

Sedbergh & District

LOOKAROUND

September 2020

Issue 391

Donation £1

Some form of normality is returning, we've revived the calendar of events (page 66), so there must be events to report on (see the ad below for example). Please if you have anything at all coming up just send

us what it is, when and where it is, and we'll put it in the calendar. No charge.

Five new advertisers too—I've highlighted them in the index so you can see who they are. *Ed.*

farfieldmill

New Exhibitions 4 September - 1 November



Confluences - Miles Moores Ceramics



Northern Soul - Ian Scott Massie



Exhibitions - Resident Artists' Studios - Craft Gallery
Textile Heritage Display - Tea Room

Please check the website for opening times
www.farfieldmill.org 015396 21958



CLOSING DATE: 15th of every month for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD

Mobile: 07464 - 895425

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

Articles

A Golfing Timeline.	52
Boxes Of Hope, Cumbria	13
British School Trust	23
Charity Shops Opening Times	10
Coming Through: Earth	22
Community Orchard Group	64
Community Swifts	61
Confluences – Farfield Mill Exhibition	27
Craniosacral Therapy And The Cyclist.	48
Damned If I Do – Part 3	24
Dent Memorial Hall Thank You	6
Dentdale Christian Fellowship	23
Family Musings	44
Flu Clinics 2020	55
Grisedale Again	38
Hardship Fund	5
Howgill Horoscope	18
Ignite Youthclub	11
John Souter Handcrafted Signs	15
July Weather	46
Local People from the 60's and 70's	40

Local People from the 60's and 70's - Answers	64
Loss Of Memories Is Hard	59
Nancy Recipe - Parkin	61
Remembering Jonty Wilson	37
Sedbergh Acts On Traffic Hazard	39
Sedbergh Parish Council	17
Sedbergh School News	20
Sedbergh School Returning Pupils	6
Sonnet For Indiana	22
Support Available To Create New Dales Woodland	43
The Halifax Explosion	34
The Way Back	47
Tim's Column	15
Tourist Information Centre	12
United Charities and Widows Hospital	9
View From The Fells	39
W.I. Killington	33
W.I. Sedbergh	30
Western Dales Bus: Volunteers Wanted	14
Young Cumbrian Farmers With Ambition To Star On The BBC	42

Events and Dates

Birthdays	5
Farfield Mill Exhibitions (4th Sept)	1
Dent Meditation Centre (3/10/18/ 26 Oct)	44
Grief Share	63
Medical Centre	17
Weekly Coffee Morning (Cancelled)	3

COVER PHOTOS
Killington Morning
Bill Lewis

Other Information

Advertising In Lookaround	4
Bed & Breakfast	73
Bus Time Tables	78
Car Parking Charges	63
Diary of Events	66
Editorial	65
Groups and Organisations	74
Lookaround Editorial Team	81
Lookaround Information	71
People's Hall Hire Rates	77
Personal Messages	65
Places of Interest	67
Public Information / Telephone Numbers	84
Puzzles (Crosswords and Codeword)	68
Religious Information	82
Train Times	80
Useful Telephone Numbers	67

Advertising

Able Memorials	24	Laura's Loom	54
Andrew Allan	35	Little Owls	13
Bannister Physiotherapist	36	M.H. Restorations	34
Body Connections	8	M.K. Conversions Ltd	56
Citizens Advice	8	Matthew Cook Stonemason	50
Country K9	10	McGarry Solicitor	47
Craig Chamberlain I.T.	49	Middleton Mole Ploughing	16
Cross Keys	31	Motorhome Services	6
Cumbria Stoves	56	Oakmont heating and plumbing	7
Dalesway Therapies	43	Parkin And Jackson	23
Dalton Burial Ground	23	Pennine Outdoor Fabrics	20
Dawsons Fuels	45	Peoples' Hall	10
Duncan Law Plumber	46	Red Squirrel	22
Financial Advice	12	Richard Hoggarth Builders	28
First 4 Home Improvement	62	Robert Powell Web Design	22
G.J. Baines	57	Royal British Legion	30
Garsdale Design	19	Ryan Simpson Septic Tanks	21
H&M Craftsmen Kitchens	32	Rycrofts	26
Hairdressing - Anita	49	Sanitary Products	58
Handcrafted Signs	5	Scott Ostle Services	12
Hartley Garden Services	9	Sheila Shuttleworth Dressmaker	52
Helping Hand	57	Smart Design and Print	46
Ian Higginbotham	38	Stephenson And Wilson Builders	30
J.H.S. Joinery	58	Steve Hopps Handyman	61
J.J. Martin Funeral Director	25	Stramongate Press	53
Jed's Gardening Services	64	Temptations Craft Boutique	50
June Parker Acupuncture	27	Tilk Wilkinson Builder	54
K.L. Venning Slaters	59	Tooby's Electrical	11
K.W. Electricals	48	Treadwell Flooring	60
Kay Whittle	33	Unemployed?	15
Killington Marquees	42	Valerie Hinde Architect	52
L.D. Taxis	51	Wasp Control	48
Lakes Lighting	35	Western Dales Bus	14
Lakes Scaffolding	55	Wools Of Cumbria	18

Weekly Coffee Morning St Andrews Church Every Wednesday 9:30am to 12 Noon

**CANCELLED UNTIL FURTHER NOTICE
BUT IT WILL BE BACK!**



Groups who would like to run a Coffee Morning
please call Marilyn Leckie on 015396 20829



Advertising in Lookaround

For advertisers key points to note are as follows :-

- ◇ We will print an advert supplied by you, or we can design one for you.
- ◇ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer,
- ◇ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◇ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◇ We do not print whole page adverts but will print half page adverts opposite each other.
- ◇ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◇ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◇ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

**Lookaround,
72 Main Street,
Sedbergh,
Cumbria,
LA10 5AD**

Items can also be delivered by hand to Sedbergh & District Tourist Information Centre at the above address (72 Main Street) during open hours, and deposited in the Lookaround Post Box inside the office,

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number, your name or reference.

This account is valid from January 2019. No other account details are valid for current payments.

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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

September Birthdays
Sebastian Gay is 1
on the 11th September.
Happy Birthday Sebastian!
(And welcome to Sedbergh to all your family)

HARDSHIP FUND

For many of us these are difficult times, particularly for those who have lost their jobs or who have been furloughed and are now possibly facing unemployment.

If you are in financial need or have a real need for an item which you do not have the wherewithal to buy, then the Sedbergh United Charities may be able to help you.

Or, if a friend or neighbour is in need of financial help, then please let them know about us.

To apply for help or if you would like to know more about the Sedbergh United Charities Hardship Fund then please contact:

Myles (mylesripley@btinternet.com
or

Tony Reed Screen
(a865@btinternet.com or 015396
21081)

or

John Sykes
(jmsykes100@gmail.com or 07786
384917)

All applications will be treated in confidence.

Sedbergh United Charities are very grateful to Sedbergh School and the

Community Trust who are both helping us with this fund.

Sedbergh United Charities and
Widow's Hospital - Registered Charity
No. 231058

*See page 9 for more information on
all the Sedbergh Charities and what
help they can supply.*

HANDCRAFTED SIGNS

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Picture below was an old table top



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- Home decoration

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Contact John 07887500094**

DENT MEMORIAL HALL THANK YOU

Sarah E Woolf

On a sunny morning all the members of the Dentdale Memorial Hall Committee met, socially distancing, on the car park to make a thank you presentation to long serving member Mrs Belle Burrow on her retirement.

Belle has served on the committee for somewhere around 30 years!

She joined as Treasurer when Alison Gardner gave up the role, following in her father's footsteps as he had been a founder member. Her late husband had also served, representing Dent Sports and her daughter is the present Treasurer, carrying on the family link.

Belle has represented various local groups over the years. The committee is currently looking for someone to represent the Head to Foot group, and the school governors, each user/local group is invited to provide a member of their organisation as a member of the DMH committee.

All the members attended the presentation with the Treasurer (Jill) and Chairman (Sarah) taking the photos.

We are all looking forward to when the rooms at the Memorial Hall can once again be hired.



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SEDBERGH SCHOOL RETURNING PUPILS To the Community of Sedbergh Return to School Plans for Sedbergh School – September 2020

Andrew Fleck & Peter Marshall

Sedbergh School is working hard to prepare for the return of its pupils in September. We will operate within the government guidelines pertinent at the time, with the dual objective of minimising the risk of infection in both the community of the School and the wider Sedbergh community. We therefore write to advise you of our current risk mitigation measures as we anticipate the School operating in a different way in some respects next term.

A number of pupils travelling from overseas will return to Sedbergh in mid-August. These pupils will be resident in one boys' and one girls' house within the School, and will be strictly confined to the School campus during the period prior to the start of term.

Assuming schools in Cumbria are allowed to open, on Saturday 5 September the year 9 pupils will

arrive for their first taste of Sedbergh, along with the Upper Sixth to support them settling in. After 24 hours they will be joined by the rest of the School and term commences at 7pm on Sunday 6 September. On arrival, no parents will be allowed to accompany their children into boarding houses and no pupil exhibiting any of the recognised C-19 symptoms will be permitted to return to School.

For at least the first two weeks of term, the pupils will be confined to the campus perimeter and our regime of risk infection control as required under the relevant guidelines at that time will be in place. Our measures will include a restriction of visitors to the campus, no off-site trips and no interaction with the local community.

Pupils will not be allowed to visit any shops in town. Their lessons will take place as normal, but there will be no large indoor gatherings of pupils, ie no Chapel services or assemblies. All pupils will have their temperature taken twice a day. We currently anticipate requiring pupils and staff to wear masks indoors.

If, during this period, there is a need to speak to a member of School staff, please do call the Main Office on 015396 20535 and your call will be transferred to the relevant person.

After the initial period of lockdown, assuming there are no instances of C-19 infection, the School will move into a less stringent regime which will allow some visitors, trips and activities. Pupil temperatures will be

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taken once a day. There will be some managed access to the town to limit the number of pupils at any one time. Pupils and staff will be expected to rigidly adhere to government guidelines regarding visiting retail outlets and hospitality venues.

We fully recognise how important it is for the town that any risk of infection is minimised, and, as part of this, the School has applied to close the footpath that runs around the cricket pitch and down the field below the Cloisters to Busk Lane. It is appreciated that Sedbergh residents frequently use this footpath and this will cause some inconvenience. However, in a period of campus lockdown it will be important to ensure all possibilities of cross infection are reduced. There will be no access to the School campus through the Bursary, Hart House, Winder House or Chapel drives. The footpath along Church Walk through to the main School gates will remain open, but pupil access on this route will be controlled.

We hope to move to a more normal operation later in the term with a full programme of events, sport, etc.

A facility is being created on campus to enable any pupil who displays symptoms to be isolated until a test result is obtained. Pupils who are found to have C-19 will go home or to their guardian as soon as arrangements have been made. Pupils who are associated with a symptomatic individual found to have C-19 will be isolated in line with government guidelines.

We hope the contents of this letter provide reassurance that the School will work with the community to reduce risk and anxiety surrounding the reopening. We also recognise the economic imperative to support local employment and local suppliers.

We will keep you advised of further developments during the term, and please do contact us via email to coo@sedberghschool.org if you have any specific questions.

Need Help?

**South Lakes
Citizens Advice is
still here for you**

Open for telephone or e-mail advice only

Tel: 03444 111444 or 015394 46464

E-mail: advice@southlakesca.org.uk or
www.southlakescab.org.uk/contactus



South Lakes
Citizens Advice

**SEDBERGH UNITED CHARITIES
AND WIDOWS HOSPITAL
REGISTERED CHARITY NO.
231058**

John Sykes

The Sedbergh United Charities and Widows Hospital comprise four separate charities. These are described in the Charities' Scheme as:

Exhibition Fund:

For the advancement of education for persons under the age of 25 years resident in the Parish of Sedbergh who are in the need of financial assistance.

Up to three grants per person can be awarded towards the cost of equipment, materials or other related items for students or apprentices.

Poor Householders' Charity:

For the benefit of either the poor of the Parish of Sedbergh generally or of poor persons resident therein.

This fund will give donations towards essential items such as the repair or subsidy towards the replacement of goods like a cooker or washing machine.

This Charity currently embraces a Hardship fund for local residents who find themselves in need of financial help related to the coronavirus pandemic.

Evans Testimonial Charity:

For the maintenance of the Reading Room and Market Hall (now the Sedbergh Library) – left for the benefit of the inhabitants of Sedbergh by the Revd J H Evans. Also, for the charitable purposes for the general benefit of the inhabitants of the Parish of Sedbergh and the neighbourhood.

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Recent donations have gone towards the Maryfell Playground and a contribution to the repair of the People's Hall roof.

Widows' Hospital:

For the maintenance of the almshouses belonging to the charity and the benefit of the residents.

There are three almshouses situated at Palmer Hill, Station Road, Sedbergh. The charity is responsible for the maintenance of the properties.

The Sedbergh United Charities and Widows Hospital are managed by a group of sixteen Trustees. For historical and legal reasons most of the Trustees are nominated by the Sedbergh Parish Council, St Andrews Church, Sedbergh and Sedbergh School.

Anyone wishing to apply for help from any of the above funds should contact:

the Chairman: Tony Reed Screen
(a865@btinternet.com or 015396 21081)

or the Clerk: John Sykes
(jmsykes100@gmail.com or 07786 384917).

CHARITY SHOPS OPENING TIMES

Anita Swarbrick

A little update on how things are going in the greatest little charity shops in town for all our valued charity shoppers.

After an unsure start back in June we are well into the swing of things, and are now back to accepting donations every day, just in case you wondered. We are still needing your wonderful donations, bric a brac and children's toys are very low and need topping up, we are also taking winter clothes and storing them for the latter end of the year. Book donations, if possible, to be taken to the bookshop when open (opening times for both shops are below).

All the donations that are brought in are sorted and stored for three days in our quarantine room before going out into the rest of the storage cellar or onto the shop floor. We have a wide variety of goodies waiting to go to a new home, but remember, we

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Availability calendar and forms online at

sedberghpeopleshall.org

Or at Sedbergh Information Centre
72 Main Street

still need those donations coming in please.

We are all working very hard to bring you the same quality service and stock as before lockdown, but it's having to be done in half the time and with half the volunteers, so if you fancy helping out, you know where we are, pop in.

It is our aim to open six days a week mornings and afternoons as before lockdown, so as the summer goes on, we will be opening more hours. There will be notices in our windows when this happens

Opening times

Main Charity Shop

- Monday 10am – 4pm
- Tuesday 10am-1pm
- Wednesday 10am – 1pm
- Thursday 10am – 1pm
- Friday 10am – 1pm
- Saturday 10am -1pm

Charity Book Shop

- Monday 10am -1pm
- Tuesday 1pm-4pm
- Wednesday 10am – 1pm
- Thursday 10am – 1pm
- Friday 10am -1pm
- Saturday 10am – 4pm

Many thanks to you all!



