U10 and U9 Boys' and Girls' South Lakeland Cross Country Championships took place at the Prep School on 9<sup>th</sup> January. The Prep School, competing in a field of 536 runners from 28 schools, scooped the U9 and U10 girls, one individual 1<sup>st</sup> and two 2nds. The Rawthey Run will have taken place on 24<sup>th</sup> January, weather permitting. The Northern Inter Counties Cross Country match is on 3<sup>rd</sup> February and the King Henry VIII Relays on 6<sup>th</sup> February.

Future Events: The Friends of Sedbergh Prep School Ball will take place in Penrith on 9<sup>th</sup> February. The popular Evening of Jazz and Swing this year will be on Sunday 10<sup>th</sup> February at 7.00 pm in Powell Hall. Half term begins at 2pm on 15<sup>th</sup> February and return is at 7 pm on 24<sup>th</sup> February. The summer timetable begins on 25<sup>th</sup> February (games in the late afternoon with lessons first, instead of games followed by lessons).

The Prep School will hold an Open Morning on Saturday 2<sup>nd</sup> March. There will be a Teatime Concert on Monday 4<sup>th</sup> March at 6 pm in the Thornely Studio to which everyone is welcome.

Term ends on 29<sup>th</sup> March but the U16 Rugby Sevens will be on 16<sup>th</sup> March starting at 11 am and the Sedbergh National Super Tens are on Sunday 31<sup>st</sup> March and Monday 1<sup>st</sup> April.

During the Easter Holidays there will be three courses for children aged 6-11 based at the Prep School: A STEM course, Junior Sports Development, and a Pony Camp. Based at the Senior School, will be Rugby 7s and Cricket for 11-16 years. All courses run from Monday 8 – Thursday 11 April. In addition there will be courses based at the Senior School for Rugby 7s and cricket for 11-16 years. Booking for the summer courses is also now open.

The School is looking to run a series of lectures from guest speakers about their experiences and expertise. If you, or someone you know, would be available then please follow and contact @SedberghLecture for more information.

## SEDBERGH AND DISTRICT HISTORY SOCIETY

### The Yards Of Sedbergh

Trevor Hughes' recent presentation about the Yards in Kendal was particularly interesting because no other town in the country possesses such a large number of them. Originally, there were about 150 of these narrow yards and lanes branching from the main street in the town and even today over a hundred are still in existence. They are such an unusual feature that the lavishly illustrated book about them that was produced by Trevor and Arthur Nicholls became a best seller. Trevor gave us a historical overview of their development. He was quick to dispel the popular rumour that they had been constructed for Kendal townspeople to defend themselves from the marauding Scots. Evidently, the existence of the town itself dates from Norman times when a motte and bailey castle had been constructed. It was mentioned in the Domesday Book and in 1189 it was granted a Market Charter. The Yards were created when the Lord of the Manor granted oblong Burbage plots, each of one acre down to the river from the town centre. At first the occupiers used the land for grazing their stock. However, over time the plots have been put to a diversity of uses, including workshops and dwellings.

Trevor's photos showed, it is difficult to identify some of the original Yards as the shapes of the land holdings have often been altered and others have been truncated by more recent building and even the construction of a road. Although some road numbers appear at the top end of many of the



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If so, call Linda Greensmith on 07919152526 or email [lindagreensmith1@aol.com](mailto:lindagreensmith1@aol.com) and I will be happy to help.

All members of the team are DBS checked, have public carers liability insurance and have completed numerous courses in connection with older adults such as first aid and dementia awareness.



Yards these are often not consecutive and in some cases have been duplicated. The names of many of the Yards derived from a variety of sources. For example they were frequently associated with the owner of a company that had operated on the premises, eg Redmayne's Yard (or Redman's Yard) was where several generations of a leading Kendal family of that name had owned cabinet making and later, tailoring businesses. In other cases,

the names are representative of the activity that had occurred on the site. For instance, Weavers Yard is only one name of several that show the importance of the woollen trade in the town. On the other hand, the name Cross View Yard on Highgate refers to a site where there was a road side cross where passing funeral processions would pause for prayers to be said. In his fascinating talk, Trevor showed us numerous photos of the state of the Yards today but did not neglect to mention that due to the vicissitudes of history some have completely disappeared and others have been radically altered. Members were overheard to say that an exploration of them would be very worthwhile.

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**SEDBERGH AND DISTRICT  
HISTORY SOCIETY  
A Railway For Sedbergh**

*K Bruce-Lockhart*

On 21st November the Society had a well-attended lecture from Robert Western on how Sedbergh could have become a main line station on the route to Scotland. The first thoughts on a railway line to Scotland were put forward very early in 1835 with possibility of a line from Preston to Carlisle and work soon began on the line from Preston to Lancaster. A survey done by a surveyor Lock indicated that Kendal merited a railway. However, there was a big problem – the Lake District was in the way. Tunnelling would be very expensive! Meantime the Midland's predecessors (several) proposed three routes from Skipton, one to Lancaster, one towards Barrow and one to Lowgill. After much discussion,

Parliament approved the route *via* Kirkby Lonsdale and Sedbergh. The whole matter was made vastly complicated by railway companies running out of money, merging, which route should be the Main Line— and ignoring the wishes of Parliament which seems to have changed its mind during the muddle. Many different routes were thought of, even a loop line to take in Sedbergh on the Lune Valley route. Parliament did insist in the end that the main line should serve Kendal.

After much to-ing and fro-ing the Midland gave up the fight and the main line went north *via* Kendal, and the Midland withdrew from the fight, although forced by Parliament to build a line through Ingleton. The railway eventually built *via* Sedbergh became only a local line serving the townships and local countryside and the proposed line to Hawes never happened. Mr Western pointed out that had the main line gone through Sedbergh it was very likely that the station would have been closed in the sixties in any event, as were most of the local stations on the present main line.

After the talk Richard Cann showed slides of the old Sedbergh station.

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### **SEDBERGH AND DISTRICT HISTORY SOCIETY**

#### **Charity, The Poor Law And The Workhouse—When All Else Failed**

*Richard Cann*

The final talk of 2018 was given by Dr Mike Winstanley and attracted a large audience despite the wet weather.

Poverty is a relative concept, difficult to define precisely, but can be taken

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to exist where a person's resources are insufficient to meet their needs. Causes can be unemployment, or underemployment, or personal problems such as physical or mental health, disability, or 'moral failings' (literally work avoidance). A person may move in or out of poverty during their life due to causes such as childbirth and old age. In the past there were ways of trying to prevent people getting into poverty and to support them in poverty. The local community could give relief in money and kind, there were charities for the poor, Friendly Societies, Burial Societies, Savings Banks and Alms-houses. Sedbergh had an Alms-house founded in 1848 and the Oddfellows Friendly Society had branches in Sedbergh, Garsdale and Dent.

The Poor Law of 1601 set up a system for poor relief which included workhouses, although there were not many of the latter until the eighteenth century. Sedbergh got one in 1732 and Dent in 1733. A pauper was a person receiving poor relief under the Poor Law. The system was administered by the parish or township and recipients had to meet

certain strict conditions before they were eligible. A parish would often make an unqualified person move to another parish where they were qualified by birth. The system relied on unpaid 'Overseers of the Poor' who were elected annually by the Vestry which comprised the ratepayers of the parish. Initially most of the payments were for outdoor relief but over the years the number of workhouses grew but these were mainly filled with old people. During 18<sup>th</sup> and early 19<sup>th</sup> centuries the cost of poor relief escalated and steps were taken to try to reduce it. In some places 'Select Vestries' were introduced which gave more voting power to the people who paid higher rates. The right of appeal to a J.P. was removed for those denied poor relief and there was a pressure to move people into a workhouse rather than give outdoor relief.

Children became an increasing problem for parishes due to illegitimate births. For example, in 1834 Dent had 36 illegitimate children receiving poor relief. If the father of an illegitimate child could be identified he was issued with a 'bastardy bond' by the parish which committed him to paying towards the cost. Parishes

attempted to solve the problem of the children by putting them out as apprentices. They would be fed and housed although rarely paid by their master but at the end of their training they would be qualified for a job. Children in the workhouse would be taught elementary education which many whose parents were not on poor relief did not receive.

By 1832 the cost of the system had become so large that the government had a survey done nationally. The solution adopted was to amalgamate small workhouses in different parishes into one large Union Workhouse and to cut back as far as possible on outdoor relief. There was opposition to this New Poor Law but it went ahead. After a long delay a Union Workhouse was built in 1854 to serve Sedbergh, Garsdale and Dent and the existing ones were closed. Nationally the Guardians of these new workhouses took over the running of the system from the Overseers of the Poor.

In the 20<sup>th</sup> century poverty started to reduce due to measures such as the national pensions and these were extended to those on poor relief in 1911. The cost of outdoor relief had dwindled although there was an increase for a few years after WW1. The need for workhouses was also reduced and the system ended in 1930.

Dr Winstanley was thanked for his excellent talk in which he had used local examples as illustrations and Sedbergh History Society displayed accounts for the Sedbergh 'Overseers of the Poor' for 1731 and the list of entrants to the first workhouse at Settlebeck in 1732.



World Day of Prayer  
Friday 1st March, 2pm  
Cornerstone Community Church  
New St, Sedbergh

Theme: Come all is ready

Prepared by the women of Slovenia  
Everybody welcome, please come & join us

## UNITED UTILITIES PRIORITY SERVICES REGISTER

*Amanda Phillips, Priority Services Lead, United Utilities*

As you know, United Utilities is the water and wastewater company that serves over 7 million customers in over 3 million homes right across the North West, and we have been doing a lot over the past couple of years to improve our services in giving more support to those who need it most.

We all need a little bit of extra help at some stage in our lives. This could be due to age, ill health, a disability, mental health problems, financial worries or even language barriers. By registering for our free 'Priority Services' scheme, customers can benefit from additional free services to support their particular needs, including:

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This is where we need your help, as offering the service is the easy part. Because the onus is on the customer to register and if we don't know they are experiencing difficulties, we can't help. We are already working with many charities and organisations to help us promote the scheme, including Rural England, Age UK, MIND, Macmillan Cancer Support, Citizens Advice, Disability Awareness, Autism Together, Lancashire Fire Service and Silver Line. When

someone registers with us, and only with their consent, we can also add their details to a similar free scheme with Electricity North West (who manage the electricity network in our region). If eligible, this provides additional support if there was loss of power too –two for the price of one!

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### **SEDBERGH GRIEF SHARE**

*Janice Rusling*

Are you, or someone you know, struggling with the confusion and mixed emotions that follow bereavement? Everyone's reaction to the death of someone close is unique, and talking to someone outside your family or friendship group may help you to understand some of the feelings you are experiencing.

Sedbergh Grief Share is a newly formed bereavement support team under the auspices of the Western Dales Mission Community. Whilst members of the team have received training we are not professional counsellors, but do have the contacts to put you in touch with a professional team if needed.

We aim to provide support to anyone in Sedbergh and district who is trying to come to terms with the loss of a loved one. Whether you have experienced a recent bereavement or have been struggling

with feelings of grief and loss for many months - or years - we aim to provide a sympathetic listening ear.

If you feel you would benefit from the opportunity to talk about your feelings, in total confidence, please contact the team on 07498 870267



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### **NEAREST AND DEAREST**

*Myles Ripley*

As we approach the coldest months of the year it is really good if we can help to look after our "nearest" (neighbours) and "dearest" (relatives). They may find it harder to get out and about in the cold especially if we get ice and snow. It may just be so cold that they don't want to go out in it.

Simple things like asking if they would like some groceries fetching if you are on your way to the shops or even offer a lift to the shops? Do they need a prescription fetched?

Perhaps you could just pop your head round the door to see if they are all right, especially if you haven't seen them for a while. Offer a cuppa and a chat; they may not have seen anyone to talk to for a while.

Don't let them be stoical about not being very well. Encourage them to contact the Health Centre if they've got a cough or cold—it can easily turn into something much worse.

If it is icy and snowy perhaps you could help clear their path or drive.

Simple things that could make all the difference.

## **SIGHT ADVICE—DECEMBER**

*Sue Harper*

We gathered once again at the Fat Lamb on Tuesday 20th November for our annual pre-Christmas lunch.

Dennis welcomed everyone and took a minute to remember John Douglas, a former member who sadly died recently.

Jenny said Grace and then we tucked into a most enjoyable lunch. We were joined by Amy and Peter from Sight Advice Kendal.

Many thanks to Dennis for the time and care taken to produce a wordsearch quiz, amusing place cards and also for providing the lovely raffle prizes. It all added to the festive fun!

Quite a few people were missing for various reasons and we send them all our thoughts and good wishes.

Our next meeting in January will be our "Christmas" party.

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## **SIGHT ADVICE—JANUARY**

*Sue Harper*

On Tuesday 15<sup>th</sup> January, we gathered once again after the Christmas break, at the Peoples' Hall. Dennis opened the meeting and then we tucked into a tasty buffet lunch provided by the volunteers. The table was positively groaning with "goodies"! Rosemary, whose birthday it was, was presented with a cake, card and daffodil plant and we all sang "Happy Birthday to you"!

After the Feast, we were wonderfully entertained by Margaret and Joan playing their ukuleles and Claire, who helped us with the singalong. There were old favourite songs and some newer ones. They

all got our feet tapping. A wonderful, upbeat start to the new year. A big "Thank you" to Margaret, Joan and Claire. Our commiserations to all those who could not join us due to coughs, colds and other health issues. We hope they are better soon.

Our next meeting is on the 19<sup>th</sup> February when the "Barefoot Shepherdess" is to give us a talk, hopefully accompanied by her trusty sheepdog.

Our meetings are on the third Tuesday in the month in the peoples' hall at 2pm except for June, July, August and December.



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## **AGE UK SOUTH LAKELAND 'SUPPORTING THE COMMUNITY'**

*June Pedley*

Age UK South Lakeland are very pleased to be able to help older people feel confident about getting on line. For some people the idea of using a computer of any kind and going onto the internet is daunting, you may not have used a iPad/tablet (hand help computer) before but don't want to buy one in case it's not for you.

Then why not take the opportunity to borrow an Amazon Fire Tablet (iPad size) for 3 full months absolutely free of charge. If you don't have broadband internet connection, then we will also provide FREE Wi-Fi connection. The idea is that before you take the Amazon Fire tablet home you will be given a lesson so

that you understand how to use the buttons and find your way around the internet. We will then provide ongoing support should you want it. If you would like to take advantage of this exciting offer or would simply like to have some more information then give me a call and we can have a chat.

