

Sedbergh & District

LOOKAROUND

December 2020

Issue 394

Donation £1.50

After a year which nobody was expecting we at Lookaround would like to wish all our readers, advertisers and contributors as Merry a Christmas as possible, in the hope of a quickly improving New Year.

We've printed our usual full colour Christmas edition, even though our incomings have been reduced recently due to Covid. Donations of £1.50, if possible, are therefore very welcome. £1 again next month. *Ed*



The People's Hall Presents! **CHEER UP & CARRY ON** FRI* DEC*11

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The People's Hall committee wish you all a
very Merry Christmas
And a New Year filled with hope and social
events.

CLOSING DATE: 15th of every month for everything

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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

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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,

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Sedbergh and District Lookaround

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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 1"	= £7.50
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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

HARDSHIP FUND

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

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:

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

AFFORDABLE HOUSING CONSULTATION

Fiona Coleman

Consultation on plans to build 50 new homes in Sedbergh opens on 20th November and runs until 7th December.

If you would like to view the plans by Broadacres Housing Association and South Lakes Housing, please remember to visit - <https://www.broadacres.org.uk/sedbergh-consultation/> - before the closing date.

You will be able view the site layout, property types and computer-generated images, as well as leaving comments if you wish. Whilst Broadacres will not reply to individual comments, it has pledged to respond to any particular themes which may arise during the consultation

Broadacres and South Lakes Housing are proposing to build the homes on land at Station Road, on the western outskirts of Sedbergh, near Queen's Garden. Part of the land in question is allocated for development in the Yorkshire Dales National Park Local Plan.

Subject to planning, there will be a mix of two and three-bedroom houses and two-bedroom bungalows, as well

December Birthdays

**Tom Brown is 9
on the 24th December.**

Happy Birthday Tom!

as two four-bedroom and one five-bedroom home.

Of the 50 homes built, 34 will be for affordable rent and shared ownership, with people in Sedbergh and the surrounding communities being given first refusal on these properties. The other 16 homes will be for open market sale.

On completion, the homes will be split between Broadacres and South Lakes Housing.

The homes will be stone-built and rendered so they in keeping with the local area. The homes will be heated by air source heat pump technology and will be set around a central green area, with another landscaped open space with footpath also being provided. Each property will be allocated two car parking spaces.

NEW MINISTER FOR THE WESTERN DALES MISSION

Becca Gilbert

My name is Becca Gilbert and in June I joined the Western Dales Mission Community as an ordained pioneer minister, living with my husband Rich and our two children in Dent. The area the Mission Community covers is from Cautley and Garsdale to Firbank, Howgill and Killington, Sedbergh, Dent and Cowgill. The post is funded by the Anglican, Methodist and URC churches.

Since the end of June we've been settling in to our new home and surroundings. We feel very fortunate to have moved to such a beautiful and friendly place to live. We are really thankful for the warm welcome

A VIEW FROM THE FELLS



we've received from the Mission Community, and also from those who live in Dent where we live, and from all those we've already met in Sedbergh and across the whole area.

Although we moved from Cambridge, I was born in Blackpool and my husband Rich is from Leeds. It's good to be up north again! Admittedly, it's been a strange time to move and get stuck in when many of the usual things haven't been happening and it's been harder to meet people naturally. This has meant the warmth and friendliness of those we have met, has been even more precious! Thank you.

The role of a pioneer minister is to support new ways of doing – and being – church in our communities. For example, although I have recently been vicar of four parish churches, I have also felt just as comfortable worshipping outside, or on my exercise mat or around a dining room



table, and would love to encourage more of those natural spaces in which we engage with and notice God's presence with us. It's been an incredibly hard year for many this

year, and as the church we've had to respond differently too. Many churches have taken their services online, and just as many of us have found peace and hope in the outdoors, churches have wanted to share that with initiatives such as Muddy Church or Forest Church. So going forward, what might the new normal for church

be? Perhaps it's a mix of our time-honoured services alongside finding God in the woods, and splashing in muddy puddles – I know my children would enjoy that!

Since starting, I've been getting around and about, helping where I can and seeing, with others, what's possible. I've been enjoying taking services across our Western Dales

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churches when we've been able to be in our buildings, often hosting our Zoom Sunday church services alongside David Crouchley, and I've also been helping with the new Zero Waste Sedbergh Food Club that has just been launched, and is hosted at Cornerstone Church. My family and I are living in Dent, so I've become a governor at our local school and been coordinating assemblies with other ministry team members. It's also been lovely to meet and visit some of our farmers, who work incredible hard. I've been grateful for their generosity and time in showing me what they do and I look forward to continue learning as the year draws to a close and a new one dawns. I'm learning lots!

It's also important to say that although I was sad to see Andrew McMullon leave in October, I am thankful for his invaluable support before he left and like others, wish him well in his new post in Ypres, Belgium.

If you would like to get In touch and find out more, do email me at becgilb@gmail.com. I'm always up for a socially distanced cuppa or walk (when allowed) or in the meantime a friendly chat on the phone or on Zoom!

With the Western Dales Mission Community family, we are currently planning some Christmas activities that we hope will be enjoyed by our communities, and I pray that through the message of this coming season, we might together glimpse the hope and peace of Christ in what has been such a difficult year.

Much love,
Becca Gilbert

Royal Mail (RM) and ParcelForce Worldwide (PFW) Final Posting Dates 2020	
RM & PFW Inland	
Special Delivery Guaranteed	Weds 23/12
1st Class and 1st Class Signed For	Mon 21/12
2nd Class and 2nd Class Signed For	Fri 18/12
Parcelforce express24, 9,10,and AM	Weds 23/12
Parcelforce express48 and 48large	Tue 22/12
RM International Standard & International Tracking & Signature	
Africa, Middle East, Asia, Far East, Caribbean, Central and South America	Weds 9/12
Cyprus, Malta	Thurs 10/12
Australia, New Zealand, Eastern Europe (except Poland, Czech Republic and Slovakia), Greece,Turkey	Fri 11/12
Canada, USA, Finland, Sweden, Czech Republic, Poland, Italy	Sat 12/12
Austria, Denmark, Germany, Iceland, Netherlands, Norway, Portugal, Slovakia, Spain, Switzerland	Weds 16/12
Belgium, France, Ireland, Luxembourg	Fri 18/12
RM International Economy	
All non-European destinations except Middle East, South Africa, Far East	Mon 5/10
Middle and Far East, South Africa, Singapore	Mon 12/10
USA, Canada, Eastern Europe, Greece, Cyprus, Turkey, Malta and Iceland	Mon 02/11
Western Europe	Mon 16/11
British Forces PO	
Airmail to Operational BFPoS	Thurs 30/11
Airmail to Static BFPOS	Thurs 07/12
PFW globalexpress	
Australia	Tues 15/12
China, Russia	Weds 16/12
Canada, France, Germany, Italy, Netherlands, Spain, USA	Fri 18/12
PFW globalpriority	
Russia	Fri 04/12
Australia	Weds 09/12
China	Thurs 10/12
Canada, Italy, USA	Fri 11/12
France, Germany, Netherlands, Spain	Tues 15/12
PFW globalvalue	
Russia	Weds 02/12
Australia	Mon 07/12
China, Italy	Tues 08/12
Canada, USA	Weds 09/12
France, Spain	Fri 11/12
Germany, Netherlands	Mon 14/12
Writing to Santa?	
Send your letter to the address below and include your name and address so Santa knows where to send his reply. Please post by 11th December so Santa has time to reply.	
<p style="text-align: center;">Santa/Father Christmas Santa's Grotto Reindeerland XM4 5HQ</p>	

REMEMBRANCE SERVICE

Elsbeth Griffiths

Thank you very much to the Sedbergh Branch of the Royal British Legion and all those who took part in the Remembrance Service on Sunday November 8th and 11th. It was a very different service from those in the past but, nonetheless, very moving, also hearing the sounds of the Sedbergh School service was good. In particular, thanks go to the Revd David Crouchley for conducting the service so well, Colonel Tony Reed Screen, President of the Royal British Legion, who gave the Exhortation and the Kohima and Nick Cross, who carried the Standard in a considerable wind. Also, to Peter Packham, who played the Last Post and Reveille and Tom Skelhorne, who played the bagpipes, the Lament. 'This is such a moving piece which gives a sense of atmosphere during the laying of wreaths', says Commander David Parratt, Secretary of the Sedbergh Branch of RBL.



Nearly finally, thanks go to the wreath layers, Police, Scouts, District and Parish Councilors, RBL, Sedbergh School, Fire and Rescue Service, the Masons, and the Rawthey Project. Finally, Adam Hopkins for tolling the bell and we are grateful to Steve Longlands, Andrew Allan and Ian Hutt for arranging the PA system and to Spellbound Theatre and Flicks in the Fells for the loan of the equipment.

Comments from watching the youtube video of the service from friends abroad and in England with a great regard and affection for Sedbergh. 'Thank you so very much for sending that very touching video of Remembrance. Ed and I watched it with tears in our eyes. How like Sedbergh to cherish so lovingly its lost boys and men. So evocative with the sight of the cricket field in the background' Trish Steward in Victoria, Australia, who is a descendant a former Headmaster of Sedbergh School.

Everyone can take part by displaying a star in their window

Make your own or use the template available on the;
Western Dales Mission Community Facebook page and in churches.



A sign of **HOPE** as we move out of 2020 and into 2021

WESTERN DALES MISSION COMMUNITY
(Susan Raw on behalf of Western Dales Community)



'We were delighted to receive the youtube of the Service. We enjoyed watching it. We think we saw Dennis lay a wreath, just before the lady with a baby in a sling.' Clive and Barbara Blakeway, who both laid a wreath in Sambrook near Newport on Sunday, and they take postal copy of the Lookaround

'Of all the Remembrance services I've seen, that was probably the most poignant and moving. I thought it was particularly poignant with the range of generations. The woman laying a wreath with the tiny baby in a Snugli was a really moving contrast.' Nicola de Souza in Canada. She was bought up in Sedbergh and her parents are buried in Sedbergh Cemetery.

'Thank you so much. So touching, and has such deep meaning.

I shall pass on to a friend whose Uncle lived in Kirkby Lonsdale.' Gini Otway in New York. She is descended from Otway Family of Ingmire.

On Wednesday, 11th November, there was a very short service and two minutes silence by the War Memorial. Peter Packham, who played the Last Post and Reveille again.

NEWS FROM THE PEWS

Susan Sharrocks
Tony Reed Screen
Churchwardens



Every (socially distanced) seat was filled on 25th October for Rev Andy McMullon's last Sunday morning service with us.

Andy's choice of special hymns and favourite organ music brought the end of his time with us to a happy conclusion.

Friends from other denominations joined us after the service for a presentation of gifts and a cheque. We raised a glass of something bubbly as Tony, on behalf of us all bid farewell and good luck to Andy and Lorraine as they leave these shores for Belgium, and the town of Ypres where Andy will be Chaplain of St George's Memorial Church.

We are now in an Interregnum until such time as a new vicar is appointed, possibly around Easter time.



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



Four ladies will be looking after the parish, Rev Lindsay Gray, Rev Christine Brown, Rev Becca Gilbert and Lay Reader Judith Bush. The Rural Dean, Anne Pettifor, and the Archdeacon, Vernon Ross, are also not too far away, should we require them to take any services.

Thankfully, the weather was dry, if a little breezy, on Remembrance Sunday as we held a short but moving Drumhead Service, led by Rev David Crouchley at the War Memorial.

Boon Day, when we give the church an "autumn clean" did not happen, neither did the Christmas Fair.

We know many people rely on one stall in particular at the Christmas Fair. You will be pleased to hear that our "Lady of the Preserves", Margaret Denton, has been busy, throughout the year, making her many and varied batches of marmalades, jams,

chutneys and pickled onions. Stressing that the money raised goes to St Andrew's, Margaret will be happy to receive your orders (telephone 20521).

We recently said a sad final farewell to Kathleen Swift. A wonderful baker Kathleen provided lots of home baking and helped to run the cake stall at the Christmas and Summer fairs. She will be missed.

Plans are forging ahead for a "Follow the Star" trail to take place along the Main Street with the finale happening on 20th December. Posters and publicity on FaceBook will give more details.

It is hoped the 10.30am Sunday morning services will resume in December, plus the Christmas Carol Service and Christmas Eve Midnight Service will happen.

Wherever you are, whatever you do

Keep safe and well and above all,
A Happy Christmas!


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DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

We continue to link up each month and obviously not in person but by the famous Zoom. Zoom was, I think, an ice lollie when I was a child, rocket shaped in three colours. I probably liked it as much as I like Zoom... in variable degrees!

There are one or two treats planned, as we usually do at Christmas, but we must not spoil the surprise.

We "meet" on the second Thursday evening of each month at 8pm and the 4th Sunday at 6.45pm on Zoom and would love you to join us.

Sundays.

November the theme is 'Shelters' and opportunity to build one to put on show.

December we will be looking back and sharing something special to us from 2020, showing it or talking about it.

Then from January we hope to invite people with a testimony of God's grace to share to join us for 20 minutes on Zoom. Or even, possibly, in person! Now, there's a thought.

We wish you a very Happy Christmas full of love and laughter. God Bless.

If we can help practically or prayerfully do contact us.

J & SE Woof. "Rhumes" Dent.
01539625212.

FRIDAY MORNING EPISODE THREE

Sandra Gold-Wood

Jenny stood to one side of her door her key in her hand and her breath held as she considered who might be in her room. Firstly, how did they get in? Looking at the lock she could see it was intact. Secondly, why? Light shone from under the door so whoever it was they were not trying to hide. With this in mind she pushed the door. It was unlocked and swung open easily. What she saw was certainly not what she had expected. Jenny knew her mouth was moving but no sound escaped. All she could hear was her heart beating as the floor disappeared from beneath her feet and she passed out. Jenny came round to find a gentle hand bathing her face with a damp cloth. She pushed the hand away and gasped. 'How the hell can you be here?'

'That's a long story, let's wait till you've had a cup of tea shall we'.

'Tea, tea, Jenny felt woozy again as she tried to sit up, I think I need something a bit stronger.'

'Yes, I think you're right, have you got anything stronger?'

Jenny indicated where to find the Whisky and glasses. When they were settled and Jenny had had a few sips she asked the burning question.

'Who was that in the park? I can see it wasn't you although the body I saw had your face, so what's going on? Long story or not I want to hear it.'

'And you will', answered Elizabeth, well as much as I can tell you; the face you saw was a plaster cast, good don't you think?



THE
MEDITATION
CENTRE

be still · be inspired · be free

Events from the Meditation Centre
in January 2021

Create YOUR Year. A unique Intentional Retreat
Day Online from the Meditation Centre
Saturday 9th January 10.00am – 5.00pm

New Moon Yoga at the Meditation Centre
Sunday 10th January 11.00am – 1.00pm

Full Moon Meditation with Star Wisdom Online
from the Meditation Centre
Monday 25th January 10.00am – 10.45am

To book: email meditationcentreteam@gmail.com
Telephone 07582 017 396
The Meditation Centre, Dent, Cumbria LA10 5QR
www.meditationcentre.co.uk

Good was not a word Jenny would have used to describe the face she had seen. She asked about Rob and Elizabeth just shrugged. Nevertheless, as the night wore on Elizabeth revealed what she could of the reasons she needed to be dead. It seemed that she had worked for SOE (Special Operations Executive) during the war and she was still working in that area adding that there was still a war, just a different kind. Elizabeth knew about the Major as well as Jenny's war work and even why she was hiding out. It may have been down to the whisky but both women laughed a little when the thought how ironic it was that they should both be in Farfield Bridge.

Guessing that the Major had decided that it would be easier to keep tabs on them if they were together. Jenny made a mental note to use this information as further leverage toward her dream of living in Australia.

At around 4am a car drew up outside the house. Elizabeth checked her watch. It was time to go. Jenny was sleeping soundly a victim of the mild sedative Elizabeth had put in the whisky. She put on Jenny's dark raincoat and covered her distinctive blonde hair with one of Jenny's scarves; soundlessly leaving the flat and the building.

Jenny woke around 7am she was stiff and cold. She looked around, there was no sign of Elizabeth it was as if she had never been there. She rubbed her eyes and pulled her cardigan closer around her thinking to hell with the lot of them. It was no good having rebellious thoughts she knew only too well she would have to keep the secret. First she put the kettle on then she popped some bread under the grill and set about poaching an egg. She was seriously hungry not having had anything to eat since yesterday lunchtime. Yes, she thought, yesterday lunchtime when everything was mainly alright she supposed. She sighed as she slid the egg on top of her buttered toast, wishing it was possible to turn the clock back. Placing her breakfast on the table she noticed a small loosely wrapped package when she opened it she found that it was money; a great deal of money more than her wage for a month. A slip of paper had

been left underneath. It read, sorry ES.

Later with a cup of tea in front of her Jenny set about writing her report for the Major. She no longer cared what he thought and deliberately wrote every detail even her thoughts and feelings. She knew that straying from the facts would make the Major angry but she couldn't help herself once the words started flowing they seemed to have a mind of their own. She described finding Elizabeth's body and how surprised she had been when she found Elizabeth alive and well at her flat. When Jenny began to write the things Elizabeth had told her about she realised that in fact Elizabeth had given no real details. Nevertheless, Jenny told him she knew that Elizabeth's death had been 'staged' and asked what was she supposed to do now. She signed her name adding once again her request to be allowed to leave the Country.