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Dawn Butterworth 07399802483

or message via

Facebook page-"dog grooming salon "

IGNITE YOUTHCLUB

Heather Askew

As I am writing this I am wondering if the schools will be back and the children are able to continue with lessons, also enjoying some active communication with one another even as safe distancing has to be observed.

We so miss our Youth club evenings, they proved to be a great source of social fun, watching young people enjoying just being with one another.

Our leaders did a Stirling job, Joe Gorst, Henry Fawcett, Lucy Brown and Ted Wilson. I wish you could have observed them as I did, Tuck Shop and games each session. always something familiar and

something new. The leaders take part with them supervise them and are ever watchful.

We enjoyed many activities including a film night with popcorn, a first aid evening with Mr Myles Ripley demonstrating how to use the defibrillator, games on the people's hall playing field, wreath making at Christmas time and also a disco evening. We enjoyed and shared Pancakes on shrove Tuesday, also bacon butties and hot dogs all in the mix on other evenings and pizza making too!

We also all enjoyed a coach trip to the bowling alley in Garstang with fish n chips on the way home.

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SEDBERGH T.I.C.

Laura King

As expected, everyone has been taking staycations this year so it has been a busy July and August at the TIC. Lots of visitors and lots of interest in outdoor activities and all of the wonderful local walks and scenic picnic spots that we have to offer. I would like to say a big thank you to our wonderful volunteers who have helped us stay open 7 days a week during these times and mostly full hours so that is quite the achievement at the moment so thank you to everyone.

I have placed some posters around the town as we are very much on the lookout for some extra volunteers to join our team. If this may be of interest to you, or someone you may know, please pop in and speak to one of the volunteers on the front desk or email me at tic@sedbergh.org.uk. All training is given and volunteer shifts are 3 hours.

Parking permits are also now available from the TIC. The prices are the same as last year (£60 for a 24hr

We are proud to announce that up to lockdown we have 28 names on our register.

The leaders are currently in discussion as to how they can deal with new sessions under the strict guidelines that we need to follow, in these unprecedented times.

We don't know if we can continue or not but we so want to, our young people need fun and social communication, but above all we want them to be safe.

So please support us we are open to any advice or offers of voluntary help to keep us in line with safe guarding rules. Thank you for all your support so far.

COVID-19 FINANCIAL ADVICE

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www.cumbria.gov.uk/coronavirus

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permit & £40 for a day permit). This year we are also taking card payments to limit the cash handling for our volunteers. The expiry date for the purple permits is August 31st 2020 and the new red ones will last until 31st August 2021.

We also plan to choose the final pictures for the calendar and get that sent to the printers as soon as possible. If you have any submissions, please send the highest resolution image to tic@sedbergh.org.uk and I will be in touch. I have seen some beautiful images on the Sedbergh in Pictures group on Facebook this year so I fully expect that we will have some hard decisions to make! Many thanks.

BOXES OF HOPE, CUMBRIA

Pam Dent

At the time of writing, mid-August, it is hoped to send as many Christmas boxes, as possible, to our partner charity in Romania for distribution to some of the country's poorest children. Leaflets should be available from the end of September, but for those of you who like to plan ahead, here's a reminder of the basics:

Ideally, shoe-boxes should not exceed 30 x 18 x 11 cm. (12 x 7 x 4 inches). This is to enable us to pack the maximum number of boxes into each carton for onward transmission. Box and lid should be wrapped separately in coloured paper.

Suggested items include hat, scarf, gloves, socks; soap, flannel, toothbrush, toothpaste, comb; notebook, pen, pencil, crayons, rubber, ruler, pencil-sharpener; ball, soft toy, small colouring book, yo-yo, car/doll; sweets with a "best by" date of March 2021 or later.

Plus: £2 in an envelope on top of the contents, girl/boy label stuck on the lid, rubber band or string to hold it together.

Leaflet collection and drop-off points (1st – 12th November) to be confirmed in October Lookaround. Meanwhile, if you have any queries please 'phone me on 20042. Thank you.



CUMBRIA

Western Dales Bus

Part time Operations Manager

Western Dales Community Bus Service Ltd, the registered charity that runs the Western Dales Bus, will shortly be looking to employ someone on a part time basis to manage its services and coordinate its volunteers.

If you think this job might interest you, please let us know by emailing neilcleeveley@googlemail.com, and we will send you the details of the post and the application process when they're available.

WESTERN DALES BUS: VOLUNTEERS WANTED

*Liz Nuttall
Volunteer Coordinator
Western Dales Bus*

Come and join a friendly team of volunteers to help run a valued bus service for the community.

We've put a number of safety measures in place on our buses in response to COVID-19, including social distancing, safety screens and new cleaning and sanitising routines, and now that we're running services again, we're looking for new volunteers to join us.

If you'd like to be one of them, we'd welcome whatever help you can give.

There are lots of ways to get involved, including driving, time-tabling, day to day upkeep of vehicles, rostering, marketing and publicity, training, fund raising, IT support, planning meetings and social events.

There's more information about us on our website www.westerndalesbus.co.uk, and if you'd like to find out more about volunteering, without any obligation, please call Liz Nuttall on 015396 25571 or email nuttallliz7@gmail.com.

Travel with us



JOHN SOUTER HANDCRAFTED SIGNS

John Souter

During lock down a local couple (good friends of mine) were helping out with deliveries covering the full area, they mentioned that it would help if places had house numbers, theirs' included. So I had some spare oak and i carved them a sign for their house and enjoyed the creation side of transferring something that was waste into a useful object. After that I was asked to do items for other people.

I have carved all manner of animals, construction machinery, tools, Steam traction engine (very challenging), plants, woodlands, people, prize winning tractor or cattle, and a military plaque for an old serviceman who served in the West Riding Regiment (that one went to Canada).

I am also starting to stock pile remembrance day gifts (see example above) that I hope to sell and give a good donation to the British Legion, I use old furniture donated or I buy Oak. Why burn or throw something that can be used? All this gets done from my shed at home.

See the advert on page 5.

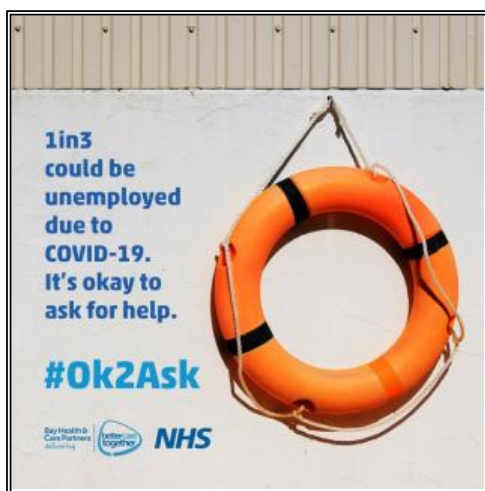
TIM'S COLUMN

Tim Farron MP

Lookaround is due to appear on the day that Parliament is due to start working again after the summer recess. One of the great things about the COVID outbreak is that all the party conferences are either postponed or are being run online and as a result Parliament is sitting for the whole of September. Normally we go back for a week or so and then all disappear again until October, something that has always struck me as a completely unnecessary. Particularly given that none of the conferences run for anything like a week.

For obvious reasons August has been a bit quieter than in previous years although the run up to the beginning of the recess in July was quite an active one.

I got to push Government Ministers again on their extraordinary decision to give second home owners a £15,000 reduction in stamp duty whilst claiming that they could not support the 3 million self-employed



people who saw their livelihoods dry up during the lockdown.

I also had the chance to make it clear to ministers that it appears to be beyond stupid to be thinking about a major re-organisation of local government during this COVID crisis. I don't know about you but I think that South Lakeland District Council has played a really important role in distributing grants and helping people out during the crisis. All that threatening to move us to single tier government now will do is take everyone's eye off the ball for a couple of years as they all try to save their jobs. This Government appears to have learned very little from how hard they have found it trying to both Brexit and sorting COVID at the same time. Throwing another challenge into the mess seems to be beyond madness.

Finally, I was really pleased to be able to vote in favour of ensuring that our food and farming standards would be protected in any trade negotiations and that our NHS cannot be controlled by anyone outside this country. Sadly, the most Conservative MPs appear to disagree with me on these issues and the we were defeated.

August itself is one of my favourite times of year as it is when I do my Summer Tour. As I write this it is still going ahead, which is brilliant. Most of the stops will be outside so providing everyone sticks to the rules I should be able to speak to as many people as usual. If everything goes to plan (we have already had to change the dates once because of COVID) I should have been passing through

Sedbergh and Dent on the 27th August. So sadly a few days before you get to read this. As I have said before in Lookaround, the Summer Tour is an important opportunity for me to meet with people with no agenda I simply want to have a chat about what is worrying them and how they think I am doing. I am fairly sure I know what most people want to talk to me about this year but everyone will have specific issues around COVID that I really want to hear more about.

If you missed the Summer Tour and would like to contact me about any issues then please drop an email to tim@timfarron.co.uk or call on 01539 723403.

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SEDBERGH PARISH COUNCIL
Janey Hassam - Clerk to the Council

The Council held their online conference meeting on 13th August 2020 at 7.30pm. Their next scheduled meeting is Thursday 10th September 2020 at 7.30pm. Any member of the Public that would like to attend, can be sent an invite to this video meeting. Please contact the Clerk for the joining instructions.

Coronavirus – reopening High Streets safely (SLDC/CCC)

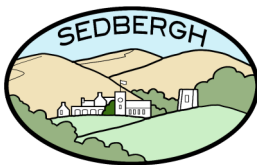
Members noted that further signage was now in place, reminding residents and visitors of social distancing/hand washing etc while enjoying their time in the area. Members also considered the notion to temporarily reduce the speed limit at Main Street/Finkle Street, however, agreed that this was not necessary and opposed the proposal. Members believe road users are already mindful of the potential for pedestrians to be walking on the road due to the nature of the narrow streets and pavements.

Planning – Yorkshire Dales National Park Authority Local Plan 2023-2040

Members noted the current consultation period and will discuss the Local Plan at their meeting in September. Details of the Plan are available on the YDNPA website.

Maryfell play area/paddock

Members noted several complaints in regard to dog fouling in the play park and paddock areas. The Clerk was able to confirm that South Lakeland District Council are



considering the paddock area to be included in the Public Space Protection Order which, if included in the 2021 review, would exclude the exercising of dogs in the area.

Other Matters

Various other matters were discussed, including the Covid Support Group, Planning, Finance (and the conclusion of the external audit) and Amenities. Various

correspondence was also discussed, including ongoing discussion with Sedbergh and Dent United Football Club in respect of the playing field at Havera and plans by Garsdale

Parish Council to set up a Task Group in relation to motorbike safety in the area.

If you have any queries, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office, with agendas and minutes available online at www.sedbergh.org.uk

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2020

Thursday 17th September

Wednesday 14th October

Thursday 19th November



HOWGILL HOROSCOPE

G Kilpatrick

ARIES Lockdown has been hard for born leader Aries – troops have been thin on the ground lately. Now you can get back to your bone head usual – barking orders, issuing commands – which everybody completely disregards as soon as you disappear over the horizon in search of your next half arsed campaign.

TAURUS How did you do during lockdown Taurus? All that queuing – at the Spar, Powells, Ryecrofts [they sell pet food] but you're not reading this as your already in the queue for the chippy

GEMINI Time to get out there and do what you do best Gemini – gossiping, spreading rumours and

telling flat out lies. But you can't because during lockdown the neighbours have bricked up your front door - aided and abetted by your Mum - because none of them want to see either of your two faces ever again.

CANCER Self isolate, lockdown – you'd never notice Cancer. 45, unmarried, no job, still living at home, you loved lockdown; even more time to spend at home, just you, Mummy and your OCD, which involves rivets.

LEO Poor Leo. Lockdown must have been awful. Because Zoom/ Skype just doesn't do it for you, you need lights, camera, action and most of all a real live audience, re-affirming just how great you really are. Really. But you died weeks ago, found face



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down in front of a full length mirror, dressed as the last holy roman emperor. With no one around to notice how wonderful you are – you lost the will to live.

VIRGO at last Virgo, you can get out there and explain to everyone why you know better than they do. About everything. The only thing you don't seem to know is that you are a miserable sod. You are delighted lockdown is over but not half as delighted as your family, who have been hiding in a septic tank for weeks just to avoid you.

LIBRA You spent 3 months in your room trying to decide if you should self-isolate but now lockdown is over you can get back to working on the design for your entry for Sheepfest – 2018.

SCORPIO Lockdown over? Noooooooo. You loved it Scorpy, empty streets, deserted hills and fells, best time ever for you to sort out all those people you dislike/ loath/hate – which is everyone you meet. What was in that sack you threw off Jackdaw Bridge is no one's business but yours.

SAGITTARIUS Lockdown = loadsa *special time* with your partner/spouse, someone else's partner /spouse, casual acquaintances, delivery drivers. Only interrupted when social services came round to say your kids had been found living in a cave on Winder.

CAPRICORN Financially cautious, organised, efficient, the workhorse of the zodiac. And don't the rest of us know it. You even managed to pick up yet more work

recently – as a grim reaper. You are a miserable humour free zone who only ever breathes in.

AQUARIUS Whatever planet you are on right now Aquarius bet you used lockdown as a great opportunity to get in touch with the real you, find the spirit of your higher self, connect with the eternal consciousness of being . Yeah. Even your imaginary friend thinks you don't exist.

PISCES Climb over those empties Pisces, lockdown is over. Time to get back out there and enjoy wonderful countryside and lovely fresh air. But you won't. Because the Dalesman is open.

Mine was uncannily accurate - Ed

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School is delighted with its A Level results with an overall pass rate of 99%, including over 88% achieving A*/Di* – C/M. Hasan Ali (Hart) obtained A*A*A*A* and gained entry to Keble College, Oxford to study Engineering. It is their highest ever Value Added score and A*- C percentage and a record percentage of pupils have got into their first choice of University

More local successes include Rosie Clifford of Thackthwaite, Penrith with A*AA who will be attending the University of Bath to study Biochemistry, Holly Dale of Kirkby Lonsdale, who will read Business Accounting and Finance at Newcastle and Morgan Robinson of Preston Patrick is headed for Imperial College, London to study Electronic and Information engineering.

The School has been shortlisted for two Independent School of the Year awards: Independent Student Experience for integrating overseas students into life at Sedbergh, and Marketing Award for Brand Communication for the video Spirit of

Sedbergh, which has been viewed over 300,000 times.

The summer courses for children from 6 – 11 have been run at Casterton – Sports Skills Development (cricket, rugby, hockey, football, and athletics among others) Inspiring Activities (STEM, Arts & Crafts, and Performing Arts) and most of all Fun. There have been two courses, Monday to Fridays 9 am to 5 pm.

During lockdown the School provided 5791 live lessons on line. Over 3000 views were recorded of the on line Speech Day. Even the Equestrians performed their dressage tests on line

During the holidays some weekly briefings continued with challenges such as wild swimming. Suggested summer reading was provided.

