

Sedbergh & District

LOOKAROUND

April 2021

Issue 397

Donation £1

We at Lookaround would like to send our sympathies to the friends and families of Graham Dalton and Peggy Robinson, both of whom passed away recently. We have tributes to both in this issue.

Please make a note of, and use if possible, our new advertisers, the Sedbergh Gardener and Sedbergh Cleaning Services. And thanks to all who have recently given us another year of advertising. *Ed.*



Sedbergh Parish Council

INTERESTED IN HELPING YOUR LOCAL COMMUNITY?

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

(For details see page 44)

CLOSING DATE: 15th of every month for everything

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COVER PHOTO
Frug on the Occy Road
Helen Corpe

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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.

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Cumbria,
LA10 5AD**

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

PAYMENT INFORMATION

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Cheques Payable to :

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

**PLEASE REMEMBER TO
INCLUDE THE INVOICE NUMBER
WHEN PAYING BY BACS**



We hope you are all staying safe and looking forward to the summer when, God willing, we can have a greater sense of normality back in our lives. We would like to let you know of the arrangements for the Easter break:

Thur 1st Apr: 08:30-10:30 Papers	Sun 4th Apr: CLOSED
Fri 2nd Apr: CLOSED	Mon 5th Apr: CLOSED
Sat 3rd Apr: CLOSED	Tues 6th Apr: 08:30-10:30 Papers

Wishing you a safe and Happy Easter and we look forward to opening fully soon. Peter and Gaynor.

COVID CRISIS INFORMATION.

Suzie Pye/Ed Welti

Suzie's article in last months Lookaround had so much useful information in it that we've reprinted the bulk of it here.

Sedbergh & District Covid Support: 07872 017730.

The local Covid Support Line is still operational, please call if you need help with shopping, prescriptions, advice or just a chat.

Covid 19 helpline: 0800 783 1966

This support line is run by Cumbria County Council, and is for anyone struggling to access food, prescriptions, or other essentials. It may be especially useful for anyone shielding or self-isolating.

Citizens Advice South Lakes 03444 111444 / 01539 446464

For anyone worried about money, Citizens Advice offers free advice around debt, benefits, employment and housing.

Winter Warmth Fund 01539 728118

If you are aged 60 or over and struggling with the cost of heating your home, you may be eligible for a grant to help. Age UK South Lakeland can help with applications as well as a wide range of help and advice for older people.

Credit Union (Affinity) 01900 65723 / 01946 817508

Credit Unions help people to save money and can also provide loans at



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*

low interest rates. They are an alternative to payday lenders and loansharks.

Council Tax relief 01539 733333

This year's Council Tax bill will be arriving soon. If you are struggling to pay, please do get in touch with the Customer Services team at SLDC as you may be eligible for a grant towards the cost.

Housing 01539 733333

If you are at risk of eviction or homelessness, please contact the Customer Services team at SLDC who will be able to help and advise.

NHS Mental Health Crisis line 0800 953 0110

Available 24 hours a day, 7 days a week. For anyone who feels they are struggling to cope and is worried about their mental health, or that of a loved one. Alternatively, Samaritans 116 123 for urgent help around mental health and wellbeing.

Sedbergh Community Cupboard 0783 353 4710

For anyone in Sedbergh and the surrounding area who is struggling to put food on the table, the Community Cupboard acts like a Food Bank and is able to provide food and toiletries.

SEDBERGH UNITED CHARITIES

John Sykes

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

Hardship Fund

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

If you are in financial difficulty 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.

Students – Apprentices: Exhibition Fund

If you are a student or an apprentice and under 25 you can apply for a small grant towards costs of equipment or materials for your education.

Community Projects: Evans Fund

The Sedbergh United Charities have helped with projects such as the re-roofing of the People's Hall and the Maryfell Playground.

To apply for help or a grant or if you would like to know more about the Sedbergh United Charities or if you wish to make a donation, contact

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

OR

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



DENTDALE COMMUNITY CUPBOARD

Dent resident

This has now moved to its new location on the Dent Bus Shelter. It is for everyone to make use of, putting in and taking out. To meet a need or provide a treat. Sometimes lovely home baking appears so it is worth keeping 'an eye'.

COVID

Marjorie Fishwick

Life changed in 2020 in many different ways.

Offices empty, people working from home,

Children home-schooling week after week,

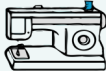
Kindly folk helping others to cope.

Dr. Myles Ripley, really our Hero –

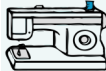
Offering collections and deliveries along with his team.

We now value more the simply things in life –

Nature – birdsong, a peaceful garden and good Sedbergh air.



Temptations Craft Boutique



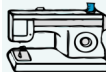
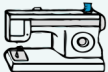
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Contact

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REMEMBERING PEGGY

Tracy Houlden

Peggy was born in a terraced house in Salford to Hugh and Margaret Morris. As the photo in the order pf service shows, she was an adorable, dark curly- haired child who the family referred to as 'our little Peggy'. Being a fussy eater and at a time of food rationing, the family, including the extended family, all saved their bananas for her as this was all she would eat. Those, and tomato sauce 'butties' which she enjoyed throughout her life!

Peggy had a very happy childhood, growing up with her elder sister Hilda and her younger brother Hughie. They lived next door to Auntie Jane and Uncle Tony and her Grandma. If she fell out with her Mum and Dad, she just 'left home' and went next door! She fondly recalled the wonderful family camping holidays with her Dad in his motorcycle and sidecar to North Wales and Bouth near Grizedale.

When war broke out, 5 year old Peggy was evacuated with her sister Hilda to their Aunt and Uncle's house in Torquay. They felt like they had gone to heaven – from Salford to the

beautiful Devon countryside. One story Peggy told was of being carried through nettles in a swimsuit by her 16 year old cousin Harry. Unfortunately, Harry dropped her in the nettles and it became a memory for life!

Peggy was very bright and passed her school certificate to go to high school which was unusual at that time. She would have liked to pursue a career but her Dad felt she should go to work. She started work at Greengate and Irwell rubber works in the laboratory as a technician and her lifelong love of science began.

She met her future husband Bryan in a jazz club in Manchester. Bryan played the piano in a jazz band and they fell in love – their regular meeting place for dates being outside Central Library in Manchester.

They married and had Gary in 1954 and five years later Tony arrived.

Bryan got a job which brought them to Kendal. Peggy often commented how she couldn't believe her luck to live in such a beautiful part of the world - with the Howgills on one side and the Lakes fells on the other. She even loved the dog daisies that lined the roads.

The family moved to Sedbergh in the early sixties and Tracy was born soon after. Peggy loved living in Sedbergh from the start. She became an Avon lady which helped her get to know people and she developed many special friendships.

When Tracy started school, Peggy got a job at Kendal High School (later Kirkbie Kendal School) as a Science Technician. She loved her work and

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GOOD NEWS, WE ARE BACK!

SEDBERGH CHARITY SHOPS

**will be opening on
Tuesday 13th April
Opening times 10am – 4pm
Tuesday – Saturday
Closed Mondays**

**We will be taking donations as usual, but remember
books are to be donated to the book shop.
Come and have a chat, get your retail therapy and pick up a
bargain.**

See you soon!

was sad when Cumbria County Council made her retire at 55. She was over the moon when she got a job as a technician in the Science department at Sedbergh School. She loved every minute! Working with Steve Smith, Myles Ripley and Nick Brown – she said kept her young and they had many laughs – usually at Nick's rude jokes! She threw herself into school life – attending school shows and Christmas events – she loved being a part of it all. She also enjoyed helping the pupils – particularly the 'A' level students with their projects and often spoke about how proud she was of the careers they went on to have. She worked at Sedbergh School until she was 79 and was delighted to have the Biology prep room named after her – 'Peggy's Prep Room'.

After retirement, she threw herself into community life. Volunteering at the charity shops and the Tourist

Information Centre gave her a sense of purpose and routine. She was a huge supporter of anything happening in the Sedbergh community – from jumble sales to local businesses. She had also been part of the Gala Committee and the Twin Town project.

Peggy loved to travel and enjoyed holidays all over the world including India, Cuba, and America as well as ski-ing and cruise trips. She loved days out with Tracy – shopping and theatre trips with a nice lunch or dinner included!

But Peggy's greatest love of all was her family. Her grandchildren Dan and Ben were everything to her and she was very close to them both. Her happiness was completed by the arrival of Vinny, Evan and Elizida – she counted herself very lucky to have lived long enough to enjoy her Great Grandchildren.

TRIBUTE TO PEGGY ROBINSON

Friends of Peggy

Tuesday 2nd March was the date of the funeral of Peggy Robinson on a glorious 'Peggy sort of a day'. Before the service she was taken on a drive around Sedbergh, in her cheerfully coloured wicker coffin, to say her final farewells.

The service, despite being pared back because of the COVID restrictions, was an uplifting celebration of Peggy, with everybody wearing something in red, as red was her favourite colour. She came in to the music of Lara's Theme, and left to Gracie Fields. Whilst Peggy was an adopted local, having moved to Sedbergh in 1960, she was still at heart a Lancashire Lass and so it was only appropriate that she should have been sent on her way with 'Wish me luck as you wave me goodbye'.

A close friend, Donna Cowin, said, 'it's still hard to believe that we are not going to see her again'. Nick

Brown said 'I've had Gracie Fields singing in my head all afternoon - it's how I'll now remember her.' Peggy will be missed so much.

Peggy lifted the spirits, she was vivacious, friendly, helpful, and welcoming to all. She had such a sense of humour, as well.

She worked at Sedbergh School for 22 years as the Biology Department's Technician, where she helped, and 'mothered' staff, pupils and parents alike, and, as where she cared for a veritable menagerie from snakes to scorpions, giant land-snails to geckos;

but her pride was the colony of leaf-cutter ants, Britain's largest breeding colony outside of a zoo. There is a story about the Headmaster showing some potential parents around the Biology Block, encountering Peggy crawling around on her hands and knees: on asking the obvious question, he was told one of the Tarantulas had escaped. Peggy's room was the place to go, and, on her retirement, the room was formally named "Peggy's Room".

Having retired, at a sprightly 79, "I've promised myself that I'll retire before I'm 80! Then, she devoted herself to Sedbergh and family.

Peggy took on voluntary work with the Charity Shops, on the counters and advising on prices, especially in the Bookshop.

At the TIC Peggy was a director of the CIC (Sedbergh Community Interest Company) and had the role of managing the Book Dealers, some 20 of them. Douglas Thomson says 'she was magnificent in this task and had the dealers eating out of her



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hand and that was truly great.' Her personal interest in books made her ideal for the task. Indeed she sold some books herself in the TIC.'

As well she found time to holiday, whether with Tracy or George Handley's Italian Group to Italy and, as well acting with Spellbound Theatre in Calendar Girls. She loved the theatre, ballet, meals out and quizzes, music and, of course, one must not forget car boot sales.

Peggy had so many friends and helped so them so much. She loved her family and cared for them in a very practical way, and many a video she showed of great grandchildren of whom she was so proud. She loved animals and Moses her last cat was a character, and, finally, she loved Sedbergh. She chose this anonymous poem to be recited at the service.

Sedbergh

*Thou canst not see her valleys green,
The star-aspiring hills between,
Thou canst not with these wonders
seen –*

*Declare there is no God
Farewell Peggy*

SEDBERGH & DISTRICT HISTORY SOCIETY

Richard Cann

The society was shocked and saddened to learn of the sudden death of Graham Dalton.