Did you know? Age UK South Lakeland now offer computer/IT support for any devices you own such as laptops; mobile phones; iPads/ tablets. Please pop along to Sedbergh library on the 3rd Wednesday of every month (next one 16th January) between 2pm and 4pm. Our volunteers will be there to provide FREE help and advice. Please remember there is no such thing as a silly question!

To have a chat about any of the above please call June on 01539 728118.

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### ADVICE ON CONSUMER PROBLEMS

*Karen Evans*

“I bought a pair of branded trainers from a private seller on an online marketplace. When they arrived, they were clearly a cheap imitation, not what was advertised, terrible quality and unfit for purpose. Do I have any rights? What can I do?”

If you're shopping online from an individual seller, the principle of 'buyer beware' applies - which means the seller does not have to declare any defects. However, they must not misrepresent the goods by, for example, claiming they're a certain brand when they are not, so you may have grounds to ask for your money back. Contact the seller to explain the

problem, let them know your rights and ask for your money back.

If this gets you nowhere, check to see if the online marketplace has its own protection and disputes resolution system. Finally, if neither of these work for you, consider making a claim to the court, known as a 'small claim'. There is guidance on how to do this on the Citizens Advice website at:

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk).

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. Please note the opening hours at Windermere have been reduced, but contact details remain the same.

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**ZERO WASTE SEDBERGH**

**VOLUNTEERS NEEDED!**

for Sedbergh's Repair Cafe

Sewers  
Electricians  
Fixers  
Refreshments Team

Contact Suzie Pye on 0783 3534 710  
ZeroWasteSedbergh@gmail.com

### DEALING WITH DEBT

*South Lakes Citizens' Advice*

"I've got three kids, and I'm on a low income. I've been trying to pay off my credit card but I'm already behind on other bills. I haven't been able to pay my council tax in three months and received payment reminders from my energy provider. What should I do?"

First work out how much you owe - make a list of who you need to pay each month and how much. Make sure you are getting all the income and benefits that you are entitled to, including help with child care or school meals. Add up your essential living costs and take these away from your income. Any money you have spare can be put towards your debts. Citizens Advice's budgeting tool, found on its website, can help.

Your council tax, rent or mortgage, and energy are priority debts as there can be serious consequences if you don't pay them. These must be paid first. Act quickly - contact your council to arrange an affordable council tax payment plan, and your landlord or mortgage provider and energy supplier to help you sort out payment plans that work for you. To cut your

future bills you should make sure you're on the best deal you can get.

For further help working out your budget, negotiating with creditors or checking which benefits you're entitled to, 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.

Please note the opening hours at Windermere have been reduced, but contact details remain the same.

South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574

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### ZERO WASTE SEDBERGH

*Suzie Pye*

It's never too late for a New Year Challenge: Can you get through the whole of 2019 without buying any *new* clothes? Even if you don't consider yourself to be an impulsive shopper, that might be harder than it first seems. No mooching through the sale rail in the supermarket, no oh-so-easy one-click online bargains, no pang of excitement when you realise you need to go 'proper shopping' because you really have absolutely nothing to wear for your nephew's wedding...but here's why it is worth considering: The impact of fast fashion on the environment in a nutshell: textile dyeing is the second

largest polluter of clean water globally after agriculture, polyester garments cleaned in washing machines shed microfibrils (plastics) that end up in our oceans, make their way up the food chain and are consumed by humans; cotton growing requires high levels of water and pesticides, causing problems for developing countries; and also, most of us simply have enough stuff already.

Our consumer habits have changed immeasurably in the last few decades: the affordability of clothes, coupled with our seemingly insatiable appetite for more garments than we could ever hope to wear, means we think nothing of purchasing with a view to replacing in a season or two. Bin-bags full of cheaply made t-shirts, dresses with broken zips, and too-tight-but-such-a-bargain-jeans are regularly extracted from our wardrobes (and from that chair in the bedroom which hasn't been used for actual sitting since 2004), and are destined for landfill.

So here's how to do No New Clothes in 2019: Second-hand. We have a brilliant charity shop in Sedbergh. Pop in next time you are passing, and do drop off your rejects (they could end up being someone else's go-to items).

Swap. Meet up with friends and bring garments that are laying dormant at the back of the wardrobe, in exchange for something of theirs.

Sew. Holes in socks, broken zips, missing buttons are all easily fixed, but we have either lost the skills to do so or we are simply out of practise. And if you really can't go the year without buying new clothes, then at

## **Settlebeck School Senior Citizens Party**

**Tuesday 5<sup>th</sup> March  
5.00pm – 7.00pm**

### **Three-course meal & entertainment**

Please don't wait to be invited.  
This event is for all local senior citizens,  
you don't need to have grandchildren in school.

**Telephone Settlebeck School on  
015396 20383 to book a place.**

**There is no charge for this event.**

Transport available from  
various Sedbergh pick-up points.

least consider buying less, buying from sustainable brands, and buying better quality items that last longer.

On the subject of repairing clothes, Zero Waste Sedbergh is delighted to be holding another Repair Café at the People's Hall on Saturday 23<sup>rd</sup> February from 10am – 1pm. This month there will be a special focus on fabric repairs. Hope to see you there! Contact us on the following email :- [www.zerowastesedbergh.com](http://www.zerowastesedbergh.com)

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## **DENTDALE, HEAD TO FOOT**

*Mike Steele*

“Why Not” Alpacas?

Our 4<sup>th</sup> January meeting started off the year with a most interesting and informative talk from Caroline Sandys-Clarke on her Why Not alpaca farm in Sedbergh. Having started in 2002 on their return from County Durham and wondering how to differentiate themselves from other farming businesses in the locality, they

originally had only four animals. To date they have had 200 alpacas born at the farm and now have around 80 in their herd.

Alpacas are originally from the High Andes, so are used to mountainous conditions and thrive in this area.

They are camelloids, so like camels they can spit if they are annoyed, but generally the majority are good natured and they are excellent guard animals for sheep and hens, particularly against foxes. They have also been found to be very empathetic to humans and have been used as therapy animals. Perhaps the thing that most people are aware about alpacas is that the wool from them is highly crimped and of the softest nature, being seen as a high-end product for garment production.

Why Not have their alpacas professionally sheared each year (each alpaca takes about ten minutes to shear) and their wool is then sent to a mini-mill in the Scottish Borders for spinning into yarn, primarily because weight volumes can be quite low and the larger processors are unable to handle small volumes.

There are 30 recognised natural colours from alpacas ranging from the palest beige up to dark browns and greys, so the majority of goods manufactured are in their natural colours, apart from socks and stockings which are a mixed yarn with nylon for added strength, so these are often dyed into brighter colours.

At present alpacas are not generally farmed for their meat, perhaps the “cuddly animal” view mitigates against this, but the meat apparently is very much like venison, so perhaps

longer term they may be farmed not only for their wool but also for their meat.

We heard of the many characters that have been bred at Why Not, the ones standing out being “Auntie Di”, who was the matriarch of the herd and died only fairly recently at the ripe old age of 26 and little “Octavius” who was only 18 months when he died but had won everyone’s heart. Most alpacas live to the mid-teens and although they can be bred from after 12 months, Why Not do not breed until they are two years old. Each year there is a new alphabetical letter for naming those born that year, apparently “X” was a difficult year and they had to get their thinking caps on!

Our next meeting is on Friday, 1<sup>st</sup> February where Richard Gledhill will be talking about “A father, a Spitfire Pilot and a lifelong hobby”, again starting at 2:00 p.m. in the Sedgwick Room in Dent Memorial Hall.

For further information, please contact:

Mike Steele on 015396-25054,  
or mobile: 07813-806209  
or by e-mail on

[mds@hallbankcott.co.uk](mailto:mds@hallbankcott.co.uk)

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Further details from Janice Rusling  
015396 20229

## **B4RN'S HYPERFAST BROADBAND FOR SEDBERGH TOWN.**

*Douglas Thomson*

The 1 gigabit non-profit community broadband service from Broadband for the Rural North (B4RN) has arrived at a cabinet in the south of Sedbergh School's estate. Very soon, if not already, Birks hamlet, Abbot Holme and Sedbergh Golf Club will be enjoying hyperfast broadband. This development has arrived in Sedbergh due to the work of B4RN's professional staff and local volunteers.

In Millthrop, Frostrow, Cautley and Dowbiggin most of the ducting has been laid and fibre is being 'blown'. Laying ducting in Marthwaite and Howgill has started, or will do very soon. Sedbergh Town will soon be surrounded except for the area directly to the north. Mind you nobody seems to live on the Howgills!

So what of Sedbergh Town itself? It's easier to install ducting through fields than it is under roads, pavements and through gardens, which is why the outlying communities are being connected first.

However, the rather sudden arrival of a new government-backed grant scheme (GBVS) has improved our opportunity to bring the service into the town itself. I am currently working with a group looking at how the service can be made available to those who live and work on the west side of Sedbergh. Much more hard work will be needed and there will be many problems to overcome but the result, if achieved, will be of major economic and social benefit to the



west side of the town.

If you live in other areas of the town and think you, or better still a group, could explore the possibility of installing B4RN in your area do contact me at [douglas@ddathomson.co.uk](mailto:douglas@ddathomson.co.uk).

Further details about B4RN's service for Sedbergh can be found at <https://b4rn.org.uk/>, <https://www.facebook.com/b4saproject/> and <http://www.b4sa.org.uk/>.

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## **A CHRISTMAS PRESENT FOR MARTHWAITE AND HOWGILL FROM B4RN**

*Martin Stockdale*

B4RN have successfully applied for funding for Marthwaite and Howgill from the Government's Gigabit Voucher Scheme (GBVS). This means that providing we meet the criteria for take up of the service, we don't need to worry about obtaining any further investment and we can start the rollout very soon!

The voucher scheme is focussed on Small and Medium Enterprises (SME) – businesses with between 1 and 249 employees – so it is important for us to identify all the



**Valerie Hinde**

**Chartered architect and designer**

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businesses within our area. These can be offices, farms, self-employed people working from home, sole traders – all will be eligible for the benefits which will be considerable.

Residential properties don't need to feel left out: as long as we get the majority of local businesses on board, there will be enough additional funding to cover all the houses as well. During February we will be gathering information on the 150 or so properties in the area – identifying businesses, confirming who wishes to take up the service and so on.

We're hoping to start the digging work in February - March, working north and south from Waterside viaduct. A small amount of

preparatory digging is already taking place.

In the meantime, there are two things that everybody can do to help this to be successful:

Work out whether you are an SME. For most businesses this is straightforward, but if you have any doubts the exact definitions are on the internet, or get in touch and we'll investigate. Some basic information to validate your business status will be needed later.

Get in touch! If you've not been receiving news emails from me, please get in touch and I'll add you to the list. [b4sa@gmx.co.uk](mailto:b4sa@gmx.co.uk)

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### **SEDBERGH CHRISTMAS LATE NIGHT OPENING 2018**

*Heather Thomas, Project Manager,  
project.manager@sedbergh.org.uk*

On behalf of Sedbergh & District Chamber of Trade and Business, we would like to thank everyone who came and supported our Late Night Opening event. Thankfully the rain just about held off this year! Father Christmas again delighted local children who visited him in his grotto. Thank you to all those who took part in the Flower Festival in St. Andrew's Church; it looked beautiful and festive, complemented too by accompanying organ music from Tony Reed-Screen and visits from Dentdale Choir and the Cumbria Gaita Band. Thank you also to the bell ringers for adding to the evening's celebrations.

On Main Street, people were wonderfully entertained by members of the Cumbria Gaita Band, Sedbergh

Town Band and Dentdale Choir.

It was lovely being able to use Sedbergh School Library and St. Andrew's Church for the craft markets. There was a warm and festive atmosphere in both. Thank you to all the stall holders who were part of the markets and to the shops and cafés who were also open during the evening.

This year, Sedbergh Late Night Opening was kindly sponsored by local businesses and individuals, including: McGarry & Co Solicitors, RS Morphet Ltd, Michael Mudd Ltd, Jackson & Graham, Gina Barney Associates Ltd., Garsdale Design, Capstick Insurance, No 6 Finkle Street, GJ Baines & Son Ltd., Sedbergh School, Sleepy Elephant, The Malabar, Low Branthwaites B&B, Three Hares, The Black Bull, Smatt's Duo, Al Forno, The Green Door, Ollie Collie and Sedbergh C.I.C. We would also like to thank Sedbergh Parish Council and the Sedbergh and District Community Trust Fund for their generous grants to support this event.

Finally, a big thank you to everyone who helped make the evening a great success – it would not happen without you! As always, if you'd like to help with the 2019 event, it's never too early to get in touch and let us know.

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### **THE FUTURE OF THE URC**

*Douglas Thomson*

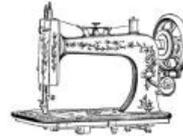
Plans to purchase the United Reform Church (URC) and convert it for community use are well advanced but, that said, the future of the building is far from determined. The

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final bids to purchase the Manse had to be by 18 January and if a successful sale is achieved the URC synod will proceed with the sale of the church.

A group is being formed to run the building if it is saved for community use. The Town Band is one of these but, for many reasons, definitely does not wish to be the sole owner or organiser.

It is possible that the building will initially be purchased in the same way as for 72 Main Street where the Information Centre now resides. 72 was bought by a group calling themselves the Sedbergh White Knights. They owned the building and allowed it to be used while a community group raised the purchase price to buy it from them.

Next month I hope to give you a much clearer picture of the future of the URC.

## **SEDBERGH; A BOOK CLUB FOR A BOOKTOWN?**

*James Palmer*

While chatting to a local crime author recently the conversation touched on the reading groups and book clubs.

There is a reading group organised by the Cumbria Council Library, but the time (2.45pm on a Monday) is unlikely to appeal to those in full time work. Is there any interest in a monthly evening book club for the winter months? If you would be interested in joining such a group please drop me a line or leave your contact details with the team at Lookaround.

[jhmacgpalmer@hotmail.com](mailto:jhmacgpalmer@hotmail.com)

Tel: Sedbergh 21615

## **SEDBERGH TOWN TWINNING AGM**

*Garth Steadman*

Sedbergh Town Twinning group will be holding their AGM on Tuesday 5<sup>th</sup> Feb at 5.00pm in the Rawthey Room above the Sedbergh Information Centre at 72 Main Street followed by a general meeting. All welcome.