The Rugby tour to South Africa had to be cancelled, but one of the purposes was to raise money for Connect Sports Academy, a charity in Cape Town which provides rugby training, playing and learning opportunities for disadvantaged children in the townships. Despite the cancellation £20,000 has been raised

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for the Academy, and was handed over at a ceremony on 25th July

The Sedbergh School 2nd XI (consisting of pupils, Old Sedberghians, parents and staff and now in the 2nd Division of the Westmorland Cricket League) played their first home game of the season on Akay on 1st August (lost) and had two more home games on 15th and 22nd August.

The former Health Centre, recently the 6th Form centre is presently being converted into a 9 pupil boarding facility by local firms and the School maintenance team, and will be in operation at the beginning of September.

The 6th Form Centre is moved to Queen's Hall where the upper floor is to be a modern study area with technologically advanced area conducive to study. Downstairs is aimed at being a more relaxed area for group study and socialising as well as continuing to be a dining facility when required.

The Chapel lighting is being updated and will enhance the quality of services and performance as well as lighting some previously obscured architectural features

Two Old Sedberghians, Tom and Jack, have completed a length of Britain bicycle ride to raise funds for Parkinsons UK (passing through Sedbergh on their way) and had raised over £4,000 by 10th August.

In a BBC Radio Cumbria interview Lancashire's Ric Gleeson described the School cricket ground as one of his favourite places to play as it was so picturesque with an outfield like a carpet

The Equestrian teams have had a busy holiday riding in several events with considerable success.

Future Events,

Term starts on 6th September

During the Michaelmas term the School intends to maintain high standards of sport provision within the Government guidelines on safety cleaning and hygiene, and will make as many activities as possible available to ensure every pupil is engaged, motivated and inspired

Both the Old Sedberghian sports weekend and Old Sedberghian weekend have been postponed

The Remembrance Day Service will be on Sunday 8th November

Half term is from 16th to 31st October

A separate letter from the School to the Community about the arrangements for next term in relation to Covid 19 and isolation is being published elsewhere in the Lookaround - see page 6.

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SONNET FOR INDIANNA

Carole Nelson

My dear daughter and companion
drove out in the dawn.

We reached our destination without
words, unable to speak.

The sky above was painted fire and
all the curtains still drawn.

We met the sad faces, stilled,
expressionless and bleak.

Watched from the hall he carried
her gently down the stair.

Our hearts cried out in dreadful
memory mourning our loss.

Our tears falling, yet still waiting
there, many more to fall.

Such a silent and forlorn assembly,
bearing a crippling cost

To the garden we took her balloons
and sent them into the sky

Globes in her favoured shades of
mauve and brightest pink

On that hot morning we let go the
string, watched them fly

Wayward, floating colours lost,
receding, gone in a blink.

Gazing, peering upward as her
favourite rose the fastest,

as if caught by angel hands,
heaven's newly arrived guest.

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COMING THROUGH: EARTH SPEAKS

Carole Nelson

The virus threat has given me
respite
your human panic brought me time
to breathe
in cities air was fresh and let in light
please humans, think what you
wish to bequeath.

You've measured progress by the
rule of more
your main concern is profit at all
costs
this faith in greed not need has led
to war
whole species, forests, clean seas
have been lost.

So, tragic as these recent deaths
have been
for every soul who perished keep in
mind
how you can cherish life and what
this means
for all on earth as well as human
kind.

The path ahead, less travelled,
although clear
to act for good with love and not
from fear.

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DENTDALE CHRISTIAN FELLOWSHIP

In and SE Woof

Due to covid regulations our annual Festival at the beginning of August was rather different to normal, as are most things that manage to carry on, and was enjoyable and such a blessing to all who came.

The children really enjoyed their play together and seeing each other once again, and walking the dog (theirs) and giving the cat and kitten (ours) lots of attention. Telling the story of Daniel took on a new dimension with all ages wearing animal masks over face masks!

It was so wonderful to be with each other, spread out in our lovely garden and praising God.

We purchased 2 metres reminder tape, created separate entry and exit, used outdoor toilet, observed social distancing and still had a lovely time. Our meal on Saturday evening from a

local caterer was scrumptious and the dishwasher worked overtime.

New committee members are helping us to take the fellowship forwards and we look forward to being able to resume our monthly meetings and events, the first may well be Tabernacles. If you would like more details or where to find us please phone 015396 25212 and we will be pleased to hear from you. God Bless.

SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope, Hon Sec

The Trustees will meet on Wednesday 16th September 2020 to consider Grant applications from suitably qualified persons who have attended local authority schools and Academies in Sedbergh and Dent, and who seek financial assistance to further their education for vocational training.

Applications should be in writing and addressed to:

The Honorary Secretary of the Trust

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DAMNED IF I DO – PART 3

Sandra Gold-Wood

Two days have passed since I saw my friend Sue. Her boys, Michael and Ben, are staying with me. Vic, Sue's husband dropped them off last night. Sue is at the hospital, supporting her distraught mother, because her father had been seriously injured in an accident and, it is touch and go, as to whether he will survive. I was glad that my husband, Drew, was here when Vic came so that I didn't have to answer the door. Vic dropped them off, because he was leaving on a business trip and couldn't look after his children. I was so angry that I started to walk out of the house in order to catch him up and tackle him about the affair he is having with my

sister Lily. Luckily, Drew was there to catch my arm, he looked me in the eye and shook his head which stopped me.

After the struggles of getting four children fed, bathed and to bed I was too exhausted to think about the situation, after all I can hardly tell Sue of Vic's infidelity while her father is at death's door. I slept surprisingly well that night and after getting the children to school I realised that this can't go on. I either do something or do nothing. I persuade myself to do nothing. I took a couple of deep breaths and texted Sue to ask how things are at the hospital. Sue's father is in intensive care and they fear the worst. I could tell how deeply upset she was and I tell her not to worry

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about the boys, as I can have them for as long as she needs. No, she said, it's fine as Vic is not going to Birmingham, after all. Sue explained that he has passed the business meeting over to a colleague. Adding that he is taking some time off to look after the boys and that he will pick them up from me about 5.30 if that's ok. I hear myself saying soothing words to Sue while in my head a storm still raged over Vic and Lily. I know that Drew will not be home until after 7.30 as it's his squash night, which means he won't be there to put the hand of restraint on my arm when Vic calls. Oh, if only I could put this whole thing behind me after all it's not my business; but that's easy to say. The phone rings and it's my mother, she has heard the news about Sue's father and wants to know which ward he is on. For something to say I ask about Lily. I should know better. Mum launches into a lengthy tale about the American that Lily was stringing along and how he has turned up again, adding that Lily is now not going on holiday as the hotel has gone bust.

I dare to think that Vic has called a halt to the affair and that is why Lily's holiday is off. Mum finishes off, with poor Lily and that she never can settle. I agree, thinking what an understatement that is. I don't think Lily has the slightest intention of ever settling, but I don't say this to Mum. We say our goodbyes and I throw myself into the ironing. Then I clean the bathroom, I doubt it has ever been done so thoroughly. Then I turn out a few cupboards and put a pile of stuff ready for the Church Jumble sale. All this activity is just a

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distracted until the hour of Vic's arrival.

At the allotted time I head to the school and pick up the children. I take them to the park and I even allow them a burger and chips from MacDonald's. They are all delighted, particularly my two, as this is normally only a holiday treat. I explain it's because we are looking after Michael and Ben while their granddad is in hospital. This is to them a perfectly satisfactory explanation. After they have run themselves to a temporary standstill I take them home where I leave them in front of the TV while I busy myself and try to think what I will say to Vic. My plan is to ask him in for a coffee and then bring the matter up over the kitchen table. Ridiculous says a voice in my head and I have to agree, it is ridiculous. I wonder then if I should hint? Maybe that's the way forward. Yes, I think I'll just hint; say something like, I thought I saw him in town last week. Then ask him casually if he knows my sister Lily. Or, perhaps say, I think you know my sister Lily. Yes, that could work better. On the other hand, that may just come across as a blackmail threat.

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At 5pm the doorbell rings and I jump out of my skin. I shout to the children to stay where they are and make my way to the door. I take a deep breath and put on my very best brave face, which, immediately, drops to the floor as it is Lily who is standing there and not Vic!

'Lily', I gasp. 'What's that matter with you', she asks noting the state of shock I'm in.

I have lost the power of speech and stand there dumbfounded, and grateful that the children didn't heed my instruction to stay where they were. I watch as Lily playfully chats with them all the time checking the clock as it heads toward 5.30pm. Finally, finding my voice I ask Lily why she has come. To my surprise she

tells me that she has come to pick up the children for Vic as she is going over to his house tonight. There are no words to describe the way I feel at this moment. I am considering walking out of the house and coming back at a later date to see if everything is back to normal. I really can't take any more of this. I am surprised by the unusually high pitched sound of my voice as I ask her to step into the kitchen a moment. I command the children to go and watch the TV. Then I hustle Lily into the kitchen. I ask her in no uncertain terms to tell me what is going on between her and Vic. Astonished, she asks me what on earth I'm talking about. I say; don't deny it Lily and tell her that I saw her and Vic together

outside the Britannia Hotel and in the car park. To my complete astonishment Lily begins to laugh. At this point, I must have had steam coming out of my ears and Lily starts to look worried. 'Whatever is the matter Iris?' In a moment a realisation dawns on my sister as she puts two and two together just like I did. Oh, no, Iris, you have it all wrong. How could you, whatever were you thinking. My expression tells her all she needs to know about what I was thinking. She sits me down and explains that she and Vic were making a short advertising film for the local cinema to promote the Britannia Hotel. Lily also reminds me that John Fowler, the owner of the Britannia, is a friend of hers. She goes on to explain that Vic was just leaving the hotel having finished a business meeting. Seeing him there prompted Lily to ask if he would take part in the little film and he agreed. Lily is angry now saying that if I had not been so intent on seeing the bad side of her I would have noticed the camera man who was close by. I am left feeling lower than a snake's belly and unable to apologise enough. Through my remorseful tears I beg Lily to swear not to mention my accusation to Vic. Lily agrees but leaves in a bit of a huff. I am left sitting at the kitchen table filled with shame as I realised Lily was right that I was thinking the worst of her. My assumptions could so easily have caused heartache and serious trouble between my friends and my family. I vow quietly to never make assumptions again; If only I'd checked things out.

The End.

CONFLUENCES – FARFIELD MILL EXHIBITION

Greg Stephenson

Confluences is the first joint exhibition showcasing the work of artists Martin and Siobhan Miles-Moore from award-winning studio Miles-Moore Ceramics.

The exhibition opens at renowned Dales gallery and crafts space, Farfield Mill, Sedbergh, on 04th September and will run until the 02nd November 2020.

The exhibition's opening gambit draws both content and inspiration from Martin's collaborative book Confluences released in 2019. The title of the book resonated with the pair to such an extent, that it defines and establishes the tone for the exhibition itself, making reference to the joining, coming, or flowing together, meeting, or gathering at one point of two or more bodies.

This is a bold statement of intent, identifying the coming together of

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both Martin and Siobhan as artists. The unifying of their ideas and the inspiration underpinning their work, including their deep seated and shared understanding of sense of place, a sentiment expressed throughout their work by their use of both found and foraged materials.

In recent years each in turn has collaborated with a wide cross section of artists and creatives, from an array of backgrounds, including poets, photographers, film makers, award winning chefs, and followers of the Japanese art of Chado.

This time the pair have joined forces with two unique and talented digital creatives, Naomi Saka of Interaktions Design and Rich Stevens of Design Real. Both work in the innovative and expressive world of concept design and development, collaborating for the first time to create unique visual experiences for Bentley celebrating the centenary of the Grande Marque.

Both Martin and Siobhan seek to tell stories with their work, creating connections to place and disparate culture. Using materials from specific locations is a significant part of that storytelling process. Helping their audience understand why they have

chosen to use particular materials and their meaning is an essential element in the creation and curation of any exhibition showcasing their work.

They both realised the unlimited potential to use digitised images and light installation to help tell these stories in a different way, utilising another medium to convey the inspiration behind and the intent of their work.

Naomi Saka commented: "As a digital artist I delight in exploring how traditional and new techniques can create meaningful and compelling experiences for us. In 2019 I was part of the UX design team working on Bentley's Centenary project, where I had the pleasure of meeting Martin and Siobhan. Rich and I have set out to add a vastly different dimension to elements of the story underpinning the Miles-Moore exhibition 'Confluences'. Rich and I selected the recurring theme of light, which as you

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will discover runs through the work the couple create. We wanted to explore this rich theme and in order to do so we used light forms to create an immersive storytelling experience, creating a real time rendered light sculpture. As a result, this collaboration explores a number of possibilities, fusing both the analogue and digital mediums to craft truly innovative artforms.”

Siobhan and Martin Miles-Moore said: “ There are many hidden connections and stories when we create ceramics with a sense of place. Our creative confluence with Naomi and Rich has allowed the addition of an extra dimension to our work, which will be experienced by our audience, and help to articulate more of the dynamic aspects of the journey involved in creating these unique pieces. As a result, ‘Confluences at Farfield Mill’ represents the first step in what we all believe to be the start of an innovative and exciting creative exploration.”

Martin is in the process of creating a range of new work for this exhibition, which comes full circle reconnecting with his earlier work, inspired by Korean forms, but now explicitly telling the story of the fells and becks of his surroundings. Vessels that can be used; but can also be admired purely for their form and the stories of evolution they embody. Vase forms, moon vases and tea bowls, all made using foraged materials and reflecting the colours and textures of the landscapes surrounding Farfield Mill.



Alongside, Siobhan is creating a new range of microcosms integrating the shapes and emotions of the Howgills, the textures colours and patterns of the raw materials of textile production, wool, and water as well as finished products. For the first time they are working together to co-create work, a true confluence.

Both bodies of work convey the story of nature’s infinite power, an energy that constantly shapes both place and people. Shaped by the raw energy of gusting winds and driving rain, shimmering desert and tropical sea, ancient glaciers and crashing cascading waterfalls, these are nature’s tools...

Confluences opens at Farfield Mill, Sedbergh, on 4th September.

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SEDBERGH W.I. REPORT

Moira Folks

Do you remember how you felt on your first day at a new secondary school – especially if you were the only new girl or boy? A feeling of anxiety about how you would fit in, and trepidation about the rules you might have to remember? And imagine how you might have felt if everyone had been wearing a mask! Just eyes staring at you, no smile to greet you? Returning to the People's Hall for our first meeting since lockdown made us rather anxious too, because we had strict rules to follow to make the hall 'Covid-secure'. Some of the committee, 'the prefects', someone called us were waiting,

masked, in the lobby to welcome the rest of the masked members, lined up at 2-metre intervals outside, ready for the door to be unlocked at 7.30pm: fortunately, it was a sunny evening! Reminders were given about sanitising hands immediately, and the necessity of following arrows in the one-way system which was carefully marked out in a 2-metre grid, a triumph of organisation, for people to go to their seats round the double line of tables, and when those seats were filled, to use the extra chairs down the sides of the room. It's so difficult to speak to others when your mouth and nose are covered by a mask – you feel gagged! It was a great relief when we were all in our places and Ellen said that now we were in socially-distanced seats we could remove our masks and see the friendly faces behind them!