Graham was in his second term as chairman and will leave a great hole to fill. He had been a member of the society for over thirty-five years and had made a large impact on its activities. In particular he was a driving force in staging numerous society exhibitions around the district. His main historical interest was in local clockmakers and their clocks.

He will be greatly missed and our sympathy goes out to his children and grandchildren.



SPELLBOUND THEATRE Tributes To Graham Dalton

Heather Pakeman

Chairperson Spellbound Theatre

It was with great sadness that we were to hear of Graham's untimely death and it seems fitting to acknowledge all that Graham has done for local theatre.

Graham enjoyed many roles with Dent Players and Sedbergh Theatre where the Yorkshire writer's, J.B.Priestley and Alan Bennett, had



been the source of many of the characters that he played. Both Graham and his wife Elizabeth also performed in the locally created play 'Mystery in the Mart' in the old Sedbergh Auction Mart, and in a production of 'The Fish'.

Spellbound Theatre has benefitted from Graham's talents as an actor for many years. He took the part of John in the Yorkshire tale of 'Calendar Girls' directed by Fliss Pocock and the role of Frank in Alan Ayckbourn's 'How the other Half Loves' directed by Hilary Stephenson. Local authors, Kim Lyon and Helen Leslie Bromley, also provided an opportunity for historic drama in 'Settle-Carlisle' and 'The Wheel Turns'. More recently Graham played Jacob Marley's ghost in 'Christmas Carol' and Badger in 'Wind in the Willows'.

Graham was a charming man to work with and, as someone put it, 'he really was a rock star of Spellbound'. Never someone to worry about time, he could appear backstage with only

5 minutes to spare and then give a perfect performance. He was never really sure where his personal belongings were either and, this was always a source of great hilarity, as various items of clothing were returned to Graham from every corner of the auditorium! He had a gift for timing his delivery and was completely believable in all the characters he performed. I'm unsure what Spellbound will do without him. He was a very talented actor.

Graham's final and much admired performance was staged 12 months ago as the monologue, 'Spanish Bluebells' in 'Village Voices', written by Helen Leslie Bromley and performed in the People's Hall. A poignant piece reflecting on age, loss and the possibility of hope. Somehow, a very appropriate last scene to his brilliant acting career.

As Graham would say 'there is something about Yorkshire and the theatre'. He will be sadly missed.



GABRIEL; ANOTHER MISSION

Sandra Goldwood

Gabriel was riding on the London Underground, or the Tube as it was often called, this was something he enjoyed. Today he was travelling on the Central Line. There were very few passengers as it was close to midnight. Checking his tablet, he noted that he was to get out at Holborn. On the platform he settled himself on a brightly painted metal bench and watched the late night revellers come and go. Smiling to himself as he briefly shared their youthful joy and waited for the train carrying the subject of his mission Saaid Mirza.

On his tablet Gabriel could see that at that moment Saaid was travelling

from Mile End toward Holborn heading for Ealing Broadway to visit his parents for the weekend. Gabriel looked back at Saaid's life watching him grow up. Such a quiet and studious boy who loved his family and especially his sisters. At the age of ten on a visit to one of his many uncles Saaid discovered a book on medieval medicine. It had both enthralled and disgusted him he could hardly believe the treatments used in those far off days. It was on that very day that he knew instinctively that he would become a doctor.

Saaid had two older sisters; Misa and Ruinda or chalk and cheese as he was apt to call them. Misa the eldest had pleased her parents

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greatly doing well at school and then quietly accepting the marriage her parents had arranged for her. Saaid had been sad to see her leave home because she had always encouraged him with his studies. Ruinda was strong and independent and had embraced western culture steadfastly refusing to have an arranged marriage. Saaid remembered the angry and heated exchanges between his parents and Ruinda. Nevertheless, it was she he admired. Ruinda had gone to university gaining a first at Oxford in Law and Political Economics and now worked in Whitehall for the Civil Service. Ruinda had told him that being a dedicated career girl that there just wasn't room in her life for marriage.

With a deafening whoosh of hot air and back draught the train pulled into Holborn station and Gabriel closed his tablet and stepped onto the train. Taking a seat across from Saaid he watched the shadows on the young man's face knowing Saaid found visiting his parents more of a trial than a pleasure and how this led to feelings of guilt. Yes, Saaid was Muslim but by his own admission he

was not a very good one. He hardly ever went to prayers and he didn't even have a beard. In the morning he knew his father would admonish him for not attending the Mosque regularly and his mother, if she wasn't cooking, would talk nonstop about his marriage prospects. Gabriel was fully aware of Saaid's thoughts knowing he too would not accept an arranged marriage. He also knew the deep sadness Saaid felt at having to disappoint his parents.

Gabriel understood that Saaid sincerely believed his purpose was to work to alleviate human suffering and thought that his time was better spent doing what he had trained for. Since he had qualified as a doctor Saaid had tirelessly worked to achieve his ambition which was to become a surgeon and ultimately to be a neurosurgeon. In his hands was one of the latest books on the subject of neurosurgery and he had read it twice already even though it had only been in his possession for a week. Gabriel picked up Saaid's feelings of excitement and enthusiasm knowing that it was his dream to break new ground in the field of neurosurgery.

There had been many arguments over the years when Saaid had tried to explain that he felt his life had a purpose and part of that purpose was working at Whitechapel Hospital. It was here he was happiest because healing the sick was more important to him than having a family of his own. His parents did not understand. Pushing the thoughts of a weekend of being pressurised by his large and diverse family Saaid allowed himself to enjoy his personal achievements. How happy he had felt when he qualified and now having completed a two-year foundation programme he would soon be embarking on two years of core surgical training. His heart jumped with joy and he felt entirely blessed.

When the train stopped at Tottenham Court Road three young men tumbled noisily into the carriage. One had blood on his face and the other two men appeared to be dragging him into the carriage against his will. As the doors closed the man with blood on his face was shoved hard against them causing him to cry out. A woman who had been sitting by the door got up quickly and moved further down the carriage. Gabriel

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read Saaid's thoughts and knew he was concerned for the man they had pinned against the doors. At Oxford Circus the persecutors dragged their victim further into the carriage arguing loudly with him. An elderly lady getting on to the train was pushed over in the tussle.

Saaid was on his feet in a flash; helping the woman up and asking if she had sustained any injuries, explaining that he was a doctor. This act of kindness brought Saaid to the young men's attention and while one held their victim against the now closed doors the other began to push Saaid around. Backing away from them he held his hands up and avoided eye contact. The biggest of the young men shouted at Saaid using derogatory language. It was nothing he had not heard before and he let it wash over him.

The train was slowing now, coming toward its next stop. Just at that moment the men's young victim began to fight back. Now all three were fighting, grabbing, shoving and knocking Saaid over in the melee. There was a flash of metal and suddenly the captive man slipped to

the carriage floor. The carriage doors opened and the two youths fled running up the platform. Gabriel pulled the emergency cord to make sure the train did not move off. Saaid was on his knees holding fast to stop the blood gushing from the wound and trying to dissuade the man from pulling the knife out of his upper thigh.

Gabriel could see that Saaid's hands were bleeding from holding on to the knife. Knowing it would be the end of Saaid promising career if his hands got badly damaged, tendons cut or nerves severed. Gabriel asked a passenger for her scarf to use as a tourniquet, she gave it up immediately shocked but anxious to help. Kneeling down next to Saaid

Gabriel touched the young victim's face and he became quiet. Then he passed the scarf around the victim's leg and he and Saaid pulled it tight at last stemming the flow of blood. The railway police arrived with the paramedics and took over.

Saaid looked down at his hands and tried not to feel despair. If he was not to be a surgeon, then God must want him to go in another direction. Sitting down with Gabriel Saaid thanked him for his help. Gabriel took Saaid's bloody hands in his and smiled at him. Saaid felt an overwhelming peace wash over him and thought he must have fainted. Coming to himself he realised one of the medics was speaking to him and asking him to come with them to A&E to get his hands looked at. He looked down at his hands and they were wrapped in a towel. Again he felt despair.

Arriving at A&E a young nurse carefully unwrapped Saaid hands and cleaned them up. He couldn't look, he just remained still and stared at the wall. After a what seemed to him like hours a young doctor appeared. A few minutes later he smiled at Saaid cheerfully saying;

"No lasting damage just a few nicks, might be a bit sore but all is well. Oh yes and Mr Vince Jackson would like to thank you personally, he's in cubical seven, it seems you saved his life". Stunned, Saaid looked down at his hands and saw only a few surface cuts. Thanking the young doctor, he walked toward cubical seven remembering the man with the kind face who had touched his hands and realised he had been healed by him.



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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

As you read this in April, it's only one month to go before our swifts return at the beginning of May! It is always an anxious time wondering whether our breeding swifts will return safely.

Our swifts will be preparing for their return spring migration. Several years ago a swift that was tagged by the BTO in Cambridge began its journey from Africa on 19th April, flying from the coast of Equatorial Guinea over to Liberia. We now know that all European swifts then linger for about 10 days over the skies of Liberia, feasting on termites which erupt from nests around that time. The Cambridge swift continued its migration on 4th May and arrived back in its nest site on the 10th – a journey of 5,500 km in just 6 days. Truly remarkable.

One of the common questions asked when we give lectures is how long do swifts live. Of course there is a difference between how long a swift can live and the life expectancy of swifts in general. Some people, but very few, live to 104 or more but this is not the normal expectation. According to BTO records, the oldest known British swift was 19 years old. In Switzerland another bird that was ringed as a chick was still alive 21 years later. The longest lived swift known anywhere was one ringed as a yearling in Orleans, France, and re-trapped 29 years later, thus making it almost 30 years old. However, although swifts can be long lived, it is believed that the average adult swift

lives for about 7-9 years. The loss in the first year for fledglings will be the highest as such birds are inexperienced, having to learn how to feed and migrate independently from their parents.

Swifts are one of the most nest site faithful birds. Once they form a breeding pair they will return to exactly the same nest site year after year. We have had the privilege of sharing our cottage at Lowgill with a colony of swifts since we moved there 20 years ago. Some of our nest sites in the eaves have been occupied every single summer since we arrived.

So are the swifts that return to each one of our nest sites each year



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exactly the same pair from 20 years ago? It seems unlikely given what we know about swift survival. Over the years, eventually one of the pair fails to survive the hazards of migration, or simply dies of old age. In that case, the first bird back waits and waits as a singleton for its partner to also return, but in the end it goes out and tries to attract a new mate – either another swift left similarly alone, or possibly a juvenile that is just old enough (3-4 years) to breed. The newly formed pair then breeds and remains faithful to that nest site, and so the cycle continues. We suspect this happened with one of our pairs, when the first swift returned on 8th May. But it wasn't until the 25th May that it was joined by another swift –

likely to be a new mate as it would have been a very late arrival for the member of an established pair.

One of the most incredible facts about breeding pairs, which has been established by the use of geolocators, is that although swift pairs are faithful to their nests and form faithful breeding pairs, they do not migrate together nor do they spend the winter together in Africa. Just how they can live separate lives for the 9 months of each year that they are away, including the travelling to and from Africa, yet return to their same nest site over here, remains a mystery to this day.

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



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SPRING FORWARD CWT Sedbergh Supporters Group

Roger Moore

Now is the season for opportunists. Snowdrops have taken their chance and are now developing bulbs in woodland for next year's flowers. Bluebells and daffodils behave in the same way, building up strength before trees come into leaf. Annual garden weeds like bittercress spring into life on the bare ground and set seed before other plants steal their light. As the air warms up insect life flourishes again, providing food for birds as they start their first broods.