## **SEDBERGH AND DISTRICT COMMUNITY TRUST GRANTS**

*Tony Reed-Screen*

At their meeting in November the Grants Committee made awards to the Sedbergh Allotments Association, Sedbergh Branch The Royal British Legion, Sedbergh Chamber of Trade and Business, St Andrew's Parish Church and Farfield Mill. The Grants Committee will meet in February to make the last awards in the current financial year. The closing date for applications is Friday 8 February.

## **CALENDAR COMPETITION 2020**

*Andi Chapple*

Once again the Information and Book Centre is planning its calendar for next year. The theme we want to use is 'Sedbergh in Action' – interpret that how you will!

If you fancy donating some images for it, that would be fantastic. We are hoping to have our stock of images by the end of February and to make our choice during March, so please get in touch soon; drop in, email [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk) or give us a ring on (015396) 20125.



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or find us on Facebook@[dentdalebookkeeping](https://www.facebook.com/dentdalebookkeeping)  
or on Twitter @DentdaleThe

## **NEIGHBOURHOOD ALERT**

*Marion Jeffery PCSO*

May I start by wishing you all a very happy New Year and hope you all had a lovely Christmas.

There have been a number of sightings and reports of males in a white flatbed lorry, looking around farm and out buildings for scrap metal. Please keep all machinery/equipment and out buildings locked and secure (if available)

Please report sightings to myself and the more information the better such as vehicle number plates.

However, do not put yourself in any danger whilst trying to obtain this.

[alert@neighbourhoodalert.co.uk](mailto:alert@neighbourhoodalert.co.uk)

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## **COLD CALLERS**

*Margaret Hodgson*

Cumbria Trading Standards have received reports of cold callers operating in the County, selling household items door to door.

Consumers should be extremely cautious when approached by cold callers offering to sell goods or services. They can often use persuasive or aggressive tactics to get you to purchase goods that you might not necessarily want or need.

Trading Standards advice is to always say NO to any cold callers, try to avoid answering the door and to look out for elderly or vulnerable friends, family and neighbours.

If you require further advice or wish to report any suspicious activity please contact Trading Standards via the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit [www.adviceguide.org.uk](http://www.adviceguide.org.uk).

Alternatively you can contact the

Police on 101.

Follow us on twitter at [www.twitter.com/cumbriats](http://www.twitter.com/cumbriats) or join us on Facebook at [www.facebook.com/cumbriats](http://www.facebook.com/cumbriats)

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## **COMMUNITY OFFICERS REPORT**

*Marion Jeffery PCSO 5383*

Crime figures for NOVEMBER.

01/11/2018, SEDBERGH, Criminal Damage to vehicle

06/11/2018, DENT, Dwelling Burglary

10/11/2018, MILLTHROP, non-dwelling burglary

11/11/2018, COWGILL, Assault

22/11/2018, People's Hall

SEDBERGH, non-dwelling burglary

24/11/2018, KILLINGTON, non-dwelling burglary

24/11/2018, KILLINGTON, non-dwelling burglary

24/11/2018, KILLINGTON, non-dwelling burglary

24/11/2018, KILLINGTON, non-dwelling burglary

26/11/2018, SEDBERGH, Theft of lead

Hopefully, all you readers were on Santa's 'good list' this year and brought you lots of nice presents.

However, please exercise caution when disposing of boxes and packaging. If you leave a 55" plasma TV and x-box cardboard box outside, it's not hard to guess what's in your house that is worth some money.

May I take this opportunity to wish you all a very happy New Year and hope the festive period was enjoyable. As ever, please contact me using the below details should you have any queries/issues. Many thanks, Maz

## SEDBERGH WI REPORT FOR FEBRUARY 2019 LOOKAROUND

*Moira Folks*

2018 finished on a festive note. Our Christmas Dinner was held on December 12<sup>th</sup> at the Pheasant Inn at Casterton where we had the restaurant to ourselves and a beautifully decorated table to greet us. A little extra decoration was provided by Sue Kernahan: a dainty bag of colourful sweets at each place setting to celebrate the 70<sup>th</sup> birthday of our WI, founded on December 28<sup>th</sup>, 1948! The usual groans or chuckles accompanied the reading of the cracker jokes before we tucked in to an excellent meal. Sandra Gold-Wood had prepared a light-hearted quiz to exercise our mental faculties to round off a very enjoyable evening.

Anne Pitt's house was filled with the aroma of mulled wine when book club members arrived the next day. The book we'd just read was 'The Sea Change' by Joanna Rossiter. Based on a true situation, the enforced evacuation of the Wiltshire village of Imber on Salisbury Plain during WW2 to allow it to be used by the American military to practise invasion techniques in preparation for D-Day, the story follows the fortunes of 3 generations of a family and their lives and loves. There was a wide disparity of marks given for the book, ranging from two to eight! The average was about 6.5. The main criticism was the lack of indication as to where and when each chapter was taking place, leading to unnecessary confusion. Many thanks to Anne for providing our traditional mulled wine (alcoholic and non-alcoholic!) accompanied by

## CLINICAL MASSAGE AT SEDBERGH MEDICAL CENTRE ON MONDAYS

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Practise in Sedbergh, Kendal and Kirkby Lonsdale



*Now also on Wednesdays!*

Stollen and Christmas tree biscuits to round off our Christmas festivities.

'A bit of Scottish Dance' began our 2019 programme. Janet Dodds was charged with starting our post-Christmas exercise regime on January 9<sup>th</sup> by introducing us to the mysteries of Scottish dancing and the vocabulary that went with it: mysteries they certainly were, especially to those of us with two left feet! It was a fun evening with lots of laughter and we were certainly ready for tea and cake afterwards! Thank you, Janet.

'Juliet, Naked' by Nick Hornby? I was taken aback when I opened the box of books sent by Carlisle Library for the book club to read in December. I certainly didn't choose such a risqué title! The only similarity between that book and the title on my list was the surname of both writers: Hornby! However, judging by the reaction of all but one member of the

group, it proved to be a fortuitous mistake (if that's what it indeed was) because it proved to be one of our highest-scoring titles ever, at just under eight. Despite the title, it had nothing to do with naturism but lots to do with human nature, which Nick Hornby is very good at depicting, analysing modern-day relationships and situations with perspicacity and humour. There were lots of laugh-out-loud moments and many poignant ones too. Some members went away determined to seek out more of Nick Hornby's books, though perhaps not those dealing with football! A big thank-you to Sandra Kemp for hosting the meeting and providing us with tea and luscious cake!

We look forward to welcoming local broadcaster Martin Lewes to our next WI meeting on February 13th for his presentation entitled '30 Years behind the Mic', postponed from last summer. We'll be meeting as usual in the committee room at the People's Hall at 7.30pm when visitors and new members can be sure of a warm welcome.

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## **KILLINGTON W I** **The afternoon W I for the Entire District**

*Wendy F-U. and Valerie Cann.*

Now – how can that possibly work? (Setting one's timepiece five minutes ahead in order not to be late?). You really would have to be five pence short of a shilling to fall for that. This deep thought occurs to me as I sit *trying* to write this report, which I have done several times over the last few days. The problem is that I have time in hand. Today is January 12<sup>th</sup> and the deadline is not until January 15<sup>th</sup>, but I want to make a good impression on the new production team. I feel like a child moving up to a new school and wondering what the teachers will be like. Nevertheless, everybody at Killington WI wishes them well and thanks them warmly for securing the future of LOOKAROUND.

2019 seems to be taking on the same bad habit as 2018 – namely, racing away. By the time you are reading this the year will be 1/12<sup>th</sup> over. The speaker at our first meeting this year was Lucy Sandys-Clarke who told us about her life as a blacksmith at the smithy in Dent. After obtaining a degree in English Literature (an essential for every blacksmith!?) Lucy chose to go on a course at Hereford College of Arts to learn the basics of working artistically with iron. Thereafter she persuaded the blacksmith in Dent to let her help him continue to advance her skills. Nowadays she is totally her own boss, working on commissions many for high-end customers. If you want it, she will make it. If you have an old house and want some door catches

or candle sconces, Lucy will be only too pleased to make them for you.

She had brought along an assembly of tools and pieces of metal and told us about different techniques used to manipulate the pig iron. She had a piece of iron about six inches long and showed us what she had made from other identical pieces, just by heating, then beating and twisting the metal whilst it was still pliable. She had photos of finished pieces and photographs of commissions which varied from tracery ironwork windows for Hever Castle (Anne Boleyn's childhood home), to a fashion item to be worn by a model on the catwalk in London Fashion Week. This was an iron cape with a twisted metal decoration on it, rather like a knitted

cape embroidered with flowers and foliage. She showed us a cardboard mock up from which she worked. We all agreed that it must have been very uncomfortable to wear, but then again as my mother used to say, "Pride's painful". It was a wonderful presentation and yet more evidence of the wealth of talent in our area. Thank you, Lucy,

Luscious refreshments followed before we moved onto the usual business of our meeting. Birthday girls this month are Barbara s Hollett and Maunder, and Lorraine Millington. I swear you all look younger every year!

Susan then asked us for our assessment of our Christmas Lunch, now in the distant past on December



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11<sup>th</sup>, at Sedbergh Golf Club. Full marks were awarded all round and our thanks go to all who helped make it a jolly start to our festive season. With a strong feeling of, "If it ain't broke, don't fix it", we may return next, (NO - "this"), year. Our congratulations to Lorraine for retaining the silver salver as our annual competition winner. Sorry! Silver-polish not included. Susan welcomed Nancy Smith of Stangerthwaite, (that sounds grand!) as a member, especially welcome as someone who actually lives in the parish of Killington, although she looks pretty much like the rest of us.

Then, RESOLUTIONS. Those of you who pay close attention will recall that each year we are presented with a number of topics from which to choose a subject to be adopted at the WI National AGM. Marion Wood took the floor and with the aid of a flip chart on which she had written some pertinent notes about each possible resolution, talked us through them. She distributed voting slips, upon which we had to mark the one topic we wished to go forward. Resolution 2 - "Trees – improving the Natural Land scape", was our preferred choice and our decision will be conveyed to the Federation. Susan thanked Marion for what she had done to make this easier. Perhaps our selection had been influenced by Marion's talk on her tree-planting exploits in Scotland! I call that "just reward for effort".

Susan had received a communication from the Town Band who would like to raise money to purchase the old URC building and

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turn it into a practice room, storage for their instruments etc and let the Wednesday Morning Coffee Morning continue. The Band hope to involve "White Knights" similar to those who contributed to the purchase of 72 Main Street. The members were in favour of helping out, in whatever way we can.

**SEDBERGH SPRING SHOW:** Marion told us that the entry forms and details will be available soon from the shops. Please, lots of entries, so that we can retain the WI Cup. The Show will be opened by Matthew Towe, Headmaster of the Sedbergh Primary School. Sedbergh WI s will be contacted and asked for their help with the stewarding and provision of refreshments.

Today's competition, "Something made of metal", was won by Joan Perkins with her Candle Sconce and Mirror. The raffle prize was won by Peggy Robinson. Six chocolate

oranges were won by other members. Is there no limit to our bounty?

Next month's meeting will be at 2-00pm on Tuesday 12<sup>th</sup> February, in the People's Hall. Our speaker will be Chris Bibby of Bibby's Coaches of Ingleton. He will regale us with joyful and amusing tales of past trips, tell us of the history of the business, and maybe inspire us with ideas of holidays or outings to come.

Everybody will be welcome to join us at this meeting. Gender Equality Rules! OK! Entry is free and you invited to join us for a WI. tea. Moreover, we will have the speaker at the start of the meeting, then tea. If you wish to stay for our business meeting, then that would be fine too. See you then!



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**HOWGILL AND FIRBANK W I**

*Audrey Hoggarth*

We have been out and about and active over recent months having been favoured with good weather on our monthly walk

November turned out to be busy, our fund raising domino drive was successful - thanks to everyone who supported us and we entered two teams in the pub quiz - another fun evening. Federation chairman Ruth Rigg's final duty was to chair the A.G.M. at the Town Hall, this was an emotional occasion, at which she was presented with a cheque, a parting gift from W I members. Two members enjoyed "colours" fashion show.. Five members travelled by coach to the Lowry theatre to see the musical calendar Girls.

At our November meeting speaker Gordon Flecher took us on a Morecambe Bay Safari, combined with some stunning underwater photography, we were given an insight into marine life in the bay. The competition, something from the sea was won by Anne Kendal with Sheelagh Dennis second.

Christmas celebrations were held at the Cross Keys. We enjoyed a lovely festive meal followed by several games of dominos with a secret Santa. The competition for a homemade gift card was won by Liz Moore with Anne Kendal second.

At the January meeting Sarah welcomed members, wishing everyone a happy new year. Lyn Marsden is moving house Lyn was treasurer and has been an asset to the WI. We send our best wishes to Tony and Lyn on their move to

Appleby. Sarah introduced our speaker Yvonne Cervetti who we all know as our local therapist starting out as an Aromatherapist in 2003. She now specialises in clinical massages - safe and effective hands on techniques to eliminate pain, improving blood circulation and correct muscle balance. We were given some fascia release exercises to try. Vera Hodgson thanked Yvonne for teaching us so much and introducing us to "FASCIA movement", which was new to most of us. The competition of a winter scene was won by Sarah with Audrey second.

We meet again on Feb.7th at Firbank, Diana Mathews will be telling us about Windermere's Lakeside villas. Visitors and new members will be most welcome.

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### **DENTDALE W.I. LOOKAROUND REPORT JANUARY 2019**

*Gill Newport  
Thelma Belfield*

With various 'bugs' doing the rounds in the Dale we were pleased that nineteen of our members managed to come to our January meeting. We were all eager to watch our very own Rita Corpe use her special magic to produce scrumptious puddings. Sue our President gave a warm welcome and wished everyone a Happy New Year and we welcomed our new secretary, Rita Smith, who is taking over the role from Thelma Belfield who was sadly one of those struck down by viruses so unable to be at the meeting.

Rita coped admirably organising the paperwork and reading out the minutes in style.

The main business of the meeting was to consider the Resolutions for 2019.