Since the speaker we had originally planned was unwilling to come, we had arranged in-house entertainment. Ellen had asked our four newest members to tell us a little about themselves. Angela, who moved to Sedbergh nearly a year ago from Surrey because her Yorkshire-born

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husband wanted to come back to the north, and Angela was very happy with the lovely house they found here, has found her green fingers handy in growing fruit and veg. Caroline, whose husband was a teacher in Milton Keynes for many years, accompanying school groups to their outdoor centre in Hospital Lane, Millthrop, retired to Brigflatts a few months ago, spending lockdown renovating a former barn conversion, as well as enjoying walking around the area. Stefanie proud to be our WI 'baby' came here from York about 2 years ago with her husband and 2 young sons, now at Settlebeck School: Stef is a very 'crafty' person, who uses her sewing skills in a part-time job as seamstress at Farfield

Clothing in Joss Lane. Our latest arrival is Jill, who retired to Sedbergh late last year from Hutton Roof with her husband and two daughters, now about to fly the nest: a very sporty family. Some of us knew that Jill was a keen swimmer who used to train frequently in the Kendal pool before lockdown. Since then she has taken up wild swimming and we were amazed to hear she had swum the width of Windermere (2 miles) three times in the previous week!

Next it was the turn of the 'oldies'. We were asked to say how we had passed our time during lockdown. Pam had climbed all the fells she could see from her home at Farfield: all the Howgills, Baugh Fell and others, some of them more than

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once! Many other members had been walking too, getting to know some local footpaths for the first time: we were so lucky here to have quiet paths to explore and beautiful weather for it in April and May! Anne Symons had brought along a beautiful patchwork quilt she was making, but she had done a lot of other crafts too. Someone else had written a large chunk of her autobiography – but that remains a tantalising secret for now! A few members had been doing antique jigsaws, separately, but I think some of them were passed on to puzzle other jigsaw fans when they were completed. Sewing, craftwork and reading were other favourite pastimes, while gardening took up a lot of time for others. Some had

shelved other, less pleasant jobs, which really should have been done in all the time available! Such is life!

So much for those of us who had been able to move around during lockdown, but we were missing about seven members who were still shielding from the virus. Contact had been kept with them and some had gone to our garden mini-meetings in July: the most recent of these, in Marjorie's lovely garden, enabled Rosemary Mason, Jean Jones and me to sit out and chat over tea and cake with Marjorie on a sunny afternoon – after 2 or even 3 postponements for bad weather! We're hoping to hold more of these into September. The collection of food and toiletries for Manna House at the end of July had also been an opportunity for some members to meet each other.

The thundery forecast for the second week in August was appalling, so we decided to move book club to the People's Hall on August 13th rather than risk garden mini-meetings. As it happens, apart from the massive thunderstorm early in the week, which cut out broadband and phone lines for days in the Baliol School area, when a tree was struck by lightning, and various rumblings of thunder on other days, we had hot sunny weather so garden meetings could have gone ahead on the Thursday. We decided, though, just to meet in the People's Hall as a full group. I think that doing so gave us so much more confidence about using the hall in future. We discussed 'The Moonstone' by Wilkie Collins,

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described by some critics as the first detective novel, about a precious diamond from India which disappears from an English country house in the 19th century. Like Charles Dickens's novels, this was first published in serial form and is rather longwinded. Some of our group found it tedious, preferring fast-moving modern novels; other members became involved in the historical setting and characterisation. The discrepancy of scores reflected this: from 1/10 to 8/10, averaging at 5.7.

Our next WI meeting is scheduled for Wednesday 9th September but details are not yet finalised. All members will be contacted individually when details are known.

KILLINGTON W.I. The Afternoon W.I. For The Entire District.

Wendy Fraser-Urquhart

Our secretary, Marion, is so efficient at everything including producing super-prompt minutes of our meetings that all I have to do is adapt them for the national media – i.e. – Lookaround!

We held our second "covid secure" meeting in the People's Hall on Tuesday 11th August. The safety features continue to increase. I am thinking of inventing a mask which will incorporate a device through which one can drink a cup of tea (or G & T!).

A dozen of our members were bodily present and the rest were with us in spirit (ghostly attendees, - or ghastly absentees). It was reassuring to see our president, Susan Sharrocks, back in the chair and welcoming us all to the meeting. Sue sent greetings and good wishes to all our birthday girls and to those who were under the weather. We later enjoyed delicious, pre-wrapped, chocolate cake to celebrate Margaret Fearnhead's 80th birthday. To vary our usual saying, "Time flies when you're growing old!" It was only yesterday when you were twenty.

Quoted directly from our secretary's minutes - "We discussed whether we should continue to hold our meetings over the next few months and the consensus was that we should as it was nice to see people face to face (or facemask to facemask!)" Good one, Marion! Our treasurer's report showed a healthy balance in the WI account although

the charity account is somewhat depleted. New defibrillator pads have been bought but the usual income from our Monday morning 'knitting or not' has dried up for the moment.

Our entertainment commenced with Susan reading a lovely essay, written by Sarah, about life in her garden. Maybe if I hid in the bushes I could add something she had missed out? Then Margaret challenged our intelligence with a quiz. The questions were wide ranging and left me feeling that I hadn't been a good pupil. "How many legs does a Wood Louse have? How many legs does a Silver Fish have? Which country was the first to give women the vote? How many countries still use the shilling?" I did feel the fact that I was the only person who knew that Bob Dillon had

won the Nobel prize for music showed something! Cynthia was our brilliant winner. I shall regard her with great respect in future. Our entertainment concluded with an interesting, illustrated talk about Marion's 2017 trip to Myanmar.. She and Chris combined tourism with trekking and real exploration of this fascinating country. They visited monasteries, stupas, temples and enjoyed joyful and friendly hospitality and food from the many communities in the country which lists 135 different ethnic groups among its population. Almost as many as 'odd balls' in Sedbergh!

Our next meeting will be on Tuesday 8th September at 2-00pm in the People's Hall. Who knows what will happen then? Do come and see.

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THE HALIFAX EXPLOSION

Karen Bruce Lockhart

The Beirut explosion should remind people of the horrific explosion in the harbour of Halifax, Nova Scotia, in 1917, which was the biggest explosion prior to the atomic bomb, and on the present available information is still the largest non-atomic explosion

Halifax has an ideal large harbour with a narrow channel leading in which was easily defensible. The narrows were such that ships had to obey strict rules in regard to keeping to starboard going out and in, passing port side to port side. It was a very busy harbour as, quite apart from the use the Royal Navy made of it, all cargo ships calling on the East coast of North America had to call at the harbour for inspection before proceeding to their destination port.

On this occasion the Imo, empty as she was intending to collect relief goods for Belgium, was running late. She had been too late to leave the harbour before the boom was put across the harbour entrance at night. So she was in a hurry and exceeding the 5 mph speed limit. Meantime a

French freighter, the SS Mont Blanc, was entering the harbour to join a convoy. She was loaded with 2,545 tons of several types of high explosive – picric acid, TNT, high octane petrol and gun cotton. Perhaps more importantly she was carrying many tons of benzol stacked on her deck. For security reasons she carried none of the usual warnings of her contents in case there were German spies about as she would be a prime target for submarines. Ahead of her an American naval vessel and tug went through the narrows but on the wrong side. In avoiding her the Imo was left on the wrong side so that she was heading straight into the path of the Mont Blanc

The Mont Blanc blew her horn once to indicate the Imo was on the wrong side, but the Imo replied with two hoots, meaning she was not going to move over. This procedure was repeated, and so the Mont Blanc swung to port. Meantime the Imo decided to reverse, but due to the fact she was empty her screws did not bite the water properly and forced her to swing to starboard and the two ships collided – quite gently despite the Imo having been speeding.

However, sparks from the collision



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benzol stacked on the Mont Blanc's deck. The Mont Blanc collided with a pier at the narrowest point of the channel and crowds gathered to watch the fire, more were running towards the ship to see the fun. The crew were unable to control the fire, and were ordered to abandon ship. As they fled they shouted at the crowds (but in French) to alert them to their imminent peril, but the noise was such that no one heard or understood. Two ships sent men to assist. The ship exploded only 20 minutes after the collision

Four square miles of the city were completely flattened. The Imo was flung ashore on the opposite side of the narrows. The bottom of the

harbour appeared as the waters parted, and this was followed by a 16 metre high tsunami as the waters rushed back. The city burned. Almost 2,000 were killed and 9,000 injured. Many more were homeless – 1600 houses were instantly destroyed and 12,000 more damaged. Many of the wounded suffered eye injuries from glass, having been watching the fire from their windows. The Mont Blanc's half ton anchor and one of her guns were found three kilometres away. Parts of the ship were found over as far as an eight kilometre radius. The shock was felt on Prince Edward Island. One railway worker foresaw the danger and managed to stop passenger trains coming into the city, and died for his bravery. The rail yards by the harbour were obliterated. Communications between Europe and America were interrupted as the transatlantic cables passed through the narrows. Two helmeted deep sea divers worked on the harbour bottom survived, but their tenders did not.

The Beirut explosion has been estimated at 2.75 kilotons of explosives. The Halifax explosion was 2.9 kilotons. (Hiroshima was between 13 and 15 kilotons).

Halifax had to be rebuilt, and the city holds a memorial service each December. The broken hands of the town clock remain at 9.05 am. Despite several court cases, both civil and criminal, no one was found to answer for the disaster – the Canadian Supreme Court finally holding that in the chaos of war mistakes were inevitable and both ships had made several.

REMEMBERING JONTY WILSON

Joe Moxham

We were staying in Dent on holiday in late July and whilst walking through the village one day I noticed Lucy the village blacksmith at work in her forge and it reminded me of bygone times of my schooldays in Kirkby Lonsdale.

I was a schoolboy at St Michael's College, Underley Hall from 1963 until 1969.

Underley Hall was at that time a Junior Seminary for the Lancaster Roman Catholic Diocese. As pupils, we were occasionally allowed to walk to Kirkby Lonsdale to buy sweets, enjoy a toasted teacake and a coffee, or a swim using the diving board at Devils Bridge. Sometimes we crossed the fields to Ruskin's View and other times we walked via Dam Hill on the Underley Estate and past Jonty Wilson's blacksmiths shop on Fairbank on our way into the village.

With a lifelong interest in the use of tools and equipment and whilst on many of these walks I used to stop and talk to Jonty not only about what he was currently working on in his forge but also his connection with Underley Hall when it was owned by the Cavendish Bentinck family then Oakfield Girls School and latterly St Michael's College. He would relate his connection to Lord and Lady Henry Cavendish Bentinck and how he would look after their racehorses shoeing them as and when required. He also told us how he used to teach riding lessons to the girls of Oakfield School who moved to Underley in the 1950s.

Jonty was a fascinating character to which anyone that can remember



or met him would testify. The annals of the history of Kirkby Lonsdale include lots of photos and anecdotes of his life, not to mention the books that featured his life in "The Cumbrian Blacksmith" and "The Life and Times of Jonty Wilson."

One evening Jonty was invited to give a talk and slide show to the boys of Underley Hall about his life and times and I particularly remember him telling us about his ride on horseback to the Galloway Gate and the history associated with the road which is something that I always remember but, as a schoolboy, could not remember the exact location.

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On a previous holiday in the village of Dent and looking at the booklets available in the cottage I discovered an Ordnance Survey map showing the coal road that runs from Cowgill to Garsdale and I noticed a note on the map referring to the Galloway Gate which is part of that road. Then and only then did that memory of Jonty's talk to us fall into place. He had ridden his horse from Kirkby Lonsdale through Barbondale, Gawthrop to Dent, on to Cowgill and then over the coal road to Garsdale. I don't recall the details exactly, but surely, he must have stayed with one of his farmer friends somewhere on the way to stable and rest his horse in order to complete that journey.

I have since managed to obtain copies of Jonty's books and occasionally pick them up and reminisce on his life and associate him with my life at Underley Hall in the 1960s. Although I do not know her, I am told that Jonty's daughter still lives in Kirkby Lonsdale and I hope she is proud of the legacy that her father left behind.

GRISEDAL AGAIN

Colin Cowperthwaite

A poem written by the late John Cowperthwaite who passed away on 3rd November 1994, whose heart and soul never really left the dale. This poem was read at his memorial service at Garsdale Street Methodist Chapel on 10th June 1995.

Again I feast my weary eyes
Upon thy glorious calm.
I know that I've arrived at home
And I am free from harm.

Oh lovely dale! Thy silent stream
Fills with content my heart.
Such joy and happiness I know
From nowhere else can start.

The dancing, dappled shadows
Now softly kiss my cheeks.
The gentle breezes whisper
A secret message speaks :

"Oh welcome home, my long-lost son!
Upon my bosom rest.
Forget thy weary, worldly cares;
Come here, forever blest!"

Beneath thy guarding, silent hills;
Beside the waters still;
I rest my travel-weary soul
And drink my memories' fill.

SEDBERGH ACTS ON TRAFFIC HAZARD

*Westmorland Gazette, 18th
September 1970*

Acting on a recommendation of their Public Health and General Purposes Committee, Sedbergh Rural Council at a meeting on Wednesday night formed a sub-committee to keep an eye on traffic in Sedbergh.

During the committee meeting a letter was read from a resident of Sedbergh, complaining of noise and hazards caused by the increasing amount of traffic in Main Street.

Because of the probable effect of the traffic flow in Sedbergh, due to the forthcoming opening of the M6 motorway extension, they decided to recommend to the council that the sub-committee be formed to keep a watch on the traffic situation and to advise the Council of the emerging picture so that action could be taken if needed.

Seven members of the council on Wednesday night expressed their wish to serve on the sub-committee and were duly accepted.

Commenting on traffic in Sedbergh, Councillor Henderson said he had recently seen at least six cars travelling the "wrong" way in one-way Back Lane and, he said, he had seen another car on Wednesday afternoon do the same thing in circumstances which could have caused a serious accident.

Councillor J. Dawson, Chairman, said "We are quite used to the one-way system, but for strangers it could be difficult".

Another member pointed out that he thought road signs near a shop window as a person travelled down Finkle Street could be confusing.

The committee resolved to report the matter to the West Riding County Council.

A VIEW FROM THE FELLS



A FEW LOCAL
PEOPLE FROM THE
1960'S AND 70'S



How many Sedbergh and
district people do you
recognise from these photos?
Answers are on page 61.



A FEW LOCAL
PEOPLE FROM THE
1960'S AND 70'S
(Continued)



6



7



8



9

10

All photos kindly
supplied by Colin
Cowperthwaite.

Many thanks Colin.