It is good to note when each plant comes into flower and when birds start to arrive from abroad. You, or perhaps your children, may like to make a nature diary. You could record the date on which swallows or other migrants return and the date on which you first see wild daffodils (too late this year!) or bluebells, the timing of the first butterflies, often orange tips on hedge garlic. You may also like to note the first leaves (and flowers) on trees. Despite the old saying, the oak usually beats the ash! This year you may also note signs of dying ash

trees. All this information helps to show the effect of climate change. For instance, wild daffodils now flower several weeks earlier than they did in Wordsworth's time.

April is a time of preparation- a time to prepare the ground, a time to plant and to sow seed, a time to rejoice in new life all around. It is also a time to review our effect on the planet, to do what we can to preserve life for the future. Even growing our own fruit and vegetables can help. April is not the cruellest month, despite the possibility of late frosts!

Visible air pollution is better in this area now, but more disturbed weather patterns, almost certainly the result of increasing carbon dioxide levels, affect us all. We can help by reducing waste and unnecessary travel, recycling as much as possible, and by avoiding excessive consumption of raw materials. The manufacture of steel and concrete release enormous quantities of carbon dioxide

We all have a part to play in reducing waste, even more evidently on a closely packed planet. Let's do what we can to preserve our green and pleasant land.

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On 12th April from 1-2pm the Cumbria Wildlife Trust is running an online tutorial on the Top Ten Herbs for Pollinators. Helen will guide us through a variety of different herbs which are excellent for pollinators and make a great addition to your garden. You will learn about the top 10 herbs which attract pollinators as well as the herbs which provide a vital source of food for pollinators' offspring. Suitable for beginners in gardening. Book online on CWT's website <https://www.cumbriawildlifetrust.org.uk/events/2021-04-13-top-10-herbs-pollinators>

SHOOTING OF BIRDS OF PREY

Mark Sadler

The Yorkshire Dales National Park Authority are shocked, but sadly not surprised, by footage recently released by the RSPB investigations team of two buzzards being lured to their deaths on a North Yorkshire grouse moor.

Neil Heseltine, Chair of the Yorkshire Dales National Park Authority said: "This shows a callous disregard for the law and birds of prey

that is all too familiar from some within the community. The Yorkshire Dales National Park Authority condemns raptor persecution in the strongest possible terms and continues to work closely with partners and others to stamp out this crime once and for all.

"This incident, and the continuing issue of bird of prey persecution in the County demands maximum exposure. People need to know what is happening here and the devastating impact this is having on our protected species.

"ALL birds of prey are protected by law and killing them is a criminal offence. If this activity continues it is difficult to see how the Government in England will not be forced to examine other ways in which to prevent this criminality. Certainly the actions of the individual involved in this case can only be assisting those who wish to see the end of driven grouse shooting. For that reason, if no other, you would hope someone in the community might expose their obnoxious criminal activity.

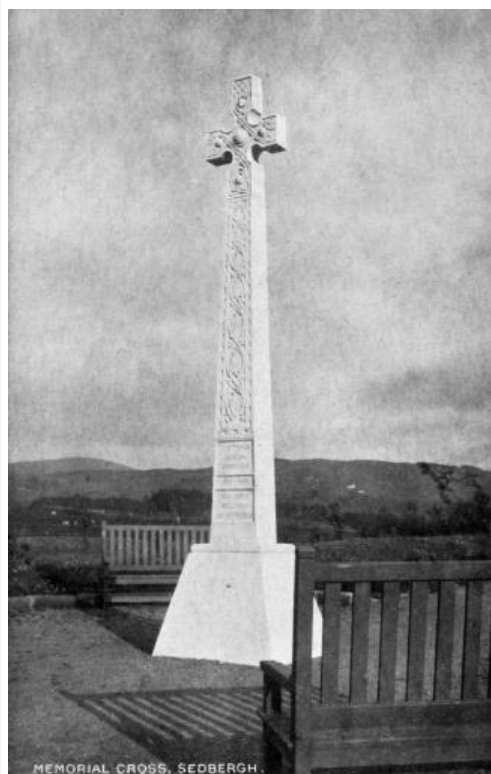
"Finally, I would encourage anyone, local or visitor, who witnesses any suspicious activity while they're out and about in the countryside, or anyone who is made aware of it through their networks, to contact the Police".

For concerns about a possible wildlife crime, you should call 101. If you witness a suspected wildlife crime in action, call 999 immediately and ask for the Police. Finally, you can speak in confidence about raptor persecution directly with the RSPB on 0300 9990101

THE QUEEN'S GARDEN

Ann Parratt, SDHS

Sedbergh and District History Society has a copy of an undated plan for the Queen's Garden for the 'Proposed memorial to be erected at Sedbergh for Mrs Cottrell Dormer' by the firm of T H Mawson, Windermere. The layout of the present garden suggests that the plan was closely followed. Most of details about Queen's Garden are contained in the Sedbergh Parish Council minutes. There was no mention that Mawson himself had designed them but, afterwards, 'Mr Mawson or one of his men' came to look at the planning of the bowling green. The first reference to the garden is in the minutes of Sedbergh Parish Council for October




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13 1902 when the Queen's Memorial Committee asked the Council to take over and manage the garden; the Council refused, suggesting that trustees be appointed and a subscription started.

The minutes include references to Queen's Gardens and their ownership and upkeep. Mrs Dormer did not want to hand over until it was in proper order; should a custodian be appointed? Again Mrs Dormer was anxious this should not be done, until the garden was in perfect order.

Mrs Dormer had a letter from Mr Mawson of Windermere, contractor, who thought up-keep should not cost more than £10 per annum. Suggestion of bowling green was made and, possibly, swings and a band might play. Mr Guy thought that the acquisition of the Queen's Garden would be very acceptable. "It would make the council land proprietors which at present they were not."

In October 1905 Mrs Dormer was ready to convey the land on which the Queen's Garden stood to the Parish Council and, on November 27 1905, it was proposed and accepted that gardens be taken over on favourable

conditions. The deed was signed by the Chairman of the Parish Council on March 26 and, on August 27 1906, it was registered in Yorkshire.

In 1907, the Chairman reported he had received keys to the Garden. Mr Sisson was willing to open and close the gates morning and evening on the same terms as before, 1s per week. Also in 1907 the Chairman reported a grant of £10 by Charity Commissioners; WP Boustead proposed and it was resolved that a Queen's Garden Committee be formed; Mr Upton would be pleased to present the Council with the tools and lawn mower. It was reported. also, that a letter about a shelter at Ingmire, which Mr Upton was

prepared to give to the Parish Council for erection in Queen's Garden.

Despite its later transfer to the Parish Council, the Queen's Garden was formally opened on 31 October 1902. The opening was fully reported in the Westmorland Gazette of 8 November 1902:

'In spite of the wretched weather there was a large and representative company present on Friday at the opening of the "Queen's Garden" – about half-way between the station and the town – and the unveiling of the Queen Victoria Memorial Cross at Sedbergh by the Bishop of Ripon. The land for the garden – over two acres in extent – was generously given to the people of Sedbergh by Mrs Upton-Cottrell-Dormer, of Ingmire



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Hall, who has also been at the entire expense of turning this land into a beautiful garden, laid out in elaborate style by Mr Mawson, of Windermere.

At the summit of the ground is the grey limestone cross, some 16 feet high, bearing the inscription "Victoria, Queen, Empress, 1837-1901: revered, beloved, remembered." This cross and the tablet in Sicilian marble on the fountain in Finkle Street were raised by local subscriptions. Both cross and tablet were designed by Messrs. Hicks and Charlewood, of Newcastle-on-Tyne, and executed by Mr Miles of Ulverston. One special feature of interest was that the monument [cross] had excited a larger number of subscriptions than had ever before been given to a single object in Sedbergh.'

Also, from the Sedberghian of 1902:

'At about three o'clock the Bishop arrived with Mrs Dormer, who had most generously presented the ground on which the Cross has been erected. The Bishop opened proceedings with a short prayer and speech. After delivering his speech the Bishop unveiled the Cross, the buglers sounded the Royal Salute, and the Corps presented arms.



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The Rev. D.S. Guy proposed a vote of thanks to Mrs Dormer and the Bishop, who had driven 32 miles for the purpose of unveiling the Cross.

Mr. Lowry who seconded the vote of thanks said it was his privilege to speak in the name of the younger generation. He said it was particularly the younger people who needed a memorial of Queen Victoria.

Mr. Keen next spoke a few words on behalf of the Non-conformists in Sedbergh.

After these speeches Mr. Lowry proposed three cheers for Mrs. Dormer, and then for the Lord Bishop, which were heartily given.'

For more references to the Queen's Gardens and Bowling Green please consult the archives, as there are many other references to both, but to bring Queen's Gardens history much more up to date, in May 2017 the 'Friends of Queen's Gardens' was formed. The group consists of Sedbergh residents who actively support the Parish Council by helping to maintain the Gardens, although the main work is undertaken by the PC's gardener Paul 'Mitch' Mitchell. 'Friends' help to clear self seeded

holly, brambles etc and keep the steps and to some extent the boundary walls clear from debris.

The 'Friends' have organised two successful events 'Music and Tea in the Gardens' in May 2018 and 'Songs of Praise' in July 2019, both events were very well supported and the Town Band who played a fantastic range of music were brilliant as always. Other events have been planned, a Music and BBQ evening and several attempts at a Teddy Bears Picnic, with games and music for young ones, unfortunately all were postponed because of inclement weather ... then the pandemic hit. But there will be events again in the future when we are back to normal, which will of course be announced in the Lookaround.

As many of you will know, the Gardens also have a very beautiful Bowling Green, which is over 100 years old. The club has been very kind and generous in letting the 'Friends' use their facilities making the organising of events much easier than it otherwise would be.

Other help has come regularly from Sedbergh School pupils, who every Thursday have helped clear leaves, brambles etc as a contribution to the community, A big thank you to them and the staff who accompany them in



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all weathers! And if course, all the work that was undertaken in Challenge Week by the school, creating new flower beds, rescuing and repairing old benches or building new ones are just some of the tasks undertaken, again a big thank you.

Plans for the Gardens are ongoing, with twelve ornamental trees being planted during March, which should give fabulous autumn colour, or will have unusual bark or wonderful scented flowers. Other species are also being planted for wildlife, hawthorn and gilder roses among other plants.

There are two entrances to Gardens, one off the main road, where there is a side gate and the other between two bungalows in Queen's Drive at the end of the road on the right hand side. If you haven't been to the Gardens before, or not for many years, do visit, it is a quiet haven with wonderful views and plenty of benches to sit and enjoy the tranquillity.

If you would like to become a 'Friend' please let me know and I will be happy to talk to you about how you can help. Call Ann on 015396 20964.

SET IN STONE

Enid Thompson

Who was H. T. Miles, the stone-mason who inscribed his name at the base of the Queen's Memorial? His own monument stands in the Furness churchyard of St. Mary the Virgin at Egton-cum-Newland, Greenodd. It records him more fully as Harvey Thomas Miles 1837-1905, indicating that his work at Sedbergh was completed during the latter years of his life, prior to the formal presentation of the Queen Victoria Memorial Cross on 31 October 1902. Born in rural Norfolk, the son of a boot and shoemaker, the Miles family had moved to Southwark in London by 1851, where Harvey Thomas, at the age of fourteen, was a scholar. This suggests that the young man had shown talent: all his extended family were working tradespeople. His father was a boot and shoe maker, two older sisters but also a niece, two nephews and two lodgers, all born in Norfolk, were in similar occupations that required deft manual skills: boot & shoe-making, dressmaking, book-binding. & crown sewer.