There were six issues to consider. Three of these were connected with women's health; 'Pelvic Floor Education' and 'Don't Fear the Smear'. Two environmental issues; Improving 'Biosecurity in the UK' and 'Trees – Improving the Natural Landscape'. The final one 'A Call against the Decline In Local Bus Services'. The latter of course created much discussion and it was this Resolution that when the votes were counted won the greatest support. The results will be forwarded to both local and National Federations and we will look forward to hearing which issue is to be taken up for consideration at the national AGM.

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We discussed our plans for the New Year, including future Dining Club outings and changes to the format of the Craft Group. Treasurer Kate Cairns reported that subscriptions are coming in well, with twenty seven members for 2019.

Then it was time for our very own Rita Corpe, who gave us one of her splendid cookery demonstrations. The delights on offer included a superb Bread Pudding made with cream, a sublime Sticky Toffee Pudding and a supreme Syrup Sponge. We sampled all and every one and we waddled out of the hall at the end of the evening full and very, very contented. Jackie Fisher thanked Rita on our behalf.

The evening ended with laughter at the results of our competition for My Worst Cooking Disaster. The winner Rita Smith told her story of being newly married and excited by her brand-new Tupperware, and putting it in the oven...! Sue was second having the experience of her oven failing to heat up despite her turning up the temperature to maximum only to discover much later that the regulator had failed and finally Chris Taylor told us of her inviting friends for lunch putting a chicken in the oven to pre cook whilst taking a long walk with her friends only to return home to find the oven had failed to start and the chicken was still raw; we have all known days like that.

Our next meeting is on Wednesday 13<sup>th</sup> February at 7.15 in Dent Memorial Hall, and as always we would be delighted to welcome anyone who would like to join us.



## **NEWS FROM THE PEWS**

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

Following the closure of Chameleons earlier in 2018 we realized without any youngsters our traditional Christmas Eve Nativity Play was not going to happen. To the rescue came Stuart Manger, who put the finishing touches to a script he "had done earlier". With the help of Sally Ingham and the pupils from Settlebeck School our sad faces became big smiles when we could definitely send out the message that there would be a Nativity Play at St Andrew's on Christmas Eve after all.

The boys and girls acted out the modern interpretation of the centuries old story in great style. Playing to a full church they gave us our very own "Miracle of Christmas" and so began the celebrations. From everyone who attended on Christmas Eve may I send a hearty and appreciative "thank you" to all who were involved.

We never cease to be amazed at the visitors who are drawn to Sedbergh. Many join our Sunday services throughout the year but at Christmas and Easter particularly many families attend, long may it be so.

Christmas as we know is not always about celebrating happiness, sad things happen too. On the last Sunday in December immediately after the 10.30am service at St

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Andrew's a number of people gathered in the United Reformed Church on Main Street where President of the United Reformed Church in Cumbria Sarah Moore, led a moving service marking the end of 180yrs of worship in a church much loved and valued by the community.

The eagle eyed amongst you may have noticed a rather fine oak cabinet with a glass top sitting at the West End of church. The cabinet has been made by local craftsman Graeme Robinson to house the Woodhouse Ringing Machine. Made by "Bobby" Woodhouse a master at Sedbergh School it has been in the custody of the Lancashire Association of Bell ringers for many years. Some repairs to the machine are needed before the Trustees deliver it to its original home and it takes its place in St Andrew's.

Watch this space!

PS Until further notice the Wednesday Coffee Mornings will be held in St Andrew's church room.

**DENTDALE CHRISTIAN  
FELLOWSHIP**

*Sarah Woof*

In December we met for Sunday lunch, had a good chat over the meal and then the youngsters went out to play in the garden.

People are already "booking in" for the Festival in August and we sense very much a "family" theme to the programme. On the Mon eve, Aug 5th we will be very delighted to welcome Andrew and Tina Woof to speak and sing at the closing meeting of the Festival.

Meanwhile we are here to help, to support in any way we can and to pray.

The monthly testimony evenings continue on the 4th Sunday of each month beginning with a buffet supper from 6.45pm.

We will be celebrating the Jewish festivals and other notable events through the year and everything is open to all. No charge. For more information, please contact us on 015396 25212 or write to "Rhumes" Laning, Dent, LA10 5QJ.

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**THE MEDITATION CENTRE, DENT**

*Sue Stark*

There is something for everyone on the calendar this year at The Meditation Centre in Dent. Whether you enjoy stillness, space, song or sound; movement, music or mysticism - join us in 2019 to enjoy a whole host of new courses and classes which will help you relax, de-stress and enjoy life at a deeper level. As well as our weekly yoga timetable at the Centre, regular Learn to Meditate courses and monthly drop-in

Space for Stillness sessions; we are introducing special weekends to help celebrate the Solstice and Equinox dates. Called Living in Harmony weekends, these events include a day for a personal silent retreat; a morning of celebrating the season; a seasonal sound bath with gongs, drums and singing bowls plus a day of QiGong. Each of the sessions are themed around the season and can be booked individually or run together to create your own personal retreat.

Also new this year are several chances to enjoy Sacred Song and Chant with our amazing new Centre Teacher, Kath Reade. Kath is a qualified sound healer as well as being a songwriter and singer. She already leads regular gong baths at

the Centre as well as in Hebden Bridge but is looking forward to creating harmonious energy at the Centre with singing and chanting time -honoured mantras and sacred songs. No previous experience of either is necessary to attend.

If you prefer movement with your meditation - and some mysticism - then an exciting new workshop in the Summer will bring together all three as the Centre's Director, Annette Ainsworth Brooke joins forces with yoga teacher Maureen Wray to present a day course on Full Moon Meditation, Yoga and Vedic Astrology. Expect a unique nurturing and nourishing day of self-care alongside the sharing of ancient teachings which will include meditation, yoga,

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Vedic astrology and sound healing. Each participant will also be offered – and enabled to work with – a personal Vedic astrology chart.

Ancient teachings will also be shared during one of our Special Events this year when we welcome back Centre Teacher and spiritual harp player Julie Darling for a day of learning about Celtic Spirituality. This is a retreat day to deepen your spiritual journey through meditating with live sacred Celtic harp music, reflecting on how connection with nature can enrich our spiritual lives, and learning about the wisdom of the Celtic world. And we are also welcoming back Centre teacher Andy Weller who will be using his mountain leadership skills to take us on an Elemental Walk in May and to explore a Labyrinth in October. More details on both these events will be shared on our website shortly.

And still there is more..."Cheng Hsin" (True Being) Facilitator Kevin McGee will be offering Contemplation and Communication evenings throughout the year working on the question of 'Who Am I?'. We have an Introduction to Therapeutic Touch two

-day workshop where facilitator Karen Eastham will be offering tuition on a bio energetic healing process which provides a contemporary interpretation of some ancient healing practices. Herbalist and yoga teacher Bel Charlesworth will be offering workshops combining her knowledge of herbs with meditation and yoga. Artist Jonathan Middlemiss will be facilitating The Transformation Game at the Centre. The Game is a fun and complex board game which offers a playful yet substantial way of understanding and transforming key issues in your life. The Game originated and is usually only played at the Findhorn Foundation in Scotland but Jonathan is a trained facilitator and we are delighted that he is able to now offer this exciting tool at the Centre.

As well as our regular yoga classes run by Centre Teacher Elly Archer, we are also introducing a new Community Session on a Thursday morning for locals wanting to enjoy yoga and yoga therapy run by local teacher Laura Fletcher. We will be welcoming the return of our lovely Centre teacher Lisa Milnor from

Hellifield who will be running four one-day courses combining Mindfulness with Yoga and Meditation.

Finally, we will continue into our fourth year of training new meditation teachers who are now taking the teachings from our beautiful Centre into their own communities around the country. There's a lot happening at The Meditation Centre this year and, as we prepare to celebrate our 21st Birthday and Coming of Age in the Summer, we really would love you to join us in quietly celebrating the power and beauty of stillness, space and silence; movement, music, mysticism and meditation in an age of stress, speed and burn-out. Details of all our courses, the price, dates and how to book, are detailed on our website: <http://www.meditationcentre.co.uk>. You can also join us on Facebook and Instagram. Please do take a look and we look forward to meeting you here soon....Namaste

*See the Meditation Centre schedule of events on Page 27.*

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## A YEAR IN FITNESS

*Stuart Wetherell*

Did you set yourself a New Year's resolution to improve your fitness or lose weight? You're not the only one and you certainly won't be alone if you have already given up – until next Year! SO ... you have resolved to change something. Think about the 'why' and the 'where you want to be'. You need an achievable and realistic objective (THE AIM); a strategy to reach that objective in do-able steps (THE PLAN) and, only then, think

about the tactics or actions you are going to take to achieve the change that you want. AND... why do so many people fail? Firstly, is the aim realistic? As we move from Christmas into the New Year, the media goes into overdrive about how to lose weight and get fitter. The quick fix and magic bullet – these are what the media gives us through TV programmes, weekend newspaper supplements or the daily onslaught of social media feeds and targeted advertising. An overload of information – often contradictory and certainly not tailored to you. If you didn't put the weight on in four weeks, you are not going to lose it in four weeks – in a way which is sustainable. Weight loss is often represented as a battle between you and diet and exercise –with an unwritten "this is your own fault". The result? Adopting unsustainable strategies that are set up to fail due to cost, time, other commitments and impact on relationships. Secondly, all too often we begin with the tactics and hope they will drive the change we seek: A particular diet, a new fitness class, an aim to do 10000 steps per day etc. STOP! STOP!

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**STOP!**

Being at your ideal healthy weight should be seen as a by-product of a healthy life style which includes what you eat and what activities you undertake but to adopt a healthy life style you need to be in the right mental space and enjoying life.

From fat to fitness. A few months back, someone in the gym asked, "Stuart, what do you mean when you use the word fit?" I think of 'fit' as being 'fit for purpose'. More importantly, I would say - don't think "fit" think "active"; don't think "exercise" think "activity". So, keep active for a purpose!

The next step is to define the purpose. If you're an Olympic athlete or an acrobatic entertainer, your job

may involve doing double back flips and so you need to be fit enough to do double back flips. You need to train, to build up the muscular strength and endurance so that you can repeat the action time and time again, without injury and with ever greater finesse. But most of us are not Olympic athletes. Our objectives may be more down to earth. To get up stairs without our knees or hips causing pain, to get out of the arm chair without having to take three attempts or maybe to run a 5k, 10k, half marathon or more – perhaps in support of a charity we hold dear. It may be that you have taken up a new sport or hobby and found that it has shown up a weakness you were not aware of previously or taken up an

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old hobby and discovered we are not who we once were. Whatever your fitness goal is, you need to be clear about it and to keep it front of mind when the change feels tough – and change always feels tough! Remember why you started out on this journey.

You also need support from family and friends. You need their support for the occasional wobble and you need support from yourself! Keeping a diary can help you appreciate the changes you have made - which we do not easily see in ourselves and are not always apparent from one day to the next. Remember where you are coming from. For activity to make change happen you need to challenge your body – but stretch it don't snap it! If you need to, work on basic mobility before you try and progress to greater things. Without mobility you can't move forward safely. Listen to your body and be sure to recover. Whatever activity you decide you want to do, do something you enjoy. Something that in the short, medium or long term makes you happy. Add variety to your activity – do other associated activities which support your main goal. Keep it interesting. Find other people who have similar goals – there is strength in numbers and their achievements may motivate you or even inspire you on; who knows you may end up being their inspiration.

The benefits of being active is summed up well in Public Health England's campaign 'Everybody active, every day'. "If being active was a pill we would be rushing to prescribe it. Physical activity is

essential for health and reduces the risk of many preventable diseases and conditions from cancer to depression."

Next month I'll cover the variables of activity and exercise. But feel free to contact me before then if you have any questions. I am a Sedbergh based freelance personal trainer and fitness Instructor and Gym Manager at the People's Gym & Fitness Centre in Sedbergh.

*See Stuarts advert on page 34.*

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### **EXPERIENCE THE QUIET, HEALING POWER OF THERAPEUTIC YOGA WITH LAURA**

*Laura Clarey*

Each of us is on our own unique journey through life. Often we lose our way and perhaps we find ourselves on a path distorted by ill-health and pain which drains our energy and saps our joy. I have spent almost all of my life exploring the healing riches that Yoga has to offer and I would like to share with you the essence of what I have learned.

Yoga is very much more than the collection of physical contortions as it is commonly presented. It is a wealth of spiritual treasure which promises and, in my experience, delivers a restoration of harmony, peace of mind and joy. Simple, gentle physical movement, natural breathing and sound vibration create an interior healing space in which long held patterns of physical, mental and emotional pain are transmuted.

It is within this healing space that we rediscover our connection to the Sacred, the true 're-union' and

remembrance which is implicit in the word 'yoga'.

Anxiety, self-criticism, destructive habits and addictions are distortions of the truth of our being. They are a sign that we have lost our way, symptoms of a dislocation from our unique soul purpose and from the 'still small voice' whispering our hearts' desires.

If this resonates with you, if it feels as though it 'rings true' at some level, then do please join me on Thursday mornings at 11.30 in the beautiful dedicated healing space of the Meditation Centre in Dent. We will gently and steadily re-align with health and wholeness together.

Laura Fletcher is a registered Yoga Therapist with over thirty years of yoga teaching experience. She will be offering both private sessions and small specialist classes in the beautiful warm setting of the Meditation Centre in Dent starting on Thursday mornings in February.

To book or to find out more please call 015396 25061 or email [lauraclareyoga@gmail.com](mailto:lauraclareyoga@gmail.com)

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### **SEDBERGH MICRO ADVENTURES**

*Heather Thomas, Visit Sedbergh*

We asked some local people what their favourite micro adventures are. You'll soon see that you don't need to go far to do amazing things when you visit Sedbergh.

Winter Swimming: "I was lucky enough to have been sold the idea of winter swimming by a very convincing friend. Here in Sedbergh you can take your pick of spectacular spots to go for a dip all year round, and I

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absolutely love that! There is something magical about immersing your body in cold water, it's both calming and invigorating, and with temperatures of around 5°C there's no hanging about so it doesn't take much time out of my day. Cold water swimming is getting a lot of press these days and rightly so, the health benefits are well known and it costs nothing (although I'm glad I invested in some thermal gloves and swim socks). A small group of us meet twice a week at various places we've pinpointed as being safe and easily accessible and I'm utterly hooked. I wouldn't advise doing this alone, so grab a like-minded soul, a flask of tea and a towel and you won't look back!"