**YOUNG CUMBRIAN FARMERS
WITH AMBITION TO STAR ON THE
BBC**

Adam Day

The Cumbria Farmer Network team avidly watched BBC2's This Farming Life, broadcast in August. The programme featured two young Cumbrian farmers whose early careers were supported by The Farmer Network's "Farming Ambition – Business Support for Young People Programme".

The Network has been running this project for several years originally with funding from The Prince's Trust and Prince's Countryside Fund and latterly four local organisations and charities. The business support programme helps young people in

farming who want to build their own agri-related business. It provides advice, mentoring and where needed, financial support through grants and loans.

Matty Blair and his wife Danni were filmed moving to Thrimby Grange Farm near Penrith, where they achieved a huge ambition by taking on a farm business tenancy. Matty took part in the scheme during 2012 and says,

"For anyone with farming ambition, my advice is to crack- on and go for it, you've nothing to lose. Through the support programme we were able to surround ourselves with positive people and listen to the right advice. Having the right network of people has been so important".


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Another programme featured Georgia Hunter from Piper Hole, Ravenstonedale who works with her father Frank. In a bid to diversify she had a dream to set up her own goat farming enterprise. Seeking support from the Farmer Network in 2013, Georgia went on to achieve her ambition, setting up her own goat meat business which continues to go from strength to strength, supplying shops, restaurants, farmers markets, and other businesses. She says,

“I was only 18 when I joined the programme. The business advice and mentoring I received gave me so much confidence to set up my own business. I would advise any young person with a farming ambition to join the programme. It really is a great opportunity”.

Kate Gascoyne has led the Farming Ambition Programme for several years on behalf of the Farmer Network and is very proud of Matty and Georgia saying, “They are shining examples of what can be achieved by young people in farming, with the right attitude, hard-work and the right support.

Any young people with farming ambitions in Cumbria and The Yorkshire Dales can contact Kate for more information on the Farmer Network’s Farming Ambition – Business Support for Young People Programme by calling her 01768 868615 or emailing kate@thefarmernetwork.co.uk



Cumbria Young Farmers

A graphic of a wooden signpost with four directional arrows pointing to different services: MYOFASCIAL MASSAGE & MOVEMENT, CRANIOSACRAL THERAPY, SCARWORK FOOT THERAPY, and SOMATOEMOTIONAL RELEASE. Below the signpost, contact information is provided for Yvonne (07795063107) and Fritz (07817665662). The business name 'Dalesway Therapies' is written in a stylized font, followed by the phone number 015396 21303. A red banner announces a 'RE-OPENING MONDAY 20TH JULY'. At the bottom, it states 'WITH APPROPRIATE COVID-19 PRECAUTIONS' and lists social media handles for Instagram (@dalesway_therapies), Facebook (daleswaytherapies), and email (daleswaytherapies@gmail.com).

SUPPORT AVAILABLE TO CREATE NEW DALES WOODLAND

Mike Appleton YDMT

Grants are now available to help create new native broadleaf woodland in the Yorkshire Dales and surrounding areas. Trees are one of the best ways of combating the climate crisis as well as being vital for wildlife and our wellbeing.

Yorkshire Dales Millennium Trust’s (YDMT) woodland creation programme, which is supported by players of People’s Postcode Lottery, is open to anyone who owns or manages land and will help plant woodland of any size including the costs of fencing and planting.

Carol Douglas, Woodland Officer at YDMT, said: “We’re delighted to be offering support to those individuals and groups who want to create beautiful woodlands that everyone can enjoy. “This is a key part of our Together for Trees campaign as well

as providing an opportunity for people to get actively involved with trees and woodlands and the social benefits they have to offer. If you have a desire to create woodlands for the future then please get in touch for an initial conversation about the process. The next application deadline is 7th September 2020.”

The scheme forms a key part of Clapham-based charity’s Together for Trees campaign, which aims to plant an additional 40,000 trees this winter to reach its ambitious target of 100,000 trees.

Players of People’s Postcode Lottery have raised nearly £2.5 million for YDMT since 2009.

Will Humpington, Climate Change and Environmental Programmes Advisor at People’s Postcode Lottery, added: “Planting trees is one of the most important things we can do to mitigate the effects of climate change so I’m delighted that players can once again support this campaign.

“The creation of woodland is vital not only for wildlife and the environment, but for well-being and health too. I would urge landowners or groups in the Dales to get in touch with YDMT to find out more.”

To date, YDMT has supported the planting of 1.5 million trees in the Dales and surrounding areas ensuring long term conservation, landscape and environment benefits.

For further details contact Carol Douglas, carol.douglas@ydm.org or call 015242 51002.

Forms and guidance are available at <https://www.ydm.org/what-we-do/tree-planting/woodland-grants>

FAMILY MUSINGS

Sara Woolf

Good intentions can be like good weather, they get forgotten! I always 'intend' to write the next month's Musings early in the month and often it is the last day before, or even day of the deadline, before I do. Entering writing competitions does focus the mind but even then I can be last minute.

Our garden is lovely, plenty of places to explore for all ages, we have three pigs around the place to be hunted and found, one plastic, one stone and one wood, and a few 'live' animals too. A lizard crawled up the house wall one day, two frogs were sunning themselves on their own



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decking above their own pool last week, our two hens, a hedgehog has been sighted and of course 16 year old Mitts, my beloved cat, and Bob our 5 months old kitten.

Coupled with play equipment and butterfly nets, a football and games of hide and seek all make this an exciting place to be for our grandchildren and friends.

This socially distancing makes life challenging to meet, but on my birthday most of the family got here, and the grandchildren enjoyed playing together and eating jelly and ice cream. You can't have a party without that!

The lovely weather means jobs are getting done re house and garden

and others are in the planning stage. Such a blessing to wander the garden picking raspberries or roses for my or others enjoyment.

I don't venture far although in one week I went out for lunch with friends, out for lunch and a drive for Mother's Day and out for tea. Wearing a mask for more than a few minutes doesn't really agree with me and being amongst people who disregard the rules annoys me, so really staying home and with family and friends is by far the best. That said, no invitations will be declined!

Enjoy these days of summer, autumn is coming, stay safe and positive and if at all possible, be kind.



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JULY WEATHER

Brian Wright

As is often the case July it was quite wet with a total of 7 ¾ inches (190mm) of rain. One inch of that fell in 24 hours! Being July we had a frost free month with a minimum of 46.5F (8.8C) and a maximum of 89F (31.6C). The maximum wind speed was 17.23 mph (27.72kph) and we did not have a wind chill recorded this month. I have bought myself a new weather station, as the old version was in fact parts of three. One of the features it has is a "feels like" temperature, which I assume is for those days when we have a keen wind chill. However, the other day it had the "feels like" temperature higher than the actual temperature! Now my little brain has not got that one sussed!

The owls have been around but not as regularly as last month. As I came down stairs one morning the adult was sat on the bench, just outside the front door, with a small rodent in its talons. The jackdaws are still muscling in on the feeders, driving off the smaller birds. Having reared one clutch the swallows have laid again, fortunately, in another old nest. Generally, if they use the same nest it is usually so full of mites etc. they struggle to raise the second clutch. Time will tell but it looks as though the cock bird has done his usual thing and gone off with another bird as the hen seems to be on her own with this nest-full. Butterflies, apart from a few cabbage whites, seem still to be in short supply. It is that maggoty time of year when daggging out is a priority.


I've had three mini strikes which, fortunately, I caught soon enough for them not to develop into anything serious. I use a daily aromatic spray which generally does a good job keeping flies away.

The swift boxes only produced sparrows this season and we shall now have to wait for next year as the swifts seem to have gone early this year.

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THE WAY BACK

Susa Ellis

Will we find the way back .
Or have we already lost the knack .
Of reading warm eyes across the
table

When we are able
To dine out
Once more?

Skyping next the coffee mugs ,
Will we welcome sudden hugs ,
Handshakes , a sometime cuddle .
Or is this a muddle ,
From which there's
No escape?

Or will a shyness born of Skypes ,
Turn us back to to teenage types ,
Mumbling in strangled gruffness

Revealing only solo toughness
We have built up .
In lock up

Can a mask again be for fun ,
Or is its flirty charge now done ? .
Replaced by anxious peering ,
All breathlessly fearing
To set free
Our smiles

Or will a buried lust for life ,
Redeem us from this icy strife
Will we leave behind the virus
stresses,
And find again our sweet caresses
As springtime turns
To summer



CRANIOSACRAL THERAPY AND THE CYCLIST.

Fritz Hrynyk

Like a Kuota, or a Canyon, or a Trek, the body has to have all the parts working for it to function well and like any of the bikes mentioned above if each part is kept in good working order, looked after and treated with respect, it will continue to work well for a long time.

The bike has wheels, tyres, tubes, spokes, seats, chains, gears and all those other parts (that are much more expensive to replace than I tell my wife) that make up the whole bike and like our beloved machines our own bodies are exactly the same. All the bones, organs, muscles, nerves etc, are held together by a network of connective tissue (namely 'fascia') which, in a perfect state, enables everything to glide smoothly and to give us effective movement.

When a part of the bike goes wrong we identify it and take steps to repair, or replace it; when our body goes wrong we try to repair it, or more dramatically replace parts of it, knees, hips etc to restore it to its former glory. When your trusted machine falls over and receives a dent or a



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scratch this then becomes part of the story of the bike, we are the same. When we experience a fall, an injury or a traumatic life event they become the story of the person. Having a craniosacral treatment seeks to begin the process of repair that will allow the body to function in a more effective way.

A treatment is not carried out in the kitchen or cold shed, it is given in a warm relaxing environment that allows the work to be done well and effectively. The person may experience a wide range of benefits, more freedom from aches and pains, a better understanding of the causes of stress and tension, a release of deeper issues around trauma, life

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events and a greater feeling of balance and well being. The body's natural healing processes are stimulated by the treatment providing some measure of prevention.

Just like taking time to look after your much loved machine will provide years of trouble free adventure, allowing time to look after yourself will mean that you will be in a better position to enjoy that adventure.

My name is Fritz, I am a keen cyclist and ride as often as weather and responsibilities let me. I recently had an accident that landed me in hospital with a couple of fractured vertebra but getting back on the bike was always very important to me but I not only struggled physically to ride the bike, but I was also a little apprehensive about riding on roads for a while as I saw every car, land rover and delivery wagon out to get me. I had some Craniosacral treatments to help overcome the problems and I'm now busy chasing Strava segments and trying to keep up with the 'big boys'. I'm still wary of the road but coming to terms with things in a comfortable controlled space was instrumental in getting me back on my bike.

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If any of this has struck a chord with your own experiences you can contact me on 07817665662 or 015396 21303 for a chat or to book an appointment. Together with my wife, Yvonne we are Dalesway Therapies, see our advert on page 43 for more details.

Your therapist will take a full health case history as your past health has a bearing on your health now. You remain fully clothed for the treatment and once you are in a comfortable position on the bed, your therapist will gently place their hands on your body and tune into your body's craniosacral rhythm.

Your therapist will notice where your rhythm feels strained, non-symmetrical, faster or slower and if

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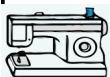
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this is your first treatment they may work through our 10 step protocol, designed to free up all areas of the body and CSS as much as possible.

Your therapist may be drawn to a particular part of your body, this is because your body intuitively knows exactly what to do and your therapist is listening and responding to help it. Because of this treatments can vary, you may feel a deep sense of relaxation in one session where as your muscles may twitch in another and you may also feel emotional at times - this all depends on what your body brings to the table that day

Everyone knows what a cyclist is and does, an inconvenience on the road or a strange person wearing even stranger clothing going too slow on a busy road or taking up far too much room on a lane that is clearly wide enough for a bus to pass; but very few people know what CST is and how it can benefit the cyclist.

CST is a very gentle body centred treatment that allows the body to release trapped tension and stresses that have developed over a long or short period of time. These tensions and stresses can have many sources, hard work, family life, the current pandemic, sitting on a bike for long periods of time, accidents, the list is long.

The brain, spinal column and sacrum and, are protected and nourished by cerebrospinal fluid which is encased in a thin membrane that supports these areas. This fluid is constantly moving to provide nourishment for the system and it is this movement that is used to make an assessment of the performance and how any improvements can be made.

Each body has a desire to return to the 'good old days' when it was supple, agile and could get through the day without the use of paracetamol or ibuprofen. As everyone knows there is no way to buy an upgrade for the body but what can be got is a greater sense of balance and perhaps a better understanding of how an individual

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can become more aware of themselves.

So can this information help improve a cyclist performance?

How can having a CST treatment help in your daily life?

What are the benefits of having a treatment?

What will I feel?

What is Craniosacral Therapy (CST)

CranioSacral Therapy (CST) is a gentle, non-invasive hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

Your practitioner uses a gentle touch to release restrictions in the soft tissues that surround the central

nervous system bringing balance to the CranioSacral System.

The craniosacral system is made up of the meningeal membranes (that surround and support the brain and spinal cord), the bones of the skull, face and mouth, the spinal column extending down to the sacrum and the cerebrospinal fluid (CSF) that surrounds and protects the brain and spinal cord. The fluid moving around the system produces a rhythm (similar to the rhythm of the cardiovascular and respiratory system) that your practitioner will tune in to, to see how it is performing and how its function can be improved.

This gentle therapy can be incredibly powerful.

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CST has the potential to help a wide range of conditions. It can help you:

- Feel freer in your body,
- Have less pain, discomfort and dysfunction
- Listen to and understand messages different parts of your body (such as your gut, heart, pelvis) are sending to you.
- Release longstanding feelings such as sadness, guilt and anxiety
- Restore balance to your system
- Relax your nervous system which in turn relaxes your body and lets it heal more effectively.

CST is also used as a preventative health measure because it stimulates the body's natural healing process.

A GOLFING TIMELINE.

David Lord

1877.... Alexander Hamilton Doleman of Sedbergh School, organises the first ever golf competition on the Riggs.

1896.... The officially recognised founding of Sedbergh Golf Club by seven Masters of the Hostel of Sedbergh School.

1991.... 95 years have passed, and September sees work commence on the new golf course at Catholes/ Abbot Holme, the brainchild of two neighbouring farmers, John Handley and Bruce Wilson. This after much publicised lengthy delays, brought about by an equally much publicised comedian.

The then M.P. for Westmorland and Lonsdale, Michael Jopling, cuts the first sod.

1991.... October, and the members of SGC play their last ever round on the Riggs and move to their new home at Catholes/Abbot Holme, playing on temporary tees and greens, whilst course construction continues around them.

1991.... Also in October, the older children at Sedbergh Primary School were invited to design the new logo for the golf club, the only stipulation

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being that it had to incorporate the packhorse bridge over the River Dee.

(Apology, sadly, the name of the winner not known)

1993.... August, and the course construction is complete. The official opening, Saturday August 7th, is performed by The Rt. Hon. The Viscount William Whitelaw K.T., C.H., M.C. Also at the official opening, the club's honorary associate Professional, John Garner, former member of the Ryder Cup team and British Matchplay Champion, gives one of his renowned golf clinics and a display of skill and trick shots.