At the Post Office Jenny picked up a newspaper. No mention of Elizabeth's murder. Oh so that's how they were going to play it. What would happen at school on Monday, well the speculation would lift the monotony. She surprised herself with thoughts of Rob Davis even thinking that with Elizabeth out of the way the field was clear. Who am I kidding; Elizabeth was a beauty, real blonde hair, stunning figure and everything else men found enticing. Jenny was 28 reasonably attractive with her slim figure, neat tawny curls and grey blue eyes but she knew she wasn't in Elizabeth's league. Susan, the child Jenny had seen home the night

2021 EVEREST CHALLENGE

with Molehill Adventures

A new fitness walking course for women is starting in January 2021. Ascend the height of Everest on the beautiful fells surrounding Sedbergh led by a qualified and experienced mountain leader. Two levels to accommodate all ages and levels of fitness. Would you like to:-

- Shake off the January blues
- Maintain motivation
- Boost your energy levels
- Enhance your weight loss programme
- Enjoy good company
- Explore safely

At 29,029ft Everest is almost 19 times higher than Winder but remember ... “Even a journey of a thousand miles begins with one step”

for more information contact Pam
molehilladventures@gmail.com

before was also in the Post Office. She said hello and told Jenny she was just getting a paper for her Mum as she liked to read the news. Calling a quick 'Bye' Susan hurried out of the shop leaving the door swinging on its hinges and causing Mrs Danbury the post mistress to complain about Susan and children in general. Finally, it was Jenny's turn to be served. She paid for the newspaper the report for the Major still in her handbag. On her walk home Jenny did some speculating of her own. Why, she wondered had she and Elizabeth been sent here to this small town where everyone knew almost everyone and newcomers stood out so. It was obvious that Elizabeth's sham death had been carefully planned. She wondered what the local police would be told and guessed that someone pretending to be from the Sheldrake family would have already come to claim the body. The same story could be fed to St

Celia's on Monday. By the time Jenny returned to the dusty old house which contained her flat she believed she had worked things out. Not many people knew Elizabeth and so any questions would be easily fielded. They'd say her funeral would take place in her home town and that could be wherever they wanted it to be. Jenny's predicted it would be Scotland or better still Ireland. And so no one not even Rob Davis would be able to attend. As she passed the phone she was tempted to ring the Major and tell him just what she thought of him but she had already settled on a better idea.

Later that day Jenny sat in the station waiting room, a ticket to Edgware in her hand bag. Only trouble was that her resolve was faltering. She had never been any good at maintaining anger and she also knew that the Major would easily fob her off with his usual conceit. Standing up with thoughts of just

going back to her flat she stepped out onto the platform just as the train steamed in. Smoke from the powerful engine covered the platform in a dense foggy veil giving it an other worldly feel. She watched as people got off and on to the train; leaving doors swinging exposing the old and worn seating inside. The guard startled her when he picked up her hold-all and placed it on the seat inside the carriage holding the door open for her and encouraging her to get in explaining that the train was about to set off. Jenny felt obliged to do as he asked happy that the decision had been made for her. The guard slammed the door as she placed her bag in the rack above her seat. Oh well, she thought settling down, it looks like I'm on my way. She was alone in the carriage no one to distract her and so she began to plan what she was going to say to the Major. It wasn't long before the motion of the train lulled her to sleep. Fearful and vivid dreams made it a restless slumber and she was grateful when the stopping of the train woke her. She steadied her breathing and slipped the lock on the carriage door, it was another three stops before her destination and she had no wish to share with anyone.

Edgware station was quiet. Jenny passed through the ticket barrier and out to the street to the taxi rank. She knew it was extravagant to use a taxi but she had the money Elizabeth had left so why not.

'Toll Hill Manse please driver'.

'Certainly madam'.

Jenny enjoyed the drive. The lanes of her childhood held good memories

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as well as sad. Here were the tree's she had climbed; reminders of walks with her mother and places she had kissed Clive. She had never known a time when her mother had been well she had always been frail but sometimes she had been strong enough to walk for a while. These were Jenny's treasured memories and she rejoiced in them as the bare winter trees slipped by the window. She thanked and paid the driver and felt her knees tremble as she stood in the shadow of her family home. Oh well nothing for it Jenny she said to herself as she walked in. The hall way was as it always was, empty and cold. The door to the library was open and she could see her father's desk strewn with papers and books. A voice behind her caught her out and she turned to see Babs. She hadn't expected to see her but that was ridiculous after all she and the Major had been married for eight years at least. Jenny had nothing against the woman but she had nothing in common with her either.

'Were we expecting you?' asked Babs with a simpering smile.

Jenny answered in the negative offering nothing further asking only where the Major was. It seemed he was out and Babs couldn't say where but he would be home for dinner. Leaving Babs with a quick thank you Jenny climbed the stairs to her room closing the door behind her. She had heard Babs asking if she would like a cup of tea but she choose to ignore it. Standing in her childhood room she examined her reasons for coming home. Oh yes she really wanted to give her father a piece of her mind although she hadn't reckoned on Babs. Yes, she though the poor woman was all too easy to forget unlike Elizabeth Sheldrake. Jenny began to question why she had made the journey.

'Too late now' Jenny said to the room deciding that she was never going back to Farfield Bridge whatever her father said.

This is not the end as it is part of a book that I very much hope will be in the shops next year.

WRITING CHALLENGE NO. 7 DECEMBER/JANUARY

Carole Nelson

Sedbergh Literary Trust is challenging you to write a piece about your experience and life in and around Sedbergh. When we started we did not know anything about Lockdowns and face masks, but now all the events of the last months have certainly given everyone new experiences about which to write.

There will be several on-line places, Sedbergh Community Forum, and Booktown and Lookaround

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websites, where the writing will be displayed, but no contact details will appear, but your work will be available to everyone to read.

In the Spring we will be putting together all your contributions over 2020 into a book, which will be published by about April, so this is your last chance to participate.

The End of Year Challenge is to write a prose piece, a short story or article or a poem in any format.

The subject is up to you but, please, try to make it something, which which has some connection to our community of Sedbergh and district.

**HOWGILLS HOLIDAY
ACCOMMODATION
COVID and US**

Nigel & Liz Close

Having just opened our latest property – a 12 bedroom luxury Hotel at Howgills House – in January this year, we were (like the whole world) shocked to enter a never before event like a Lockdown in March. I have to say that without such unprecedented support from the Government and Bank of England, we and many other businesses and households would have crumbled with the prospect of no income and yet all the overheads still to pay.

I have heard many question “how are our children and grandchildren ever going to pay this debt off”.

I've also heard that you fight the battle in front of you and deal with tomorrow's battle at that time otherwise your whole army might get wiped out today and there'll be nobody around tomorrow.

I, for Howgills Accommodation Group, appreciate what has been done to offer all our staff some support while we are closed. We are really looking forward though to the tomorrow when we can open up for business again and offer our Holiday properties to our past and future clients bringing millions of pounds of income into the shops and businesses in the area.

Tourism accounts for a massive part of the overall wealth of our area and our duty has also been to protect the health of our region by having to

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refuse groups trying to come here that would have potentially had an impact on the spread of COVID.

It has come, it is here and we are all getting used to dealing with living in a far different way. Here's wishing you as Merry a Christmas as possible and a much Happier New Year.

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Nigel Close

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people could easily search and compare anywhere in the world from their armchair or Beach Hut and everybody could become a potential 'Property expert'.

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To some extent for the savvy Commercially minded investor or practical person the answer might be none. Not true for those who required a Professional on hand to deal with latest guidelines and laws and also taking care of all the activity necessary to see the process through to a satisfactory result.

So, Estate Agents have learned to live with this global knowledge and information and in many ways our profession has become more transparent, efficient and credible because of it.



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Wishing you all a Merry Christmas and a Happy New Year...



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LOOKING BACK ON 2020

Sandra Goldwood

In the beginning, no rules, no lockdown.

We could choose to go out, meet, have fun, dance, play, and maybe have a meal with chums.

That was life in Jan and Feb and a little of March.

Since then we've been becalmed and tied to the mast.

Don't know about you but I feel like this,
upside down and all in the middle,
as if the wind goes up the rain
beats dry.

As if the fish walk on land,
sticklebacks, perch and haughty
trout.

While birds swim round and the
cats do sing
crooning and making nests of wool
and string.

So many things you see have
never been.

The days turn round and the smiles
are frowns;
faces of colourful cloth and hands
washed

and sanitised till the skins worn out.
It's November and still us folk can't
play out.

Oh please, bring on the jab I've my
sleeve rolled up.

Set me free to give and receive a
hug.

All hail 2021 it can't come soon
enough!



I like to think that when your back is against the wall, then that's when those with some spirit raise their game and commit themselves to demonstrate why they are worth being a part of the action.

Cobble Country Property have moved through this transitional period since forming in 1992 and the company still has experienced local property expert at the helm but also consistently encouraging local talent to be the next generational experts.

We are so happy right now, because we believe that the wider internet market once again is actually making a leap forward in what we, as the local professional property expert, believe will be transformational in how we are involved in every matter property related for the foreseeable future.

There is nothing to lose and everything to gain from signing up and registering with your local expert and we aim to demonstrate that to as many of you as possible following the launch of this new way after Boxing Day. Log on to our website and just register – that's all. Do it now.

Looking forward to sharing in the success of this with you all.

KILLINGTON W.I.
The afternoon W.I. for the
Entire District

Wendy Fraser-Urquhart

If I write this report now I shall feel virtuous and quite unlike myself. The meeting only finished a couple of hours ago. "Pointless", has finished but "House of Games", is on now. I have found my television and radio friends have been important company during Lockdown, as have all our lovely Sedbergh shopkeepers. My thanks to them all.

Our meeting today was our A.G.M. and this year it was on Zoom. I feel that I have entered the modern world now that I have learnt to connect with this. Really, it is great fun! and lovely to see and talk to real friends. There were 13 of us connected on-line and our meeting commenced with a performance of, "Jerusalem", such as has never been heard before, with each of us singing in our own homes.

These clever choirs and orchestras who have performed in this way cannot compare with us! We at Killington WI sing our own special song at monthly meetings so, "Jerusalem", only gets an outing once a year.

Our president, Susan Sharrocks, welcomed us to the meeting and sent our regards and good wishes to all our members, with special birthday greetings to Margaret Denton, Rose Sanderson and Joan Perkins. Marion Woods, our secretary, then reminded us of our year's activities in her Annual Report.

This last year has been one of continually changing plans following the coronavirus pandemic. It has taken commitment of members and the committee to keep in touch with each other. We ended 2019 with a wonderful lunch and afternoon at the Sedbergh Golf Club which was attended by 30 ladies. Memories of that happy and social event will be extra special this year as we will not be able to get together this December. Membership. We now have 34 members, welcoming Louise Atkinson to our group in January. Meetings. We managed the first three meetings of the year but then had to completely cancel April, May, and June, meetings. In July we managed

theWI
INSPIRING WOMEN

to have a meeting, socially distanced, at the People's Hall with 12 of us present and 5 on zoom. A photo was sent to the federation. In July we had 11 of us in person at the meeting. At

the September meeting we managed to have 17 members present. The national WI then advised against any meetings in person. In October, the meeting was therefore cancelled once again. In total 23 of our members have attended a meeting somehow during this extremely challenging time.

Other National and Local Events. Most events were cancelled this year, including all the shows.

In Spring, Marion and Susan attended the planning meeting for the group meeting to be coordinated by Barbon WI but that did not get any further than the planning stage.

Susan attended the AGM of our local Cumbria and Westmorland Federation on zoom this week and was inspired by the address given by Karen Hanks our Federation Chairman. Financial Report 2020. Our treasurer, Margaret Denton then updated us on our spending and assets. Due to the lack of meetings, competitions, and fund-raising events, there have been very few financial transactions. The main expenditure this year has been to purchase a new battery and two new sets of pads for the defibrillator at the People's Hall, on the expiry of the previous ones. Another outgoing has been to ACWW which supports women's organisations in third world countries. Susan, our President, then gave us her summary of this most trying year. She emphasised the blessings we had gained from the support we were able to give each other, and left us with the message, "Where there's a will, there's a way". She had the heartfelt agreement of the whole meeting, both of the members meeting on zoom and of members present in spirit. What a wonderful community! You would be welcome to join us at any time.

The final action of our meeting was to re-elect our president and committee, unanimous of course!

Our next meeting, probably still on zoom, is scheduled for December 8th at 2-00pm and although it will be rather different this year, Killington WI once again dares to join the Reader's Digest in wishing, 'A HAPPY CHRISTMAS TO ALL OUR READERS'.

DENTDALE W.I.

Thelma Belfield

Another month has passed and whilst we had hoped that October would see us all meeting together again for the first time since the pandemic began, our plans were once again thwarted due to the increasing numbers of the Coronavirus.

However, this time we were prepared, so having enjoyed a successful September meeting via Zoom, Jackie our intrepid programme planner contacted Gordon Fletcher who has previously visited our group to give us an extremely interesting presentation of an Underwater Safari in Morecambe Bay. Gordon was very keen to try out a Zoom presentation and agreed to talk to us about 'Jellyfish.' As a keen and experienced underwater photographer, Gordon had mentioned jellyfish at his earlier presentation as one of the sea creatures to be found in our local waters.

Kate extended a warm welcome to him and he began by saying he was very much a virgin Zoomer, that it was his first time doing a presentation wearing his carpet slippers and he



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hoped that his internet connection would stay strong for the duration.

Despite having been badly stung by a Lions Mane jellyfish on one occasion, Gordon had found them to be fascinating. Historically, jellyfish are one of the earliest developments of the earth's creatures and not all of them have a sting that is harmful to humans. In UK waters the Moon Jellyfish is delicate and gentle and brushing against it gives a warm soothing sensation which is very pleasant. He referred to them as underwater Angel's. They are bell shaped and move about the ocean by opening and closing producing a pulsating motion. Anatomically, they have four stomachs, all are surrounded by reproductive cells. They live by eating plankton which is ingested through their tentacles propelling food into a 'mouth ' then into the four stomachs. Nutrients then circulate through a capillary of canal like structures into the body of the jellyfish. They have a very complex sensory structure with a strong sensitivity to light, scent and orientation. Reproduction can be sexual or asexual, some species retain their eggs, known as 'brooding' . Others expel their eggs which develop into a larval stage and then into polyps which attach to a hard surface within the water. These polyps further develop into a type of layered stacking system, subsequently each layer being released as a young immature jellyfish. Whilst many do have a nasty sting, Lions Mane being one of the nastiest, having harpoon like cell structures on their tentacles which

inject venom into any foreign bodies it has contact with. Some are cannibalistic, but all have a common enemy in the sea turtle. There are many different species throughout the world including Stalked jellyfish and Bell jellyfish (as large as a dustbin lid) and all are closely related to sea anemones and coral.

They are a very prolific breeding organism and their numbers are rapidly increasing, this is causing a huge problem. Plankton and fish eggs are their diet and consequently they are depriving fish in the Scottish lochs of their food. Many jellyfish are vividly coloured and Gordon showed us some beautiful illustrated slides of these fascinating multi hued organisms saying that it is this beauty that fires his continued interest in underwater exploration and photography.

Gordon concluded his presentation with reference to the effect of global warming on jellyfish populations. Increasing water temperatures benefit reproduction and the supply of plankton. Massive blooms of jellyfish feed off the plankton which affects fish stocks and their sheer numbers block fishing nets. The



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2021

Thursday 21st January
Wednesday 10th February



consequence is, there is more food for the sea turtles but less for the human market.

Despite this being a virtual presentation, nothing was lost from the interesting, factual and pictorial impact and we all thanked Gordon for his excellent talk - and the broadband connection did not fail.

Having now held two successful virtual meetings , although sadly not all our members are able to join in, we are hoping to set up small contact groups within our institute (maintaining government rules of social distancing) whereby we can share information and activities more widely. Programme planning for 2021 is precarious but is continuing. Meanwhile ideas for future zoom

meetings include sharing a virtual glass of wine and a mince pie in December with a Christmas craft demonstration and a virtual quiz in the New year. By one means or another we will survive Covid 19 and remain a cohesive group focusing on friendship, education and opportunity, which are the main principles of our WI movement.

Since beginning to write this report of our recent activities, Covid 19 is again posing a huge health risk and we are faced with a further month long lockdown. However, undaunted we continued with our Zoom meetings and successfully held our AGM on 11th November. Committee and officers were appointed and we are now looking forward to a new era

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when hopefully the virus will be under control and our lives can continue more normally. Our January Zoom meeting will see us discussing the five proposed Resolutions for the 2021 NFWI Annual Meeting. These include, 1) A call to increase awareness of the subtle signs of ovarian cancer: 2) Stop women dying prematurely from coronary heart disease (CHD): 3) Racism and discrimination: 4) Protect your nature space to create wild-life friendly communities: 5) Stop the destruction of peat bogs to tackle climate change. A varied and challenging list which will initiate an interesting debate.

Finally, Christmas is coming and however we all manage to celebrate this year our Climate change group have put together some 'green tips



for Christmas ' to help us have a lower impact on our environment

W.I. Green Tips for Christmas

1) Avoid wrapping paper, labels and Christmas cards that contain foil, glitter or plastic. Buy cards with the FSC label.