*Fiona Lappin, The Malabar.*

Stargazing: "Go for a walk in the dark...It's maybe a bit cold for camping - and I find camping a bit dull when it's dark for 14 hours at a stretch. Just stopping your car somewhere in the dark, getting out and walking along a dark lane is enough for most of us who are used to street lights. Take a head torch but try not to switch it on. Even on a moonless night there is almost

always enough light in the sky to keep you on tarmac and out of the ditch. Once this is beginning to feel comfortable, move on to footpaths (maybe stay away from drops to begin with unless you know the path well) and woods. Taste the uncertainty of walking past a snoozing herd of ... something ...”  
*Andi Chapple, Sedbergh Tourist Information Centre.*

“Open the door, go outside and just look at the stars”. *Laura Rosenzweig Laura’s Loom.*

And a whole heap of other ideas...

“Living in Cumbria there are so many opportunities for micro adventures, but my favourite ones involve the outdoors in the locations of the two National Parks we are between - the Yorkshire Dales and the Lake District. We have gone camping for the night, been swimming in hill top tarns, hiked up the side of Cautley Spout Waterfall, made and ate S’Mores over a fire pit below the star filled skies of the night, trekked across snowy tops of the Howgill Fells and even just walked across the public footpaths of the country fields with the dog in the long summer evening light for a pint in the pub. There are possibilities everywhere and you just have to open your eyes to them because they are worth every moment. Nobody ever really says, “Oh I wish I’d had less fun this year!”

*Joanne & Damian Withers. St Marks Stays & Joanne Withers Photography♣*

## THE ART OF EFFORTLESS POWER

*June Parker*

Our beginners ‘class in Cheng Hsin, the Art of Effortless Power started before Christmas on an experimental basis. We now have a small core of interested people and will be re-starting the class on 4<sup>th</sup> of February, continuing until Easter. We shall be meeting each Monday evening at 6.30 in St Andrew’s Parish Room and you are invited to join us. The cost will be £6 per class or £50 for 10 classes.

The Art of Effortless Power is based on principles such as relaxation and grounding and it is these principles which will be the focus of our work. The founder, Peter Ralston, used

### Calling all PHOTOGRAPHERS!

Please consider donating images for the Information & Book Centre’s 2020 calendar.

We’re going to have the theme ‘**Sedbergh in Action**’

Images will need to be landscape format and around 12 x 9 inches at 300 pixels per inch (to be reproduced at A4). Email images, Flickr links etc. to [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

More info: 015396 20504



these principles to win the World Championship full-contact martial arts tournament in China in 1978. While such a feat is probably outside the possibilities of most of us, we can all benefit from being more relaxed and better aligned.

In January we hosted a two-day workshop taught by Ralston's assistant, Brendan Lea, in Barbon. He is one of three teachers who come regularly to give workshops here. So if you are interested, you have the opportunity to learn from high level teachers. I greatly enjoyed myself at Brendan's workshop and as a result of it I experienced something about relaxation I had not been conscious of before. Great result: have fun and become conscious of something new. This is the basis of how we shall be running the classes (I shall share my insight about relaxation at the first class). If you are free on a Monday evening, do come on 4<sup>th</sup> February. At the very least you will have an entertaining and eye-opening hour and a half. 0153986 20972

[juneparker1001@gmail.com](mailto:juneparker1001@gmail.com)

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## CLIMATE CHANGE

*Nick Chetwood*

**Are you worried about climate change and other related environmental issues?** Readers of Lookaround might be interested to know that there is in Sedbergh a small, friendly and informal group of residents from the area who meet on the first Tuesday of the month to chat about (and take action on) a variety of local environmental concerns. Anyone can take part in these

meetings and indeed all are welcome.

So; come along to get ideas, give ideas or even to just chat about a green issue.

We currently meet at the Red Lion pub, 3 Finkle St, Sedbergh, LA10 5BZ at 7pm on the 1st Tuesday of every month. Local contact via Tourist Information Office, Sedbergh.

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## SEDBERGH COMMUNITY SWIFTS

*Tanya Hoare*

While we shiver in the damp and often cloudy winter, let's think of our swifts now enjoying warm weather, feasting on insects as they fly around, never landing, with no young to care for, in the skies above central Africa.

Why is it that swifts breed differently from similar but unrelated birds like swallows and martins? All depend on flying insects for their food and all migrate to Africa. Why is it that swifts leave us at the height of summer having raised just one brood, whereas swallows and martins stay much longer, having several and much larger broods? It is said that swifts leave when the day length drops below 17 hours, thus explaining the paradox of why swifts breeding in Scandinavia leave later than ours. But why? The answer must lie in some quirk of their evolutionary history.

'Our' swift, the Common Swift, has an enormous summer breeding range extending from Ireland in the west, through Europe and Scandinavia, the Middle and Far East, over as far as China in the east. All Common Swifts, wherever they breed, migrate to various parts of Africa to spend the winter.

'Our' swift has its main wintering grounds over the tropical forests of the Congo Basin, but by now (February) they will most likely have moved south and eastwards. Information gathered from geolocators has shown some other European common swifts spending some of the winter in South Africa, Mozambique, Malawi, Tanzania and Zimbabwe. Common Swifts will mingle with many other species of swift while in Africa. Altogether there are 96 species of swift world-wide and of these, 22 swift species are found in Africa. But only four of these African swifts migrate to Europe to breed in our summer (Pallid, Alpine, White-rumped and Common), the rest breeding and remaining year-round in Africa. Our swift is a member of the *Apus* genus, of which there are 12 members in Africa and all *Apus* swifts spend our winter in Africa.

Our knowledge of the distribution of many of the African swifts is unclear, as there are less bird watchers in Africa and some swift habitats are sparsely populated. Some of the 'rarer' swifts have patchy distributions, often very localised. However, our Common Swift is likely to meet up with swifts such as the Little Swift and Palm Swift, others such as the Horus, Bate's and African Swift, and various Spinetailed Swifts.

So swifts, enjoy your carefree break. Keep yourselves fit and well. We can't wait for your return.

**To contact Sedbergh Community Swifts for any help or advice:**

**[ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring  
01539 824043**

**Tanya & Edmund Hoare**

## FEBRUARY GARDENING '19

*Elaine Horne*

The mild spells in December and January have encouraged some of my garden plants to venture out into flower a little early and consequently, I have several *Pulmonaria* plants already showing a few blooms. I find Pulmonarias to be hardy, reliable and generally trouble free. They like plenty of water and don't appreciate too much strong sunshine so are one of the types of plants which actually do better in our wet, cool, corner of the country than they do in the sunny south. In dry summers or hot sunshine they may suffer from Powdery Mildew but this usually overtakes the leaves after flowering has finished and at that point a close cut of all the leaves and spent flower stems will induce a new crop of fresh, disease free foliage to regrow and plants will soon be looking as good as new.

Pulmonarias take their botanical name from the Latin word for lungs. Herbalists and physicians assumed that a plant having a resemblance to a particular part of the body would yield a herbal cure for a disease affecting that organ. The white,

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mottled foliage of *Pulmonaria* was deemed to resemble the white, mottled surface of the lung and various herbal remedies were concocted from parts of the plant in order to treat lung diseases.

Common names for *Pulmonaria* include 'Lungwort', 'Virgin Mary Primrose', 'Adam and Eve' and 'Soldiers and Sailors'. The latter two refer to the two flower colours – blue and pink – which are born at the same time on the same plant.

The earliest species in to flower in my garden is always the coral red flowered *Pulmonaria rubra*. This has un-mottled, mid green leaves and is usually strong growing and quick to increase and form a clump of low growing foliage and flowers. Four cultivars which flower slightly later, and make smaller clumps are P. 'Sissinghurst White' P. 'Abbeydore' (pale pink flowers), P. 'Opal' (pale blue and pale pink flowers) and P. 'Mrs Moon' (mid blue and pink flowers over well spotted foliage.) Best for rich blue flowers are the cultivars of *P. angustifolia* (narrow leaved lungwort). I grow 'Blue Ensign' and 'Azura' which look splendid when grown amongst pale yellow Primroses and purple leaved, creeping Ajuga reptans.

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**ROYAL BRITISH LEGION  
SEDBERGH & DISTRICT BRANCH  
– NEWS UPDATE FOR 2018**

*David Parratt Secretary*

Various welfare related cases have been supported by the branch in liaison with the Legion authorities. Sadly, some members have passed away during the year. Geoffrey

Hague, a long term member and past treasurer died in March. John Douglass also a long term member died in November after a short illness. John had until recently been the Chairman and Standard Bearer for the branch for 11 years. He had spent many hours updating procedures and his enthusiasm for the Legion was unbounded. We owe him a great debt of gratitude. The branch continues to offer support to his wife Barbara who is in Heron Hill Care Home.

John Estensen stood down as a Committee member after many years holding a number of key positions as Chairman, Standard Bearer and Welfare Officer. Keith Birbeck, retired naval officer, joined the Committee this year and Chris Chambers became a Legion member. The branch strength at present is 134, of which 81 are full members and 53 are affiliated members from Sedbergh School.

A very successful Legion Annual Dinner was held on 11<sup>th</sup> May at Sedbergh Golf Club, a new venue for this event. 34 attended. As well as the Annual Dinner, other fund raising events have been run by the branch. Two successful coffee mornings were held on 11<sup>th</sup> July and 7<sup>th</sup> November, raising a total of £536. John & Rose Pease represented the branch at the Westmorland County Show at Crooklands on 13<sup>th</sup> September, sharing a stand with Kendal branch. This proved to be a worthwhile event which also keeps the branch in the public eye. A Passchendaele walking stick made by John Jones was raffled as a collector's item. On 17<sup>th</sup> October, a very interesting and informative talk

was given by Myles Ripley on his experiences during an Antarctic expedition on the sailing barque 'Europa'. The talk was well attended and donations were made to the Poppy Appeal.

GP90 - Great Pilgrimage. The Legion planned the biggest Membership event to date in August 2018 and two members from each branch in the country were invited to attend in an act of Remembrance as Standard Bearer and Wreath Layer. Over 1200 branches took part. Keith Wood and Sandra Gold-Wood represented Sedbergh & District Branch. GP90 was a modern day re-creation of the original tour to Menin Gate in Belgium in 1928, commemorating the 90<sup>th</sup> anniversary of the Legion's own Great Pilgrimage to the battlefields of North West Europe by World War One veterans and widows.

The Sedbergh branch wishes once again to thank everyone that has been involved in helping with the Poppy Appeal collection and the generous public for their continued support for this worthy cause. The final count for last year was £10,502 and to date for this year, the total so

far is over £10,700 and likely to exceed £11,000 in due course. This is an outstanding amount and an impressive achievement for a small community. More innovative ways of fund raising and a much wider selection of remembrance mementos are all helping to increase income.

A Remembrance Service was held in St Andrews Church on Sunday 11<sup>th</sup> November which was very well attended. This was also Armistice Day and marked the centenary of the end of the First World War. An act of Remembrance, two-minute silence and a wreath laying ceremony was carried out at the town's war memorial following on from the service. The Remembrance Concert held in the evening in St Andrews church was of a high standard as usual. The Sedbergh & District History Society mounted a very good exhibition in the church with heritage interpretation panels. In addition, a 'Streams of Remembrance' community event was launched as a part of the Legion's national 'Thank You' campaign to commemorate the centenary. This was an initiative led by Barbara Hartley to form a backdrop to Remembrance, involving



## **2019 Sedbergh Spring Show**



**Saturday 30th March 2019**

At the People's Hall

Lots of classes to enter!

The entry forms will be in the shops soon,

or look on [sedbergh.org.uk](http://sedbergh.org.uk)



a poppy trail or 'stream' of poppies through the churchyard, representing Sedbergh town, with tributaries for Cautley, Garsdale, Killington, Firbank, Howgill and Sedbergh School. A similar event was held in Dent. This was a fitting tribute to the fallen. Excellent poppy heritage display panels were also provided in the church.

The President, Chairman and Secretary attended an RBL County Committee meeting on 13<sup>th</sup> October and the Annual Conference on 1<sup>st</sup> December in Penrith. This also provided the opportunity for networking and meeting new regional staff officers.

At a branch committee meeting on 13<sup>th</sup> December, a talk was given by Brian Capstick on a Veterans' Rehabilitation Programme and in particular the Rawthey Project which Brian had developed since leaving the Army as a Warrant Officer. He became very aware of the effects on veterans after serving on the front line, in terms of mental, physical and financial issues and the need for rehabilitation into civilian life after leaving the service. The project is fully supported by Sedbergh Branch and the Legion as a whole and the county have been made aware of these initiatives.

The Sedbergh Branch of The Royal British Legion has existed since the early 1920s and needs volunteers and new members in order to keep up its good work and to ensure it achieves its impending 100<sup>th</sup> birthday and beyond. If you would like to become a member, please contact David Parratt on 015396 20964 or email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a

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form. You do not need to have served in the Armed Forces to be a member. Our meetings are open and are held in the White Hart Social Club at 7.15 pm on the second Thursday of each month except August. Contact any Committee member or just turn up. For more information, visit our website: [http://](http://www.branches.britishlegion.org.uk/branches/sedbergh)

[www.branches.britishlegion.org.uk/branches/sedbergh](http://www.branches.britishlegion.org.uk/branches/sedbergh)

The National website is: <http://www.britishlegion.org.uk>

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## CUMBRIA WILDLIFE TRUST

*Roger Moore.*

Stand and wonder.

In a recent talk to the local wildlife group Peter Mawby told us how he had been inspired while at school by three renowned zoologists. They taught him to spend time observing the behaviour of wild birds.

His subject was the secret life of the dipper; a bird he has been studying for over sixty years since his schooldays in Sedbergh. Dippers on our rivers are now marked with coloured rings soon after hatching, so that individuals are identifiable. It is then easier to investigate such things

as age and breeding success.

Careful research tells us much of the way in which wild birds behave. Some are social, like sparrows and rooks. Others, for instance the robin and the dipper, are fiercely territorial, and will not countenance opposition. Two males on the same patch will fight to the death to secure dominance. The male bird likes to hold territory for life. A territory usually covers about a kilometre of river. In the case of the dipper it is the female who must travel to find a mate, though rarely for more than fifty miles or so. Like many birds, dippers have a variety of calls- to attract mates, to offer a warning and, surprisingly, just as a sign of happiness when on a particular stretch of river.

Our local population has fallen from about sixty pairs in 1960 to about thirty or forty today. No reason is known for the decline; it may be related to water quality and the availability of food. At least the birds are still present for us to wonder at.