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In 1866 Harvey Thomas Miles, sculptor of Preston joined the Freemasonry 955 Lodge of Furness at Ulverston. His name was withdrawn in 1870, maybe due to him living too far away to attend the Lodge. He was described as a stone carver in 1871. when he and his Norfolk-born wife and four children were living in Preston. Their two eldest children, twelve and ten year, were born in London, the younger ones born at Preston over the previous three years. Sarah apparently died after the birth of another child as H. T. Miles married Mary Ann Longworth at Cartmel in 1873. When the family of nine moved to Lower Holker it included a nine year old born at Preston in 1881 and four younger children born at Cark.

Despite his large household, or perhaps because it required upkeep, H. T. Miles had shared business premises at Cark; trading as Miles



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and Morgan the firm was listed in a Lancaster business directory. Miles the sculptor and Morgan a wood carver also occupied premises at Sun Street, Lancaster; then and since an architectural gem of Georgian buildings, including a fashionable Music Room with intricate plaster work. Messrs. Miles and Morgan would have front-row status for aspiring craftsmen seeking commissions from county aristocracy and town gentry. H. T. Miles gave his occupation as an Architectural Sculptor in 1891 when his Cark household of eight children between nineteen and one year of age was based in the village. Ownership of his dwelling and land entitled Mr. Miles to

an electoral vote from 1889. Miles' business as an Architectural Sculptor and monumental mason was based at Church Walk, Ulverston in 1900. In 1901, the sixty-four-year-old Stone Carver had moved home to Mount Pleasant at Greenodd, where the seven family members had a young male lodger who was a blacksmith's apprentice. H. T. Miles was listed in Kelly's 1905 Directory for Lancashire when he also owned premises in Westham Street, Lancaster, placing him on the 1905 register of electors for both that city as well as at Ulverston.. These entries offer a sense of Miles leading a successful life as a carver of stone.

The death of H. T. Miles on 20 July 1905 was marked by his graveyard memorial: in a design that repeats some of the symbolic references of inter-lacing and foliage made in his carvings for John Ruskin's Memorial at Coniston. Designed by W. . Collingwood, it is related to Northumbrian crosses of the Anglo-Saxon period, when the kingdoms of Northumbria extended from the Humber estuary to the firths of Forth and Clyde. The arrival of Christianity was spread by Irish monks from Iona, first to the Wear riverside of Jarrow, then carried to the Holy island of Lindisfarne by Bede and Cuthbert. The Queen's Garden cross at Sedbergh was designed by the architectural practice of Hicks & Charlewood of Newcastle upon Tyne who designed many churches for the diocese of Newcastle. In The Newcastle upon Tyne Architectural Practice of Hicks and Charlewood and their successors, 1882–1936 Ian Curry wrote that William S Hicks 'was always considered to be the artistic genius and designer of the partnership' who 'long before he commenced his architectural career, drew from nature', 'carving in wood or stone to his own designs'.

Northumbrian Crosses relate to a similar patterning set among rock-scored fells, the flowering blossom and the music of birdsong and riverside in the poem *Briggflatts*, published in 1966 by the northern poet Basil Bunting. Between the ages of twelve and sixteen Bunting and John Allen Greenbank of Briggflatts were school friends at Ackworth, the Quaker school in the West Riding founded by John Fothergill who

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boarded at Briggflatts when he attended Sedbergh School in the 1720s. John Allen Greenbank's father, John, was the third-generation of his family to work Dent marble at Stone House until the quarry closed in 1907. The second plaque on the Queen's Garden Cross is thought to have been carved by John Greenbank. It is inscribed in memory of Mrs. Florence Upton-Cottrell-Dormer who presented the Queen's Garden cross and grounds to Sedbergh. Lettered in a simple style, John Greenbank's plaque does not compete with the ornamental work of H. T. Miles nor distract from the beauty of the tapering cross. Bunting recollected how he and John Allen 'helped out with the mason's work from time to time' at the bottom of the Greenbank garden, 'rubbing slabs of rough gravestones until their fingers ached' while John Greenbank's mallet and chisel rang out as if timed with birdsong. Written after an

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absence of fifty years, the poem's pared-back lines inscribe the hard-won carver at work as clearly as if the poet himself carved words from bedrock. Roaming from his youth into old age, Bunting's memories and regrets immortalise layers of time passing like fissures in stone but you may recapture Briggflatts for yourself as a copy of the poem is kept in the Quaker Meeting House (once lockdown allows re-opening). John Greenbank is at rest in Sedbergh graveyard and Basil Bunting lies in the burial ground at Brigflatts. Take a walk from Queen's Gardens through the fields to Brigflatts and hear the sounds of silence!

NOTE: My thanks to members of Brigflatts Meeting House, Sedbergh & District History Society, Clerk to Sedbergh Town Council and Stones of Furness for generously sharing information and reference material. This is a preliminary to a wider history of the house and the home that sheltered John Greenbank and many others since it was built in 1743. Mistakes are my own, and corrections will be welcomed.

50 YEARS AGO

Colin Cowperthwaite

A selection of news items from local newspapers which appeared during the Spring of 1971.

Legion Club buys Sedbergh property

Last week, Mr Richard Harper, of Messrs. R. Harper and Son, offered the freehold house and shop at 72 Main Street, Sedbergh. The property was sold at 4,500 pounds to the Sedbergh British Legion Club Ltd. Messrs. Temple and Bargh, Kendal, acted for the vendor.

Garsdale Tea Party

The annual Good Friday tea party at Hawes Junction Methodist Church was held in the evening, when a party of young people from Arkholme gave



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a programme of musical items, recitations and testimonies. The chairman was Mr J. Huddleston, and the organist Mrs J. Thornborrow. Mr Bernard Mackie, of Gatebeck, was the preacher at Easter Day services, and the organists were Miss Gladys Allen and Mrs Thornborrow.

Former butcher in Sedbergh and Kendal

The funeral took place at Sedbergh Parish Church last Thursday of Mr Edward Charles Leighton, a retired Sedbergh butcher. Mr Leighton, who died suddenly at his home, was 59. A native of Sedbergh, he had been in the butchery trade all his working life and was in business for many years after having worked in Kendal, until ill

health forced his retirement three years ago. He was a committee member of the Kendal Butchers' Association until his retirement, and was also a Freemason. During the 1939-45 war he served with the Royal Corps of Signals, and was a member of the British Legion. He also served on Sedbergh Education Committee, and was a member of Sedbergh Bowling Club and a follower of the Lunesdale Foxhounds. A lifelong worshipper at St Andrew's Church, he had been in the choir for most of his life, until health prevented him. The service was conducted by the Rev. G.D. Rhodes (curate) and the organist was Mr. V. Brook. There was a large and representative

attendance. Cremation took place at Lancaster. Mr Leighton is survived by his wife and two sons.

Buses axe makes outlook bleak for Dentdale

Dent faces the bleak prospect of losing its bus link with Sedbergh altogether unless efforts by Sedbergh Rural Council to produce a compromise scheme prove successful. At present, three buses a week make the seven mile run up the dale but members would gladly settle for one - if possible on a Friday - if this meant that the service could qualify for a subsidy. Members of Sedbergh and Aysgarth Rural Councils were meeting Ribble Motor Services representatives yesterday in an attempt to salvage the services

between Sedbergh and Dent and Sedbergh and Hawes. Last week, Sedbergh Council decided to subsidise unremunerative bus services in its area to a maximum of 450 pounds if necessary. The Clerk, Mr A.G. Wilkinson told members of the General Purposes Committee on Wednesday that, following a joint meeting with neighbouring authorities on Friday, it seemed that subsidising the Kendal-Sedbergh and the Sedbergh-Kirkby Lonsdale services would cost the council about 400 pounds. It was pointed out by the clerk that if the Sedbergh-Dent stretch was included in the run from Kendal, this would almost certainly mean that Westmorland County Council would withdraw their support for a subsidy.

He sent Sedbergh call sign across the world

The funeral took place at St Andrew's Parish Church, Sedbergh last week of Mr Percy Herdson (Bob) Askew of Town End, Sedbergh, a well-known radio ham who died suddenly at his home a few days after his 62nd birthday. Mr Askew was born at Town End and, apart from war service, had lived in Sedbergh all his life. He was a former member of Winder House, Sedbergh School, before he eventually joined the family grocery business. A keen sportsman, in his earlier years he was a member of Sedbergh football and cricket league teams, before a knee injury prevented him from playing. Essentially a lover of nature and the outdoors, he would spend many hours by the river, studying the habits of wild birds and small animals, and he was an



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experienced and knowledgeable fisherman of salmon and sea trout. He seemed to have an affinity with them, understood their moods and ways, and could discourse on the subject in a fascinating way. His other lifelong interest was radio communications. He was granted a GPO Amateur Transmitting Licence in 1937 and his call sign, G8TP, was well known on the amateur wave bands. From his superbly equipped radio 'shack' at Sedbergh, he kept in touch with radio hams throughout the world, and a few years ago was in regular contact with members of the Fuchs Expedition in the Antarctic. At the outbreak of the second world war he volunteered for service and was accepted into a special unit of the Royal Corps of Signals, engaged on highly confidential duties. Mr Askew is survived by his wife, a daughter who is a student in London, and his 88-year-old father.

DENT STATION - THE FIRST 100 DAYS

John Carey

It would have been hard to imagine a year ago that the Friends of the Settle Carlisle Line would now be the proud owners of a unique Grade II heritage railway station dating from 1876, the highest mainline station in England and indeed one of the most iconic buildings on the railway line. However, on 4th September 2020 it happened! This was largely due to generous donations and legacies provided by a number of our members.

As many will know the substantial initial restoration had been undertaken by Robin Hughes over the course his 15 year ownership to create the refurbished station building we see today. Prior to that it had been let following closure by British Rail in the 1970's to an outdoor centre and then sold as a private residence during which time the ongoing maintenance became too much of a challenge and thus acquired by Robin. Robin was happy that we were suitable custodians to maintain his vision of conservation which is something we fully intend to fulfil.

Once the dust had settled, we had to quickly come to terms with our acquisition and all in the midst of the Covid pandemic. We made the early decision that we would seek local tradesmen wherever possible to reinforce our links to the local community. Indeed, we were able to source nearly everything we needed from the Dentdale and Sedbergh locality and not forgetting our own FoSCL volunteers, many of whom live



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locally. We were provided with local recommendations as to suitable tradesman and suppliers all being eager to help and they have provided excellent service without exception.

However, we regard this as very much the first phase of the work which has thus far entailed replacement of the electrical distribution and fire detection to bring up to current safety standards undertaken by Roger Keighley. Plasterwork repairs followed undertaken by Julian Wilkinson. The redecoration of the former waiting room was compounded by the ceiling height of some 4 metres, quite a bit higher than a normal house, and fortunately this was undertaken by a

local decorator, Steven Alderson. The original waiting room bench seat was expertly finished to original Midland colours by one of the volunteers and is indeed the highlight of the room.

Meanwhile, all the linen has been replaced to hotel standards (from a local supplier) and we have established a new website at www.dentstation.co.uk. We are most grateful to Robin Hughes who has assisted us considerably at all stages. By Christmas we were able to take bookings and welcome our first paying guests. All went without a hitch, a courtesy call to the guests revealing that they were 'blown away' by the property and unique location and would be back. However, as you



probably will have guessed, our relief did not last for long as the further period of lock-down swiftly intervened and we had to shut down in common with the remainder of the hospitality sector in Cumbria.