2) Use the scrunch test to check if wrapping paper can be recycled. Scrunch the paper into a ball, if it stays scrunched it can be recycled, if it unfolds it cannot.

3) Either recycle your Christmas cards in the paper recycling box OR consider cutting them into labels to use next year. Consider a charity donation instead of sending cards and send Christmas messages via email.

4) If you like to have Christmas Crackers avoid those which contain plastic toys. There are a variety of eco-friendly crackers which are recyclable available from supermarkets.

5) If you buy a Christmas tree, look for a pot grown tree as it should survive in the garden after Christmas or left in the pot it can be used again the following year. Not all trees bought in pots have been grown this way. Many have been dug up and then potted, often with damage to their root system so they do not survive after Christmas. Small trees that do not survive can be recycled in your green garden waste bin

SEDBERGH WI

Looking back over the past year

Valerie Welti

We began our year last December with Christmas Dinner at a new venue for us – Thorns Hall. Whilst we might have appreciated a welcoming fire and a little more warmth we did enjoy the space for socialising as we moved from bar to dining room to lounge area. The evening was rounded off with a fun confectionery quiz prepared by Sandra Kemp.

When printed programmes were handed out telling us of the wide variety of talks and events already booked for us in 2020 by our Programme Secretary Ellen Morrison, we had no idea that so few would actually take place.

But January 2020 started well with an informal evening of inhouse recycling and upcycling ideas shared by Stef Downes and Elizabeth Saunders, with members laughing and chatting as they folded used Christmas cards to make boxes, wove cloths with old, unwanted textiles and filled bottles with non-recyclable plastic to make Eco-bricks for a wall at Lakeland Wildlife Oasis.

2020 was the Centenary Year for Cumbria-Westmorland Federation, and in January 4 Sedbergh members attended the celebration in Kendal Parish Church (another chilly occasion!). We were able to view the “Centenary Cascade” of postcard-sized pieces and find the Sedbergh one sewn by Ellen. We were also delighted to find the Sedbergh contribution to a panel made for the 50th anniversary of CWFWI and see our own Marjorie Fishwick’s name embroidered there! Floods prevented a group of us from attending the planting of the Centenary “handkerchief” tree at Holehird Gardens in February, but we have now been sent certificates for the 5 “leaves” we sponsored. CWFWI Chair Karen Hanks had issued a Centenary challenge to each WI to come up with a project that “made a difference”. Sandra Kemp has co-ordinated donations for Manna House, Ann Street, Kendal and Sandra Gold-Wood is raising money with her quiz. Thanks to Den Chambers, a volunteer there, for helping to make the links with this local charity that aims to provide a community for homeless and vulnerable people.

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At our February meeting members hoping for references to the saxophone playing of John Coltrane, Charlie Parker, Bowie or Ulverston's amazing young Jess Gillam may have been a little disappointed that Bob the Sax only covered the early decades of the 20th century, and our visitor from Millthrop seemed to have as much knowledge and expertise as Bob!

When Peter Logan talked (at some length!) on our County's links with the Mutiny on the Bounty in March we were unaware that it would be our last monthly meeting of 2020 with a speaker.

With no meetings happening how was Moira to write her Sedbergh WI report for the May Lookaround? As the 75th anniversary of VE Day was being commemorated she asked members for family memories and Rosemary Mason, June Mudd, Jean Jones, Rosemary Blanchfield and Pam Drower were among many members who responded giving her plenty of material.

In August, after a couple of months of some garden mini-meetings in



Marjorie's Garden Meeting

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June and July (no Summer outing possible this year, of course) 16 members and 1 guest (Chris Williams's friend Deidre, who made a great contribution) actually met for a monthly meeting in the Covid-19 Secure People's Hall, as did the Book Group the following afternoon. It was good to meet again.

Armed with the results of yet another questionnaire to get members views, the committee started to plan for the 3 remaining monthly meetings of the year. Then the Rule of 6 led us to plan for smaller weekly meetings in the committee room. Further restrictions made those inappropriate too. So, for the remainder of 2020, we continued

with Zoom meetings, emails, phone calls and doorstep conversations with deliveries of WI News by hand. Whilst there is no possibility of a Christmas dinner for the whole group this year we hope that we will be able to come up with some seasonal fun to bring us together in some way.

Our Book Group is up to 12 members. April was the last month that Carlisle Library provided a set of books. So, since then, Moira has had to find different ways for the group to continue. In the Summer we had meetings of 6 in gardens to discuss group reading of Wordsworth classics from Westwood Books, one socially distanced whole group meeting in the People's Hall in August and now meetings via Zoom and using email to share recently read books and reviews of films, TV and radio programmes.

Meanwhile our Walking Group continues with a small membership, co-ordinated by Anne Pitt. Sadly the planned holiday in the Wye Valley for May had to be cancelled, but more local monthly walks went on, and now many of us (not necessarily all in the walking group) are taking the opportunity to meet up in a more informal way when the weather



September Book Club at Elizabeth's

allows with one other for some exercise and chat . How many of us in the past 9 months have been grateful to live in an area where we can access such a varied and scenic "outdoors" from our doorsteps and where social distancing is so easily maintained?

The mission statement of the WI says: "The WI plays a unique role in providing women with educational opportunities and the chance to build new skills, to take part in a wide variety of activities and to campaign on issues that matter to them and their communities". Has it been able to achieve that for us here in Sedbergh in 2020? Well, many of us have learnt new technological skills - using Zoom, and accessing online classes to develop our creative skills. Those of us in the Book Group certainly expand our knowledge, and have our attitudes challenged. Whilst we may not have actively campaigned for this year's WI resolutions of Stem cell donor registration and Ending modern slavery our support of each other and Manna House certainly show a commitment to the campaigns to Alleviate Loneliness; Make time for Mental Health; and No More violence against Women. Our contribution to fighting Climate Change made a good start in January with our recycling session. I look forward to us being able to share ideas from our individual campaigning when we can join forces again in the People's Hall.

It is wonderful that our membership has grown to 28 this year. In January, Angela Dixon's WI membership transferred from Surrey to us; Anne

Symons rejoined, and Christine Chamberlain became a member. We welcomed 2 new members in the Spring, who had recently moved to Sedbergh – Caroline Clarke and Jill Dale. Despite the pause in organised meetings and events we are delighted that Grace Ogilvie and Lesley McCririe still decided to join us in the Autumn. It is unfortunate that our latest members have not had the opportunity to come along to regular whole group meetings – but we hope that they still feel welcome, have got to know a few familiar names and faces already and we look forward to all getting together in 2021.

When I arrived in Sedbergh 6 years ago from NW London, I was not sure the WI was for me. But I now realise that many of the friends and people I

know here in Sedbergh are WI members, and how isolated I would have been over the past 9 months without them all! I just mention a few of the kindnesses that made an impression on me when I first joined – a cuppa with Sue Kernahan before my first meeting so that there would be a familiar face; Sue Bateman cheerfully helping me to learn everyone's names as I sat beside her at the door; Eileen Stavley always remembering and using my name to greet me (even if I didn't remember hers!); Anne Petyt, in the walking group, remembering some family detail I had told her the month before. There are many more I could list. But I want to say a huge "Thank you" to every member who has helped to keep Sedbergh WI active and taken



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their turn as Officers so that it has been here for us more recent residents to get involved with the community and make friends. I hope that the committee has succeeded in maintaining that spirit of caring friendship of Sedbergh WI during the pandemic, valuing longer-standing members as well as welcoming new ones. We look forward to seeing how newer members will develop the group in their turn in future years.

SEDBERGH PARISH COUNCIL

Janey Hassam

The Council held their online conference meeting on 12th November 2020 at 7.00pm. Their next scheduled meeting is Thursday 10th December 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.

Broadacres Housing Association and South Lakes Housing

Members welcomed representation from the above housing associations in regard to their proposals to develop the site, previously allocated for development, off Station Road. The presentation included an illustration of the initial design/layout, along with some specifications for the 50 units planned, including affordable rented/ shared ownership houses/bungalows and social housing, as well as open market sales. Further information can be found in this addition of the Lookaround and their consultation is available online <https://www.broadacres.org.uk/sedbergh-consultation/> until the 7th December 2020.

Local Government Reorganisation District Cllrs Kevin Lancaster and Suzie Pye were able to give Members an overview of the current local government reorganisation proposals. Members were advised that a further update would be available in December and, in the interim, thought it would be beneficial to ask neighbouring parishes for their feedback on the reorganisation options too. Including reference to

proposals being considered in North Yorkshire.

Parish Council Finance

The Clerk had circulated a draft Budget for 2021/2022 and Members unanimously resolved to maintain the South Lakeland District Council Precept request, at its current level, for the new financial year. A small gesture to the community in recognition of the financial challenges being experienced by many residents in 2020. A684 Safer Roads Project

Members noted the continuing works being undertaken by CCC Highways. In addition, Members were advised that the Clerk, on behalf of Members, was liaising with County Councillor Nick Cotton and DC Suzie Pye in regard to the zebra crossing at Long Lane, with particular regard to improving safety here and the desire to significantly upgrade the crossing.

Other Matters

Various other matters were discussed that included scheduling a Planning meeting, Finances, Amenities and plans for tree planting at Queen's Garden. Various correspondence was also discussed, including an invitation to undertake, potentially, a joint Housing Needs Survey with Dent Parish Council.

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.sedberghparishcouncil.org.uk

LOCAL GOVERNMENT REORGANISATION The Bay Unity Proposal

Cllr Suzie Pye

Forgive me but I am going to quote from an open letter from Councillor Giles Archibald to residents of South Lakeland, as his wording around what is a hugely detailed and complicated subject is far superior than mine could ever be. He writes:

South Lakeland has reached a crucial moment in its history, and decisions taken over the coming months will have long-standing effects on the lives of all residents.

At stake are so many important issues, the economic vibrancy of the area; our ability to tackle climate change and look after the environment; our relationship with the National Health Service; the strength of local democracy; and, indeed, our sense of identity.

Why is this? It's because the Government is inviting councils up and down the country to put forward proposals to create 'unitary authorities', in effect, 'super councils' which will be responsible for running all local services, instead of the current system where county councils

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manage some services and district councils, like South Lakeland, look after others.

Local government might seem like a dry topic, about which it is hard to get excited. But the way our services are managed and delivered makes a massive difference to everyone's lives.

I have repeatedly said this is not the right time to be looking at local government reorganisation. Instead, councils should be concentrating on tackling the Covid-19 pandemic. However, the Government has effectively ignored our concerns about the timing and has invited councils to prepare business cases for how local government should be organised going forward. So, we have to move on.

And that's why I want to ask every resident in South Lakeland to give support to proposals to create a unitary authority based on the Morecambe Bay footprint of South Lakeland, Barrow and Lancaster. This is the model on which South Lakeland District Council is preparing a detailed business case.

Cumbria County Council's cabinet decided recently to submit proposals to replace the existing six district councils and the county council with a single unitary authority.

I think this would be a disaster for South Lakeland residents. A single Cumbria unitary would artificially

divide the community based around the Bay. Carlisle is a remote centre for many people in the south of the county and would not be a good place for a new local authority HQ. Indeed, there is nowhere convenient in the county for all its widespread residents.

Independent research shows that in very large local authority units, voter turnout reduces and resident engagement diminishes.

I believe, indeed, I am convinced that a unitary authority based on Morecambe Bay, the area currently covered by Barrow Borough Council, Lancaster City Council and South Lakeland District Council, which is a more local geographical area, would be so much better for people in South Lakeland.

Morecambe Bay is a functioning economic area. Ninety six per cent of the resident labour force works in the area.

It is our healthcare area, sharing a footprint with the University Hospitals of Morecambe Bay NHS Trust and with established links to the Morecambe Bay Clinical Commissioning Group and the Lancashire and South Cumbria NHS Trust.

The boundaries created by the 1972 Local Government Act divided Barrow and parts of South Lakeland, historically both part of Lancashire, from Lancaster, although the area has retained its common identity. The creation of a Bay authority would put this right.

Under a single Cumbria unitary each councillor would be likely to have around 6,000 residents to look after, far more than the current 2,000



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for South Lakeland councillors. That is a tremendous amount of extra work and would make your councillors less locally accountable and might also put off some people, for example those who work or have children, from standing as councillors. This would take us back to the days when retired and independently wealthy people were running local government, that's not good for democracy.

I urge everyone in South Lakeland to make it totally clear that, if we are required to reorganise, you want to see a future council based on the Morecambe Bay area.

If we don't make our voices heard loud and clear and take control of this issue, then we risk it taking control of us and being lumped into a Cumbria

unitary authority or another less favourable arrangement that would not be in the best economic and social interests of South Lakeland residents.

I am looking at this through a Health, Wellbeing, and Financial Resilience lens (the portfolio I hold on cabinet), and as such I fully endorse Cllr Archibald's letter. If you would like to make your views known, please do so through link to the survey on the SLDC homepage, where you can also read the letter in full.

As always, please do feel free to contact me about anything, big or small.

Many thanks, stay safe...

Cllr Suzie Pye

Suzie.pye@southlakeland.gov.uk

07833534710

COUNCILLOR CORNER

Ian Mitchell

As I sit writing this, we are in the middle of the second national lockdown. We hope and pray that this will result in the 'R rate', Covid cases and deaths and hospitalisations dropping, which will allow us all to spend time with our family and friends over the festive period. Lockdowns do however come with damaging consequences, these are most prevalent in mental health, it is so important that we keep an eye on friends, family and neighbours. A simple; 'hello, how are you?' can mean so much in these challenging times.

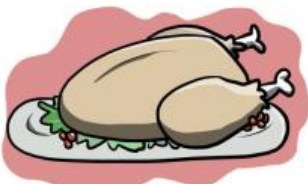
There has been a lot going on since my last article; but the two biggest things have been the following;

Firstly; the government inviting councils to put forward proposals to create 'unitary authorities' which is basically to have all services run by

one super council and not split between SLDC and CCC. Personally I think this is totally the wrong time for this reorganisation, all our elected councillors and officers should be focusing all available time and energy into helping our residents to get through this global pandemic.

Despite voicing our concerns on the timing of this, the government are carrying on regardless and the time frame is very short, we need to have our case study in by the 9th December. As a Lib Dem group on SLDC we have suggested a unitary authority on the Morecambe Bay footprint of South Lakeland, Barrow and Lancaster. You can find the full details at <https://www.southlakeland.gov.uk/your-council/council-business/the-bay-unitary-proposal/>

I have voted for this proposal and intend to again when this comes back to council on the 8th December. The reason I have voted for this is to make sure our residents voices are still heard loud and clear. The alternative to our proposals is a big unitary such as the whole of Cumbria, with all the power in Carlisle, which will make us very remote. A single unitary Cumbria will mean each councillor would represent 6,000 residents, currently here in the South Lakes we represent 2,000 residents, I can tell you there is a lot of work already, I couldn't imagine that trebling. This will mean people like me, who work are less likely to be able to run to become a councillor. This will lead us back to the days when out of touch retired and



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Secondly the planning white paper. This is the government's changes to the planning system, which are the biggest since the second world war. This is hugely complex and a lot of work has gone in to crafting a response to this. I will outline my concerns that I fed into the consultation.

I agree that the planning system needs reform, but I cannot support the government when it says the planning system is 'broken'. Here in

the YDNPA we deliver on the following government targets; decision making speed, local plan production and housing land supply. Where I do agree is that we would all welcome moves that streamline and modernise the planning process.

The current system here has helped conserve the distinctiveness and special qualities of our area, these new proposals will see a 'one size fits all' system. This will not work here something that looks great in a city will not work here, good design must be decided locally and not by central government.

Finally, these proposals will lead to less democratic input. The streamlined process outlined, will mean that there will be less input

from local people and locally elected councillors at the planning application stage. The reasoning behind this is to speed up the process, but this will lead to a loss of engagement, when local issues need discussing most.

As I said previously these are both complex matters, and my comments are just a small screen shot of the much bigger picture, if you would like to discuss either of these in more detail, please don't hesitate to contact me.

In the first two weeks of November we have had the start of our bad autumn and winter weather, this has led to flooding which has done damage to our bridges, roads, walls etc. It is so important that this damage is reported as quickly as possible to Cumbria County Council. We also need to make sure that gullies and drains are not blocked, there are 145,000 gullies in Cumbria, it is not possible for them all to be regularly checked, so we need to be the county council's eyes and ears. We know our areas better than they do, so please if you see a blocked drain or gully, ensure that it is reported via the Cumbria County

Council website. If you are unsure of this process, please send the information to me and I will report it for you.

The same also applies to the Yorkshire Dales Nation Park, if there is significant flooding on footpaths please take pictures and send them to me and I will report this for you.

A big win – I would like to thank everyone who contacted me regarding the proposed traffic lights on Lincoln's Inn Bridge. This was part of the Department for Transport plans to improve road safety on the A684, these plans had very little public consultation. Working across political party lines and with Sedbergh Parish Council we were able to stop the traffic lights. There was no road safety evidence for this and they would have looked completely out of place in this rural setting.

If there is anything you think I could help with, please do not hesitate to contact me; 07530602234 or ininmitch@hotmail.co.uk

All that is left for me to say is have a Merry Christmas and a Happy New Year, and lets all hope for a better 2021 than the year we have just had.