1996.... and the club proudly celebrates its Centenary, with John Garner again entertaining members and guests with his Laugh and Learn golf show. Garner said, " Every club has something to shout about when it's their Centenary year, but especially Sedbergh, a jewel of a course in such beautiful scenery. "

1999/2000.... Disagreement between the owners lead to the closure of the course, unwanted headlines in national newspapers, and ultimately to the sale of the course to its current owners, Steve and Ruth Gardner.

2001.... June, much has been achieved and the club is ready for re-opening. The clubhouse has been fully refurbished to incorporate a first floor function room, outdoor balcony and all new changing facilities. The new, fully fitted kitchen and full time chef sees first class catering available daily.

On the course, Head Greenkeeper Phil Gardner has re-constructed the 6th green, (now the 5th), and despite



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atrocious early season weather, has restored the course to its former, much publicised, high standard.

2001.... still June, and Paul Eales and Paul Affleck, two stars from the PGA European Tour, are at Sedbergh to play in the Pro Am, celebrating the official re-opening of the course. The star attractions deliver the goods, as Eales shoots a 4 under par 66, setting a new course record. Affleck's level par 70 is good enough for second.

Allan Hogg, Dave Gibson and host Steve Gardner win the team prize.

2010..... The years roll by, a new 9th hole has been constructed and brought into play and a new tee for the 5th introduces very different challenges!

2013....August, and Simon Parkin, part of the club's emerging young golfing talent, shoots a 4 under par 31 on the back 9, a score not bettered as yet, so far as we know.

2018/2019.... The continuing emergence of young talent sees Jake Woof play for the Cumbria County team, as both he and Liam Mason play exceptional golf to achieve handicaps of Scratch and 1 respectively.

For the first time ever, SGC boasts around a dozen single figure handicap players.

Major re-structuring of the clubhouse is completed, the Fairway Restaurant is opened, with chef Dave Scarr, and the venture is an overnight success.

2020.... Coronavirus brings things to a sudden halt as the pandemic hits the world! Almost four months pass, during which time the course is superbly maintained, but no golf is played.

2020.... June. Frustrated golfers rejoice as Lockdown is eased and the course re-opens for play, albeit with no clubhouse facilities, but all manner of eminently sensible arrangements.

2020....August, and that's where we are today! Happy golfing!

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FLU CLINICS 2020

Sedbergh Medical Practice

It is that time of year again and flu season will soon be upon us. In light of the risk of flu and Covid-19 co-circulating this winter, the national flu immunisation programme will be absolutely essential to protecting vulnerable and supporting the resilience of the health care system. Due to the current Covid-19 pandemic we envisage a higher uptake of the flu vaccine so our clinics will be run slightly differently as we need to protect both staff and patients.

Many of the groups who are vulnerable to flu are also more vulnerable to Covid-19. Not only do we want to help protect those most at

risk of flu, but also protect the health of those who are vulnerable to hospitalisation and death from Covid-19 by ensuring they do not get flu.

We would therefore encourage as many patients over 65, patients under 65 in an at-risk group * and children aged 2-3 years old as at 31st August 2020 to have the vaccination. This year's programme has also been extended to include household contacts of those on the NHS shielded patient list, specifically individuals who expect to share living accommodation with a shielded patient on most days over the winter; also all pupils in year 7 will be invited to have the vaccination through the schools immunisation service. Health and social care workers are also included

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and can be vaccinated if registered with the practice. You may also have heard about the government's plans to include patients aged 50-64, this may or may not be rolled out and we are still awaiting further guidance on how this programme will be delivered and therefore we are UNABLE to vaccinate anyone in this group until we have further guidance from NHS England. If this is your FIRST flu vaccination you MUST contact the surgery (01539 718191) to make an

appointment and DO NOT ATTEND the Saturday clinic as you will be turned away.

We will be running Saturday morning walk-in clinics (no appointment needed) at the medical practice (ONLY IF YOU HAVE HAD A FLU JAB IN THE PAST) on:

Saturday 12th September 2020 – 8.30am-11am

Saturday 3rd October 2020 – 8.30am – 11am

Please note: these dates are subject to change if vaccines are not delivered as scheduled.

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We will have 2 clinicians immunising patients during the Saturday clinics, we will be operating a one way system through the building patients will enter through the main entrance and we will have two queues with 1 metre lines marked on the floor to follow social distancing, one queue will go left through the door next to the treatment room where patients will be immunised at the back door and will then exit the building, the other queue will go to the right of the waiting area where patients will be immunised and exit through the school flat door – there

are several steps so please do not join this queue if you have any mobility issues.

Patients will be expected to wear a face covering, no face covering then I am afraid no vaccine will be given. Please be mindful of your clothing, you will need to have your left/right arm ready for the clinician, so sleeve rolled up – we need to get patients immunised and through the building as quickly as possible. A member of the admin team will take your name, date of birth and the arm that you are

a helping hand

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having the vaccine in to enable us to record the vaccination in your medical record.

If this is your FIRST flu vaccination then you will need to contact the surgery (01539 718191) to book an appointment as you will need to wait 20 minutes after the vaccination to ensure you do not have any reactions, you CANNOT attend the Saturday clinics for a FIRST vaccination.

Nasal flu will also be available on the Saturday morning's for children in any at-risk groups and children aged 2-3 years old as at 31st August 2020 – children under 11 DO NOT need to wear a face covering.

Saturday mornings are for FLU VACCINATIONS ONLY and NO other services will be available, so please do not ask.

If you have a temperature, symptoms of Covid or feel unwell please DO NOT ATTEND.

If you are unable to attend the Saturday clinics we will also be offering a walk in service during our normal working days Monday – Friday 08.30am – 18.30pm (please

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FREE sanitary products

Many young women can usually access supplies of free sanitary products (tampons and pads) through their schools.

If your school is closed due to Covid-19 and you are unable to get hold of the sanitary products you need, please help yourself to something from this display.

You do not need to pay for these products.

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note that there may be a wait during busy periods & lunchtime)

Please be aware that walk in vaccinations will be administered in the waiting room and patients must wear a face covering.

If you have face to face appointments booked after 11th September and are eligible for flu this will be given to you at your appointment, if you want it.

Please only ask for a flu vaccination if you are **ELIGIBLE** and book an appointment if this is your **FIRST FLU Vaccination**.

Please help us to protect staff and patients by following the guidelines above, if you have any queries about the flu clinics then please contact a member of the reception staff 01539

718191. This year more than ever, we need to protect those most at risk from flu.*at risk groups include the following Chronic long term respiratory condition such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis, Chronic heart disease, such as heart failure, chronic kidney disease at stage 3, 4 or 5, Chronic liver disease, Chronic neurological disease, such as parkinsons disease or motor neurone disease, learning disability, diabetes, splenic dysfunction or asplenia, a weakened immune system due to disease(such as HIV/AIDS) or treatment (such as cancer treatment), Morbidly obese (defined as a BMI of 40 and above) all pregnant woman, carers in receipt of carers allowance, or who are the main carer of an older or disable person whose welfare may be at risk if the carer falls ill.

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LOSS OF MEMORIES IS HARD, LOSS OF HOPE IS EVEN HARDER...

Wendy 7713

We all need a reason to live.....
When you're given a life limiting diagnosis the need is even greater ...
"People living with dementia need a reason to keep living. The love and support of their closest family members (like husbands, wives, partners, children) rather more important that a Govt pledge of testing! Plwd already have an incurable, terminal illness – and are dying from it in increasing nos." Said Johns campaign on Twitter recently.....

It got me thinking how strange and different life is becoming and I'm not

sure I can cope with it this way. I know I'm luckier than many, ones without a job, without a home and far more. We each have our stresses through this crazy time and these are just my worries

I've always had trouble sleeping...2 -4hrs being my norm – but before Covid I coped with it, I had a purpose to be tired, but now I'm struggling because that purpose no longer exists, so it's exhausting just existing at the mo....

If Zoom is the new reality for conferences and events, then I'm done for. I'd built a new life travelling around the country meeting all types of people, talking at events, educating, meeting playmates. selling my books, and now that life has

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disappeared. That was my life. That kept dementia at bay...

I know I'm on a real downer, but I dared to look to the future and I saw nothing.....people with dementia need more than Zoom to keep them connected. I need more than zoom....you'd have thought that 3 or 4 days a week travelling all over would be more exhausting than 3 or 4 zooms a week, but for some reason that's not the case. Yes, it was exhausting travelling, but it enabled me to use my brain continually, working things out through the day, keeping it stimulated with different environments, different conversations. It gave me the purpose I needed. I'm convinced

that's why my decline has been slower than some.

But now.....you don't have to think too hard to click on a link. No pink file needed to be sorted....another 'last' passed by unrecognised as I don't remember the last time I was on a train, the last event, the last people I met....I could look it up on my blog, but they'd just be words, no emotional connection I don't think...just sadness at another 'last time' lost. Each day the same as the previous one, no true variety as before. It's becoming even harder to motivate, to become engaged....I'm in a hole and the sides are steep...

Last week in Keswick, helped me no end. Different scenery, different conversations, different trundles, all helping me work my brain harder. But Sarah took me there. No planning by me. I'm too worried by the trains at the mo. I did think about going on the train but I opened the site to book the tickets and sort out the times, something I've done since being diagnosed, and it was gone....alien... might have well have been in a foreign language.

I will have to find a way to learn it all again, hopefully, as that's the only way I won't have to rely on my daughters. AND I do like train journeys, I do like planning them...it all helps my brain stay alive. I just seem to have lost that skill at the mo....

So the future looks bleak, a normality far in the distance and we, like many others with a life limiting condition, don't have that luxury of time. The new normal won't resemble the old...

Hope is the one thing I've always had.

The travelling around is the one thing that has given me hope; meeting playmates in person gives me hope. Hope that tomorrow will be better after a foggy day, hope that today will be a good day, but without hope it's hard to fight dementia...

As the title of this blog said.... Loss of memories is hard, loss of Hope is even harder...

I'm clinging to that smidging of hope I still have left to hope that I'll think differently some time soon.....

NANCY RECIPE **Yorkshire Parkin**

Nancy Murdoch

Ingredients

8oz Treacle
4oz Brown Sugar
6 tablespoons Milk
½ level teaspoon Bi-Carb of Soda
4oz Lard
4oz Plain Flour
Pinch of Salt
8oz Medium Oatmeal
1 heaped teaspoon Ground Ginger

Method

Melt treacle, fat and sugar. Allow to cool. Add with milk to flour, salt, soda, oatmeal and ginger. Beat well. Pour into a 7" square deep sided lined tin. Bake for 1 – 1¼ hours at 160C, 325F, Gas 3. Wrap in a clean cloth in an airtight tin with an apple and keep for at least 5 days. Cut into squares.

Lovely at supper time with a glass of milk!



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SEDBERGH COMMUNITY **SWIFTS**

Tanya and Edmund Hoare

It is sad to no longer have our swifts flying around, and it will be nine long months before we can enjoy their aerobatics once more. By mid-September many will have reached their main wintering area in the Congo, central Africa.

We are especially pleased to hear that our illustrious Lookaround editor, Myles Ripley, has breeding swifts in one of his nest boxes! They were put up only last year and attraction calls were played, so this is a very exciting result and a great success.

This year our swifts had mostly departed by 10th August. But at Lowgill we still (at the time of writing on 15th August) have one nest with chicks. We always wonder what the fate of these late fledging chicks is, flying out into the skies for the first time and then embarking on a migration with no others around. There is still a lot we don't know about swifts.

Chicks make that maiden flight from the nest at varying times of day. About a third of our Lowgill swifts

fledged in the early morning while another third left in the evening, and this can be even as late as 9.30pm when it was dark! The rest did so during the afternoon. When a parent comes back to the nest to find its chicks have gone it will generally have its throat pouch full of insects. With no chicks to feed it usually begins a process of regurgitating the bolus of insects but it is not easy and it can struggle for some time to manage it. The wing length to body weight ratio is a factor in determining the fledging time. In fact, in the final day or so in the nest a chick is sometimes not fed as they may need to lose weight before they fledge. And when swift chicks have to be rehabilitated and reared by hand, a

sign that they are ready to fly is when they stop begging for food.

After the chicks have fledged the parents often continue to come into the nest at night. How long they do this varies hugely, with the longest any have stayed at Lowgill being 14 days. By contrast some leave on the same day. Nor do the parents depart together. Often one of the pair will stay on for several days after the other has left. In some cases one or both parents may even leave before the chick has fledged! This happened at one nest at Lowgill this year, when one parent left 5 days before fledging, and the other did so the day before, leaving the chick alone for over 24 hours. Was this because the urge to migrate was so strong? Do some

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Sedbergh
Grief Share

07498 870267

07498
870267

*Tuesday drop in coffee mornings
are currently suspended.*

*In the meantime we will be offering a telephone
service; please call the Grief Share number above
if we can help*

parents linger for days because there is plenty of food around, or is it because they need to build up strength for migration? We simply do not know.

If a new pair forms and selects a nest site, but is not yet old enough to breed, after spending the day out feeding will come in at night to roost. This usually means that they will both return next year to that exact same site to breed. This pairing up can happen at varying times of the season: we had one new pair that started roosting overnight in early June continuing to come in at night right until the beginning of August. Another new pair didn't start roosting until July but they too continued to stay until August. One Settlebeck school box had no breeding swifts

last year, but we are delighted that this year we had a roosting pair from 2nd June onwards, which bodes well for next year. In the other Settlebeck box two chicks were successfully raised by a long term pair.

We now have details about the virtual Bird Fair, which will be available for several weeks this year <https://virtual.birdfair.org.uk/> . To find the Swift Stand, with lots of swift information, click on 'exhibitor stands' and we are almost the first listing! Or use <https://virtual.birdfair.org.uk/index.php/action-for-swifts-swift-conservation/> . Three talks of interest are: Lester Hartmann on 20th on Innovations in Bird boxes (for swifts, kestrels and barn owls in particular). Edward Mayer on 21st on Helping Swifts to Help Themselves. Jan Stannard on 22nd on Saving Swifts. Exact times on each day are not yet available but for the full programme of talks see:

<https://virtual.birdfair.org.uk/index.php/marquees/events-and-lectures-marquee/lectures-events/>.

.....
To contact SCS: email
ta.hoare@btinternet.com or ring
01539 824043

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 1st September.

JED'S GARDENING SERVICES

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UNDERTAKEN

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COMMUNITY ORCHARD GROUP

Ann Parratt/Jacqueline Smith

The Orchard

It's been wonderful to see people discovering the Orchard and spreading the word about what it can offer. The apple and damson trees are growing strongly, although the frost in May means there won't be many apples this year. There are still plenty of herbs, as well as soft fruits, and of course it's a lovely place to just sit and admire the splendid view.