Inevitably this will have caused disappointment to the intending guests but a necessary measure in the current situation with the wellbeing of the nation being a priority. We will reopen and welcome guests, hopefully in April, as soon as it permitted to do so.

So, what of the future? Dent Station being located where it is at 1150ft above sea level takes the full brunt of the weather coming down Dentdale and will present a never-ending schedule of maintenance works – a fact which we fully appreciated from the start. Indeed, as part of our due diligence process, we had commissioned a detailed report from a local surveyor expert in heritage buildings and this was laden with words of caution. It was certainly not a task for the average lay person, but we are fortunate to have excellent local tradesmen and a number of willing volunteers.

Our initial intention is to undertake a further maintenance period as soon

as soon as opportunity permits at which time, we will look towards repointing in traditional lime mortar and replacing the large waiting room window in a traditional Midland style. This is going to be a costly undertaking and we have launched an appeal through our website www.foscl.org.uk for the necessary funds for the ongoing work which will hopefully address some of the immediate problems and the effects of the extreme weather.

In addition, we recognise the fact that the public may wish to visit the station building at close quarters, not usually possible, and to enable this we intend to hold an open day as soon as circumstances permit.

John Carey

Friends of the Settle-Carlisle Line



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SEDBERGH AND DISTRICT HISTORY SOCIETY

The Rise and Fall of the Northumbrian Kingdom c600-1000 AD

Karen Bruce Lockhart

On 17th March, the Society heard from Fiona Edmonds, Director of the Regional Heritage Centre at Lancaster University. The lecture was by Zoom and had an audience of over 60, possibly the largest audience the Society has had for a lecture.

She told us that the Northumbrian kingdom was not one that many people were conscious of although in its golden age it was the most powerful kingdom in Britain, stretching from the east to west coast

and up into southern Scotland. Even those who did know of it thought of it as a kingdom on the east of the Pennines, but the area west of the Pennines was important to it for its links to the west of Scotland, the Isle of Man and Ireland. Remnants of the importance of the west could be found at places like Heysham chapel, and the stones showing that people were literate in both the ancient Celtic script and Latin. The kingdom at its greatest stretched from north of Edinburgh to the Mersey-Humber line (Mersey meaning boundary). In holding this territory, the Roman infrastructure was important and many of the important buildings were erected on top of the Roman ruins.

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In the Sixth century the local proto-kingdoms began to coalesce – one of these was Regio Dunutinga centred around Dent. It was difficult for the early kings to hold their territory as they had no real bureaucracy or monetary system and relied on cattle tributes. Following the battle of Heavenfield King Oswald (St Oswald) pulled the various territories together, and, having been baptised, he and St Aiden brought Christianity to the Kingdom. However, it was Oswald's brother who really brought in the area west of the Pennines. The importance of this area is witnessed by references to the Queen and her sister being at Carlisle. A battle north of the Forth in 685 really ended the

Northumbrian expansion. St Wilfred, who was behind the change to the Roman calculation of the date of Easter from that of the Celtic church at the Synod of Whitby in 664, was instrumental in bringing the south western area around Preston within the diocese of Durham, as can be seen from the number of churches dedicated to his name in that area and place names.

The Ninth century brought chaos, but it was not necessarily all caused by the Vikings – trouble had started before the sack of Lindisfarne mainly caused by the failure of the ruling dynasty leading to competition for the kingship and challenges from within and without. When the Great Heathen

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Army attacked the kingdom was very vulnerable, and lost Bamburgh, Durham and Strathclyde, and the Viking kingdom was set up in York. There was also turbulence in the Church, witnessed by the monks of Lindisfarne fleeing and attempting to take St Cuthbert's body to Ireland for safety from Workington (which failed, and they eventually took him to Durham).

The area west of the Pennines continued to be important to those on the east as is witnessed by the Cuerdale Hoard, and immense hoard of silver which would have supported an army for more than a season's fighting. Items in the hoard show the connections with the east and west

from York to Dublin. The Silverdale hoard also shows the importance for the Ribble valley link roughly along the present A59. The Vikings settled in the west as can be seen in the place names and items such as the Loki stone in Kirby Stephen church and the hogback stone in place such as Heysham.

It was Athelston rather than Alfred who concentrated on bringing the North into the English kingdom. Evidence of the various influences is obvious in the Domesday book in place names such as Bolton, Thoresby, Gospatrick and many others which show the place names Celtic, old English and Viking mixed together.

JUANA SMITH

Karen Bruce-Lockhart

In April 1812 Wellington besieged the city of Badajoz in Spain, and when the walls were taken the British Army sacked the city. From the chaos a young woman and her younger sister emerged into the British camp seeking protection. A 25 year old captain in the 95th Rifles, Harry Smith, took one look at the younger of the two sisters and fell in love. Three days later he married her in a drum head wedding.

Juana Maria de los Dolores de Leon was born on 27th March 1798 and so had just passed her 14th birthday when she married Harry Smith and followed the drum. She was present at the battles of Salamanca and Vittoria. She shared the privations of the life of her husband living in tents, with Harry's strong of horses, some 20 greyhounds, a batman and a 'lady's maid' (one of the rough camp-followers or 'wives'. She learnt quickly to ride well and rode with the column whenever she could, despising the wagon train. She endured the hardships of the retreat from Madrid (reduced to eating acorns). She slept on a battlefield. She always had a

stew on the go for their friends, made with "a little bit of this and a little bit of that". She was adored by officers and men alike, and was always cheerful and loving, as well as being admired by the Duke himself who called her his Juanita. Harry Smith in his autobiography said that she never complained except on a single freezing and wet night when she awoke to find he had fallen asleep between her and the camp fire

In 1814, after the fall of Napoleon, Harry Smith was posted to the war in America, and she was sent to England to his family. She spoke no English and instead of joining the family stayed in London to take English lessons (still only 16). She did not join his family until he returned from America with despatches later that year. She went with him to Belgium after Napoleon escaped from Elba, and during the battle of Waterloo rode some 60 miles away from the battle area and back, returning to the battlefield to search for Harry's body having been wrongly informed that he had been killed.

For the rest of her life she was never separated for any length of time from Harry who became Major General Sir Harry Smith, served in

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South Africa and India and was Governor of the Cape Colony. She may seem an unremembered obscure person in history, but she has a lasting memorial in the town of Ladysmith – famous for the siege during the Boer War. Not far from the town of Ladysmith on a moderately detailed map you will also find the small town of Harrismith

An extremely good and readable account of Juana and Harry Smith's lives and adventures, from their marriage to Waterloo is given in Georgette Heyer's novel *The Spanish Bride*, based very largely on Harry Smith's own autobiography, in itself very readable but quite hard to get hold of, and other memoirs of the 95th Rifles as well as Wellington's despatches.

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HERITAGE IN THE WESTERN DALES

Richard Cann

This new book contains more than 300 photographs of the Sedbergh district.

The collection of photographs arose from local people and visitors, from all parts of the world, trying to identify where their ancestors lived. They show the topography, the influence of people and buildings visible in the landscapes that are relished today and which provide foundations for the future.

Sedbergh is situated near the meeting points of the rivers Rawthey, Clough and Dee before these combined rivers flow into the Lune a few miles away. Each valley has its special features and community. Garsdale follows the Clough, Cautley

the Rawthey, and Dent encompasses the Dee. The Lune valley, Lunesdale, or Lonsdale, includes the area.

People working with the local resources have shaped the landscape. Through generations they have worked to create livelihoods for themselves, their families and ultimately their communities.

The photographs have been arranged, for convenience, according to neighbourhoods, although communities interacted and people moved between them. The places shown may add some interest for walkers, cyclists and intrepid drivers following identified roads but private property and the work of the countryside should always be respected. Armchair travellers may enjoy the many reminiscences that the photos inspire.

Copies cost £10 plus £3 p&p. During Covid restrictions copies can be obtained by phoning 015396 20771 or 20605 or via sedberghistsoc@aol.com.

HOWGILL'S 'OLD FAITHFUL' GOES TO ITS REST

Colin Cowperthwaite

The following article appeared in the Westmorland Gazette in January 1971. Many of our more senior readers will remember Ernie and his haulage business.

A Morris Commercial lorry which has covered more than 230,000 miles had its last working day on New Year's Eve, before it parted company with its proud owner, Mr Ernest Middleton of Davy Bank, Lowgill.

"I will be sorry to see it go", Mr Middleton told the Gazette yesterday, "but as the tax runs out at the end of the year and I find it impossible to get spare parts, I have decided to end its working life. I have no doubt it will be missed by people in the district as well - it has a noise of its own. I expect it will go for scrap eventually".

Mr Middleton operates his haulage business - coal and cattle food - from Davy Bank Mill. He carried out certain

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modifications to JM 9845 after he bought it. To enable the vehicle to pass over a road bridge crossing the River Lune near his home, he had two and a half inches cut off the running boards and front mid-wings on either side of the body, and replaced the double rear wheels with single ones.

The lorry was built in 1950 and has a four cylinder side-valve petrol engine of 3,590 cc. Mr Middleton said that it had only broken down once - the timing chain failed while he was reversing into a yard at Kendal Auction Mart.

Apart from other routine repairs, it has been a remarkably trouble-free vehicle and still has its original engine and transmission.

To succeed the 'old faithful' Mr Middleton has bought a comparative 'youngster' - a 1966 Morris Commercial lorry.

SEDBERGH 1940/2020

Rick French

Seen and unseen enemies
Broom handles for rifles
Takeaways for Eat Insides
Going Through The Motions
Improvising Life

TIM'S COLUMN

Tim Farron MP

Unsurprisingly, given that the pandemic is still with us, things continue to be busy. You continue to bring me with problems you would like help with, this Government continues to need reminding that there are lots of people who still need help and they continue to be distracted by things that I would argue are not that important.

Let's start with that latter issue.

So here we are in the middle of a pandemic, more than 120,000 people have sadly lost their lives to COVID, far higher than any other European nation, the economy is taking a battering from both this and our new trading arrangements. This really doesn't seem like a sensible time to completely re-organise our local authorities. But that is exactly what our Government is proposing to do. Both South Lakeland and Cumbria councils have been working flat out providing vitally important services during the pandemic. They have been doing things like sorting out the support for our local businesses, running social care and public health. Yet, despite this, the Government is proposing to throw in the massive distraction of trying to combine our two local councils into one. The result of this can only be that people who we want completely focused on helping us out of this situation spend

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unnecessary amounts of time worrying about their jobs or submitting proposals on how the reorganisation could work. I think it is worse than madness it is irresponsible. Something I have said quite openly to several ministers. If you want to express your views on the proposals, which I know is a distraction from other more important things for you too, the Government is running a consultation. Just search for "re-organisation of local government in Cumbria" on the gov.uk website.

I continue to remind the Government that outdoor education facilities like Bendrigg Trust up near Killington are not just important to children's welfare but are also major

employers in our part of the world. When I asked the Prime Minister about this he said that he couldn't see any reason why these sorts of facilities could not open at the same time as schools. However, I received a letter from the Education Department the other day (so after schools had re-opened) saying that not only could outdoor education facilities not open, they could not give a date when they could open. This at a time when even nightclubs have an opening date they can at least plan towards.

Finally, I have been pressing the Government to spend some money promoting the Countryside Code. I am sure we can all remember the scenes around here when people

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were let out of lockdown last summer. When I spoke to the police about visitors' behaviour at the time, they said that much of the problem was caused by people simply never having been to our part of the world before and so not knowing how to behave. At least if they knew a bit about the Countryside Code they would have some clue about the harm that leaving rubbish around and not closing gates can cause.