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TIM'S COLUMN

Tim Farron MP

The past month has seen progress on some of the issues I have been working on but there is still a lot where I need to keep pushing the Government to see sense and show a bit of care.

Shall we start with the good news?

As soon as the second lockdown rules were announced I wrote to the Prime Minister demanding the Government scrap their plan to ban pubs from selling take away alcohol. This rule was a particularly cruel and unfair blow to pubs who just about got through the first lockdown by selling take-out beer. There really didn't seem to be any reason behind

changing the rules this time around. So it was really good to see the Government fairly sharply make yet another U-turn on this.

Last month I told you about the problems faced by outdoor education establishments like Bendrigg at Old Hutton. Many are facing the threat of closure because the Government is advising schools to avoid residential trips. This despite the fact that these education establishments are at least as COVID secure as a school like the one you have in Sedbergh. I visited Bendrigg the other weekend to see the lengths they have gone to to make their buildings safe. The people I met told me the sector had already lost about a third of its workforce. I



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put this to Matt Hancock in Parliament the other day and he agreed to look into it. It's not a change to the rules but it is progress.

I managed to get a meeting with the Tourism minister to discuss getting more support for businesses in this sector over the winter months. This is something I have been pushing on since the start of the first lockdown. Figures from Cumbria Tourism say that only about a quarter of tourism businesses are confident that they will still be trading in a year or two's time. Along with Gill Haigh, the Managing Director of Cumbria Tourism, we asked that the Government extend the furlough scheme at least through to Easter

next year. So, again, it was really good to hear the Chancellor announce that the furlough scheme would indeed run through to March next year.

Now to the things where I have seen less progress. Along with a number of other MPs I have been pushing the Government to ensure that any trade agreements that they negotiate after we leave the EU ensure countries cannot send us products made from animals that have been treated in ways that would not be allowed in this country. Clearly if this is allowed to happen our farmers will not be able to compete fairly with agricultural products imported from places like the United States. Many Conservative MPs have spoken up against this but when it comes down to it they keep voting against any amendments that would put it into law.

I keep pushing the Government to put in place some support for the 3 million or so people who through no fault of their own have received nothing during the lockdowns. Still no sign of movement here, sadly. I only wish we were approaching Christmas and 2021 feeling more confident that the Government was doing all it could to help us through this situation. But you should be reassured that at least I am doing all I can.

If there is anything I can do to help you please drop me an email at tim@timfarron.co.uk or call us on 01539 723403.

Meanwhile I hope you have a really really great Christmas and I wish you all the best for 2021.

Tim.

SEDBERGH PRIMARY SCHOOL

Matt Towe

Dear Community Members,
I wanted to write an open letter to you.

Firstly, on a very personal note, I wanted to say thank you and goodbye. Many of you will already know that I am leaving Sedbergh Primary School at Christmas to begin a Headship at St Martin and St Mary Church of England Primary School in Windermere. I recognise that the timing of this is unfortunate, however, in the education sector, and particularly in Cumbria, opportunities to progress are few and far between and need to be grasped. You will appreciate, that for reasons beyond all our control, this move has already been delayed by a term.

The school will remain in very safe hands, with a skilled and experienced teaching team and a supportive and aspirational group of Governors. A permanent Head teacher will be appointed in due course, who will certainly bring a fresh pair of eyes and perspectives to the school; always a good thing!

I have thoroughly enjoyed my role as the Head teacher of your local primary school. It is a fantastic establishment and continues to go from strength-to-strength, responding positively to the fluid and ever changing educational landscape that our society and our politicians demand, whilst maintaining a strong and positive set of values and the very best of intentions and expectations for all the children who attend the school.

Thank you for the support and the kindness you have offered me during

my four and half year involvement with the school. The school is so lucky to benefit from being in a town where the local people value community, partnership and learning above the modern societal aspirations of consumerism and convenience.

My second reason for writing to you echoes the first. On behalf of everyone who works in the school, thank you for your support and interest. The school has always benefited from the unfailing kindness and generosity of people in and around the town.

After I have moved on, I know that this concern for the school will be maintained. After the Christmas break, the school will appreciate your patience as the staff settle into a new way of working.

And finally, I wanted to update you all on our plans for the celebration of Christmas. You will know, that under the current restrictions, it is very hard to plan events and make any kind of

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SEDBERGH SCHOOL NEWS

Karen Bruce-Lockhart

The Governors have announced that the Principal, Andrew Fleck, has decided to retire at the end of the academic year in 2021. He had hoped to retire at the end of the last academic year but in the light of the Covid 19 developments is staying another year.

He became Headmaster in 2010, and during his tenure the school roll has increased by 30%, and has won major sporting championships, the School has been recognised for the quality of its Music, Drama and Community Service, and seven staff have gone on to become Headmasters. He led the

reorganisation when Casterton became the Prep School and Carus House was opened. The Hirst centre was opened in 2018 and the Chinese school Rong Qiao Sedbergh School opened later the same year. He will be succeeded by Dan Harrison who will take over responsibility for both the upper School and the Prep. Dan Harrison has been a master in the School since 1993 and is supremely well equipped to lead Sedbergh. Noone knows the School better than he.

The School is happy to report that there were no cases of Covid 19 in the first half of the term. On return after half term they went once more into the Red system and small bubbles. Pupils who remained in the School during half term had an adventurous time. In the first week they went kayaking, coastal walking and climbing and enjoyed intense games of Monopoly. They canoed

promises about what we might be able to do. However, we do plan to create some class based Christmas moments. Where practicable we will video and publish these so that our school community can enjoy them remotely. Our PTFA are continuing to support the school and are providing some Christmas craft and baking experiences to enrich our children's lives. If possible, we hope that a small group of children might be able to sing some 'socially distanced' carols in the town.

Thank you, again, for welcoming me into your community and supporting our school over the years. I look forward to checking in every now and then to find out more about how the school has progressed and to hear about the successes of our children.

Warm regards and a very merry Christmas to you.

and sailed on Killington. They went caving, made pizzas, had a dinner party, learnt to play handball, explored Wharton Crag, ate chocolate fondu with many other activities, and seem to have enjoyed themselves The Prep School with its large number of day pupils coming and going was very pleased that they had minimum disruption due to Covid 19 in the first half of the term.

However, in mid November following mass testing of the pupils in Sedgwick House, all pupils in that house were sent home or isolated. Further testing of the School was taking place when this went to press.

The School held its Remembrance Sunday service at the Cloisters though not quite as usual. The service was restricted to pupils of the main school and the Prep school, staff and employees. The pupils stood above and around the Cloisters in their bubbles. The choir sang from the arches of the Cloister.: O Valiant Hearts (Harris), For the Fallen (Guest), Now the Guns have Stopped (Jenkins), Christian Soldiers (Hawes) and Funeral Ikos (Tavener). A short ceremony was held at both schools on Armistice Day. Old Sedberghian David Pierce has initiated a fundraiser in support of the Royal British Legion by purchasing a Commemorative Tommy figure for each of the 198 Sedberghians who gave the ultimate sacrifice in WW2.

The School is teaming up with the Magic Academy to offer bespoke experience for businesses to unlock the potential of their people and unlock performance. The Magic Academy has assisted the School in

creating and delivering phenomenal sporting experience for children on Easter and Summer courses since 2018.

The school has made large contributions in the form of food parcels. The pupils brought back 636 Kg of food for the Bay Food Bank following half term. The Prep School is supporting The Salvation Army in Kendal focusing on meeting the community's need for food and toy parcels.

Two OS brothers Charlie and James Simpson-Daniel have launched a new business Wizard's Magic selling a chocolate designed to support healthy immune systems. Mike Biggar OS (former Scottish Rugby captain) was awarded an MBE for raising £76,000 for the NHS by walking 500 steps in 30 days. He is confined to a wheelchair after a car accident in 1992. Other OSs have raised sums for the British Heart Foundation running a marathon and achieving well over their target of £10,000, and others £3,000 for the charity BEAT (eating disorders).

On 19th November the School held Global on Line Quiz at 19.00 to 20.30 to which everyone was invited – OSs,

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Parents, staff and friends of Sedbergh. It is also intended to launch next year the University Challenged series, with teams of OSs representing various universities across the UK to compete in an on line quiz format similar to BBC's University Challenge. The School had intended to hold its usual fireworks display on 5th November at some position where it could be seen all over the town. However, with the new Lockdown hitting then it was decided that this would not be possible and it was cancelled. Due to the new lockdown the Prep school had to cancel their Saturday morning clubs including the Pony Club and Year 1-3 Sports Club.

Music

The Prep School held a virtual concert on line just before half term. The Department recorded the Remembrance Service.

The House Singing Competition is starting

Rugby

The School has been shortlisted for the School Team of the Decade series run by global grassroots rugby website, Next Gen XV, one of 20 schools named

Cricket

Cricket in the first half of the term was busier than normal with 240 individual and group cricket sessions for all levels, for both boys and girls, both at the senior school and the Prep

Future Events

Term ends on 17th December, and the pupils return on Sunday 10th January.

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It's such an unproductive chat,
All the rules have long been set,
And people, well, would they get
All my esoteric knowledge,
All that stuff I learned in college?

Come on then, let's fill the hedges
With signs, and bollards on the
edges,
Traffic lights and width restrictions,
Priorities and jurisdictions.
All this urban street graffiti
Funds my holiday, in Tahiti.

BOXES OF HOPE CUMBRIA

Pam Dent

Thank you to everyone who supported the annual shoe-box campaign in any way this autumn. The result was 126 completed boxes plus “fillers” and cash donations. Your love and generosity are amazing and will be much appreciated by the children and their families in Romania. This year’s operation faced particular challenges, including a general lack of shoe-boxes other than the larger sizes, the closure of some drop-off points including Sedbergh TIC and the by now familiar restrictions on those working at the “warehouses”, in our case the Methodist schoolroom at Kirkby Stephen. Nevertheless we ploughed on, almost regardless! At the time of writing I don’t have a final total across the county, although I can tell you that at Kirkby we processed 896 boxes in three two-hour shifts of six volunteers each, duly masked, sanitised and keeping their distance – roll on next year, when hopefully we will be back to our usual busy, bustling set-up. This year, due to corona virus restrictions, the boxes will be distributed by our Romanian partner-charity People to People rather than by ourselves but I’m sure the children will greet the boxes with their usual delight – and impatience to find out what’s in the box. Meanwhile, some of us have already started knitting for next year! Craciun fericit! Happy Christmas!



Matthew Cook

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Karen Evans

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Firstly, see if you can get a better deal by changing your energy supplier. However, as well as comparing prices, it’s a good idea to check the customer service record of a company before switching. Citizens Advice has a price comparison tool on our website, and our star rating assesses the customer service records of the 40 biggest companies.

There are also little, everyday things that can help, such as making sure televisions and other devices are switched off and not left on standby; washing clothes on a lower temperature; and only filling the kettle with the water you need.

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If your pay is close to the national minimum wage, the extra costs of working from home could be counted as a pay cut and bring you below the legal level. Talk to your manager or HR department, or your union rep if you have one.

Finally, your employer should pay for any costs connected to your health and safety - such as a suitable chair for work at a computer. It's also worth taking a look at your employer's expenses policy as you may be able to claim for a number of other things,

such as printer ink or telephone line rental.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice.

How to access:

- Call 015394 46464 - this is being staffed from 9:30 - 2pm
- Adviceline: 03444 111 444
- email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

ROYAL BRITISH LEGION

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

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

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For more information, visit our website:

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

THE ROYAL BRITISH
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LITTLE MESSAGE FROM THE PEOPLE'S HALL

Sandra Goldwood

Yes, folks our little show, 'Cheer Up & Carry On' is set to entertain you on Friday December 11. It's all happening at your very own People's Hall. Check the posters for details. If you too are bored and blue this is just the thing for you. Kev and Robbie Kendal will be swinging some tunes, Keith is bringing his very own brand of Comedy fun too

There's even a bit of culture with poetry from Michael B. A bevy of songs tried and tested Hail Ernie and his talent. While SGW will bring a little of drama 'to be or not to be'. All will lead to a sensational end with the lovely Claire and Roger her friend.

Naturally we are all rehearsing on our own; Despite the difficulties we intend to do our very best to bring you an evening of memorable entertainment. Christmas blessings to one and all.

See the advertisement for 'Cheer Up And Carry On' on Page 1 of this edition for more details!

PEOPLE'S HALL NEWS

Dr Gina Barney

Closed again:

Like other community centres the People's Hall is closed again, due to Covid. We have no qualifying activities this time. Assuming we return to Tier 1, or its equivalent, we will be able to welcome back some of our regulars on 3 December.

Re-roofing:

At last work started on the re-roofing of the People's Hall despite Covid. As I write the front section is done and the scaffolding will be moved round to the back. If all goes to plan work will continue on the Highfield side and finish on the play park side. If there is any benefit from Covid, it does mean the roofers can bang to their heart's content as no one will be in.

Hopefully, all will be done by the time of Cheer up and Carry On event on Friday 11 December 2020.

Cheer up and Carry-on booking arrangements:

Here are the arrangements:

The rules allow us to accommodate 33 single people at two meter distance and with circulation space.

People from the same household can sit together, which means a few more than 33 can attend. Household groups, up to six, can be accommodated.

The booking arrangements are: tickets will only be on sale at the Information Centre, 72 Main Street from Saturday 5 December.

The purchaser will need to fill in a booking sheet, with name, telephone number and email, when you pay!

If the purchaser is booking for a household, they will be the lead contact.

Seat allocations will be a bit of a logistical exercise to ensure the social distancing, and will be notified to you by Thursday 10 December, or when we are full.

You will be given a scheduled arrival time and we will use both the main and side entrances.

No refreshments or raffle. You can bring your own drinks (no alcohol) and wrapped things to eat. Rubbish to go home with you.

All this, and more, will be in the email when you are given your seat allocations.

It will be safe; I will be there!

SEDBERGH IN BLOOM

John Malcolm Blair

Along came March and with it lockdown. As are group were unable to meet to garden (most of us being `oldies`) we had to think of a way to continue the maintenance of the flower beds/tubs. We decided to split the town up into different sections and each committee member was responsible for a section. This meant that some members were busier than others as their patch included tubs which took a tremendous amount of water as lockdown coincided with a very dry warm spell of weather.

Marilyn and her husband Sam had the difficult task of taking water to the flower tubs (not an easy task when water was not to hand) However we asked various businesses closest to the flower beds/tubs if they would assist with the watering which they very kindly offered to undertake and we thank them very much for their ongoing help. We are also pleased to welcome a new member to our group, Brenda Thexton, who at the present time has undertaken maintenance for some of the beds in Main Street. If anyone would like to join us you would be most welcome, no experience necessary just a willingness to keep the beds neat, tidy and planted up.

Personally I would like to thank all our committee for their ongoing hard work in maintaining the flower beds, which, even though we have been through lockdown and at present going through another lockdown have looked amazing and have been appreciated by so many people by way of the comments received by committee members.

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72 Main Street

SPRING SHOW 2021 OR 2022

Marion Wood

The Spring Show date for 2021 is the 20th March. However, as we are all aware this may well not be possible. None of us have a crystal ball especially not Boris. Maybe we could do it slightly differently and have timed tickets for people to come and look at the amazing items Sedbergh folk produce each year. I am sure there are even more crafts and skills to be demonstrated when we get the opportunity. We still have all the brochures ready to go out from this year so if things begin to look optimistic the committee will begin discussions.

If we do not have a show in 2021 then it will definitely be on for 2022! We look forward to a great time with wonderful displays, teas and the band playing.

THE CHILDREN'S WOOD – GROWING TOGETHER

Barbara Hartley

Despite the recent difficulties, work on The Children's Wood has made good progress during both the early Spring and the Autumn. The trees that arrived just before lockdown flourished in the garden up at High Branthwaites and have now all been moved down to their permanent home at Birks Farm. During two tree planting morning sessions in October the volunteer diggers were helped by 32 socially distanced children including members of the Sedbergh Junior Football team. Huge thankyou's go to all the young tree planters and to Brian Capstick who fed them a great lunch and let the children see and hold some of the animals on his farm. A really great morning for everyone.

We have just taken delivery of another 420 trees from the Woodland Trust and expect another 500 in early December from The Conservation Volunteers. These trees will be going to two sites in Sedbergh and be planted during the winter months when the weather permits it – one in Brigflatts and another along Frostrow Lane.

Also during the half term, as well as the tree planting, we helped the Primary School to hold a leaf competition and were delighted to receive some 50 entries. They can all be seen on the Sedbergh Primary School web site and are all absolutely brilliant. Well done all you young people who did them. They are beautiful.



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We are planning a leaf and tree I spy trail for the Christmas holidays so watch out for this and have fun.

At the end of this winter we will have planted almost 2000 trees which we are all very proud of. We could not have done this without a lot of help. We would particularly like to thank Sedbergh Primary School and The Yorkshire Dales National Park for their enthusiastic support, the Woodland Trust and the Conservation Volunteers for trees, the Yorkshire Dales Millennium Trust for financial support and most importantly the landowners who have let us plant the trees on their land.

So now we are looking towards 2021 and finding a few more sites for tree planting. It does not need to be a large field, although that is good! It

can also be a corner of a field where the mowing machine can never mow, or the centre of a field where a stand of a few trees would enhance the landscape or even alongside a beck to help with flooding control. We will apply for a stock proof fence on your behalf, volunteers will plant the trees and help maintain them and trees will be provided.