Apple Day cancelled

We have decided to cancel this year's Apple Day, which had been planned for Saturday 24 October. The previous four Apple Days were a great success, but current circumstances prevent a repeat of these enjoyable events. If you have apples that you would like to juice, try the SLOG event at Abi and Tom's Nursery, Halecat, on Sunday 20 September, or ask about hiring the equipment yourself.

How do I join COGS?

You can support the Community Orchard by joining COGS. Annual membership costs £5 for an individual or £7 for a family, and includes

membership of SLOG South Lakeland Orchard Group, with access to their pruning and grafting courses. You can also get a 5% discount on plants from Beetham Garden Centre, and a 10% discount from fruit tree suppliers Rogers of Pickering.

For more details please contact Ann or Jacqueline:

Ann Parratt COGS Chair 015396 20964 15 Queens Drive, Sedbergh
Jacqueline Smith COGS Treasurer 015396 20760 4 Loftus Manor, Sedbergh

WHO THE LOCAL PEOPLE ARE

1. Pearson Stainton, refuse collector for Sedbergh Rural District Council.
2. Rev Ernald C. Nixon, Methodist Minister with his wife Rhoda
3. Henry W. Bracken, Sedbergh postman and watercolour artist
4. Jack Moxham, Sedbergh postman
5. Len Mitchell, Garsdale and Sedbergh policeman
6. Steve Teal, Sedbergh Cemetery caretaker
7. Tommy Milburn, Sedbergh gents' hairdresser with his wife
8. Walter & Maud Woof, Millthrop
9. Jack & Maggie Thwaite with their nephew Maurice Campbell, Grisedale
10. Tom Capstick and his son Maurice hedging at Hollin Hill, Sedbergh



PERSONAL MESSAGES

IN MEMORIAM

Avril Priestley, Lorna Sedgewick and family would like to thank you all for the amazing support given to us after the passing of Mick. This was in the form of the spoken word, the written word and kind thoughts. Thank you - they were all very special.

=====

THANK YOU

John Sowerby would like to thank everyone who sent him a card, or asked after him during his recent stay in hospital following his stroke. It was much appreciated during some dark times. Thanks once again.

=====

GOLDEN WEDDING ANNIVERSARY

Tom and Eileen Scarr – 5th
September 2020
Congratulations from all the Family
“A family is a little world created by love”

=====

PRIVATE PERSONAL ASSISTANCE LTD.

Just a quick note to inform everyone that on the 5th July I have retired. I would just like to thank all our clients, past and present, for their support over the years, and through them I have met some wonderful people and made some lovely memories.

I would also like to say a big thanks to our staff, without such a good team we would not have had such a good business. Also a big thanks for all the amazing gifts and cards which I have received, they were quite

unexpected.

I have left the business in good hands. Kay Bromfield has taken over the business and my position, and shall continue to welcome new ‘friends’ who need help in their homes.

Thank you all, Helen Clark

=====

FOR SALE

Attractive 1970s sofa and easy chair in dark green heavy faux-velvet. All sound and untattered, so far as we know. Been stored in clean dry barn for many years and only used by audiences of musical events and spectators of domestic ping pong and mini jousting. Not used at all during the current pandemic. Going to a good home for nothing. Ring 015396 20948 for a test drive.

EDITORIAL

It’s a good sign that we’ve got the calendar back. And that we’re getting so many new advertisers. From a personal point of view I think the lockdown Lookarounds have been the best we’ve done, such a great variety of articles on different subjects, pictures, poems.

I often wonder how many other magazines get such a range of subject matter. This one, of course, is a bit thinner than recent issues, but it may too be a sign of the times, that people are finding other things to do. But please do keep submitting the articles, its always interesting to see what each new month brings.

And thanks to Bill Lewis for the cover photo too—I love his pictures.

Ed Welti

DIARY OF EVENTS

Dates are held up to 10/12/2020.

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.

SEPTEMBER 2020

04	Confluences (Ceramics) (27,1)	FM
04	Northern Soul (27,1)	FM
05	Sedbergh School Pupils Arriving (6)	SS
06	1900 Sedbergh School Term Begins (6)	SS
08	1400 Killington WI Meeting (33)	PH
09	Sedbergh WI Meeting	TBA
09	1930 Parish Council Meeting	Zoom
12	830 Flu Walk in Clinics (0)	MC
17	Sedbergh Medical Centre closed all day (17)	MC

OCTOBER 2020

03	830 Flu Walk in Clinics (0)	MC
03	1000 Learn to Meditate (1) (44)	DMC Online
08	1930 Parish Council Meeting	TBA
10	1000 Learn to Meditate (2) (44)	DMC Online
14	Sedbergh Medical Centre closed all day (17)	MC
16	Sedbergh School Half Term (20)	SS
18	1000 New Moon Yoga (44)	DMC Online
26	1900 Full Moon Yoga (44)	DMC Online
31	Sedbergh School Half Term Ends (20)	SS

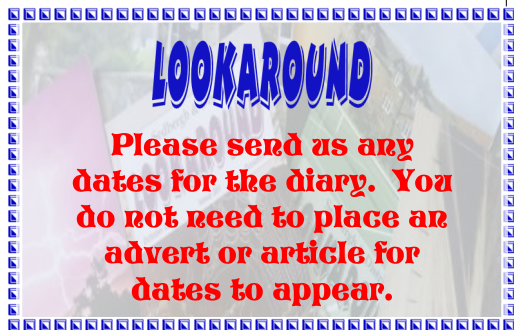
NOVEMBER 2020

01	Confluences (Ceramics) Ends (27,1)	FM
01	Northern Soul Ends (27,1)	FM
11	1930 Parish Council Meeting	TBA
19	Sedbergh Medical Centre closed all day (17)	MC
21	1400 North West Air Ambulance Jumble Sale	PH

DECEMBER 2020

09	1930 Parish Council Meeting	TBA
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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.

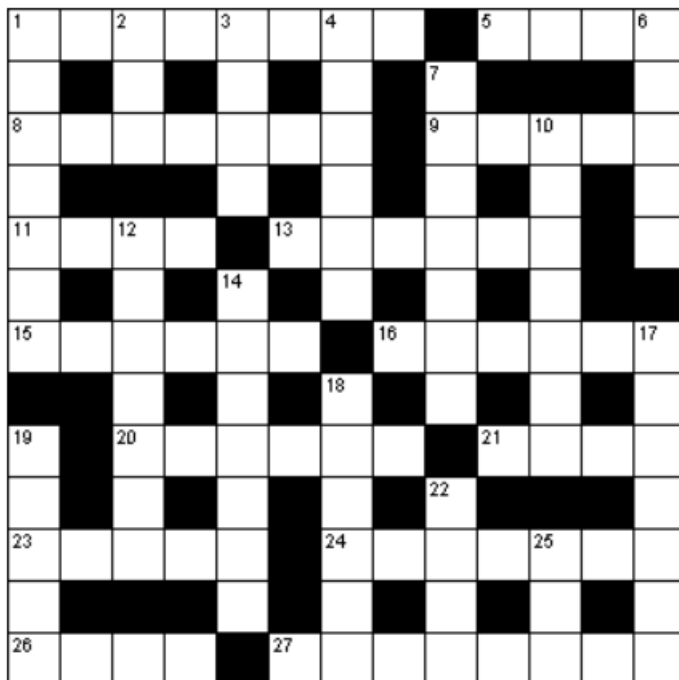


DIARY KEY

AS	Art Society
BC	Sedbergh Bowling Club
BF	Brigflatts
BVH	Barbon Village Hall
CCCN	Cornerstone Community Church, New St
CM	Coffee Morning
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
GC	Golf Club
GH	Gladstone House
GVH	Garsdale Village Hall
HS	History Society
HVH	Howgill Village Hall
HTH	Holy Trinity Howgill
JLCP	Joss Lane Car Park
KL	Kirkby Lonsdale
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
RFC	Rugby Football Club
RR	Rawthey Room, 72 Main Street
SASL	Sight Advice South Lakeland
SCC	Sedbergh Cricket Club
StAS	St Andrew's Church, Sedbergh
StAD	St Andrew's Church, Dent
StJCC	St Johns Church, Cowgill
StJCG	St Johns Church, Garsdale
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
SSL	Sedbergh School Library
STC	Sedbergh Tennis Courts
TBA	To Be Announced
WHC	White Hart Club
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 COVID RESTRICTIONS MAY APPLY	USEFUL TELEPHONE NUMBERS
Bowling Green, Queens Gardens	Age UK South Lakeland
Bruce Loch Nature Area, Busk Lane	030 300 30003
Cautley Spout, A683 towards Kirkby Stephen	Electricity in any area
Community Office, 72 Main Street	105
Cornerstone Community Church, New Street	Medical in any area
Cumbria Wildlife Trust, Community Office	111
Dent Heritage Centre, Laning, Dent *	Pension Service Surgery
Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>	Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265
Friends Quaker Meeting House, Brigflatts	Police in any area
George Fox's Quaker Pulpit, Firbank	101
Golf Club, Catholes, Sedbergh *	Sight Advice South Lakes
Information Centre, 72 Main Street	01539 769055
History Society, Community Office	South Lakes Citizens Advice Bureau
Holy Trinity Church, Howgill	03444 111 444
Jubilee Wood Nature Area, Castlehaw Lane	South Lakeland District Council
Langstone Fell, A684 Garsdale Foot	01539 733 333
Motte & Bailey Castle, Castlehaw Lane	Yorkshire Dale National Park
Pepperpot Folly, Busk Lane	0300 456 0030
Picnic Site, Ghyllas, Cautley Road	<i>If you would like to see any numbers listed here, please let us know.</i>
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	

PUZZLE 1 (SOLUTION ON PAGE 76)



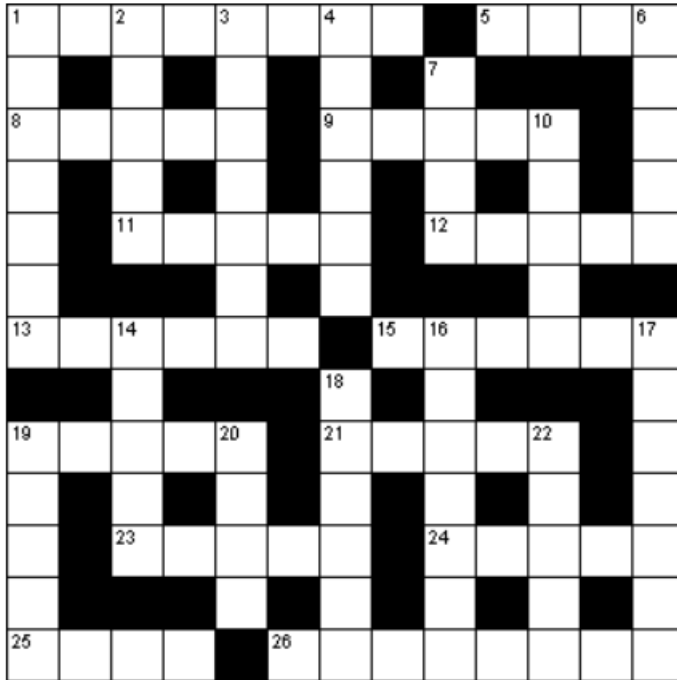
Across

1. Instrument found in commando lines (8)
5. Region within a square annex (4)
8. Consult analysis to find fruit (7)
9. Rearranged seats for something of value (5)
11. Nobleman displays some pearls (4)
13. Country bird? (6)
15. Replace soft spot at first with skinhead for something elementary (6)
16. Sign up, lets in for a change (6)
20. Some deadly scarlet hallucination (6)
21. Very small part of a male cat? (4)
23. Mythical monster within shy dragon (5)
24. Negative statement therein is confused (7)
26. Challenge in radar escapade (4)
27. Hit enter to rearrange number (8)

Down

1. Sounds like strong shellfish (7)
2. Nothing found in Manila (3)
3. Gem discovered in Cairo palm (4)
4. He flew too close to the sun in Africa, Russia (6)
6. Sounds like a parasite upstairs (5)
7. Prohibit monarch engaging in financial transactions (7)
10. Found hairdresser in trusty listener (7)
12. Sheep lost some blood and wandered off (7)
14. Tableland in plate auction (7)
17. Unrestrained Martian monkey (7)
18. Set motorboat in motion (6)
19. Stomach education produced soreness (5)
22. Look searchingly for a wharf, audibly (4)
25. Gardening tool found in shoebox (3)

PUZZLE 2 (SOLUTION ON PAGE 76)



Across

1. Mammal sounds like relative consumer (8)
5. Displayed furniture item also faded (4)
8. Discourage crude terms, essentially (5)
9. Festival idea found legally acceptable (5)
11. Rearranged horns and fleeced (5)
12. Found rock in last one (5)
13. Colossal veranda concealed serving tray (6)
15. Found drab sentence not there (6)
19. Renegade hiding in enclosure below (5)
21. Performer held in contract ordeal (5)
23. Refreshment in formula German beer (5)
24. Joint located in thin gear (5)
25. Meandering line in Egypt (4)
26. Writhing fish, so urgent (8)

Down

1. Sounds like a place to stay and something for her to wear (7)
2. Extra test contains grades (5)
3. Observe wordy change (7)
4. Extra vineyard conceals gorge (6)
6. Byword in Canada geese (5)
7. Various mountaineer pals climbed them (4)
10. Bee with monotone sound? (5)
14. Tag showed who viola belonged to (5)
16. Meat retailer cut herb for a change (7)
17. Trained to part exchange used property (5-2)
18. Raptor becomes ruffled creature (6)
19. Bird found in opera venue (5)
20. Will stick to unusual racing sled (4)
22. Remove froth from mandarin serving (5)

PUZZLE 3 (SOLUTION ON PAGE 77)

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

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

The Sedbergh & District 'Lookaround' is edited, published and distributed monthly by the 'Lookaround' editorial team of volunteers and printed by Stramongate Press, Kendal.

The content of 'Lookaround' does not reflect the views of the editors and whilst every effort is made to ensure that information is correct, the editors cannot accept any responsibility for inconvenience caused through errors or omissions; if there is an error in your article or advert, please contact the editor as soon as possible.

The current issue is available from Sedbergh Tourist Information Centre, Rycrofts, Sedbergh Post Office and Spar. Also from Dent Stores, the Barbon Churchmouse and by post (please address enquiries to the editor). Back copies are available to read at the History Society Archive at 72 Main Street or online at www.lookaround.org

Items for the 'Lookaround' should be emailed to:

editor@sedberghlookaround.org.uk posted to 'Lookaround' c/o 72 Main Street, Sedbergh, LA10 5AD or deposited in the 'Lookaround' post box at the same address.

ARTICLES

Articles and reports are inserted for free and photographs may be included (depending on space). Articles should ideally be submitted as a word attachment to an email

addressed to the editor rather than as the text of the same email.

The font should be 'Arial', 11point and the piece should be single spaced and with as few 'hard returns' or paragraphs as possible. This is to make the job of proofing and formatting easier and also to ensure that all articles have the same impact and appearance.