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### COFFEE MORNING

*Mary Airey*

On Wednesday 12th December the final coffee morning was held in the URC Rooms in Main Street, Sedbergh. It was a morning of mixed emotions, as the weekly coffee morning has been an enjoyable social weekly event for many years and has raised money for many worthwhile causes, one of which was Garsdale Churches Together, who occupied the final "slot" and raised £281.

Grateful thanks to all who helped and supported, and to all who have done so over the years..

## *Need a new Website?*

Contact

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### COIN COUNTER AVAILABLE

*Andi Chapple*

Just a line to remind people that we have a whizzy coin sorting and counting machine at the Information and Book Centre, use of which could speed up banking for you after a big fund-raising effort. If you want to borrow it, just get in touch – drop in, email [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk) or give us a ring on (015396) 20125.

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### WORLD DAY OF PRAYER

*Anne Petyt*

A service planned by women for all to share.

This year our service will be held at Cornerstone Community Church, New Street (which was the Methodist Church) on Friday 1<sup>st</sup> March at 2pm.

This service has been prepared by the women of Slovenia which is one of the smallest countries in Europe, about the same size as Wales. It is a land of immense natural beauty, great variety of scenery and varied climate, with a very warm hearted people as many folk in Sedbergh have experienced, thanks to our town twinning with Zrece.

Come and share with us as we learn more of the people and the country in

our time of worship. Enquiries to 015396 21574.

We look forward to welcoming you.

PERSONAL & SMALL ADS £1

**AIR AMBULANCE FUND RAISING  
- RESULTS**

*Dorothy Blair*

Following my article in a previous Lookaround I attended the late night opening event which was held in St. Andrews selling my knitted items and fabric items. Unfortunately, the Artisan Market which was booked for 15<sup>th</sup> December did not take place due to the bad weather. However, I am pleased to report from the one event where I had a stall I have made the sum of £290-50 which I have forwarded to the Air Ambulance.

There were a number of people who supplied me with knitting wool and fabric from which I made many items. They were: - Audrey Hoggarth, Marlene Sharp, Sarah Syred and Jane Moorhouse and the following gave items they had made for the stall, Alison Cowperthwaite, Sharon Hague, Henry Sowerby. My grateful thanks to them

I must, of course, say a HUGE THANK YOU to everyone who purchased items from my stall (and visited my home to purchase items) and who made the event a success.

There is an Artisan Market in September and I have booked to attend. Because the Artisan Market in December did not take place I still have scarves, aprons and bags and if anyone wishes to purchase any of these – or simply see what is available – please feel free to give me a ring 20807 or call at my home.

Once again my grateful thanks for your support.

**POSTLETHWAITE**

Happy 21<sup>st</sup> Birthday Leanne on February 18<sup>th</sup>,  
Health and Happiness always.  
Love and best wishes  
Dad ,Mum, Emma ,Michael ,Angie & Will. XX

=====

Local couple (retired) seek home to rent in Sedbergh area. Must have garage and off road parking. Tel 0738 834 6064

*Lookaround Editorial Team*

|                        |                               |
|------------------------|-------------------------------|
| Myles Ripley           | Team Leader and Chairman      |
| Richard and Susa Ellis | Treasurers                    |
| Philip Johns           | Secretary                     |
| Elizabeth Saunders     | Advertising                   |
| Paul Saunders          | Advertising                   |
| Jane Fisher            | Proofreading                  |
| James Palmer           | Proofreading                  |
| Ed Welti               | Compilation and Vice Chairman |

All Editorial Team members are also Trustees. Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

## **EDITORS COMMENTS**

Phew! Finished... Well nearly. I'm sure there are mistakes, you don't learn without making mistakes - I was always told. So if you see them, let us know, and if we've made an error which has affected your article or advertisement, it wasn't done deliberately! But tell us and we'll willingly correct it for next month.

Further to my note on page 1 I have one more personal thankyou, a very big one, to Dennis and Jackie—for all those cups of tea (in huge Dennis sized mugs) they gave me while I was watching Dennis labouring on the last five or six issues. It was a pleasure to see the Master at work! And for all their tutoring, knowledge and support, which have been invaluable.

Advertising is very important to us, about half our revenue comes from the donation pots, the other half from our advertisers. You can see by looking at the number of Business Adverts in this issue, that we have less than half the number that we had last year. If you've advertised with us in past, and it was effective, please think about doing so again. And if you have renewed your advert, thankyou (yet another thankyou)!

On the subject of advertising we have five new advertisers this month, they are highlighted in grey in the Business Advertisers index. Do use them if you need anything they can provide.

You may have seen, in the last issue of Lookaround that the team had our first AGM in January where we took over the running of the magazine. Myles was elected chairman, and he

and all other team members became trustees. I've outlined the various roles we perform in the article on page 6. Dennis and Jackie remain as Honorary Presidents—but have no role in the creation of Lookaround, so please don't hand them articles or adverts in the street, put them through their door or phone them on Lookaround business, unless it was to do with Lookaround before 2019. Everything else via one of the contact details below please. *Ed.*

## **LOOKAROUND DETAILS**

### PHONE NUMBER

The Landline 21960 no longer exists from now so any calls to this number cannot be taken.

The Mobile Number (as on the Front Page) can be easily remembered If you type in 0 (zero) PIN GUY KICK, you will be entering the number which is 07464 895425.

### CALLING ALL ADVERTISERS

Any regular advertisers who haven't yet renewed their contracts for 2019, please do! We'd love to have you back, and we depend on you.

New advertisers are of course always welcome too.

Please see our terms and conditions, prices etc following this information.

### LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by the Lookaround Editorial Group & 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. If there is an error with your article or advert, it is your turn this month in amongst hundreds of entries each month.

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 to read at the History Society Archive 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)

#### ARTICLES

All articles and reports are inserted for free and photographs are included pending on space. Could text be submitted either typed out or written in BLOCK CAPITALS as sometimes, it can be difficult to understand what is written.

#### 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 may be 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 (preferred) or as a PDF (*although the quality a PDF is reduced when importing it*).

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 everything is 15th of every month.

Advertising rates remain the same for 2019. They have been updated: December 1991, December 1995, March 1997 & August 1999 (*Over 19 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 the text 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 (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

## BUSINESSES

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

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

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

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

Payments by BACS can also be made.

## **PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS**

This account is a Barclays Account and valid from January 2019.

Account:

**Sedbergh and District Lookaround**

Account Number: **23388557**

Code: **20-55-41**

Reference: **Invoice Number, your name or reference.**

**PLEASE NOTE THAT THESE BANK DETAILS HAVE CHANGED.**

**PLEASE DO NOT USE THE OLD ACCOUNT UNLESS PAYING DENNIS FOR ADVERTS THAT APPEARED BEFORE 2019.**

## 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 Voucher, please contact us. Full credit will be given.

## COVER PICTURES

If you have any suitable pictures to go onto the Cover of Lookaround, please send a High Quality copy with the location and your name and you will be credited. Please remember that the picture will be split into two by the Spine so try and get a picture of two halves.

*Lookaround Editorial Group*

# PUZZLES

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

|   |   |   |   |   |   |   |   |   |
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|   |   | 8 |   | 7 |   |   | 9 |   |
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|   |   |   | 1 | 9 | 5 |   |   | 6 |
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| 1 |   | 9 |   |   |   |   | 7 |   |
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|   |   |   |   |   |   | 5 | 1 | 7 |
| 3 | 6 |   |   |   |   |   |   |   |

Puzzle solutions are on page 81

| Regular Events/Meetings |                 |                        |          |
|-------------------------|-----------------|------------------------|----------|
| 1000                    | Every Sunday    | Free Entry to Locals   | FM       |
| 1600                    | 3rd Sunday      | Messy Church           | CCCN     |
| 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      |
| 1215                    | Every Tuesday   | Over 50's Swimming     | SS Baths |
| 1300                    | Every Tuesday   | Howgill Toddlers       | HVH      |
| 1330                    | Every Tuesday   | Knit & Natter          | GH       |
| 1830                    | Every Tuesday   | Cub Scouts             | SHQ      |
| 1830                    | Every Tuesday   | Swimming Club          | SS       |
| 1900                    | Every Tuesday   | Environmental Group    | Red Lion |
| 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     |
| 1000                    | Every Wednesday | Yoga for All           | HVH      |

| Regular Events/Meetings |                     |                               |
|-------------------------|---------------------|-------------------------------|
| 1315                    | Every Wednesday     | Art Society PH                |
| 1400                    | Every Wednesday     | Age UK IT Support L           |
| 1730                    | Every Wednesday     | Sedbergh Juniors PH           |
| 1730                    | Every Wednesday #   | Beaver Scouts SHQ             |
| 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              |
| 1800                    | Every Wednesday     | Yoga for All SPS              |
| 1400                    | 1st & 3rd Thursday  | Child Health/Baby Club PH     |
| 1430                    | Every 2 weeks       | Cameo Club CCCN               |
| 1430                    | 1st Thursday        | Afternoon Cream Tea Duo       |
| 1930                    | 1st Thursday        | Howgill WI FCH                |
| 1200                    | 2nd Thursday        | Age UK Lunch Club Dalesman    |
| 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              |

See Group Page for contact details & Diary Page for Keys

# = School Term Time Only

| <b>Organisation</b>                  | <b>Updated</b> | <b>Contact</b>  | <b>Tel:</b>                | <b>015396</b> |
|--------------------------------------|----------------|-----------------|----------------------------|---------------|
| Age UK South Lakeland                | 07/18          | Helpline        | 030 300                    | 30003         |
| 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         |
| Christian Aid                        | 11/17          | Mrs Thompson    | Sed:                       | 22023         |
| 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         |
| Cornerstone Community Church Rooms   | 01/09          | Mrs Haworth     | Sed:                       | 20428         |
| Cricket Club - Sedbergh              | 02/15          | Mr Hoggarth     | 01539                      | 583793        |
| Cumbria Wildlife Trust               | 01/09          | Mrs Garnett     | Sed:                       | 21138         |
| Dementia Friendly Community          | 10/18          | Dr Ripley       | mylesripley@btinternet.com |               |
| 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         |
| Sedbergh Environmental Group *       | 02/19          | Mr Chapple      | 07891                      | 908025        |
| Farfield Mill Arts & Heritage Centre | 10/18          | Mrs Mowbray     | 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      | 11/17          | Mr Todd         | 07979                      | 569428        |
| Football Club Senior - Sedbergh      | 07/14          | Mr Parkin       | Sed:                       | 20585         |
| 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         |
| Grief Share *                        | 02/19          | Duty Counsellor | 07498                      | 870267        |
| 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    |                            |               |
| 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       | 10/18          | Dr Ripley       | mylesripley@btinternet.com |               |
| Labour Supporters Group              | 12/17          | Mr Cross        | Sed:                       | 22566         |

|                                   |       |                    |                                                                    |        |
|-----------------------------------|-------|--------------------|--------------------------------------------------------------------|--------|
| 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                        | 03/18 | Mrs l'Anson        | Sed:                                                               | 21757  |
| Lunesdale Archaeology Society     | 11/18 | Committee          | lunesdale.archaeology@gmail.com                                    |        |
| 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 Gym *                    | 02/19 | Mrs Gold-Wood      | Sed:                                                               | 21808  |
| People's Hall *                   | 02/19 | No 6 Finkle Street | Sed:                                                               | 20298  |
| 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  |
| 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 |
| Sedbergh United Charities *       | 02/19 | Mr Cann            | Sed:                                                               | 20771  |
| 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  |
| Spellbound Theatre                | 11/17 | Miss Pakeman       | Sed:                                                               | 21279  |
| Squash Club                       | 10/15 | Mr Bannister       | Sed:                                                               | 21664  |
| Swimming Club                     | 03/16 | Mrs Thexton        | <a href="mailto:kate574@btinternet.com">kate574@btinternet.com</a> |        |
| Swimming Group for Over 50's      | 09/18 | Mr Beare           | Sed:                                                               | 21339  |
| 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  |
| Voluntary Car Scheme              | 11/18 | Mrs Skomp          | Sed:                                                               | 20305  |
| Walking & Cycling Group           | 08/14 | Miss Nelson        | Sed:                                                               | 21770  |
| Westmorland Gazette Correspondent | 01/09 | Mrs Gold-Wood      | Sed:                                                               | 21808  |
| White Hart Sports and Social Club | 01/09 | The Committee      | Sed:                                                               | 20773  |
| 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  |