If you feel you may have some land you think we could use can you get in touch with either Peter Apps (peterapps51@gmail.com) or Barbara Hartley

(barbara@garsdaledesign.co.uk) or any other member of SEN. It would be good to hear from you.

The Sedbergh Environmental Network (SEN).

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THE PUB WITH NO BEER

*Alan Clowes
Brigflatts Local Meeting*

Christine and I have lived at The Cross Keys Temperance Inn for the last 23 years.

Pre 1732 the building was a farmhouse called High Haygarth and the home, in 1654, of Gervase and Dorothy Benson. Gervase was one of the leaders of the Westmorland Seekers, also an ex- Mayor of Kendal, a Tax collector for Westmorland, a Colonel in the Parliamentary Army and a Justice of the Peace.

In 1652 he had met George Fox at Borrats Farm in Sedbergh and was convinced by him. Like many of the Seekers they became the early Quakers, and Gervase became one of the group known as "The Valiant Sixty".

Dorothy became a vociferous Quaker and strongly objected to being forced to attend the established church, and it is recorded that "she had conversation with the incumbent" - no doubt she was heckling the priest. This was not acceptable and, eventually, she was sent before the Magistrates who sentenced her to prison. The two nearest gaols were Appleby, which was the Westmorland Prison and the other was Lancaster, which was the Lancashire Prison. In those days Sedbergh was a part of the West Riding of Yorkshire, and so it was to York Prison that Dorothy was sent. She was seven months pregnant.

Dorothy gave birth in prison to a baby boy, who she named Emmanuel. He grew up to live in the

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local village of Dent. She was told she would only be released if she promised not to disrupt further church services. She refused to do so and, in 1658, she died in York. Gervase asked for her body to be brought back to Sedbergh and that she should be buried in the garden at High Haygarth.

In the 1700s the road was planned and built, and the incumbents of Low Haygarth, John and Agnes Howgill, could see the possibilities of making a bob or two from passing travel(l)ers and so they extended the farm and The Cross Keys came into existence.

The garden on the south side of the building was enclosed by what is now our dining room at The Cross Keys. We sell no alcoholic drinks, but offer a fine selection of other drinks, like sarsaparilla, nettle and ginger and more besides.

In 1998 we started our outreach project in South Africa. Chris and I spent three years full time setting up the Thandi Friends Project, and have worked tirelessly to give a seriously disadvantaged community a better life and since then have spent 5/6 months a year working with the

community. In the beginning our aim was to create jobs for the older and uneducated members of the Community. In the later years we built an early learning centre for the children, which included the training of four teachers, two cooks and two gardeners. This centre has the finest Children's Meeting you will ever find!

I am currently working on a paper detailing all our work, and I have had the privilege of making two TV programmes for ITV. The first of these is now available on youtube "A Journey into Quaker Country".

To finish I wish to thank the many Quakers who have supported the Thandi Project, and also Chris and I at the Cross Keys, particularly during this difficult Covid period.

ZERO WASTE SEDBERGH

Suzie Pye



What a busy few weeks! Sedbergh Food Club has now fully launched, with 50 plus members at the time of writing, and more registering every week. People seem to be appreciating the opportunity to help divert "waste" food away from landfill via Fareshare, and into their cupboards. It is also a brilliant way of accessing cheap food, as the weekly charge for club members is £3 for a big bag-for-life of shopping. Even the fact that we never know exactly what we will get from week to week doesn't seem to deter anyone, as families



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(especially ones with children) have expressed an excitement to see what will be in each weeks' bag.

I must mention the wonderful cohort of volunteers – though our numbers are low on food club days (in order that we stick to government guidelines), we really do have such a lovely time together unpacking the food from the van, loading it to the tables in the church hall, counting it all up, and then dividing it up between club members. It has been a total joy, and I can't thank them enough.

If you would like to get in touch in a volunteer capacity, please do give me a call or drop me an email. **WE ARE ESPECIALLY KEEN TO FILL THE ROLE OF TREASURER!**

As part of the Food Club, we are offering anyone who needs it, a more substantial food pack. This would include not only the weekly pack of food from Fareshare, but also some meal kits and bits of toiletries, for no extra cost. Times are tough for us all at the moment, but for some it is bound to be that little bit worse. So if you feel you need that extra bit of support, even just for a week or so, please do register in the normal way, and fill out the relevant box on the form when asked. This information will be kept confidential, and collection / delivery of your bag will be arranged with discretion.

To register or to find out more, please go to www.zerowastesedbergh.com or email at foodclub@zerowastesedbergh.com or give me a call on 07833534710

Many thanks,
Suzie and the team

SINGING IN THE SEASON

David Burbidge

We've had a wonderful autumn, singing on walks through the Yorkshire Dales and Lake District, in woods, caves and on fell tops and we are looking forward to the festive season to give our extensive repertoire of goodwill and harmony an airing as we take our starlit walks through the winter landscape, singing near the doors of cottages cradled in the dale, (though not this year round the fires of the kindly Dalesfolk who live here.) Do let us know if you'd like us to visit - nowhere is too far - in the past we've sung at the top of Deepdale, up at Cautley and beyond Cowgill.

Although we'll be a smaller group - we will be singing with great gusto on our singing walks (within the government's Covid guidelines of course.) If you'd like us to visit and sing at a suitable distance from your front doors do please let me know.

Next year we're off to Slovenia in May and look forward to many of usual events. On behalf of all our singers, I wish you all a very merry and melodious Christmas, and a happy and harmonious new year. David Burbidge, Lakeland Voice, Farfield - Sedbergh 21166



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MANNA HOUSE QUIZ SHEETS

Sandra Gold Wood

Firstly, let me thank everyone who kindly bought a quiz sheet after having been accosted by me when out shopping or out on a walk. I'm sure people will start running in the opposite direction when they see me coming. Seriously, being unable to raise money for Manna House homeless person's unit in Kendal through coffee mornings and the like this seemed to be the best way to go.

Because of 'lockdown two' I thought I'd give you a few more days to get your finished quiz sheets to the Information Centre. I will pick them up on Monday December 7th instead of Tuesday December 1. Hope this

helps. Good luck to you all. I mean after all, there's tenner at stake. If you would like a copy of the answers please email:

sanddot51k@gmail.com

The name of the winner will be put up on the notice board at the Information centre.

Thanks again to you all and to those generous people who made some very kind donations. I will be taking £170 to Manna house on December 8 and I am sure they will be delighted.



MANNA HOUSE
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COMMUNITY ENERGY CUMBRIA

Community Benefit Fund

Caroline Turner

It was determined at the AGM that the aims of the community benefit fund would remain the same as agreed in 2018. This was that a fund would be set up that:

- delivers in a geographical radius of 20 miles from Killington
- supports projects that are linked to energy saving /generation
- supports Cumbria Action for Sustainability (CAfS) to deliver energy projects

If you know a worthy community-focussed project that is within 20 miles of the Killington hydro, and benefits the community and/or supports greener use of energy, then upto £5,000 of funding is available. Simply propose your project using the application form found on our website <http://>

www.communityenergycumbria.co.uk
by 5pm on Monday 11th January.

DENTDALE, HEAD TO FOOT

Mike Steele, Chairman

Following a virtual committee meeting in November we have decided, although there will be no further monthly meetings held in 2020, we will attempt to move things forward in spring 2021 by organising ourselves to hold virtual monthly meetings.

As you will know this is no easy task, but with willing committee members, and a fair wind we hope to resume some sort of service early next year.

Again, much will be determined by the progress or not of the Covid pandemic, so please look out for further announcements in early 2021.

Wishing all our members a peaceful Christmas and a happier New Year!

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FAMILY MUSINGS

Sarah Woolf

As I write this the wind is howling around the house and I am reminded of how as a small child I became convinced there were wolves up Flintergill, they slunk across the fields in the long shadows in the evenings, and howled outside in the night. After a particularly grim nightmare my Dad took me up the said gill and showed me the trees that cast their shadows, and stood outside in the wind to see what was there. Then I read at school the date of the death of the last wolf in England and was convinced it was true, no wolves up Flintergill!

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Dad had taken me up so often, put sweets out on the broken walls of top barn and told me it was 3 Bears house. I went up with hubby and two of our grandchildren this autumn, the last time I had been up the barn was a heap of stones, this time it's hardly visible where it used to be, but to me will ever be, "3 Bears House".

So, if our childhood shapes the people we become am I a wolf or a bear?! One important aspect of my childhood I knew I was loved. My achievements were celebrated, my struggles acknowledged and my problems solved or at least helped to be sorted.

We have recently been involved in arranging the funeral of "auntie " Margery over in Hull. Her childhood wasn't surrounded by love, her achievements not celebrated and thru most of her struggles she was left to get on with it. Yet she overcame all that and more, living longer than her husband, both sons and her sister. She spent a month annually in Dent with her grandmother at Church Gate cottage, a tiny house without water or proper cooking facilities, but scrumptious meals were made on the fire range. She took part, by special

permission, in the local children's sports at Dent Fair and treasured her memories of Dent. She died on 7th Oct aged 102, still living in her own home.

This year will be talked about for ever, but let's never forget the 'love that binds' be that in family or in friendship. Celebrate the achievements, acknowledge the struggles, and step into 2021 bold and hopeful, whether as a Wolf or a Bear or just a lively eccentric person! Merry Christmas and a Happy New Year.

Thanks, Sarah.

OCTOBER WEATHER

Brian Wright

Well, as we move towards the cooler months this month was also fairly wet. We did manage a maximum temperature of 63F (17.6C) but we got down to a minimum of 35F (1.6C). Rainfall was a generous 5.35 inches (136.1mm). A barometric low of 28.98 inches produced a wind gust of 56.67mph (91.4kph). The average wind-speed for the month was 38.3mph (61.7kph) making it quite a breezy month.

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The breezy weather saw the fall of many leaves. Some, of course, have been dead from that keen frost in May! There will be little fruit for the birds this autumn, as a result. We have no sign of any fruit be it apple, pear, cherry, or plum for us. There are a just few blackberries around where they are in a bit of shelter. The usual variety of birds are visiting the feeding station, but not in the usual numbers. The goldfinchs are very rare at present and I can't think when I last saw a long tailed tit! I've only picked up one dead rat recently, so let's hope we are on top of that problem for the time being. There are reports of red squirrels about Sedbergh but we haven't seen one recently nor have we seen the owls around us. The hens continue to lay their bantam sized eggs though I now have a light on in their shed to lengthen their day! The geese look splendid in their breeding plumage, so let's hope the mother lays again, come spring. We have had two pots of hyacinths flower for a second time this year, having put them outside after their initial flowering.

SEDBERGH LADIES N.F.U.

Caroline Sandys-Clarke

Following the disappointment of having to shelve our idea of having a cake stall on Sedbergh Market on 4th November to raise funds for St John's Hospice, members very generously gave donations to the tune of £250. Added to this, purchases of Christmas Cards were made and a book of raffle tickets sold so in the end a total of £435.25 was able to be forwarded to St John's Hospice which is an excellent result. Our thanks must go to Marilyn Leckie who organised the collecting of donations and the forwarding of the cheques to St John's Hospice and who arranged for the cards to be delivered to the hospice shop in Kendal and along with her husband Sam collected them up and brought them back to Sedbergh for distribution.

At the time of going to press none of us know what the next few weeks/ months have in store by way of restrictions, or when we shall be able to get meetings safely underway again. But the most important thing, at the end of the day, is for everyone to keep as safe and well as possible.

BERRIES, BIRDS AND COLD WINTERS
Sedbergh Supporters' Group
Cumbria Wildlife

John Mounsey

I'm sure that over the years we have all heard comments to the effect that "We can expect a hard winter because there is such an abundance of berries on the bushes". Such a conversation was taking place at the teaching staff dinner table during an autumn in the late 1960s when I had just been appointed to teach Biology in a well-known Edinburgh school. I expressed the opinion that the heavy fruit production was more to do with weather past than with weather yet to come, and I was mightily relieved to discover that my view was shared by a very important school governor who was a guest further down the table that day, the more so because he ran a very well respected nursery garden business.

A number of things must happen before any tree or shrub has a good fruiting season. Plenty of flower buds must be laid down, and this often depends on there having been plenty of sunshine at the critical period of the preceding year. Next, those buds must survive the perils of winter, and these may include birds. (We once had a garden shrub which hardly ever flowered, but we didn't mind too much because in late winter and early spring it was full of colourful Bullfinches instead – eating the flower buds! Alas, we see very few Bullfinches here now). After that, at flowering time the weather must be warm and sunny enough to bring out the insects which pollinate that

particular tree species. Often those insects must feel like flying some distance, because Hollies, for example, are either male or female, so the Bumblebees have to carry pollen from the nearest male tree before the female can set fruit. It is not surprising, therefore, that we often have a tremendous show of Blackthorn (Sloe) flower very early in the year and then almost no fruit for the sloe gin, and a year which is good for Holly berries may not be good for Rose hips.

Of course the second part of the idea that plenty of berries means a cold winter relates to the fact that a number of birds, particularly of the Thrush family, do depend heavily on Hawthorn, Rowan and other berries for their winter food, and this includes not only our own Blackbirds, but also those Scandinavian tourists, the Redwings and Fieldfares; and many years also a number of very beautiful and colourful Waxwings. In March 2017 a party of Waxwings completely cleared the berries from our Kendal Cotoneaster tree in little more than an hour.

The birds themselves use a succession of fruits as well, if



possible. The Blackbirds nearly always polish off our Rowan berries almost before they are ripe, then they go for the Cotoneaster, then the Holly, and only if they are really starving will they use the *Pyracanthus* by early spring.

Unfortunately, I have never kept a record to compare abundant berry years with really cold winters. Have you? Is there a grain of truth in the idea that they go together, or is it all bunkum?

SEDBERGH COMMUNITY SWIFTS

Sends All Readers Very Best Wishes For The Festive Season.

Tanya & Edmund Hoare

In such a difficult year we envy our swifts flying high in the skies of their wintering grounds in the Congo, where they can feast on the plentiful insects. It is now about 160 days until they return to us at the beginning of May!

To contact SCS: email
ta.hoare@btinternet.com or ring
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WILDLIFE WATCHING DECEMBER

Myles Ripley

Being the start of winter, December is a month in which many mammals venture out less, with some choosing to opt out of the next couple of months altogether.

Bats, dormice and hedgehogs are the only British mammals that truly hibernate. If you're wonder what makes hibernation "true", it's all to do with lowering body temperature and reducing biochemical processes. Hedgehogs build thick-walled nests called hibernacula in which to spend the winter. Hibernation is not, however, the constant state that many imagine and a hedgehog will wake up periodically, although in most cases it'll wake up, move around in the hibernaculum for a while, and then resettle. It is not uncommon for hedgehogs to venture out, though, particularly if it gets very cold, or even for them to move to a new hibernaculum for the rest of the winter.

With hibernation in mind, please check any piles of garden rubbish before having a bonfire, because these spots make ideal nesting venues for hedgehogs; an untold number are killed in bonfires every year. Furthermore, please keep an eye out for hedgehogs visiting your garden this month. Every autumn, late litters of hoglets are born and these youngsters don't have sufficient time to reach 700g, the minimum weight many hedgehog carers consider is required to see them through hibernation. If you find a hedgehog in your garden, particularly



if it is small or out during the day, please get in touch with the British Hedgehog Preservation Society (Tel: 01584 890801) to find your local carer. You can also check out my Helping Hedgehogs article for more information and advice.

Hibernaculums are often built under bramble or scrubby vegetation to provide structural support but, as here, they can also be relatively unassuming piles of leaves. Hibernating hedgehogs are often disturbed by gardeners clearing up piles of leaves during the autumn and winter.

Hedgehogs perhaps take things to extremes by skipping winter altogether, but many mammals are less active than usual. Badgers, for example, venture out of the sett much less often during the winter than other seasons, although they don't hibernate. Similarly, the rutting action has died down among deer and the males are now rather more sociable as they spend the winter feeding together in bachelor groups. Roe deer will soon start to cast and re-grow their antlers and can often be seen feeding out in the open in large groups during December.

The fact that some mammals are slowing down doesn't mean that all are. Indeed, we're now arriving at the busiest time of year for our foxes – busiest in the sense of the greatest fluidity in the UK fox population, with animals moving around more than in any other season. Winter is the fox breeding season and this month you'll start seeing foxes moving around in pairs. The dog fox doesn't leave his vixen's side as he waits for her to come into season. Once she has finished her oestrus and he has mated with her he's off, ranging widely to look for other receptive females. During this period, foxes are very vocal as both sexes call to attract mates and the males fight as they trespass on each other's territory trying to get at vixens. The lack of leaves on the trees and bushes at this time of year means there's little to muffle the sound, and calls can travel a considerable distance, particularly on cold, clear nights.

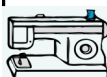
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SEDBERGH RED SQUIRREL GROUP

Karen Hopps

WOW what a year! We are in the throes of the terrible Coronavirus pandemic and the lockdown that had been put in place to prevent its spread, affected all of us, yet you kept on trying to maintain our red squirrel conservation efforts despite it all. Thank you!

This is especially relevant this year when grey squirrels, on the back of an excellent natural food year, have bred very successfully. BUT the reds have too, thank heavens.

One advantage of lockdown is that many people had extra time on their hands and you seem to spend a good deal of it watching out for squirrels, if the significant number of sightings is any indicator. In some cases, reds were spotted in areas where they had disappeared long ago.