There have been many other issues taking my time and if you have others to add to my list then please drop me an email at tim@timfarron.co.uk or give us a call on 01539 723403.

Thanks for your support
Tim

SEDBERGH PARISH COUNCIL

Janey Hassam - Clerk

The Council held their online conference meeting on 11th March 2021 at 7.00pm. Their next scheduled meeting is Thursday 8th April 2021 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.

Sedbergh Parish Council currently has a Casual Vacancy for a Councillor, please contact the Clerk for further information.

Sedbergh Growth Framework

Members received a presentation from the Sedbergh Economic Partnership, including an update on their Sedbergh Growth Framework, Sedbergh Housing Growth (Economic

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Assessment) and their Sedbergh Economic Appraisal Study – all documents will be made available on the Parish Council website.

Queen's Garden

Members were delighted that the tree planting project at Queen's Garden had come to fruition, with the planting of some 40 trees/whips/hedgerow plants due in March. This project had been able to complete due to a huge amount of work undertaken by the Friends of Queen's Garden, the Parish Handyman, Yorkshire Dales National Park, South Lakeland District Council (who had generously donated the trees) and Sedbergh School who had stepped in to support the Council to plant the trees. The project had been complicated due the current restrictions and the limited planting season for the trees. Please also see further article from the Friends of Queen's Garden.

Correspondence

This month, letters included ongoing concern for dog fouling – highlighted with SLDC and awaiting feedback. Signage at Queen's Garden, parking on double yellow

lines on Main Street (particularly at the Post Office), with vehicles idling next to people queuing outside and the request for wildflower verges/ areas. Members also discussed a proposal for a verge side path along the A683 and whilst supportive in principle, felt there were other priorities in the Parish at this time.

Other Matters

Various other matters were discussed, including a presentation in regard to the former Baliol Site (and future proposals), Finance and Amenities and other Correspondence items were also discussed, including outstanding urgent Highways matters, in particular – Crosedale Beck/ Howgill Lane (now complete), Cautley Road and Dowbiggin Lane.

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

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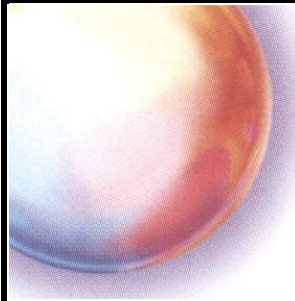
Janey Hassam - Clerk

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

The Council may co-opt any person who is able to hold such office, and who is willing to serve their community. Provided, they are at least 18 years old, a British citizen, an eligible Commonwealth citizen or a citizen of any member state of the European Union, and they must also meet at least one of the following four qualifying criteria:

- You are, and will continue to be, registered as a local government elector for the parish/community in which you wish to stand from the day of your nomination onwards.
- You have occupied as owner or tenant any land or other premises in the parish/community area during the whole of the 12 months before the day of your nomination and the day of election.
- Your main or only place of work during the 12 months prior to the day of your nomination and the day of election has been in the parish/community area.
- You have lived in the parish/community area or within three miles of it during the whole of the 12 months before the day of your nomination and the day of election.

(Additionally, you cannot apply if, for example, you are the subject of a bankruptcy restriction order or interim order. You have been sentenced to a term of imprisonment of three months or more (including a suspended



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sentence), without the option of a fine, during the five years before polling day. You have been disqualified under the Representation of the People Act 1983 (which covers corrupt or illegal electoral practices and offences relating to donations).

Written expressions of interest from persons wishing to serve as a Councillor need to be submitted to the Clerk to the Council 72a Main Street, Sedbergh LA10 5AD (or emailed) to be received by Friday 7th May 2021. It would be helpful if your letter (preferably on one side of A4 paper) could provide some details of your background, any experience you feel is relevant, and a statement explaining why you would wish to serve as a Parish Councillor.

Should you be interested in serving as a Councillor you are encouraged

to contact the Clerk to the Council who will be able to explain the nature of the role, the time commitment likely to be required and the training which is available for new Councillors.

Alternatively, please speak directly with an existing Parish Councillor – these are currently (The Chairman) Kevin Lancaster (Vice Chairman) Ian McPherson, Steve Longlands, Roger Sedgwick, John Capstick, Margaret Brooks, Simon Arnold, Helen Bromley, Ed Welti and Rachel Cowperthwaite. Please visit the Council's website www.sedberghparishcouncil.org.uk for more information about the work of the Council.

Janey Hassam, Clerk to the Council (07966 134554)

Email: clerk@sedberghparishcouncil.org.uk

A VIEW FROM THE FELSLS



ONE GOOD THING ABOUT LOCKDOWN : SHE DEVELOPED A NICE MONEY -MAKING HOBBY FROM HOME.

ROYAL BRITISH LEGION

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

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work. You do not need to have served in the Armed Forces to be a member.

Membership costs £17.00 - call 20964
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For more information, visit our website:
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THE ROYAL BRITISH
LEGION



COUNCILS AGAINST NOISE AND SPEED

Hamish Wilson

In December 2020, a joint parish council group CANS (Councils Against Noise and Speed) was set up in response to resident complaints about the disturbance caused by motorcyclists breaking noise and speed and limits in the Yorkshire Dales National Park and Lune Valley.

CANS represents parish councils in Lancashire, North Yorkshire and Cumbria (see below) and is a campaign group which aims to ensure the law is being enforced on noise and speed limits.

We are encouraged by the Chief Constable of North Yorks, Lisa Winward's proposal to hold several 'days of action,' at the beginning of the 2021 season. These include 'an uplift in the number of safety camera vans and an uplift in traffic officers for stopping vehicles and the conducting of physical examinations for construction and use offences.'

With the support of the YDNPA and local MPs, Rishi Sunak, Tim Farron, Julian Smith and David Morris, the CANS campaign will press the police

and highways authorities to sustain and develop these and other measures so that everyone can enjoy the unique beauty and tranquillity of the National Park.

Hamish Wilson - Chair of CANS (Garsdale Parish Councillor)

The following councils have representatives on CANS: Kirby Lonsdale, Casterton, Barbon, Middleton, Sedbergh, Garsdale, Hawes and Abbotside, Ingleton, Ireby and Leck, Burrow-with-Burrow, Melling with Wrayton. Nick Cotton (Sedbergh and Kirkby Lonsdale County Councillor) and Kevin Lancaster (South Lakeland District Councillor) are also members.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School has introduced a pioneering leadership programme usually reserved for FTSE 100 executives for its year 13 (Sixth Form) pupils. The Ivy House award focuses on self-knowledge, self-leadership and self-empowerment, giving the pupils the skills, knowledge and confidence to take ownership of their lives and develop a plan to build the kind of future they want.

Half term ended on 22nd February and the School returned to work virtually, but at last, due to the Prime Minister's announcement that day, was able to start preparations for return to comparatively normal boarding school life

After several weeks of comparatively fine weather the School returned to mist, wind and rain. Something over 400 were able to return after 82 long days away. They returned under strict conditions. On arrival on Sunday 7th March, brought by car, each pupil was given a rapid Lateral Flow Test at the Hirst Sports Hall before the parents departed. A strict alphabetical timetable for arrival was arranged. If the test proved positive the parents were required to take the child home and arrange for a PCR test as soon as possible through the NHS. The family would need to self-isolate. The staff and volunteers carried out almost 1,000 tests on the Sunday. Both pupils and staff are tested twice a week.



On return, the School operated on its Amber regime, with pupils in a bubble of approximately 12 pupils in a year group and House. Masks are compulsory in classrooms and communal areas. No exeats or other external commitments are allowed and parents are not allowed to visit. Access to the town is prohibited.

Arrangements were made for those pupils able to travel from some countries to arrive from 10 days before 8th March in order to isolate, but a few pupils coming from "Red" list countries would have had to go to designated hotels at their parents' expense. Arrangements to continue teaching them at home virtually were made.

The School returned to the summer timetable, ie games after work in the afternoon, as the afternoon light improved. Being able to play games together once more has been much enjoyed.

The Sixth Form are at last able to make full use of the new Sixth Form Centre in the Queen's Hall. This new space provides pupils with the chance to focus on their independent learning as well as designated rooms for projects and group work

The Prep School held virtual Open Days on 2nd and 6th March by Zoom.

A webinar discussion was held on 1st March when the guest Dean Macey, former Team GB Decathlete talked about what motivated him and inspired him. Another Webinar was held on 17th March at which the Guest was Karen Creig, current Head Coach of Netball Super League

Champions, Manchester Thunder, talking through her coaching philosophy.

Both Schools celebrated World Book Day – the Prep School dressing up as characters from books. The Prep School held a non-uniform day to raise funds for Red Nose Day

Martin Valentine, former Housemaster of Evans, died on 23rd January. Just before half term Peggy Robinson, who had served the School for many years as a laboratory assistant, died. She had continued to live in the Town since retirement. Jane Collinson, widow of the former School Bursar, died on 6th December 2020. Sheila Rogers, who taught biology until she retired in 1985, died recently.

Isobel Boddy OS who left in 2017 will attempt to run 7 marathons in 7 days through the streets and parks of London starting on 15th April to raise money for Mind. The annual event, swimming in Windermere, running the Windermere marathan and cycling the 25 miles back to Sedbergh, is named after her.

OS golfer Archie Davies has continued his success in America gaining his first top 3 individual finish (tied 2nd). OS James Botham was selected for the bench for the cancelled Wales against Scotland game (while Cameron Redpath OS was to play for Scotland)

Term ends on Friday 25th March. The summer term begins on 19th April. The Sedbergh National Super Tens will not take place again this year. The Junior Sports and Activity Day Course will take place this year, running from 6th-9th April

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SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope, Hon. Secretary

The Trustees will meet on Wednesday 14th April 2021 to consider GRANT APPLICATIONS from suitably qualified persons who have attended local authority or maintained schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

APPLICATIONS should be in writing and addressed to:

The Honorary Secretary of the Trust, 6, Guldrey Fold, Sedbergh, Cumbria LA10 5DY

NEWS FROM THE PEWS



*Susan Sharrocks
Tony Reed Screen*

The theme of 'Hope' for this Easter season is accompanied by the sights of glorious yellow daffodils, the beautiful Lenten Rose, bright swathes of crocuses and the sight of joyful, gambolling lambs in the fields surrounding us which surely bring smiles to all our faces.

The Western Dales Mission Community continue to meet courtesy of Zoom each Sunday morning at 10.30am. Do look at the Facebook page for St Andrew's or make contact with Tony or myself for further details.

Why not take the Easter Trail (suitable for primary school children) around town starting on Sunday 28th March until Monday 5th April? Ten clues to follow with the first one at New Street Cornerstone Church ending with a little treat to be found at the last one.

There will not be a service in church on Palm Sunday (28th March) but palm crosses will be available at

the back of church for anyone who wishes to collect one.

Reverend Lindsay Gray will be taking a Compline Service at 7pm on Monday 29th March, Tuesday 30th and Wednesday 31st and Maundy Thursday 1st April.

Good Friday Lindsay will lead a time of quiet reflection from 12 noon.

On Easter Saturday, 3rd April an arch of rainbow-coloured balloons is planned to be made outside of the Parish Church. For this you are invited to come and help blow up the balloons...using balloon pumps and wearing latex gloves which will be provided. If you do have your own balloon pump do please bring that along for your own use. This will take place between 10.30am and 12.30pm in the churchyard.