\* = Latest Amendments

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

## BUS SERVICES

| Sedbergh to Blackhall Rd, Kendal via Oxenholme                                                                           |        |       |      |     | Blackhall Rd, Kendal to Sedbergh via Oxenholme |          |       |      |     |
|--------------------------------------------------------------------------------------------------------------------------|--------|-------|------|-----|------------------------------------------------|----------|-------|------|-----|
| Depart                                                                                                                   | Arrive |       |      |     | Depart                                         | Arrive   |       |      |     |
| 0754 (C, L)                                                                                                              | 0838   | M - F | 502  | SCC | 1030                                           | 1056 (L) | M - F | 564  | W   |
| 0940 (L)                                                                                                                 | 1010   | M - F | 564  | W   | 1300                                           | 1330 (L) | Wed   | 564A | W   |
| 1015 (L)                                                                                                                 | 1045   | Wed   | 564A | W   | 1330                                           | 1356 (L) | M - F | 564  | W   |
| 1240 (L)                                                                                                                 | 1310   | M - F | 564  | W   | 1705 (C)                                       | 1745 (L) | M - F | 502  | SCC |
| Sedbergh to Kirkby Stephen                                                                                               |        |       |      |     | Kirkby Stephen to Sedbergh                     |          |       |      |     |
| 1749 (L) (C)                                                                                                             | 1819   | M - F | 502  | SCC | 0728 (C)                                       | 0754 (L) | M - F | 502  | SCC |
| Sedbergh to Kirkby Lonsdale                                                                                              |        |       |      |     | Kirkby Lonsdale to Sedbergh                    |          |       |      |     |
| 0945 (L)                                                                                                                 | 1018   | Thu   | 567A | W   | 1215                                           | 1248 (L) | Thu   | 567A | W   |
| Sedbergh to Dent                                                                                                         |        |       |      |     | Dent to Sedbergh                               |          |       |      |     |
| 1330 (L)                                                                                                                 | 1345   | Wed   | 564A | W   | 1000                                           | 1015 (L) | Wed   | 564A | W   |
|                                                                                                                          |        |       |      |     | Last Update: May 2018                          |          |       |      |     |
| L = Library                                                                                                              |        |       |      |     | SCC = Stagecoach                               |          |       |      |     |
| C = College Days Only                                                                                                    |        |       |      |     | W = Woof's of Sedbergh                         |          |       |      |     |
| <i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i> |        |       |      |     |                                                |          |       |      |     |
| For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)                          |        |       |      |     |                                                |          |       |      |     |

| Western Dales Bus S1 Kendal Shuttle<br>Saturdays from 23rd June 2018 ufn                                                                         |       |       |       |       |       |       |        |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|-------|-------|-------|--------|
| Kendal Morrisons                                                                                                                                 |       | 11.18 | 12.38 | 14.38 |       |       |        |
| Kendal Blackhall Road Bus Stn G                                                                                                                  | 08.35 | 11.23 | 12.43 | 14.43 | 16.18 |       |        |
| Kendal K Village                                                                                                                                 | ..    | 11.28 | ..    | ..    | 16.25 |       |        |
| Oxenholme Station                                                                                                                                | ..    | 11.33 | ..    | ..    | 16.30 |       |        |
| Killington M6 Bridge                                                                                                                             | 08.50 | 11.43 | 12.58 | 14.58 | 16.40 |       |        |
| Sedbergh Dalesman                                                                                                                                | 09.00 | 11.53 | 13.08 | 15.08 | 16.50 | 18.19 |        |
| Sedbergh Maryfell                                                                                                                                | ..    | 11.55 | 13.10 | 15.10 | 16.52 | 18.21 |        |
| Dent Village                                                                                                                                     | 09.15 |       | 13.25 |       | 17.07 | 18.36 | 18.46R |
| Dent Station                                                                                                                                     | 09.30 |       |       |       | 17.22 |       | 19.01R |
| <i>Dent Station</i>                                                                                                                              |       |       |       |       |       |       |        |
| <i>Train from Leeds</i>                                                                                                                          |       |       |       |       |       |       |        |
|                                                                                                                                                  |       | 09.15 |       |       |       | 18.15 | 19.42  |
| <i>Train from Carlisle</i>                                                                                                                       |       |       |       |       |       |       |        |
|                                                                                                                                                  |       | 09.06 |       |       |       | 17.34 | 19.38  |
| Dent Station                                                                                                                                     |       | 09.35 |       |       |       | 17.37 | 19.01R |
| Dent Village                                                                                                                                     |       | 09.50 |       | 13.28 |       | 17.52 | 19.16R |
| Sedbergh Maryfell                                                                                                                                | 08.00 | 10.05 | 11.58 | 13.53 | 15.45 | 18.07 | 19.31R |
| Sedbergh Library                                                                                                                                 | 08.02 | 10.07 | 12.00 | 13.55 | 15.47 | 18.09 | 19.33R |
| Killington M6 Bridge                                                                                                                             | 08.12 | 10.17 | 12.10 | 14.05 | 15.57 |       |        |
| Oxenholme Station                                                                                                                                | 08.22 | 10.27 | ..    | 14.15 | ..    |       |        |
| Kendal K Village                                                                                                                                 | 08.27 | 10.32 | ..    | 14.20 | ..    |       |        |
| Kendal Blackhall Road Bus Stn                                                                                                                    | 08.33 | 10.38 | 12.25 | 14.26 | 16.12 |       |        |
| Kendal Morrisons                                                                                                                                 |       | 10.43 | 12.30 | 14.31 |       |       |        |
| R= calls on request only<br>The 0935 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds. |       |       |       |       |       |       |        |

# BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect  
from Thursday 21st June 2018 ufn R = Request only

|                                      | Thurs | Fri   | Fri   | Fri   | Fri |       |
|--------------------------------------|-------|-------|-------|-------|-----|-------|
| Dent                                 |       |       | 10.25 |       |     | 14.25 |
| Sedbergh, Spar                       |       |       | 10.39 | 12.44 |     | 14.39 |
| Sedbergh, Dalesman                   | 09.00 |       | 10.40 | 12.45 |     | 14.40 |
| Sedbergh, Maryfell                   | 09.02 |       | 10.41 | 12.46 |     | 14.41 |
| Cautley, Cross Keys                  | 09.10 |       | 10.48 | 12.53 |     | 14.48 |
| Fat Lamb                             | 09.18 |       | 10.54 | 12.59 |     | 14.54 |
| Kirkby Stephen Station arr           | 09.24 |       | 11.01 | 13.06 |     | 15.01 |
| <i>Trains from Leeds to Carlisle</i> |       |       | 11.06 | 12.35 |     | 15.01 |
| <i>Trains from Carlisle to Leeds</i> |       |       | 11.46 | -     |     | 15.46 |
| Kirkby Stephen Station dep           | 09.24 |       | 11.07 | 13.08 |     | 15.03 |
| Kirkby Stephen Town                  | 09.29 |       | 11.12 | 13.13 |     | 15.08 |
| Kirkby Stephen Co-op                 | 09.30 |       | 11.13 | 13.14 |     | 15.09 |
| Brough, Clock                        |       |       | 11.21 | 13.22 |     | 15.17 |
|                                      |       |       |       |       |     |       |
|                                      |       | Fri   | Fri   | Fri   | Fri | Thurs |
| Brough, Clock                        |       |       | 11.26 | 13.27 |     | 15.21 |
| Kirkby Stephen Co-op                 |       |       | 11.34 | 13.35 |     | 16.35 |
| Kirkby Stephen Town                  |       |       | 11.35 | 13.36 |     | 16.36 |
| Kirkby Stephen Station arr           |       |       | 11.40 | 13.41 |     | 16.41 |
| <i>Trains from Leeds to Carlisle</i> |       |       | -     | -     |     | -     |
| <i>Trains from Carlisle to Leeds</i> |       |       | 11.46 | -     |     | 15.46 |
| Kirkby Stephen Station dep           |       |       | 11.47 | 13.43 |     | 16.41 |
| Fat Lamb                             |       |       | 11.54 | 13.50 |     | 16.48 |
| Cautley, Cross Keys                  |       |       | 12.00 | 13.56 |     | 16.55 |
| Sedbergh, Maryfell                   |       |       | 12.07 | 14.03 |     | 17.03 |
| Sedbergh, Library                    |       | 10.05 | 12.08 | 14.04 |     | 17.05 |
| Sedbergh, opp. Morphets              |       | 10.06 | 12.09 | 14.05 |     | 16.10 |
| Dent                                 |       | 10.20 | -     | 14.19 |     | -     |

Thurs = Thursday only

Fri = Friday Only

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

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

# BUS SERVICES

**S4/S5Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green**  
**Thursday Only commencing Thursday 21<sup>st</sup> June 2018 until further notice**

|                                      |              |              |              |
|--------------------------------------|--------------|--------------|--------------|
| Dalesman                             | 09.00        |              |              |
| Sedbergh, Maryfell                   | 09.02        |              |              |
| Cautley, Cross Keys                  | 09.10        |              |              |
| Fat Lamb                             | 09.18        |              |              |
| Kirkby Stephen Station entrance      | 09.24        |              |              |
| Kirkby Stephen Market Place          | 09.29        |              |              |
| Kirkby Stephen Co-op arr             | 09.30        |              |              |
| Kirkby Stephen Co-op dep             | 09.35        | 11.45        | 14.35        |
| Kirkby Stephen, Market St            | 09.36        | 11.46        | 14.36        |
| Kirkby Stephen Station entrance      | 09.41        | 11.51        | 14.41        |
| <i>Trains from Leeds to Carlisle</i> | <i>09.34</i> | <i>11.06</i> | <i>15.01</i> |
| <i>Trains from Carlisle to Leeds</i> | <i>09.20</i> | <i>11.46</i> | <i>14.55</i> |
| Ravenstonedale, Kings Head           | 09.47        | 11.57        | 14.47        |
| Newbiggin on Lune                    | 09.50        | 12.00        | 14.50        |
| Tebay roundabout                     | 09.58        | 12.08        | 14.58        |
| Killington M6 bridge                 | 10.08        | 12.18        | 15.08        |
| Kendal, Castle Green                 | 10.17        | 12.27        | 15.17        |
| Kendal, Blackhall Road               | 10.22        | 12.32        | 15.22        |
| Kendal, Morrisons                    | 10.27        | 12.37        | 15.27        |
|                                      |              |              |              |
| Kendal, Morrisons                    | 10.38        | 13.28        | 15.38        |
| Kendal, Blackhall Road               | 10.45        | 13.35        | 15.45        |
| Kendal, Castle Green                 | 10.50        | 13.40        | 15.50        |
| Killington, M6 bridge                | 10.59        | 13.49        | 15.59        |
| Tebay roundabout                     | 11.09        | 13.59        | 16.09        |
| Newbiggin on Lune                    | 11.17        | 14.07        | 16.17        |
| Ravenstonedale, Kings Head           | 11.20        | 14.10        | 16.20        |
| Kirkby Stephen Station entrance      | 11.27        | 14.17        | 16.27        |
| <i>Trains from Leeds to Carlisle</i> | <i>11.06</i> | <i>15.01</i> | <i>17.03</i> |
| <i>Trains from Carlisle to Leeds</i> | <i>11.46</i> | <i>15.55</i> | <i>16.27</i> |
| Kirkby Stephen, Market Place         | 11.33        | 14.23        | 16.33        |
| Kirkby Stephen Co-op arr             |              |              | 16.34        |
| Kirkby Stephen Co-op dep             |              |              | 16.35        |
| Kirkby Stephen Market St             |              |              | 16.36        |
| Kirkby Stephen Station entrance      |              |              | 16.41        |
| Fat Lamb                             |              |              | 16.48        |
| Cautley, Cross Keys                  |              |              | 16.55        |
| Sedbergh, Maryfell                   |              |              | 17.03        |
| Sedbergh, Library                    |              |              | 17.05        |

## DENT RAILWAY STATION TIMETABLE

*Valid until 8th December*

| Northbound to Carlisle<br>For Garsdale times, add 5 minutes |       |         | Southbound to Leeds<br>For Garsdale times, subtract 5 minutes |       |         |
|-------------------------------------------------------------|-------|---------|---------------------------------------------------------------|-------|---------|
| M-F                                                         | Sat   | Sun     | M-F                                                           | Sat   | Sun     |
| 06 47                                                       | 07 51 | 10 34   | 07 05                                                         | 09 06 | 10 40   |
| 09 15                                                       | 09 15 | 11 01 * | 09 38                                                         | 10 41 | 14 05   |
| 10 48                                                       | 10 48 | 13 55   | 12 10                                                         | 12 10 | 16 18 # |
| 12 17                                                       | 12 17 | 15 52   | 16 04                                                         | 16 04 | 18 41   |
| 14 43                                                       | 14 43 | 17 47   | 17 35                                                         | 17 35 | 19 03 * |
| 16 45                                                       | 16 45 | 20 19   | 19 38                                                         | 19 38 | 20 27   |
| 18 15                                                       | 18 15 |         |                                                               |       |         |
| 19 44                                                       | 19 44 |         |                                                               |       |         |

\* = Dales Rail Services until 9th September to/from Blackpool

# = To Nottingham

**Combined plans for Western Dales Mission Community - February 2019**

|                                                                                                                      | Time             | 3rd                                                   | 10th                                        | 17th                                                                                                    | 24th                                        |
|----------------------------------------------------------------------------------------------------------------------|------------------|-------------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------|
| <b>St. Andrew's, Sedbergh<br/>LA10 5BZ</b>                                                                           | 8am              | Andy McMullon<br>HC-BCP                               | Andy McMullon<br>HC-BCP                     | Andy McMullon<br>HC-BCP                                                                                 | Gary Wemyss<br>HC-BCP                       |
| <b>St. Andrew's, Sedbergh<br/>LA10 5BZ</b>                                                                           | 10.30am          | Andy McMullon<br>HC<br>United Service                 | Gary Wemyss<br>HC                           | Andy McMullon<br>HC                                                                                     | Judith Bush<br>FS                           |
| <b>Cornerstone<br/>Community Church,<br/>Sedbergh<br/>LA10 5AF</b>                                                   | 10.30am          | United Service at<br>St. Andrew's or<br>People's Hall | David Crouchley<br>HC                       | Andrew Fagg<br>Guild Anniversary<br>4pm- Messy<br>Church                                                | At People's Hall                            |
| <b>People's Hall<br/>Sedbergh<br/>LA10 5DQ</b>                                                                       | 10.30am          | Richard Gorst                                         |                                             |                                                                                                         | Chris Fawcett                               |
| <b>St. Mark's, Cautley<br/>LA10 5LZ</b>                                                                              |                  | 2.30pm<br>Judith Bush<br>HCx                          | 9.30am<br>Judith Bush<br>MP-NC              | At Sedbergh                                                                                             | 2.30pm<br>Judith Bush<br>P&M                |
| <b>Cautley Methodist<br/>Chapel<br/>LA10 5LY</b>                                                                     | 11am             | Gordon Middleton                                      | June Allen                                  | William Allen                                                                                           | Sarah Crouchley<br>& Ralph Penny-<br>Larter |
| <b>St. John's, Garsdale<br/>LA10</b>                                                                                 | 10am             | Gary Wemyss<br>HC<br>United Service                   | At Garsdale Low<br>Smithy<br>United Service | At Garsdale Street<br>United Service                                                                    | Bill Mawdsley<br>SW                         |
| <b>Garsdale Low Smithy<br/>Methodist Chapel<br/>LA10 5PF</b>                                                         | 2pm              | At St. John's<br>United Service                       | David Crouchley<br>HC                       | At Garsdale Street<br>United Service                                                                    | Own arrangement                             |
| <b>Garsdale Street<br/>Methodist Chapel<br/>LA10</b>                                                                 | 6.30pm           | At St. John's<br>United Service                       | At Garsdale Low<br>Smithy<br>United Service | Chris Fawcett                                                                                           | Philip Nolan                                |
| <b>All Saints, Killington<br/>LA6 2HA</b>                                                                            | 2pm              | At Sedbergh                                           | Andy McMullon<br>HC                         | At Sedbergh                                                                                             | At Sedbergh                                 |
| <b>Holy Trinity Howgill<br/>LA10 5JD</b>                                                                             | 2pm              | At Sedbergh                                           | At Killington                               | At Sedbergh                                                                                             | At Sedbergh                                 |
| <b>St. John's Firbank<br/>LA10 5EF</b>                                                                               | 2pm              | At Sedbergh                                           | At Killington                               | At Sedbergh                                                                                             | At Sedbergh                                 |
| <b>St. Andrew's, Dent<br/>LA10 5QL</b>                                                                               | 10.30am          | Christine Brown<br>HC                                 | Andy McMullon<br>HC                         | Gary Wemyss<br>HC                                                                                       | Christine Brown<br>HC                       |
| <b>St. John's, Cowgill<br/>LA10 5RJ</b>                                                                              |                  | 2.30pm<br>Andy McMullon<br>HC                         | At Dent                                     | 2.30pm<br>Christine Brown<br>HC                                                                         | At Dent                                     |
| <b>Dentdale Methodist<br/>Chapel<br/>LA10 5QJ</b>                                                                    | 2pm              | Brian Park                                            | Chris Fawcett                               | 10.30am<br>Pam Dent<br>United Service<br>HC                                                             | William Allen                               |
| <b>Dent Foot Methodist<br/>Chapel<br/>LA10</b>                                                                       | 2pm              | Philip Nolan                                          | At Dentdale                                 | At Dentdale                                                                                             | Brian Park                                  |
|                                                                                                                      | <b>Wednesday</b> | <b>6<sup>th</sup></b>                                 | <b>13<sup>th</sup></b>                      | <b>20<sup>th</sup></b>                                                                                  | <b>27<sup>th</sup></b>                      |
| <b>St. Andrew's, Sedbergh<br/>LA10 5BZ</b>                                                                           | 11.15am          | Andy McMullon<br>HC-BCP                               | Andy McMullon<br>HC-BCP                     | Mark l'Anson<br>HC-BCP                                                                                  | Andy McMullon<br>HC-BCP                     |
| HC- Holy Communion (HCx- Extended Communion)<br>SW- Service of the Word<br>FS- Family Service<br>HS- Healing service |                  |                                                       |                                             | Ecu- Ecumenical<br>CM- Choral Matins (BCP)<br>MP-NC- Morning Prayer- Northumbrian<br>EP- Evening Prayer |                                             |