So, let's keep up the good work and secure a healthy future for our local native population of red squirrels.

How can you help---- To keep up the momentum, we now need



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practical help---- most importantly we need to ensure that the sterling work done by our volunteers is continued by raising funds to cover the costs of feed, feeders, traps etc.

Please contact us:

sedberghredsquirrels100@gmail.com
If you are able to give practical help in the field, more volunteers to oversee your 'local patch' are always needed and the necessary instructions will be given.

OR become a member for just £10.00 a year by emailing membersedberghredsquirrels100@gmail.com

Thank you
Sedbergh Reds

Top 4 tips to help Red Squirrels this winter:

- 1 Break ice that has formed over water bowls
- 2 Put out nuts such as hazelnuts, walnuts and almonds
- 3 Fresh treats like chopped apple, beans, carrots or spinach are good too
- 4 Make sure food and water is fresh and free of mould



SIGHT ADVICE SEDBERGH BRANCH

Dennis J Whicker

With the continuing Lockdown since March, it has been very difficult for everyone everywhere and the Sedbergh Sight Advice South Lakeland Group is no exception.

Regular contact is being made with members but back in October, SASL ventured into a new communication system called Babl. On the day that we should have been having our Meeting in the People's Hall at 2pm on the third Tuesday which was 20th October, Babl was launched from Kendal whereby every member was sitting by their home phone which then rang. The call was answered, an instruction to press the Hash (#) Key

was made and connection was made and everyone joined in the Meeting.

In total, there were 15 people in attendance. The organiser, Tim Ward from SASL, introduced the system which was being pioneered at this Meeting and explained how it worked. He then handed over to Dennis who took charge (with apprehension) of the Meeting. For obvious reasons, not everyone could speak at the same time so Dennis went round the attendees who introduced themselves and said a few words before moving on to the next person.

Dennis then gave remembrance of the loss of Mary Gladstone along with other snippets of information which included that although the Babl Meeting was on the phone, there was no cost to the attendees (but if a



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Mobile Phone was used, there would be a cost).

Dennis then went round the Group again for any observations or comments and everyone was highly delighted with the system which would be a boon for the visually impaired. There was a Guest with us in the person of Janice Cunningham who is the Chair of the Windermere Group who appreciated the invite and experience who subsequently held her own Babl Meeting which was also very successful. SASL are now hoping to roll the system out to all the Groups in South Lakeland.

After a review of the Meeting, Tim has now organised for Sedbergh to have a Babl Meeting every first and third Tuesday of each month at 2pm until Lockdown is lifted and we can get back to proper Meetings.

The November meeting was well attended. Dennis announced the sad loss of Connie Mason with condolences to her family.

The Christmas Meal should have been had this day but obviously cancelled until Lockdown is lifted.

The theme for the Meeting was Poems and they were read and well received. There was a guest from Kendal in the name of George Watson who read one of his poems, which was greatly appreciated. It was great to catch up with him.

The next Meetings will be at 2pm on Tuesday 1st when there will be a Quiz and Tuesday 15th December when there will be a chance of some more Poems.

If anyone is interested in joining a weekly poem Meeting with SASL, please contact me for joining details. These are at 2pm every Tuesday and very easy to join in along with a free fun weekly quiz at 10am every Friday morning.

If anyone would like to join in any of the Meetings, please contact Susan on 20613 or myself and remember, it is completely free.

The logo consists of the lowercase letters 's' and 'k' in a bold, red, serif font. The 's' is positioned to the left of the 'k', and they are both rendered with a slight drop shadow effect.

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Stefan Kliszat
01539620524

DEMENTIA
**My head feeling like a badly
tuned radio.....**

wendy7713

Wednesday - the morning didn't start off well....I didn't feel quite right when I got up, having to think extra hard 'what was next'...my head unclear, thoughts jumping around fighting to be first instead of taking their turn, forming an orderly queue... like an old fashion transistor radio not quite tuned perfectly, many stations competing for my attention.

The pile of washing on the floor must mean I'd decided to do some laundry, so I had my shower first, as I always include the morning towel. Shower over, I picked up the washing, headed downstairs into the conservatory where the washing machine lives and immediately was distracted by the sunrise. I knocked over the tub of washing pearls, scattering like seeds all over the carpet but remember simply thinking how nice they smelt. Will deal with the mess later....I assume I put the liquid and conditioner in the machine as I switched it on, the machine lighting up ready to start and telling me 1hr 02 mins – clicked start and the process began

Went upstairs for my camera still distracted by the sky outside, its' reddy pink glow fading with each minute I was taking and noticed the towel lying there forgotten...thoughts still jumping around erratically in my head, I couldn't think straight...but I knew I needed to get out for my early morning walk...I was stumbling around instead of my limbs working in unison.....well as in unison as they

ever are. They too as erratic as my brain today. I kept telling myself, my morning walk would calm me....

Back downstairs, coat on, orange gloves with hotties inside – must have placed them ready last night. And finally outside into the fresh air, trying to distract the jumble in my head as a mum distracts arguing children....As I stepped outside, I could feel the calmness of the outside space starting to work it's magic and I went about my usual walk..... snapping at scenes that caught my eye, the sunrise fading, but still wisps of colour streaked across the sky....

An hour later and I stepped back inside to start off my daily routine, hopefully with a clearer head. Flicked the kettle on and went to take the myriad of morning tablets....a moments hesitation, as the next full compartment said 'Wednesday'.....I looked at my phone

Thursday – lit up the screen....
Forgot to take my tablets yesterday -

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maybe that was the culprit for the jumping thoughts and clumsy body today...but I don't remember feeling like this before and I've certainly forgotten my tablets on many occasionsanother change to surface or maybe it's just going to simply be one of those discombobulated days....

But when the ping of my phone signalled Anna's arrival an hour later, it was still a jumbled mess and I didn't know how much use I'd be. But amazingly.....my fingers were fine....as though detached from my body, wired to a different brain and the jumbled me watched as my fingers typed eloquently, thank goodness. And when Sarah came later, she could see the jumbled chaos in my brain had been transferred to my body and voice. When we walked to the pond to give the ducks an extra treat, my gait felt jumbled too. Consciously having to think how to walk, My body felt jerky and unwilling....but the ducks were happy at least to see us...

I came back home, after saying goodbye to Sarah, and started jotting my notes down again, my head still a jumble, my fingers clear and concise. I told Anna I needed to close my eyes a while, maybe to let the riot in my head diffuse and calm down.....

An hour later, I opened my eyes, sleep having evaded me, I knew the riot was going to continue, so sat up in bed and began to type something calming about pottering in my garden...although my fingers behaved and produce some calming prose, my head refused to surrender,

the fractious armies continuing to do battle. I gave in.

The evening passed by in a haze and eventually I must have gone to bed. Hopefully sleep will sort me out.....

The next morning I woke and paused before moving. Had the battle ceased inside my head? Or were they just sleeping too....I felt calm, my head felt clear. I'm always saying to others, "If today is a bad day, tomorrow may be better"and, thankfully, this time it was....

Dementia is so strange in the way it affects us. A new feeling yesterday which I hope isn't going to take up residence.....time for my early morning walk.....but more of that tomorrow...



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CHRISTMAS POEMS

*Judy Jarvie sent by Barbara
Blakeway*

Hidden Christmas

There are presents in my cupboards:
The ones that came by mail.
They're piled up high and wedged in
tight,
A plan that cannot fail.
There are Christmas gifts in drawers,
And hidden here and there;
Sometimes I think I'll need a map
To track them everywhere.
My wardrobe is a warren,
Lined with the gifts I hide,
All stashed away 'til wrapping time -
Now, let's see what's inside!
So by the time that Christmas comes,
My house begins to clear.
I'll have abundant cupboard space
'Till Christmas comes next year!

Holy Night

A baby in a manger,
God's son on earth; so dear.
A starry night when angels came
To tell us not to fear.

The shepherd folk were guided
And followed Bethlehem's star.
In time the wise men would go, too,
But had to travel far.

Mary and Joseph showed the way,
When summoned to their task;
They did not stall or go astray -
There was no need to ask.

Let us be just as faithful, then,
in answer to God's call,
Remembering his special son
Brought hope and peace for all.



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DIGNITY IN DEMENTIA

Dennis J Whicker

With the continuing Lockdown since March, it has been very difficult for everyone everywhere and the Sedbergh Group of Dignity in Dementia is no exception.

The Group met every Monday morning at 10:30 in Gladstone House and had a good following whereby gossip, catch up, tea and biscuits and singing took place till 12 noon. The Group got to be known as 'The Sedbergh Songsters'.

With the Lockdown, it's going to be some time before we can get back to going again.

On Tuesday 10th November, I attended a Zoom Meeting which was organised by Miriam Baird (daughter of Barbara Axford) of South Lakes Dementia Community which was very interesting. Also at the Meeting was

Dianne Smillie who had organised the Sedbergh Songsters and after a brief chat, I suggested that maybe the Songsters could have their own Zoom Meeting every Monday morning at 10:30. Diane thought it was worth a try so the first one was organised for Monday 16th November. The Meeting was opened by Diane who welcomed another 15. Technical issues were sorted before Claire Pope led many rounds and songs which was very much enjoyed. The biggest comment was that everyone was pleased to see everyone else with future sessions being looked forward to.

If anyone would like to join in, which is completely free, you need to have Internet access, have the Zoom App then Join with the Meeting ID 879 0844 2861 with the Password 316030 (which may change in the future).



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BLACK LIVES MATTER Father Christmas

Myles Ripley

In the tradition of the Low Countries Zwarte Piet, or Black Pete, is a companion to Saint Nicholas, who himself is often thought to be the origin of our Father Christmas tradition. Saint Nicholas was a historical character from the 4th Century AD in Lycia – modern Turkey. Black Pete was said to be a Moor from Spain. An alternative history of Black Pete is that in a miracle achieved by Saint Nicholas after his death, a young boy (who became Black Pete) was released from slavery from the court of the Emperor of Babylon and delivered him back to his parents .

In relatively recent times the character has been played by white people “blacking up” but this has ceased in recent times and a new “history” has been created to say that he is “sooty” Pete based on a young chimney sweep or even a scorched Demon recruited by Saint Nicholas.

Another origin of “Sinterklaas” (Santa Claus) and his helpers is linked by some to the Wild Hunt of Odin. While riding the white horse Sleipnir, he flew through the air as the leader of the Wild Hunt. He was always accompanied by two black ravens, Huginn and Muninn. These helpers would listen, just like Zwarte Piet, at the chimneys of the homes they visited to tell Odin about the good and bad behavior of the mortals below.

Nowadays using black people as Santas in stores and malls can cause problems. African-American people

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have difficulty with a black Santa, even causing some "shocking" comments last year; one lady told one of his elves that "Santa should be white."

When it comes to the spirit of Christmas and what the spirit of Santa is all about, it's not about race, it's not about white or black, it's about the love you have and the spirit you represent. Black Santas will "open a lot of eyes" and could lead to an "influx" of Santas from all different ethnic backgrounds, not just African American.

I would definitely take my children to go see a Hispanic Santa. I would definitely take my children to go see an Asian Santa, Because that's letting them know that Santa is a representation of all of us. That's who we should be. We all should be Santas. We all should have Santa in our heart and in our spirit.

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FIFTY YEARS AGO

Colin Cowperthwaite

A selection of local news items from local newspapers which appeared during December 1970 and January 1971.

Sedbergh to fight bus fare increase

Sedbergh Rural Council is to make a formal objection to a proposal by Ribble Motor Services to increase bus fares which for Sedbergh people would put an additional 1p on the fare to Kendal. The clerk, Mr A.G. Wilkinson, said at a council meeting on Wednesday, that the company proposed about a five per cent increase in fares, but he pointed out "It may be five per cent in Preston, but it is five per cent plus here, where

we are subsidising the service". Coun J. Henderson said that he believed, with others, that the company was deliberately pricing itself out. "No matter what we do and no matter how hard we feel about it, we can only say we regret it and make our protest". The long-term outlook for services to Sedbergh was gloomy, according to Coun J.T. Clough. "I forecast that in about five years from now Ribble will not be running a service here". It had to be remembered that the service could only be subsidised so long as it continued to pay 50 per cent of its costs, he said, but as more people found alternative methods of transport, the service would be run down.

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Garsdale Festival Services

A communion service held on Christmas Day morning at St John's Church was conducted by Rev G.P. Wedgwood of Dent. The annual Christmas tea party at Garsdale Street Chapel was held last Friday evening, when the chairman was Mr Ernest Lund of Long Preston, and the speaker Mr Malcolm Skidmore of Hellifield. The organist was Mrs T.R. Peacock, and a supper was served. At both services on Sunday, the speaker was Mr R.W. Jackson of Newbiggin-on-Lune, and at the afternoon service Sunday School pupils were presented with book prizes. Weekend collections were for the chapel funds.

From Sedbergh to Western Australia

At 2.20 on Christmas morning, Mr Robert Tinker and his wife and family, of 15 Havera, Sedbergh, will descend from the skies over Perth, Western Australia, to start a new life there. Mr Tinker, a native of Stockport, has lived in Sedbergh for the past 17 years. Formerly a seaman in the Royal Navy and later in the Merchant Navy, he has been to Australia before, but many years ago. He has been employed recently on the motorway extension at Tebay and on the Kendal bypass. Before that, he worked for a local coal merchant for 12 years. Mr & Mrs Tinker and their six children have a new home to go to in Australia and Mr Tinker hopes to find employment in the civil engineering industry. The family flew from Heathrow on Wednesday evening.

Young Farmers activities – party time at Sedbergh

There was a record attendance at Sedbergh Young Farmers' Club Christmas party held in the Masonic Hall last week. An energetic dance band had been engaged. The president of the club, Mr Gilbert Fishwick, was unable to attend and in his absence, Mr J.P. Kirkbride presented the YFC cup to the member who had gained most points in club activities during the year. The winner was Miss Rosemary Harper of Hebblethwaite Farm, Marthwaite, Sedbergh.

Sedbergh magistrate retires after 20 years

Magistrates, solicitors and police were all associated with tributes at



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Sedbergh Magistrates' Court on Wednesday to Mrs Nesta Mary Greasley of Rawthey Bank, Sedbergh, who has retired from the Bench after more than 20 years' service. A native of Sedbergh, Mrs Greasley took an Honours degree in Modern Languages at Oxford, and continued her studies at the Sorbonne and at the University of Grenoble. She taught at The Abbey, Malvern Wells, but subsequently, after her marriage took an active part in her husband's art dealer business, one of the oldest established in England. Latterly, she has devoted herself to breeding pedigree ponies. Ponies from Rawthey Bank are doing well in Sweden, Holland and Belgium.

Parties at Sedbergh schools

Parties have been held at all the Sedbergh schools. At Baliol, the West Riding special school, a party for the pupils was held on Monday at which the headmaster presided. A carol concert was held at Sedbergh County Secondary School last week with parties for pupils of various ages. Mr Peter Roberts and his staff, together with the full school, watched the film 'Sailor Beware' on Friday. In the Further Education wing, the welfare clinic children's party was held, presided over by Miss Brenda Wright, the welfare officer. At Sedbergh Primary School, Mr R Metcalfe and his staff made sure that the younger pupils entered into the party spirit with

carols, a tableau and a visit from Father Christmas.

Unity Meeting at Sedbergh

A devotional meeting of all local churches was held in Sedbergh Methodist schoolroom at the start of Christian Unity Week. The Rev H.S. Hills presided and the vicar, Canon D.A. Rogers, introduced readings by members of the different churches, setting out the characteristic beliefs of each. The readers were: Mr A.P. Adamson (Anglican); Dr Peter Campbell (Roman Catholic); Miss Margery Anderson (Presbyterian); Mrs Margery Dent (Congregational); Miss M. Dawson (Society of Friends), and Mrs Irene Buckley (Methodists). Mr E.P. Long spoke on church unity as a whole. Father Vincent Collins of Bentham was also present. The pianist was Mrs W. Armitstead.

Acclaimed elsewhere, 'Midnight Cowboy' rides in to Sedbergh snub

The film 'Midnight Cowboy' won acclaim from critics and cinema audiences all over the world. But when it was brought to Sedbergh it was a financial disaster. "We were asked to get the film and we did so, but we lost money heavily", Coun Sisson, chairman of Sedbergh Council's Development Committee

told members on Wednesday. "During the Saturday showing the clerk closed the cinema after the first house because there were only two people there". He agreed with Coun J.T. Clough that as the film concerned homosexuality, the fact that Sedbergh people stayed away showed how discriminating they were. "But it puts us in a terrible position", Coun Sisson added. The council-owned and operated cinema in fact lost more than 1200 pounds during the nine months ending December 26th, the clerk (Mr A.G. Wilkinson) told the committee. "At this rate we will just scrape under the 6d rate which is our ceiling", he said, "but from now on we must keep a weekly check on the position to ensure we keep below this figure". Coun Sisson spoke of the great difficulty experienced by the committee in selecting films suitable for children and family viewing at weekends. "We studied films from two companies yesterday and there was nothing but 'X' films available", he said. This type of film did not attract people to the cinema, he said, and Coun J. Dawson agreed that "only the good films paid" in Sedbergh. 'Born Free' and 'Ring of Bright Water' had both proved successful. "But we cannot satisfy the demand for this type of film", Coun Sisson said. Mr Wilkinson reported that he had been in touch with the Yorkshire Arts Federation in the hope of obtaining a grant towards the cost of running the cinema and was to meet the administrator at the end of the month. He was also in contact with the British Film Institute in the hope of getting financial support.