Our usual Sunday services will resume on Easter Sunday with Holy Communion taking the bread only) at 10.30am.

A Christian meditation group will be starting in the near future. This will be open to anyone and no prior experience is needed. If you would like to know more please contact Judith Bush, judithbush@onetel.com

Happy Easter everyone.

Stay safe and keep well.



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DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

Following on from giving out Advent calendars at Christmas we plan to mark the occasion at Easter too, but without the chocolate (we noted parents concern).

We continue in fellowship one Sunday and one Thursday evening on Zoom, looking forward to being able to meet in person.

Our annual August Festival will be from Friday Aug 6th to Monday 9th, very much in praying stage at the moment.

Any other in person events are obviously on hold at the moment but we look forward to being able to host them in the future.

As ever, do get in touch for prayer or a chat on the phone or outside with a brew.

Jn & Sarah. 015396 25212.

DO IT ANYWAY.

David Lord

People are often unreasonable, illogical and self-centred.

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives.

Be kind anyway.

If you are successful, you will win some false friends and true enemies.

Be successful anyway.

If you are honest and frank, people may cheat you.

Be honest and frank anyway.

What you spend years building, someone could destroy overnight.

Build anyway.

If you find serenity and happiness, they may be jealous.



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Be happy anyway.

The good you do today, people will often forget tomorrow.

Do good anyway.

Give the world the best you have, and it may never be enough.

Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God.

It was never between you and then anyway.

HOW WILL I COPE COMING OUT OF THIS?

wendy7713

As the vaccine gets rolled out to more and hints of lockdown rules being eased begin to be hinted at, the niggling thoughts of the future come into my head. How will I cope coming out of lockdown? What will I want to do? Do I really want to go back to how things were before?

On quiet rainy days, when I'm stuck inside, these thoughts flit around in my head, creeping up without warning. Some of them deliver joy, others fear and confusion, but most deliver the unknown, the undecided.

But what of the rest? What of all the other travelling? Do I want to go back to that? Will there be a need? Will everything have gone on line now via Zoom?

The simple answer is, I'm really not sure. I'd hate it all to stay on Zoom, although many playmates would, especially those who find it hard to travel; they wish this world would stay as it's brought the world to them. However, I find Zoom more tiring, more wearing and rather sad. Instant farewells instead of long goodbyes; the staring at images instead of feeling peoples' presence. No, Zoom is not my chosen future. It's all we've got at the moment but I've opted out of many because of it. Then how will people look, standing on legs instead of just seeing their head and shoulders? The whole person instead of their head.

It's the travelling that would inspire me to keep going. I love travelling, seeing landscapes change as I whizz through the countryside on a train,

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towns and cities appearing and disappearing and then arriving at the destination and having to find my way. That stimulation all that provides might be the reason I do start again.

Who knows how it will all pan out. We've all got a lot of thinking to do. Let's hope the world has learnt something from this pandemic. That we all need each other. That green space is important. That our countryside is important. Speaking of which, would I walk as much if I were travelling each day? My walks are the very essence of this lockdown that have kept me going, my walks with my camera. Would I have met as many people if we hadn't been locked down – nope.....would I have seen nature in all its glory....nope.....would I have taken as many photographscertainly not. And I think I'll miss that if the world goes back to how it was.....if only we could pick and choose what bits to allow back into our lives...or maybe we can....

Wendy 7713 is a lady living with dementia in West Yorkshire



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FAMILY MUSINGS.

Sarah Woof

For a change in thought we could re-visit some Musings of the past and first up is Sept 2002, when we held a party to wish our son well as he moved to Manchester to The Message. The highlight of the eve for me wasn't that some folks had pudding before main course in case they ran out ...but was watching 4 strapping teenage lads sat on folding garden chairs trying to play hoopla! I reminisced about Batty shop, the sand pit where you turned onto the Hill, snack bar down stairs at the 'Dragon' and the gift shop up the steps. My mum who was gearing up for her 90th birthday told of picnics up

Flintergill with a 5d tin of pineapple for pudding.

July 2005 and a meal had included fresh smoked salmon from Amsterdam and how I never expected to enjoy the delights of that city. I had inherited a Cocker Spaniel called Cleo who I came to dearly love. Me, her, our cat Mitts and another cat would go walkies down the road at 4 am. We were looking forward to our girls coming back from Australia, and our son's wedding.

Nov 2005 spoke of the memories of great bonfire parties we had at the farm and we were looking forward our Silver Wedding the following year. Mitts and Cleo had become close friends and the cat had been found to

be quite capable of knocking a box of dog biscuits of a top shelf for Cleo.

Nov 2006 saw us up and down to Bristol moving my brothers belongings to Dent, he had come north a year previous and to us in the January. My favourite fridge magnet reminded me "I used to have a handle on life but it broke!".

April 2008, Family members took place in the Dent Run, and due to floods had to repeat the top half of the dale declaring "Cage Hill is a killer once, we had it twice!".

So here we are up to date and I am exploring the attic and reminding myself what lives there and finding things I had forgotten about or thought were somewhere else. We are looking forward to a brew with a friend in a public place, and to an open house for our Ruby Wedding Anniversary in May. Take care folks, enjoy the freedoms with safety, and carefully does it. Time moves on and we are blessed with the company of those who share it with us.

FEBRUARY WEATHER

Brian Wright

Well February "fill dyke" it certainly was and it was also "black and white" in that we had a complete selection of types of precipitation. The snow lasted with us longer than usual and even longer on the tops. We had a total of 150mm (6inches) in all. 54mm (21.2inches) fell in the 3rd week. Temperatures reflected the time of year with a high of 6C (42.8F) and a low of -6.2C (20.8F). We had some very cold winds and during the snow, temperatures were at or below freezing all. These temperatures were

often made worse by the bitterly cold easterly winds.

Fortunately, we live on an A class road so it is generally well gritted though I understand the "Black Horse" was impassable when the first snow fell.

After a superb show of snowdrops we had a few crocuses show later in the month. Most of ours have either been eaten by small rodents or pulled up by sparrows. They particularly like the yellow ones for some reason as we have only the odd one left. The few hybrid varieties we have in pots seem to have survived better. The tulips I mentioned previously have been truly decimated by rodents. Some pots have non left at all and some have much reduced numbers. We have never had a season like this and we tend to plant some new bulbs most years. Signs of spring around the garden start with the flowering of Cornus mas. To see it at its best you have to go upstairs as it has grown so big!

With the outbreaks of bird-flu still going on the geese and chickens are still shut up unfortunately. This they certainly don't like and neither do I when I have to go and collect the goose egg, which is always laid in the far corner. The gander defends his patch in a big way! I go in armed with a broom handle to fend him off. I still have some bruises to show for my encounters! I have said before that I have never had sheep with feet in the state they are at present. I caught them up recently to give them their pre-lambing vaccinations and trimmed the worst ewes. They are all looking well let's hope lambing goes well.

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SPRING CLEAN THE PLASTIC FREE WAY

Kim Bradshaw

The daffodils are flowering, lambs are jumping in the fields and the nights are drawing out, which means only one thing - spring cleaning! Normally this would mean copious bottles of chemicals in a hundred different fragrances promising easy cleaning. In truth we don't need to pollute the environment when we clean and we certainly don't need all the chemicals, parabens or bleaches. With a few natural ingredients which are probably already sitting in your pantry you can clean your house from top to bottom.

Distilled white vinegar is an amazing natural cleaner capable of killing household bacteria, cuts through grime in a fraction of the time of branded products and dissolves hard water deposits.

For windows, mix 50% white distilled vinegar with 50% hot water

into a spray bottle. If windows are grimy, wash with warm soapy water beforehand.

Scented All-Purpose Cleaner; mix one part vinegar, one part water, lemon rind and rosemary sprigs into a spray bottle, shake and let infuse for a week before using. Great for cleaning your bins, wall smudges, removes hard water stains and many more (however do not use on granite!).

Lemon is also a great natural cleaner and the acid is an antiseptic and antibacterial. Added to vinegar when cleaning, lemon juice will help neutralize the smell of vinegar. The acid in lemon juice also cuts through grease and is perfect for removing grease from the stove and countertops.

For countertop stains, allow the lemon juice to sit on the stain for a few minutes (not too long - it can be powerful stuff). Scrub the area with

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baking soda and watch the stain disappear.

A 50/50 vinegar/water solution will clean tiles, cabinet fronts and soap scum from showers. To remove stuck on gunk in the shower and bath mix baking soda and water to a paste. For really tough stains, use vinegar instead of water.

By adding a few drops of essential oils to all of the above you can personalise your home to your favourite scent.

There are also a number of alternative, natural cleaning products available to purchase on a refillable basis in store. We are more than happy to discuss alternative options.

COBBLE COUNTRY ADVERTORIAL

Beth Handley

Following the re-opening of the property market back in June 2020, the volume of new instructions, both sales and lettings along with general enquires, viewings and other activities has been outstanding, which comes with the plentiful workloads. At Cobble Country we pride ourselves on our local knowledge and ability to provide a friendly service, responding to all enquires within a timely manner. This has been highlighted in the generosity of our clients providing us with gifts and kind words. Just a select few established below, from both buyers, sellers, and tenants.

'Thank you so much for your efficient and professional service. Managing to complete my rental within a week was truly outstanding'.

'Sue and Beth, A massive, big thank you – you have been brilliant'.

'Thank you for all your help during this long & difficult house sale.'

'Thank you so much for all your hard work in helping us buy our



cottage, it has been an absolute pleasure dealing with you.'

'Thank you, Sue and Beth, for your patience, all your help and always being there at the end of the telephone. Also, for helping us find our forever home.'

It's great to see such positivity in the local property market.

RUMINATION

Gleaned from Facebook Anon.

I spent an hour in the bank with my dad, as he had to transfer some money. I couldn't resist myself and asked...

"Dad, why don't we activate your internet banking?"

"Why would I do that?" He asked...

"Well, then you won't have to spend an hour here for things like making a transfer. You can even do your shopping online. Everything will be so easy!" I was so excited about initiating him into the world of Net banking.

He asked "If I do that, I won't have to step out of the house?"

"Yes, yes"! I said. I told him how even groceries can be delivered at your door now and how amazon delivers everything! His answer left me tongue-tied.

He said "Since I entered this bank today, I have met four of my friends, I have chatted awhile with the staff who know me very well by now. You know, I am alone...this is the company that I need. I like to get ready and come to the bank. I have enough time, it is the physical touch that I crave. Two years back, I got sick. The store owner from whom I buy fruits, came to see me and sat by

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my bedside and cried. When your Mom fell down a few days back while on her morning walk, our local grocer saw her and immediately got his car to rush her home as he knows where I live. Would I have that 'human' touch if everything became online? Why would I want everything delivered to me and force me to interact with just my computer? I like to know the person that I'm dealing with and not just the 'seller'. It creates bonds of Relationships. Does Amazon deliver all this as well?"

Technology isn't life.

Spend time with people. Not with devices.



THE DAY SEDBERGH GRINDS TO A HALT

Colin Cowperthwaite

For a second year running, the Covid pandemic has deprived Sedbergh School of its annual historic Wilson Run. To compensate, I have discovered this article which appeared in The Dalesman magazine 26 years ago, March 1995. Female competitors are not mentioned, as girls were not yet attending Sedbergh School at the time it was written.

Every year, for one Tuesday in March, Sedbergh prepares for an invasion. This quiet village (sic) lying where the Yorkshire Dales meet the Howgill Fells, finds its streets filled with locals and visitors from around the world eager to join in the

atmosphere of a unique sporting event.