## 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. David Crouchley Tel: 20329**

### SOCIETY OF FRIENDS

**QUAKERS**

Brigflatts

Sunday 10.30

**Tess & Philip Satchell Tel: 20005**

### DENTDALE

**CHRISTIAN FELLOWSHIP**

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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

### CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. 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: Helen Hoggarth 20805

& Pauline Marshall 21651

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; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

### 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

**Amanda Reynolds Tel: 07545 375721**

## 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

| <b>Proprietor</b>   | <b>Address</b>                                                                                                                                                                                                 | <b>Phone (015396)</b> |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Mrs J Postlethwaite | Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09)<br><i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i><br>e-mail:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>              | 21529                 |
| Miss S Thurlby      | 15 Back Lane, Sedbergh LA10 5AQ (2012/12)<br><i>1D; 1T; TVL; CH; DW; P; DR; VB</i><br>e-mail:- <a href="mailto:wheelwright.cottage@homecall.co.uk">wheelwright.cottage@homecall.co.uk</a> Free Wi-Fi available | 20251                 |

## CAMPING, CARAVANNING & SELF-CATERING

|            |                                                                                                                                                                                                                                                                |       |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Mrs S Capp | Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN<br>Boskins: sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi<br>Speight Cottage: sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub<br><a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> | 34032 |
| Mr E Welti | 8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT<br><i>Sleeps 1-5; 1D;1T;1S; CH; TVL; P; NS</i><br><a href="mailto:Ed_welti@btinternet.com">Ed_welti@btinternet.com</a>                                                                                         | 20770 |

### 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

### Joss Lane & Loftus Hill Car Parking Charges

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 hour = £1.00                    | 4 hours = £4.00                   |
| 2 hours = £2.00                   | 5 hours = £5.00                   |
| 3 hours = £3.00                   | One week = £10.00                 |
| Annual Resident Permit, Day = £40 | Annual Resident Permit, 24h = £60 |

Both available from the Information Centre only,  
renewable annually on 1<sup>st</sup> September.

# DIARY OF EVENTS

Dates are held up to 11th December 2019.

Dates in **BOLD** are start & finish events.

Numbers in Brackets indicate Advert/Article on a Page.

Month in Bracket relates to issue that details last appeared.

## FEBRUARY 2019

|    |      |                                               |          |
|----|------|-----------------------------------------------|----------|
| 01 | 1400 | DHTF - A Father, A Spitfire Pilot (45)        | DMH      |
| 02 | 1000 | CM - Dent                                     | DMH      |
| 04 | 1830 | An Introduction to Cheng Hsin (6)             | STAS     |
| 05 | 1700 | Town Twinning AGM (50)                        | SIC      |
| 05 | 1900 | Sedbergh Environmental Network (67)           | Red Lion |
| 06 | 1000 | Weekly Coffee Morning (4)                     | STAS     |
| 06 | 1930 | HS Cumbria Cattle Droving (9)                 | SSAT     |
| 06 | 1930 | Sedbergh Farm Advice Meeting YDNP (13)        | PH       |
| 07 | 1130 | Therapeutic Yoga with Laura Fletcher (64)     | MCD      |
| 11 | 1830 | An Introduction to Cheng Hsin (66,6)          | STAS     |
| 12 | 1930 | Domino Drive                                  | FCH      |
| 13 | 1000 | Weekly Coffee Morning (4)                     | STAS     |
| 13 | 1300 | MC Closed for Training (Nov)                  | MC       |
| 13 | 1930 | WIS - Martin Lewes : 30 years behind the Mic  | PH       |
| 14 | 1130 | Therapeutic Yoga with Laura Fletcher (64)     | MCD      |
| 14 | 1900 | SLDC - Localism / Parish Council Mtg(21)      | PH       |
| 14 |      | St Valentines Day                             |          |
| 17 | 1030 | Sedbergh Wesley Guild Service (17)            | CCCN     |
| 17 |      | St Patrick's Day                              |          |
| 18 | 1830 | An Introduction to Cheng Hsin (66,6)          | STAS     |
| 18 | 1930 | FCH AGM                                       | FCH      |
| 19 | 1400 | Sight Advice - Barefoot Shepherdess Talk (42) | PH       |
| 20 | 1000 | Weekly Coffee Morning (4)                     | STAS     |
| 20 | 1400 | Age UK IT support (42)                        | L        |
| 20 | 1930 | HS Invasion via Garsdale (9)                  | SSAT     |
| 21 | 1130 | Therapeutic Yoga with Laura Fletcher (64)     | MCD      |
| 21 | 1930 | Bowling Club AGM (21)                         | WHC      |
| 23 | 1000 | Repair Café - Fabric Repairs (44)             | PH       |
| 25 | 1830 | An Introduction to Cheng Hsin (66,6)          | STAS     |
| 27 | 1000 | Weekly Coffee Morning (4)                     | STAS     |
| 28 | 1130 | Therapeutic Yoga with Laura Fletcher (64)     | MCD      |
| 01 | 1930 | Domino Drive and Tattie Pie Supper            | HVH      |

## MARCH 2019

|    |      |                                       |                  |
|----|------|---------------------------------------|------------------|
| 01 |      | St David's Day                        |                  |
| 02 | 1000 | CM - Dent                             | DMH              |
| 05 | 1700 | Senior Citizen's Party (45)           | SSAT             |
| 05 | 1900 | Sedbergh Environmental Network (67)   | Red Lion         |
| 06 | 1930 | HS Wide changing roles of women (Nov) | SSAT             |
| 10 | 1400 | Tennis Club AGM                       | Pavilion         |
| 10 | 1930 | NW Arts Concert                       | Guldrey          |
| 12 | 1930 | Domino Drive                          | Appleby          |
| 13 | 1930 | WIS - Lady Anne Clifford              | FCH              |
| 14 | 1300 | MC Closed for Training (Nov)          | PH               |
| 14 | 1930 | Robyn Good - Rose Theatre (30)        | PH               |
| 15 | 1930 | Robyn Good - Rose Theatre (30)        | PH               |
| 16 | 1000 | Space for Stillness                   | MCD              |
| 16 | 1430 | Robyn Good - Rose Theatre (30)        | PH               |
| 16 | 1930 | Robyn Good - Rose Theatre (30)        | PH               |
| 20 | 1400 | Age UK IT support (42)                | L                |
| 20 | 1930 | HS How water shaped Kendal (Nov)      | SSAT             |
| 22 | 1900 | HS AGM & Jacobs Join (Nov)            | SSAT             |
| 23 | 1930 | Olde Tyme Dance - Denis Westmorland   | PH               |
| 28 | 2000 | Sing Joyfully (Aug)                   | Casterton Church |
| 30 | 1300 | Spring Show (70)                      | PH               |
| 31 |      | Clocks March Forward                  |                  |

## APRIL 2019

|    |      |                                     |          |
|----|------|-------------------------------------|----------|
| 02 | 1900 | Sedbergh Environmental Network (67) | Red Lion |
| 06 | 1000 | CM - Dent                           | DMH      |
| 07 | 1930 | NW Arts Concert (Sept)              | Appleby  |
| 10 | 1930 | WIS - Rick Kemp Open meeting        | PH       |
| 14 | 1100 | Space for Stillness                 | MCD      |
| 17 | 1400 | Age UK IT support (42)              | L        |
| 19 |      | Good Friday                         |          |
| 22 |      | Easter Monday                       |          |

## MAY 2019

|    |      |                          |              |
|----|------|--------------------------|--------------|
| 06 |      | May Day                  |              |
| 08 | 1930 | WIS -Resolutions Evening | PH           |
| 18 | 1200 | Sedbergh Gala Day        | Lupton Field |
| 26 | 1100 | Space for Stillness      | MCD          |
| 27 |      | Late Bank Holiday        |              |

## JUNE 2019

|    |      |                              |            |
|----|------|------------------------------|------------|
| 08 | 1930 | Sing Joyfully (Aug)          | 1000       |
| 12 | 1930 | WIS - Summer Outing          | DMH        |
| 15 | 1930 | Olde Tyme Dance - Roe Valley | KL Church  |
| 22 | 1000 | Space for Stillness          | TBA        |
| 28 |      | Hells Fells                  | PH         |
| 29 |      | Hells Fells                  | MCD        |
| 30 |      | Hells Fells                  | Marthwaite |
|    |      |                              | Marthwaite |

## JULY 2019

|    |      |                                |      |
|----|------|--------------------------------|------|
| 08 | 1930 | Sing Joyfully (Aug)            | 1000 |
| 10 | 1930 | WIS - Movement is Medicine     | DMH  |
| 14 | 1100 | Space for Stillness            | PH   |
| 20 | 1930 | Olde Tyme Dance - Bill Johnson | MCD  |
|    |      |                                | PH   |

## AUGUST 2019

|    |      |                           |      |
|----|------|---------------------------|------|
| 05 |      | August Bank Holiday       | 1000 |
| 14 | 1930 | WIS - Zero Waste Sedbergh | StAD |
| 18 | 1100 | Space for Stillness       | PH   |
| 26 |      | August Bank Holiday       | MCD  |

## SEPTEMBER 2019

|    |      |                         |     |
|----|------|-------------------------|-----|
| 07 | 1000 | CM - Dent               | DMH |
| 11 | 1930 | WIS - A Little More Art | PH  |
| 21 | 1000 | Space for Stillness     | MCD |

## OCTOBER 2019

|    |      |                              |     |
|----|------|------------------------------|-----|
| 05 | 1000 | CM - Dent                    | DMH |
| 09 | 1930 | WIS - Women and War          | PH  |
| 19 | 1930 | Olde Tyme Dance - Roe Valley | PH  |
| 20 | 1100 | Space for Stillness          | MCD |
| 27 |      | Clocks Fall Back             |     |
| 31 |      | Halloween                    |     |

All entries in the Diary are free and helps other organisations to make their own plans for events. If you have it in your Diary, please put it in ours.

**COVER PHOTOS**  
**Dennis and Jackie**  
*Front Cover—Stuart Manger*  
*Back Cover—Dennis Whicker*  
**PHOTO ON PAGE 5**  
*Colin Cowperthwaite*

**DIARY KEY**

|        |                                           |
|--------|-------------------------------------------|
| AS     | = Art Society                             |
| BF     | = Brigflatts                              |
| BVH    | = Barbon Village Hall                     |
| CCCM   | = Cornerstone Community Church, Main St   |
| CCCN   | = Cornerstone Community Church, New St    |
| CM     | = Coffee Morning                          |
| CTIS   | = Churches Together in Sedbergh           |
| CWT    | = Cumbria Wildlife Trust                  |
| DCMH   | = Dales Countryside Museum, Hawes         |
| DCP    | = Dent Car Park                           |
| DCS    | = Dentdale Chapel Schoolroom              |
| DHTF   | = Dentdale, Head to Foot                  |
| DMH    | = Dent Memorial Hall                      |
| DMC    | = Dent Methodist Chapel                   |
| FCH    | = Firbank Church Hall                     |
| FM     | = Farfield Mill                           |
| GH     | = Gladstone House                         |
| GVH    | = Garsdale Village Hall                   |
| HS     | = History Society                         |
| HVH    | = Howgill Village Hall                    |
| JLCP   | = Joss Lane Car Park                      |
| KPH    | = Killington Parish Hall                  |
| L      | = Library, Main Street                    |
| LHCP   | = Loftus Hill Car Park                    |
| MC     | = Medical Centre                          |
| MCD    | = Meditation Centre, Dent                 |
| PH     | = People's Hall                           |
| QG     | = Queens Gardens                          |
| RR     | = Rawthey Room, 72 Main Street            |
| SASL   | = Sight Advice South Lakeland             |
| SCC    | = Sedbergh Cricket Club                   |
| 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             |

**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 *<br><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                                                        |

# 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

**Monday by appointment only**

## 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

## Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

*Access Codes to the Defribs are supplied  
on contacting Ambulance Control on 999*

## POLICE

101 or 999

Crimestoppers 0800 555 111

## Community Officer

Marion Jeffery

Telephone: 101, option 2, ext 45383

Email: [marion.jeffery@cumbria.police.uk](mailto:marion.jeffery@cumbria.police.uk)

## DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,  
Katherine Parrott-Edwards & Sarah Boom  
(Hygienist)

Monday to Friday 0900 - 1700

## 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:

January 2019