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INFLATION

Karen Bruce Lockhart

In these days of the bank rate at ¼% more or less, who remembers the days of real inflation, almost fifty years ago now? When I joined my first firm in 1974 we had to increase the wages (and therefore the fees) every three months. Far from being .25% the bank rate rose to 17.5% and any overdraft at least 2 ½% above that. It had odd results. When I left the firm after four years my car, which I had bought on becoming a partner, was worth more in pure cash than I had bought it for, and the firm had to compensate me instead of my having to buy it out. A house bought with a crippling 90% mortgage at the beginning of the 70s by the mid 80s had a miniscule

mortgage as the amount borrowed did not change but the value of the house and the owner's income had hugely inflated.

One pound sterling was originally one pound weight of silver in 775 AD. It would have bought you 15 cows, and was a fortune. A pound of silver is now about £530 and would probably not buy you a cow. Comparisons are difficult.

It is always difficult to recognise the value of money in historical contexts. At school one is taught that agricultural wages in the 19th Century were very low – and a farm labourer might only earn 11 shillings (55p) a week, which sounds like an impossible sum to live on. But I certainly was never really taught the value of that 11/-. It is never easy to



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demonstrate precisely its value, because other factors affect it such as income tax, the price of bread and so on, but pure inflationary calculations give some idea – it would be about £70 in 2020 plus a tied house and possible perks in the form of food.

And it is only in the last 50 years that a graph of inflation over the last 900 or so years gives a huge spike upwards. After all the ordinary soldiers in the first world war were paid a shilling a day – as were the archers at Agincourt (1415). Admittedly, the archers at Agincourt were crack troops and very well paid. Even so, it had taken 500 years and the ordinary soldier in 1915 was not appallingly paid as he was clothed, fed and housed – it went up to only two shillings in the second world war when my father as a captain and acting major was paid 16 shillings a day. A shilling in 1915 would be the rough equivalent of £11.50 today. The lowest rank soldier today earns about £44 a day.

Richard Coeur de Lion's ransom was 150,000 marks in 1193, and as a mark was two thirds of a pound, it was £100,000. Not on the face of it a

huge sum for a king? But that was the equivalent of 25,500 kg of silver. The price of 1 kilo of silver now is about £650, so that would be somewhere in the region of £16,500,000. But that does not really reflect the purchasing power of such a sum or the difficulty of raising it. After all it was in the region of three times the annual income of the Crown of England. This huge sum was raised in about a year, mainly through the efforts of Eleanor of Aquitaine, his very elderly mother.

Even earlier, Julius Caesar was captured by pirates aged 25 on the way to study in Greece, and his ransom was set at 20 talents of silver – but he was so arrogant that he demanded they ask for 50 – which of course they did! That was about 1500 kg of silver or somewhere just short of £1,000,000 now.

Closer to home, Sedbergh raised £98,000 in a week for the war effort in 1941, which on pure inflationary terms is about £45,500,000.00 now, but perhaps an easier comparison to grasp its value is that it was said to be enough to pay for 19 Spitfires.

So that agricultural worker living on 11 shillings was not as badly off as he sounds – he was very poor particularly as he probably had numerous children – but he was earning 11 times the man who took the Queen's shilling and served his country .

The methods of calculating the true worth of money vary enormously, so all the above figures are simply demonstrative, and do not necessarily illustrate the true purchasing or earning power of the figures at the time.

Robert Powell

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GREAT WAR BIBLES

SDHS

Among the microfilm copies of the Westmorland Gazette for 1919 the following entry was found in the edition of November 15th under the general heading of 'Armistice Day';

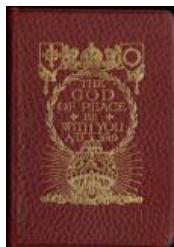
Sedbergh: At eleven on Tuesday morning a short service was held at the Parish Church, at which a good number assembled. Gifts of a Bible, suitably inscribed, have been handed to the widows or other near relative of those who, from the Sedbergh District, have fallen in the war.

As, in total, 38 men of the town gave their lives during the Great War, so far, three Bibles have re-appeared.

John Cyril Hindson: one in the Church of St Andrew's, beautifully preserved still in its box. The Bible is covered in maroon leather and has a fine gold leaf illustration surrounding the inscription 'The God of Peace be with you A.D. 1919. PAX'

On the inside is a bookplate which reads as follows:

In Memory of John Cyril Hindson



Bombardier R.F.A. Died Nov 30th 1918

This Bible was presented to his family, on the occasion of the Signing of Peace. June 28th. 1919.

By voluntary contributions among his fellow-townfolk of Sedbergh 'Their name liveth for evermore'

The Commonwealth War Graves Commission (CWGC) casualty details describe John Cyril Hindson as the son of Mrs Frances Jane Hindson of Long Lane, Sedbergh and a gunner with the Royal Field Artillery who died on 30 November 1918. He is buried in Sedbergh Cemetery and has a CWGC headstone. His medal card has the bare details that he was

entitled to a Victory and the British War Medals but does not indicate the theatre of war in which he served. His photograph appears in Craven's Part in the Great War. His death certificate shows that he was aged 20 and that he died in the 'Military Hospital Scotton RD'. Scotton is now included in Catterick Garrison. The cause of death is given as 'Influenza and Bronco Pneumonia', so he was a victim of the terrible influenza

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epidemic of 1918. The death certificate states that his profession was 'Gunner RFA Doctors servant'. He was baptised in St Andrew's Church on 1st September 1898. In the 1901 Census, he was listed as aged two years; he and his mother were living with her grandparents, John and Mary Ann Hindson, in Weavers Yard.

Herbert Park: SDHS was given a Bible presented to the Park family dedicated to the memory of Corporal Herbert Park, 5 Bn Cameronians (Scottish Rifles), who died on 1 January 1917, aged 24, when the RMS Ivernia was torpedoed by a the German submarine UB-47, 58 miles south-east of Cape Matapan in Greece, while carrying

reinforcements to Egypt. In 1901 the Park family was living at the bottom of the Folly when Herbert was six. He was born on 29 July 1892 and he was one of six children. In 1911, still living at the Folly, he was a apprentice shoemaker. The gravestones in Sedbergh Cemetery commemorates his parents, Robert and Jane Park and two of his sisters, Joanna Jane and Mary Elizabeth. His relation, Molly Park visited Sedbergh this year

Mrs June Pickles and family of Cromer has a Bible, which was given to the family of her grandfather, Thomas (Tom) Cragg, who was killed in action on 14th April 1918, while serving with the 1st Battalion the Duke of Wellington's (West Riding) Regiment. He was aged 40. Thomas Cragg was born in Dent, and was the younger brother of James Cragg, who had been killed in action the previous year while serving with the Northumberland Fusiliers.



CORPORAL HERBERT PARK, Highland Light Infantry, son of Mr. & Mrs. Park, Folly, Sedbergh drowned at sea 1st January, 1917. Aged 24 years.

SEDBERGH LOSES A GALLANT SON

Colin Cowperthwaite

Harry Willan Batty was born in Sedbergh in 1920, sadly losing his life during a bombing raid on 7th May 1942 at the age of 22. He served in 115 Squadron RAF Volunteer Reserves as an observer/navigator, and was killed when his parachute failed to open after his Wellington bomber was shot down over Stuttgart. He is buried at Reichswald Forest War Cemetery in Germany.

This local newspaper report appeared at that time:

Flt.-Sgt. Batty Dies on 37th Raid

Flight Sergeant Harry Willan Batty, previously reported missing, is now reported to have been killed in action. He was a native of Sedbergh and the son of Mr & Mrs Willan Batty, Bainbridge Road. He was 22 years old, and joined the RAF in 1940. After training in South Africa he was posted for operations in this country, and returned to England. As air observer he made no fewer than 37 operational flights over enemy country. After completing his 30th flight he had the opportunity of becoming an instructor, but he chose to continue until his pilot had completed his quota.

He went on, therefore, for seven more flights, including some of the heaviest undertaken by the RAF, and in May, on his 37th flight, he and the rest of his crew were reported missing. Information came through



that the pilot had lost his life, and that four others had bailed out and were prisoners of war, but it was not until this week that his parents were informed that he had died in action.

The news came as a shock to his family and to a large circle of friends. Harry Batty completed his education at Sedbergh School, where he was attached to Evans House. He was in the sixth form, was a school prefect, and a remarkably fine athlete (writes a correspondent). In 1937 he finished third in the famous Wilson Run, better known as the Ten-Mile Race, and in 1939 he won the race outright. He was a very fine cross-country runner, and loved to spend his spare time among the fells and mountains which surround his home.

It was perhaps the knowledge which he gained in this way about air and sky which made him the exceptionally fine air observer which he proved to be. His wing commander has written about his exceptional merits in this work and has said how he held the complete confidence of his crew. "Young Batty",

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as he was called, was one of the most popular members of the squadron. His experience was great, and he was a member of the Caterpillar Club, for he had bailed out safely over Devonshire in October last.

Harry was a man of deep simplicity of character and, therefore, of deep understanding, with the result that duty came naturally to him and he never hesitated when it came his way. It was this knowledge of his duty which led him to the flight from which he never returned. Quiet, undemonstrative, a great lover of nature, a man of deep convictions, he fulfilled the motto of his famous school. DURA VIRUM NUTRIX, for he had grown up to be a very gentle and a very real man.

SEDBERGH HISTORY SOCIETY Worlds Apart: The Slave Trade and other aspects of Cumbria's Black History

Karen Bruce Lockhart

A lecture on Zoom, 4th November 2020: Christopher Donaldson of Lancaster University started his talk to the Sedbergh and District History Society referring to the Wordsworth family and their links to the slave trade, not least through their connections with the first Earl of Lonsdale. He said that the information one could gather about slaves in Cumbria was sparse, but hints about it might be gathered from records, such as parish registers and monuments throughout the county, like J Grancapo buried in Carlisle in 1789, having died of pneumonia in

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1789, and articles, such as Diane Elphick's, published in the Society's Journal. About 100 black or West Indian records could be traced, mostly on the west coast but some as far as Sedbergh. Slavery was not legal in England but many of the slaves were living as servants, often well treated, as was evidenced by the woman, Jane, a servant of George Gale, who, although, not mentioned on the grave stone, was buried in the same grave as her mistress Mildred Gale in 1701. Many of the known black people were servants brought home by the Loyalists after the American War of independence. The greatest number were in Whitehaven, which was the only Cumberland, now Cumbrian, port directly involved in the slave trade.

Many of them settled in Cumberland and set up their own businesses. One such was Cato Robinson, who married Mary Sharp in 1778, had at least three children, and set up a business in Whitehaven, although he died a pauper. Another was an iron dresser, another a policeman, and others family servants.

One such man is buried in St Martin's Church, Bowness aged 32 in 1822. It is believed he was of Abyssinian origin, having been bought by an officer in the 84th Foot in Madras for £10 from his Abyssinian mother. He was christened Rassalas (possibly a connection to Samuel Johnston's story of the Prince of Abyssinia) and given the family name. It seems likely he was treated as a servant, not as a slave. A poem about him says "And I found my freedom on Britannia's strand"

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The speaker also looked at the Bolton family, Henry Bolton who worked his way up to be one of Liverpool's principal importers with his wealth based on the triangular trade. It is thought he transported in excess of 20,000 slaves and was paid about £35,000 in compensation when slavery was abolished. With this he built Storrs Hall on Windermere, and gained a reputation as very generous benefactor. Did he think of the contrast?

Almost all the information gained so far comes from Cumberland/Cumbria, as the parish registers etc for Westmorland and North Lancashire have not yet been examined in detail.

COUNTRY DIARY

Colin Cowperthwaite

The following article, written by journalist and mountaineer A. Harry Griffin appeared in The Guardian during December 1970, some 50 years ago. Griffin was brought up in Barrow-in-Furness, becoming a great friend of Alfred Wainwright. Passing away 2004 aged 93, by then he had contributed to The Guardian's Country Diary column for some 53 years.

WESTMORLAND: The traveller driving northwards along the new Westmorland motorway will see, towering high up on his right hand side before entering the Lune gorge, a splendid wall of smoothly sculptured hills - his first close-up

mountain view. These are the Howgill Fells, the nearest hills to any motorway, but among the least-known hills in the country. Thousands of motorists now drive past them every week, admiring - if they care for these things - their bulky symmetry, and the play of the cloud shadows across sunlit slopes, but you can walk along the whole range and never meet a soul. Two of us went over the tops the other day from Tebay to Sedbergh and saw nobody from the time we left the motorway until we looked down from Winder, several hours later, at the boys playing rugby in the field a thousand feet below. At times we saw the Euston to Glasgow express racing through the gorge beside the river - like watching a

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child's train from a roof - and now and again we glimpsed the new motorway, a shiny dark ribbon laid around the contours and then, straight as an arrow towards the estuary. But mostly you are out of sight of the motorway and the railway as you wander among this surprisingly complex cluster of hills that soar and dip in all directions and can be quite confusing in mist. It is a country of deep ravines and sweeping ridges, of dramatic waterfalls and shy becks sliding through tilted moraines - a clean, lonely country with just a few sheep, the ravens and the larks, and plenty of fresh air and long views deep into Yorkshire. And, unfortunately for Westmorland, most of the Howgills belong to the county of broad acres.

ENDANGERED HABITATS

Elsbeth Griffiths

Readers might like to read an article in the Guardian of 30th October, 'Un-managing the land': sheep make way for trees in Cumbria's uplands

This is a very small précis of the article by Phoebe Weston which features John Pratt of Kiln mire Farm, Ravenstonedale, sheep farming in the Howgills for over a century, which has resulted in a loss of biodiversity, rewilding, decline of sheep and shifting agricultural subsidies. Also, about a significant new feature on the fells, the native trees being introduced in hectares of fenced-off enclosures.

John, who is retiring after 55 years of uplands farming, will sell his flock. "I was hoping this day would never come. I shan't say it will break my heart, but it will."

For two decades, also, Pratt has been managing two upland wildflower meadows in return for a £7,000 annual payment. He is now seeing some wildlife start to come back elsewhere on the fells.

Inside the sheep-free enclosures an increase in scrub, hawthorn and tussocky grass provides foraging and shelter for birds and red squirrels. This boosts the vole population, which in turn increases the larder of food available for short-eared owls and barn owls. What's happening in the Howgills is a small but significant change and marks a shift in how we understand the ecosystem.

More than 150,000 native trees have been planted in the fells as part of an agreement between Natural England, Ravenstonedale Common

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Graziers Association and the Woodland Trust.

"I'm all for it," agrees farmer Frank Hunter, 55, chair of the Ravenstonedale Common Graziers' Association. "I think we'll be making more use of the land out there, other than just a means of grazing sheep."

"I think we've got to accept that the landscape will look very different," he says. Hunter believes farmers will be more actively involved in managing tree plantations in the future and will use grazing animals such as sheep as a management tool. Their meat will sell at a premium and will help the land deliver "ecosystem services" that the farmer can be paid for.

SMARDALE GILL VIADUCT Opens For Walkers

Nanette Rigg

On 11 December 2020 Dr Neil Hudson MP will be re-opening Smardale Gill Viaduct and unveiling a new interpretation panel that will explain the history of this marvellous monument of Victorian engineering.

The permissive path over the top of the iconic Smardale Gill Viaduct has been closed for a year due to necessary work to up-grade its hand-rails. The work, identified during an inspection in 2019, is now complete and the viaduct is open for walkers.

The 2019 inspection also identified the need for further repair work to the surface deck of the viaduct and its stonework. The Trust has commissioned a comprehensive survey that will take place over the next few months to establish the exact nature and cost of the works necessary to conserve this Victorian monument.

The restoration work is likely to be substantial and costly and NVT will be launching a new fund-raising campaign in the New Year.

Smardale Gill Viaduct stands 90 feet above Scandal Beck in the beautiful countryside of the Westmorland Dales just south of Kirkby Stephen, Cumbria. Surrounding the viaduct is the Smardale Nature Reserve run by Cumbria Wildlife Trust. It is one of the last remaining homes to the red squirrel and a must-do for all visitors.

Donations can be made via the website www.edenviaducts.org.uk or by swiping the QR code on the



Interpretation Panels. Every single donation helps.

Neil Cleeveley, Chair of Northern Viaduct Trust said:

'On behalf of the NVT Board, I would like to thank our funders: the Yorkshire Dales National Park Sustainable Development Fund, Westmorland Dales Love Your Landscape Fund, the Hadfield Trust, HF Holidays, and Railway Ramblers for their kind donations to the restoration.

2020 has been a hard year for everyone due to the pandemic. Nature, fresh air and the beauty of our surroundings is of proven benefit for everyone struggling through these hard times. That's why we're so pleased that this marvellous viaduct is open again.

Of course, we have our fingers crossed that the current Covid-19 restrictions will be lifted, as we all hope, in early December so that we can go ahead with our social distanced opening as planned. If not, we review the position following the Government's review.'