Please put the title on the first line at the top of the article and the author's name on the second line. If you include images with your article please indicate where you feel they would be best placed. Conforming to these requests very much helps the proofreaders/formatters in getting your article to the compiler for printing in good time.

We are very happy to accept handwritten or typed pieces, if handwritten please use capitals to help us transcribe the article accurately and again, please place the title on the first line and the author's name on the second line.

CALLING ALL ADVERTISERS

Many of our advert contracts will expire for the February 2020. We will be emailing you to remind you but please don't forget to renew we depend on you.

New advertisers are of course always welcome too.

PUBLICATION DETAILS

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 by a local photographer.

The closing date for everything is 15th of every month.

ADVERTISING

Please see page 4 for the main points on advertising in Lookaround. Further details can be found below.

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 but not on a business basis, & also make an appeal for wanted items.

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

Please ensure your submission is legible. We want to make sure we publish what you want us to publish.

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). See page 4 for information on how to pay.

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday Page. Please send us the date, name and age of your child before the submission date (15th of the month) of the issue when the birthday should appear.

COVER PICTURES

If you have any pictures to go onto the cover of Lookaround, please send a high definition copy with the location and your name, and you will be credited. If the interest of the picture is in the centre it will be difficult to use as the centre is on the spine. Each half of the picture needs to work as one cover (back is the left hand side, front is the right).

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- stay@drawellcottage.co.uk	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: Daleslea@outlook.com	21789

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: sam@thecapps.co.uk	34032
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT <i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i> e-mail: ed_welti@btinternet.com	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6</i> e-mail: ali@interact.co.uk	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) <i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i> e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	45845

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;; NC = No Children; CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
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	11/19	Mr Alison	015398	24666
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
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	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 Robertsonshaw	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 Team Member	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	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Giffellon	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	04/19	Mrs Lidiard	07734	699723
Lunch Club	03/18	Mrs l'Anson	Sed:	21757
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com		
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003
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	12/19	membership@sedberghgym.club		
People's Hall	07/19	Tourist Info Centre	Sed:	20125
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	09/19	Mr Hopps sedberghredsquirrels100@gmail.com		
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	09/19	Mr Sykes	07786	384917
Senior Golfers	01/20	Mr Braddon	0330	1138850
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	12/19	Sedberghswimclub@gmail.com		
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339
Tennis Club	04/19	Mr Lewes	Sed:	20052
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	07/19	Mr Welti	Sed:	20770
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/19	Mrs Morrison	Sed:	20209
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.

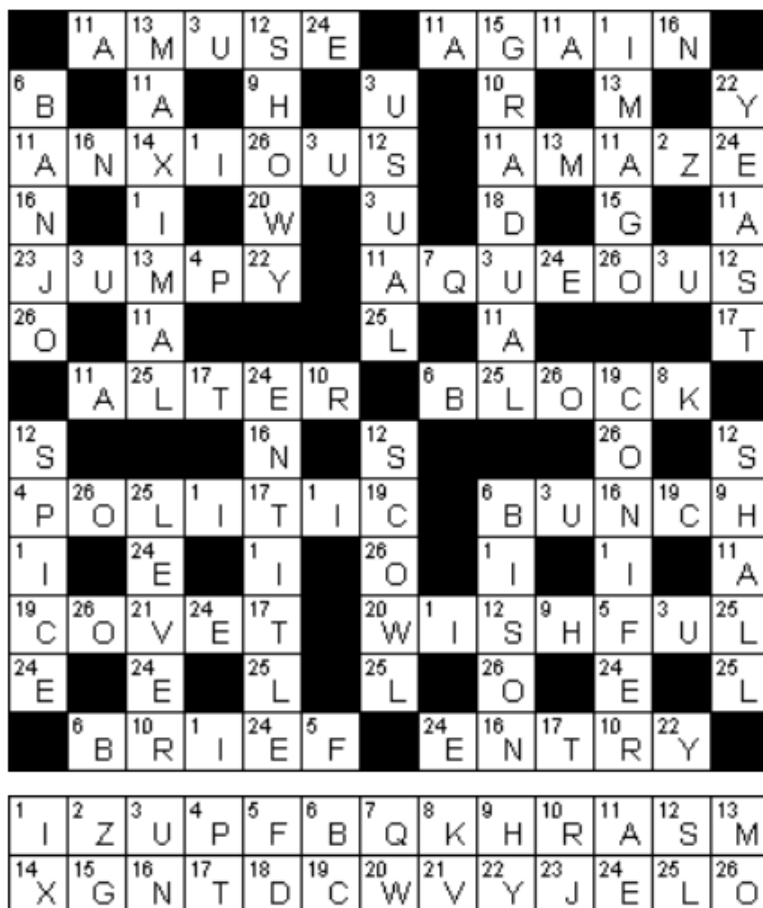
PUZZLE 1 SOLUTION

M	A	N	D	O	L	I	N		A	R	E	A
U		I		P		C		B				T
S	U	L	T	A	N	A		A	S	S	E	T
S				L		R		N		T		I
E	A	R	L		T	U	R	K	E	Y		C
L		A		P		S		I		L		
S	I	M	P	L	E		E	N	L	I	S	T
		B		A		L		G		S		A
A		L	E	T	H	A	L		A	T	O	M
C		E		E		U		P				A
H	Y	D	R	A		N	E	I	T	H	E	R
E				U		C		E		O		I
D	A	R	E		T	H	I	R	T	E	E	N

PUZZLE 2 SOLUTION

A	A	R	D	V	A	R	K		S	O	F	A
D		A		E		A		A				D
D	E	T	E	R		V	A	L	I	D		A
R		E		B		I		P		R		G
E		S	H	O	R	N		S	T	O	N	E
S				S		E			N			
S	A	L	V	E	R		A	B	S	E	N	T
		A				P		U				R
R	E	B	E	L		A	C	T	O	R		A
A		E		U		R		C		I		D
V		L	A	G	E	R		H	I	N	G	E
E				E		O		E		S		I
N	I	L	E		S	T	U	R	G	E	O	N

PUZZLE 3 SOLUTION



PEOPLE'S HALL HIRE RATES

Main Hall

Session	Z	A	B	C	D	All day
Local Hirers	£10	£20	£20	£15	£36	£90
Other Hirers	£15	£30	£30	£22.50	£54	£136.50
Commercial	£20	£40	£40	£30	£72	£182

Committee Room

Local Hirers		£15	£15	£10	£15	£55
Other Hirers		£22.50	£22.50	£15	£22.50	£82.50
Commercial		£30	£30	£20	£30	£110

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

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

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

Western Dales Bus S1 Kendal Shuttle Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
<i>Dent Station</i>							
<i>Train to Carlisle</i>		1048			1815	1944	19:44
<i>Train to Leeds</i>		1041			1732	1938	19:38
Buses From Dent to Kendal							
Dent Station			1053			1737	1947 S
Dent Village		0820	1108		1505	1752	2002 S
Sedbergh Maryfell		0835	1123	1315	1520	1807	2017 S
Sedbergh Library		0837	1125	1317	1522	1809	2019 S
Sedbergh opp. Morphets		0839	1127	1319	1524		
Killington M6 Bridge		0847	1135	1327	1532		
Oxenholme Station		0857	1145	1337	1542		
Kendal K Village		0902	1150	1342	1547		
Kendal Blackhall Road		0908	1156	1348	1553		
Kendal Morrisons		0913	1201	1353	1558		
Buses From Kendal to Dent							
Kendal Morrisons		0923	1223	1403	1608		
Kendal Blackhall Road		0928	1228	1408	1613		
Kendal K Village		0933	1233	1413	1618		
Oxenholme Station		0938	1238	1418	1623		
Killington M6 Bridge		0948	1248	1428	1633		
Sedbergh opp. Morphets		0956	1256	1436	1641		
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855 S	
Sedbergh Maryfell	..	1000	1300	1440	1645	1857 S	
Dent Village	0815	1015		1455	1700	1912 S	
Dent Station		1030			1715	1927 S	
S = summer time only (British Summer Time)							

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn

Buses From Dent to Hawes

Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1054	1222	1448
Trains to Leeds			1205	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512

Buses From Hawes to Dent

Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1054		
Trains to Leeds				1559
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	

Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn

Buses From Dent to Kirkby Stephen/Brough

Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1106	1324	1534
Kirkby Stephen Town		1111	1329	1539
Kirkby Stephen Co-op		1113	1331	1541
Brough Clock		1121	1339	1549

Buses From Brough/Kirkby Stephen to Dent

Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1151	1404	1614
Fat Lamb		1158	1411	1621
Cautley, Cross Keys		1205	1418	1628
Sedbergh Maryfell		1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	
Dent Village	1007		1444	

BUS SERVICES

S4/S5Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st 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>14.31</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>17.04</i>
<i>Trains from Carlisle to Leeds</i>	<i>11.46</i>	<i>14.31</i>	<i>15.46</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 14th December 2019

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
M-F	Sat	Sun	M-S	Sat	Sun
06 48	07 52	10 34	07 05	09 09	10 40
09 16	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 48	17 32	17 32	19 03 *
16 46	16 46	20 20	19 38	19 38	20 27
18 15	18 15				
19 44 #	19 44				

* = To From Blackpool North—runs until 8th September

= Runs 3 minutes later on Friday

~ = From Nottingham

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect
from Friday 22nd June 2018 ufn R = Request only

	Fri	Fri	Fri	Fri
Dent		10.25		14.25
Sedbergh, Spar		10.39	12.44	14.39
Sedbergh, Dalesman		10.40	12.45	14.40
Sedbergh, Maryfell		10.41	12.46	14.41
Cautley, Cross Keys		10.48	12.53	14.48
Fat Lamb		10.54	12.59	14.54
Kirkby Stephen Station arr		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		11.07	13.08	15.03
Kirkby Stephen Town		11.12	13.13	15.08
Kirkby Stephen Co-op		11.13	13.14	15.09
Brough, Clock		11.21	13.22	15.17
	Fri	Fri	Fri	Fri
Brough, Clock		11.26	13.27	15.21
Kirkby Stephen Co-op		11.34	13.35	15.30
Kirkby Stephen Town		11.35	13.36	15.33
Kirkby Stephen Station arr		11.40	13.41	15.38
<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	15.48
Fat Lamb		11.54	13.50	15.55
Cautley, Cross Keys		12.00	13.56	16.01
Sedbergh, Maryfell		12.07	14.03	16.08
Sedbergh, Library	10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets	10.06	12.09	14.05	16.10
Dent	10.20	-	14.19	-

Fri = Friday Only

Lookaround Editorial Team

Myles Ripley	Team Leader and Chairman	Jane Fisher	Proofreading
Susa Ellis	Treasurer	James Palmer	Proofreading
Philip Johns	Secretary	Ed Welti	Compilation and Vice Chairman
Elsbeth Griffiths	Proofreading	Valerie Welti	Advertising Administration

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

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

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### ROMAN CATHOLIC

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

**Parish Priest Kendal  
Tel: 015397 20063**

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CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

~~~~~

**worship@peopleshall**

1st Sunday each month 10:30 am  
**Rev David Crouchley Tel:20329**

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SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

**Pam Coren (Clerk) Tel: 22586
Sally Ingham Tel:07939 569559**

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### 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*

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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
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: 25418

Email: christinelucy2014@gmail.com

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### METHODIST CHURCH

Dent; Dent Foot;  
Cautley; Garsdale Street;  
Garsdale Low Smithy; Hawes Junction  
**Rev. David Crouchley Tel: 20329**

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SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

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### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

| <b>Combined plans for Western Dales Mission Community - September 2020</b> |                  |                                                                                                                            |                                                                     |                        |                                              |
|----------------------------------------------------------------------------|------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------|----------------------------------------------|
|                                                                            | <b>Time</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,<br/>Sedbergh<br/>LA10 5BZ</b>                             | 10.30am          | HC                                                                                                                         | HC                                                                  | HC                     | FS<br>Harvest                                |
| <b>Cornerstone<br/>Community<br/>Church,<br/>Sedbergh<br/>LA10 5AF</b>     |                  | No services at present; please contact Rev. David Crouchley, 015396 20329, for details of the Sunday morning Zoom worship. |                                                                     |                        |                                              |
| <b>St. Mark's,<br/>Cautley<br/>LA10 5LZ</b>                                |                  | 2.30pm<br>HC                                                                                                               | 9.30am<br>Morning<br>Prayer<br>(Northumberland<br>and<br>Community) |                        | 2.30pm<br>Prayer and<br>Meditation           |
| <b>St. John's,<br/>Garsdale<br/>LA10</b>                                   |                  | 2pm<br>HC                                                                                                                  |                                                                     | 2pm<br>HCx             |                                              |
| <b>St. Mark's,<br/>Cautley<br/>LA10 5LZ</b>                                |                  | Please contact Rev. David Crouchley, 015396 20329, for details of the services.                                            |                                                                     |                        |                                              |
| <b>St. John's,<br/>Garsdale<br/>LA10</b>                                   |                  |                                                                                                                            |                                                                     |                        |                                              |
| <b>All Saints,<br/>Killington<br/>LA6 2HA</b>                              | 2pm              |                                                                                                                            |                                                                     |                        | Harvest                                      |
| <b>Holy Trinity<br/>Howgill<br/>LA10 5JD</b>                               | 2pm              |                                                                                                                            |                                                                     | Harvest                |                                              |
| <b>St. John's<br/>Firbank<br/>LA10 5EF</b>                                 | 2pm              |                                                                                                                            | HC                                                                  |                        |                                              |
| <b>St. Andrew's,<br/>Dent<br/>LA10 5QL</b>                                 | 10.30am          | HC                                                                                                                         | HC                                                                  | HC                     | HC                                           |
| <b>St. John's,<br/>Cowgill<br/>LA10 5RJ</b>                                | 2.30pm           | HC                                                                                                                         |                                                                     | EP                     |                                              |
| <b>Dentdale<br/>Methodist<br/>Chapel<br/>LA10 5QJ</b>                      |                  | Please contact Rev. David Crouchley, 015396 20329, for details of the services.                                            |                                                                     |                        |                                              |
|                                                                            | <b>Wednesday</b> | <b>2<sup>nd</sup></b>                                                                                                      | <b>9<sup>th</sup></b>                                               | <b>16<sup>th</sup></b> | <b>23<sup>rd</sup> &amp; 30<sup>th</sup></b> |
| <b>St. Andrew's,<br/>Sedbergh<br/>LA10 5BZ</b>                             | 11.15am          | HC-BCP                                                                                                                     | HC-BCP                                                              | HC-BCP                 | HC-BCP                                       |
| HC- Holy Communion (HCx- Extended Communion)                               |                  |                                                                                                                            | BCP- Book of Common Prayer<br>EP- Evening Prayer                    |                        |                                              |

# 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

Kathryn Taylor

Telephone: 101

Email: 101@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

## POST OFFICE

Main Street - Phone 20406

## MARKET DAY

Wednesday

Last Page Update:

March 2019