REWILDING YEAR

Jackie Hooley

We own about 4 acres of steep gill-side land on the side of the Winder. About half is impossibly steep woodland and the rest is paddock and was regularly grazed by sheep. We have planted a small orchard of local apple trees, selected for their tolerance of wet and their local or regional provenance. In the Spring the orchard area has always been covered by bluebells and wood anemone and the paddock area by pignut showing that this is ancient, uncultivated land. At the bottom of the slope the beck flashes between old ash and alder trees. Other than the small orchard we have taken care to plant nothing non-native and non-local.

A few years ago, we decided to exclude the sheep entirely and just let the land go wild. There are so few areas of wooded gill on our side of the Howgills and we thought that by expanding the little bit we have naturally, it would create extra habitat for mammals, birds and insects. Other than cut paths occasionally we do nothing with it. We know that to the local farming community it looks disastrously unkempt – a waste land.

In this strange year we have spent some of every day just wandering through and observing the land. The tussocky grass is intersected by the countless tunnels and trails of tiny mice and voles. The woods have owls and other birds of prey, finding food from the grassland. Trees are spreading from the stream edge providing extra perching places for the many birds while the dead wood



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is home to beetles and woodpeckers. All of our nest boxes have been full and there must be many more nests in the wooded areas. I have seen willow warbler fledglings for the first time. Bats patrol at dusk. We have seen otters, stoats, hedgehogs and roe deer on our trail camera. The large areas of nettles, growing in the places fertilized by farm waste, have been used by broods of caterpillars. We mourned when the bluebells were over earlier than usual because of the spring drought but delighted in the purples of betony and knapweed which replaced them and covered the slopes. The flowers have provided food for many species of bees and

other pollinators, especially hoverflies. I now have a passion for hoverflies. I have seen more species of butterfly than ever before including the very rare white-letter hairstreak butterfly, living on our one elm tree. As far as I know this is the first record of this butterfly in our area. As the land rewilds it becomes ever more complex, providing habitat for more and more species and every season brings changes and surprises.

In this strange and traumatic year the land has been a haven and a constant delight. It will continue to change for the better without our care – in fact it will thrive because of our lack of care. It can take care of itself.

INGLEBOROUGH TRIBUTE TO QUEEN ELIZABETH REPAIRED

Andrew Fagg YDNP

In February 1952 a garage owner from Ingleton came up with a grand idea to commemorate the imminent coronation of Queen Elizabeth II. Reg Hainsworth wanted to light a beacon on the summit of Yorkshire's second highest fell, Ingleborough, and erect there a permanent stone shelter. The Ingleton Fell Rescue Team which he led took on the project. The result was a crosswall shelter topped with a bronze toposcope, or orientation table, completed just in time for the coronation on 3 June 1953.

After providing cover from high winds for nearly 70 years, the shelter had become worn and the toposcope unreadable. Now, however, it looks back to its best after undergoing major repairs carried out by the Yorkshire Dales National Park Authority as part of Yorkshire Dales Millennium Trust's Stories in Stone programme funded by the National Lottery Heritage Fund. A 15-minute film on the project has been produced and can be seen on YouTube <https://youtu.be/LI2HbUZVYds>

During the summer the four walls of the shelter were dismantled and rebuilt. Drystone Walling Association Master Craftsman Laurie Lambeth, of specialist stonework contractors Lambeth Stonework, led the work, which included replacing the large flag stone seats. A new, replica bronze toposcope was installed last month to finish the job. Materials such as sand, flags and cement were lifted to the site by helicopter, but the original builders had a much tougher

time of it, as Bill Hinde, 84, a volunteer on the original project, has recalled:

"Reg having the local dealership for Ferguson tractors had access to the appropriate vehicles and he knew all the local farmers, which was invaluable in getting building materials up Cod Bank onto Little Ingleborough. Most was moved by hand up the final steep slope but on occasions a Fergie with a link box made a suicidal trip up the rake, the final part of the current footpath from Gaping Gill to the summit. "There were many logistical problems, various vehicles getting stuck, some for many days including Reg's breakdown truck. The most assured way of moving small quantities was in your rucksack but building tools and materials become heavier the further you carry them. Building stone had to be found and carried from the upper millstone slopes as nothing could be used from the summit plateau and water came from the Swine Tail spring and was stored in milk kits."

Mr Hinde has checked the minute books of the Ingleton Fell Rescue Team to confirm that the brass toposcope was bought for £45-10-0



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from Robert Pringle & Sons, a London silversmith. The toposcope indicated the direction and the distance to the fells that could be seen from the Inglebrough summit, marking, for instance, the 39 miles to Scafell in the Lake District and the 22 miles to Pendle Hill in Lancashire. From the beginning the summit shelter attracted attention from around the world. Reporters ventured to the top of the mountain for interviews with Ingleton Fell Rescue; the BBC recorded an item for the North Countryman programme. Mr Hinde said that although the weather turned 'miserable' for the unveiling of the shelter on the evening before the coronation, a great deal of work went into the beacon:

"The beacon or bonfire was and is a traditional Ingleton celebration of national events. The logistics of getting the combustible materials on to the summit of Ingleborough was a serious undertaking but Reg Hainsworth and other locals had past experience. Tractors and trailers had to be organised with manpower to load and unload and local knowledge of the terrain was vital. "The materials were manhandled by a long

continuous line of helpers up the final steep slope onto the summit plateau where the expert bonfire builders did their stuff. Basically, this was a mountain of old tyres stacked around a core of scrap timber with the odd drum or two of old engine oil. The beacon was ignited by a flaming torch carried in relay by pupils from Ingleton school."

Yorkshire Dales National Park Authority Member Champion for Cultural Heritage, Julie Martin, said: "There is a fantastic story behind Ingleborough's summit shelter. As well as being a practical structure used for respite by many people walking Yorkshire's 'Three Peaks', it stands as a magnificent tribute by local people to the Queen. It's good that once again people can study the toposcope and learn the distances and directions to all the surrounding peaks. "The summit of Ingleborough is a Scheduled Ancient Monument, in part because it had been long thought to be the site of an iron age hillfort, although recent research disputes that. I would like to thank our rangers and all the partners involved for carrying out the repair work in such a sensitive way."

Don Gamble, Stories in Stone Scheme Manager, said: "I'm delighted that Yorkshire Dales Millennium Trust could fund the reconstruction of the shelter and replacement toposcope. The scheme has delivered around 170 projects but most of them have been in the valleys and settlements around the summit, so this project is literally a high point of the scheme! I'm sure the shelter will be appreciated by walkers for decades to come."

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PERSONAL MESSAGES

BROOKS

Tommy Brooks and family would like to thank everyone for the lovely cards, flowers and words of condolence after the sad passing of May. We have been blown away by the love and support we have received.

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Christmas Messages

COLLINSON

Jane Collison would like to wish friends and neighbours a very Happy Christmas, and thank them all for their many kindnesses to her and her family during the past year.



Christmas Messages

DEVINE

Georgina would like to wish all her friends in Sedbergh, Dent and Barbon a Merry Christmas and Happy New Year.

=====

DEVINE

Georgina would like to wish Jo, Launa and the team from south Manchester Family Church a Merry Christmas and Happy New Year. They have been praying for people in Sedbergh during this difficult time.

=====

DOBSON

Bill & Jean would like to wish all family and friends a Very Happy Christmas and A Happy & Healthy 2021!!

=====

GARTH

Garth wishes his friends and past customers a Very Merry Christmas and Happy, Healthy and successful New Year.

=====

JED'S GARDENING

Jed's Gardening Service would like to thank all his gardening customers.

=====

MASON

Merry Christmas and happy new year from Annie Mason (formerly of Sedbergh but now living in Oxenholme) .

=====

POSTLETHWAITE

Peggy Postlethwaite would like to wish all her family and friends a Merry Christmas and a Happy New Year x

Seasons Greetings To you



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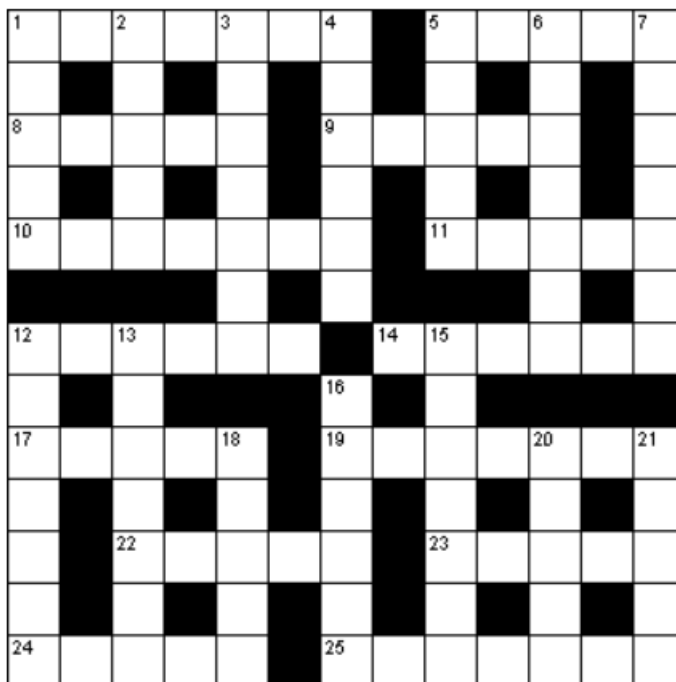
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Committee Room

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Commercial		£30	£30	£20	£30	£110

PUZZLE 1 (SOLUTION ON PAGE 96)



Across

1. Communication from dining room enclosure with bars without starter (7)
5. Substitute ring leader wandered and relocated beginning of March (5)
8. Gem of a sheep found between beginning of January and end of April (5)
9. Trainee acted confused (5)
10. Compensation essential to bizarre dresser (7)
11. Stagger in blur chaos (5)
12. Musical piece in lesson at academy (6)
14. Weapon in tin-can nonsense (6)
17. Maetamorphic insect becomes amigo (5)
19. Sounds like an assertion and enthusiastic approval (7)
22. Essential scene, my foe (5)
23. Senior in camel derby (5)
24. Dispersed stain for smooth fabric (5)
25. Reformation in Nato's countries (7)

Down

1. Sounds like important officer (5)
2. Some stitched up impulse wedding (5)
3. Complaint demonstrated by frail mentor (7)
4. Surplus excellent essay concealed pieces (6)
5. Good example in demo delight (5)
6. Old-timer altered even art (7)
7. Aquatic creature sounds like child's toy and part of a fish (7)
12. Some mariners headsail or spinnaker (7)
13. Part of mine are still closest (7)
15. Swap antique tin cane (7)
16. Mimic any one in valley (6)
18. Vast water affects canoe (5)
20. Sound represented in baud ions (5)
21. Spots biblical craft between first of May and beginning of September (5)

PUZZLE 2 (SOLUTION ON PAGE 96)

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

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.

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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.

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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.

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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

DIARY OF EVENTS

DIARY KEY

Dates are held up to 20/03/2021
 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.

DECEMBER 2020

01	1400	Sedbergh Sight Advice (5)	Zoom
07		Affordable Housing Consultation Ends	Online
08	1400	Killington WI (19)	Zoom
10	1930	Sedbergh Parish Council (28)	Zoom
10	2000	Dentdale Christian Fellowship	Zoom
11	1130	Swardale Gill Viaduct Opening (80)	
11	1700	Cheer up and Carry on (43,1)	PH
11	1930	Cheer up and Carry on (43,1)	PH
15	1400	Sedbergh Sight Advice (60)	Zoom

JANUARY 2021

09	1000	Create Your Year - DMC (13)	Online
10	1100	New Moon Yoga (13)	DMC
25	1000	Full Moon Meditation - DMC (13)	Online

MARCH 2021

20		Sedbergh Spring Show (45)	PH
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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.

LOOKAROUND

Please send us any dates for the diary. You do not need to place an advert or article for dates to appear.

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	



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 McCrie	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
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk	07927 295262

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	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
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 Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty 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 Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	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	10/20	Mrs Gold-Wood	Sed:	20147
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	E	S	S	A	G	E		M	O	V	E	D
A		E		I		X		O		E		O
J	E	W	E	L		C	A	D	E	T		L
O		E		M		E		E		E		P
R	E	D	R	E	S	S		L	U	R	C	H
				N		S				A		I
S	O	N	A	T	A			C	A	N	N	O
A		E				C		N				
I	M	A	G	O		A	C	C	L	A	I	M
L		R		C		N		I		U		A
O		E	N	E	M	Y		E	L	D	E	R
R		S		A		O		N		I		K
S	A	T	I	N		N	A	T	I	O	N	S

PUZZLE 2 SOLUTION

		6		20	8	5	13		23	11	8	6	11	22
		S	T	R	A	P		V	E	R	S	E	D	
22			9			18		11	E		5	A	19	11
		D	O	Z								Q		E
9	8		25	4	20		23	4	15	20	21	5	24	
		O	R	B	I	T		V	I	C	T	U	A	L
22			3			11		5	A		12		5	21
		D	Y	E						H		A		U
26			2	5	15	14	22	5	1	25	9	10		
		G	J	A	C	K	D	A	W	B	O	X		
11			21				11	E		5	A			11
		5	A	26	5	13	11		17	3	16	13	12	
									N	Y	M	P	H	
15							11	E		25	B		8	25
													R	B
5	4	8			8	11	24	5	13	6	11		5	
		A	I	R		R	E	L	A	P	S	E		A
16					11	7		11	E		O		24	20
		M	E	F								L		T
11	17	23	4	9	21	6		24	5	21	26	12		
		E	N	V	I	O	U	S	L	A	U	G	H	
8			11		8		6	S		5	A	22	D	11
5	7	24	5	16	11			9	8	22	11	8		
		A	F	L	A	M	E	O	R	D	E	R		
1	2	3	4	5	6	7	8	9	10	11	12	13		
		W	J	Y	I	A	S	F	R	O	X	E	H	P
14	15	16	17	18	19	20	21	22	23	24	25	26		
		K	C	M	N	Z	Q	T	U	D	V	L	B	G

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

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	2020
<i>Train to Leeds</i>			10.41			1732	1938 2026
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		1048	1217	1443
Trains to Leeds			1210	
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		1048		
Trains to Leeds				1604
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		1048		1443
Train to Leeds		1041		1604
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		1217		
Train to Leeds		1210		1604
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 12th December 2020

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
M-F	Sat	Sun	M-F	Sat	Sun
06 48	07 52	10 34	07 03	09 38*	10 40
09 16	09 16	13 55	09 38	10 41*	13 40
10 48	12 18*	17 48	12 10*	12 10*	20 26
12 17	14 43*	20 20	16 04*	16 04*	
14 43	16 46*		17 32*	17 32*	
18 15	18 15*			19 38	

* = Change at Skipton required to/from Leeds

** There is also a Sunday train from Kirkby Stephen (16.57), Ribbleshead (17.22), and Settle (17.38) to Leeds.

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 10.30

Wednesday 12.00

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

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**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

Church Wardens:

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

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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## PIONEER CHURCH

Becca Gilbert

**Email: [becgilb@gmail.com](mailto:becgilb@gmail.com)**

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UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Combined plans for Western Dales Mission Community - December 2020

	Time	6 th	13 th	20 th	24 th Christmas Eve	25 th Christmas Day	27 th
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United Service	HC	HC	11.30pm Christmas communion	Christmas Family United Service	United Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St. Andrew's, Sedbergh	Service	Service		United Service at St. Andrew's, Sedbergh	United Service at St. Andrew's, Sedbergh
St. Mark's, Cautley LA10 5LZ				2.30pm Carols in the churchyard		9.30am HCx	
St. John's, Garsdale LA10	10am	United Service		United Service		Christmas Service	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		United Service				United Service
Garsdale Street Methodist Chapel LA10 5PQ							
All Saints, Killington LA6 2HA	2pm						
Holy Trinity Howgill LA10 5JD	2pm						
St. John's Firbank LA10 5EF	2pm						
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC		HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP		9am HC	
Dentdale Methodist Chapel LA10 5QJ	2pm		Service	Service			
	Wednesday	2nd	9th	16th	23rd	23rd	30th
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP		HC-BCP
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer				BCP- Book of Common Prayer EP- Evening Prayer			
Please note that these services are subject to change due to coronavirus. For details of weekly 9.30am worship by zoom please contact a Minister.							

Combined plans for Western Dales Mission Community - January 2021

	Time	3 rd	10 th	17 th	24 th	31 st
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service	HC	HC	FS	HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St. Andrew's	Service	Service	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP		2.30pm Taize
St. John's, Garsdale LA10	10am	HCx		Service		Service
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service	
Garsdale Street Methodist Chapel LA10 5PQ						
All Saints, Killington LA6 2HA	2pm					
Holy Trinity Howgill LA10 5JD	2pm					
St. John's Firbank LA10 5EF	2pm					
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP		
Dentdale Methodist Chapel LA10 5QJ	2pm		Service		Service	
	Wednesday	6th	13th	20th	27th	
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening Prayer			
Please note that these services are subject to change due to coronavirus. For details of weekly 9.30am worship by zoom please contact a Minister.						

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

TELEPHONE TRIAGE ONLY 8.30am -10am

**Please do not walk in, please ring the surgery
for any appointment.**

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

Currently cancelled due to Covid-19

Baby Immunisations/Travel Clinic – Wednesday
afternoons

(By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

**Please telephone the surgery to make
appointments for all the above clinics.**

See our website

www.sedberghmp.nhs.uk
for further details

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

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

December 2020