The Wilson Run, a 10-mile rugged road and cross-country race, has become as much a part of Sedbergh as the brooding presence of Winder, the 1,551-foot grassy hill which dominates to the north. For more than a century, this classic event has involved pupils from Sedbergh's famous boys' school, and in those years it has gained almost a mystical reputation.

That was because of one man - C.E. Pumphrey, who in 1899 rewrote the race's history by winning the event in a time which stood for more than 90 years. Such was the margin of victory that Pumphrey's triumph eventually as debated as the 1910 Burnsall fell race victory of the

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legendary Ernest Dalzell, who some claimed had been wrongly timed.

Dalzell's achievement has been bettered - only just - but it wasn't until 1993 that the Wilson Run record was finally broken, nay smashed, and the myth went with it. But that won't stop Sedbergh grinding to a halt at 3pm on March 21st as crowds line the finishing straight and many more spectators seek vantage points on the rugged course.

This year's 100 or so young hopeful sixth-formers will be bidding to better one hour eight minutes and four seconds - the record now standing to Charles Sykes. For he it was who ran Pumphrey's achievement into the ground, knocking more than two minutes off that 1899 triumph.

In 1994, there were hopes that Sykes could go even better, but as the crowds waited in great expectation, the weather played its trump card and blanketed the fells in thick mist. Young Charles went astray, and any chance of a record-breaking double vanished like the views.

Charles Sykes is now at Durham University, so this year a new name is

guaranteed on the role of honour for an event the winning of which has been often described as equal to an Olympic gold. This little race, which grew from one Victorian teacher's love for athletics and the great outdoors, has become something of a legend; a Boys' Own epic of bravery and commitment, of victory and failure.

It started life in 1881 as a 10-mile steeplechase when Bernard Wilson, a quiet, much-loved master, arrived at the school. He encouraged youngsters to explore the superb countryside around them. When Wilson died in 1913, the event was named in his honour. And countless boys have tried ever since to attain the fame of being first over the line in what has become a unique annual sporting event.

Times have changed since the days of Pumphrey and another famous winner, twice champion Will Grandage who was second in that 1899 record breaking year. With better footwear, diet and training methods, even today's modern young runners will be hard pressed to better the times set in Queen Victoria's reign.

But that won't be for the want of trying on their part or for lack of effort from Hugh Symonds, a maths master at the school. He is a former England international fell runner, a three times winner of the famous Three Peaks Race - the gruelling 23-mile circuit of Yorkshire's premier tops - and the only man to have run a continuous traverse of all the 3,000-foot mountains of Britain and Ireland.

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He has enjoyed putting his invaluable experience to good use helping to train boys for the ultimate athletics challenge of their young lives. Last year he took over the organisation of the event, much of which is run over private land.

Come March, runners are allowed to train over the course, but just before then, Hugh walks the course and notes any stiles or gates which need repair. The school carries out the work, in a way to say thank you to the local farmers for allowing the event to cross their land.

"The Wilson Run is a big event for the school", says Hugh. "It's usually a very open race and extremely difficult to predict a result. It can throw up some real surprises. It's a long way for youngsters to have to run, and it's very rough".

On the evening of race day, a grand concert is held at the school when all the boys who successfully finished the run are called up on stage. The winner goes first to be followed, one at a time, by the second and third-placed, eventually to the last. Then they sing a song which C. Pumphrey and his contemporaries also sang - The Long Run.

"It's a great experience", says Hugh Symonds. "Running and athletics are very important to the school, they are fields in which we are very successful. And the Wilson Run is tremendously important".

So important, in fact, that in 1981, to celebrate its centenary, the race even had a comprehensive, finely-detailed and illustrated book written by a former winner, Norman Berry, who now lives near Huddersfield, and



1993 record breaker Charles Sykes on his way to victory

is one of only a few Wilson Run champions to have continued their athletic careers after leaving Sedbergh. Berry is president of Holmfirth Harriers AC and is a long-standing committee member of the Fell Runners' Association.

He is also - like many other Sedbergh old boys - totally captivated by the history of the Wilson Run and its place in the life of the town.

"The Wilson Run is always held on a Tuesday, and it is a tremendously important day for the whole community. The streets are thronged with visitors and old boys who return each year to witness what is a truly unique event. Winning is better than winning the Olympics", he says.

But few Olympians will ever have had to endure such a battering on their way to the winner's rostrum. Wilson Runners start off on the Kirkby Stephen road before a steep climb, and then a series of lung-bursting ascents and descents before the final two-and-a-half-mile tarmac stretch to the finishing line.

The names of various strategic points on the course, Baugh Fell, Whinny Gill, Muddy Slide, Spectators' Hill and Danny Bridge have become synonymous with truly outstanding physical achievement. In fact, Norman Berry has even named his home after Whinny Gill.

The Wilson Run, which has brought lasting fame to its birthplace, is set to run and run.

GUIDED WALKS FROM SEDBERGH

Ryan BEE Adventures

New guided walks from Sedbergh with BEE Adventures (Under 16s join FREE)

With so much to offer in Sedbergh and the surrounding areas, it is the perfect place to explore. People visiting the area on holiday or getting away for the day can enjoy our carefully selected routes. The walks will be around 4-6 miles from 10:30 am - 1:30 pm on various Fridays from April - July. Please check our website for specific dates and to book your place.

BEE Adventures has recently re-branded to a (non-for-profit) outdoor activity company. We run hiking

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The advertisement features a cow and a chicken. The cow's body is divided into sections with legal services labeled: 'Estate Partnership', 'Rural Planning & Development', 'Married & Co-ownership', 'Land & Property', 'Tenancies', 'Rural Business', 'Research & Energy', and 'Leasing & Farming Rights'. The chicken is labeled 'Resolving Disputes & Rights of Way' and 'Charismatic Personality'.

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events at the weekend with groups from Manchester and Lancaster to beautiful parts of the county such as The Lake District, Yorkshire Dales, North Wales, and Scotland, we provide transport to reduce the number of cars in these areas... the perfect tourist!

Monday to Friday we provide outdoor activity sessions in schools around the North West, promoting a good community spirit, wellbeing, and improving mental health.

During the week we are based in Sedbergh, we wish to thank the people of Sedbergh for an extremely warm welcome! Please feel free to stop us for a chat or give us a wave when you see us drive past.

All profits made from our events are recycled back into the community to provide outdoor activity sessions and qualifications for children from more disadvantaged backgrounds such as the Junior Award Scheme for Schools and the Duke of Edinburgh Award.

About us:

We have a great love and passion for the outdoors, we believe the physical and mental benefits outdoor opportunities bring to people are extremely important in the society we live in today. Growing up in North Manchester, outdoor opportunities were very limited, so we decided to try and make a change. We spent 6 years developing our skills spending thousands of hours wandering the



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mountains of the UK, climbing, hiking, and learning. We created a business that will make a real change to people's lives, that's why this year we converted to a C.I.C (Community Interest Company). BEE Adventures has been growing from strength to strength and we are determined to create something ethical, sustainable, and can make a lasting difference to communities around the North West!

Check out our website at www.BEE-Adventures.co.uk

Email: explore@bee-adventures.co.uk

Phone: 0161 706 1104

If you see us about the town please come and say hello, we're always free for a chat.

"GOOD SHOT"

... and its double meaning.

Adrian Braddon

Lockdown has been a frustrating time for everyone but perhaps none more so than Sedbergh's community of senior golfers, the SEGGS. It has for many been hard to understand why two individuals could walk together throughout most of January, February and March but were unable to do so, clubs 'in hand' on a golf course.

The science, which the politicians seem so fond of saying they follow, suggested golf in pairs was virtually risk free and in November the Government itself acknowledged golf and other outdoor sports "as incredibly important for . . . physical

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and mental health, and . . . a vital weapon against Coronavirus."

Prevented from playing golf, the SEGGS turned to a photographic competition arranged over the internet. The phrase "Good Shot!" became something very different from normal and has been applied to images as varied as a red squirrel feeding in Cowgill and a once in a lifetime super-tidy attic.

At the time of writing it seems golf will be allowed again from 29th March. "Good Shot!" may then revert to its more familiar meaning even if it's rarely, if ever, heard when the current Seniors' Captain has just struck the ball.

The course at Sedbergh is as usual in wonderful condition and now, as the season proper begins, may be the time to consider joining the SEGGS, who incomers frequently say provide golf at the friendliest they have experienced, if you are available to play on Mondays and/or Thursdays. Younger golfers are also welcomed at Sedbergh and, despite being a nine-hole course, tee times are readily available at the weekends. The Club's website is www.sedberghgolfclub.com .

CHASING THE RAINBOW

Walter McCandlish

March 24th 2020

Up the hill today

To take the view from Crook
I contemplate the coming days, how
the future looks.

The view was long, and I could linger
in the glory of spring,
But my country needs me now!
There is talk of war.

I've been called up, to stay indoors.
Bubbles, wrap our home guard,
Those who fought our wars before.
Loved ones, historians,
The reason for our being,
In the front line once more.

There are no rules of combat,
This enemy is unseen,
And takes no prisoners.
It stalks and creeps by touch and
words from mouths,
It carries on the wind, infiltrates our
lines,
Holds us in captivity, plays upon the
mind.

So today, as I welcome spring, I will
answer the call,
And close my door to friends and all,
To look each day for rainbows.
I'll wear a mask of positivity,
While my leaders sanitise the truth!
And feed us on the crumbs of Stats
and chunks of fear.

I choke upon mixed messages,
We lose the hope of young,
Who venture still to meet their peers,
facing down the gun.
The rainbow..... came through
people,
Community, being kind,
Mothers, fathers, sisters, brothers
All scrubbed up they stood and held

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the line.

A people murmuration! Though
frightened by the unseen,
That was somewhere all around
them,
Standing down never crossed their
minds.

August 10th 2020

Encouraged, we the people, Called
up to stay at home,
Now venture to our doorsteps,
To drive the fight back home.
We clapped and sang, each time the
rainbow grew,
So many hopes and dreams,
Placed upon the weary few.
The carers, drivers, Scientists,
Medics and more..... me, and you!
Those who stayed indoors and
played their part,
Can lick our wounds but raise our
"Standard" too.

As we inject the life back into life, our
summer ends,

The war still being fought, may be
coming to an end,
And I will climb the hill again and find
that space.

Remember sunny days and views
from Arant Haw,

Where undulating earth and long
skylines traced,

Would merge and melt, in distant
summer haze,

The eyes run wild over such space,
Spying every dancing singing lark,

That up, and up, and up would go,
Until at last they leave you gazing into
blue,

Where silver ships across the sky,
Lay trails of pink in evening hue.

...Its where you'll find a rainbow too.

SEDBERGH W.I.

Moira Folks

The evening of Wednesday 10th
March was a horribly wet, wild and
very windy one, the kind that might
well have discouraged many
members from venturing out to a WI
meeting in the People's Hall, with a
disappointingly low turnout for our
speaker – but these are NOT ordinary
times, so we were able to stay snug,
warm and dry in our own homes! For
once, we could feel **glad** of Covid
restrictions because they allowed us
to 'Zoom' our meeting online,
seventeen of us seeing each other on
screen before Valerie introduced our
entertainers for the evening. I expect
that David Dale from Morecambe,
who presented poems and folk tales
on a seasonal winter to spring theme,

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with piano accompaniment, off-screen, from his partner Ian Midgeley, was even more relieved not to have to venture all the way over to Sedbergh on such a night! 'Return of the Light' was their theme: how much we are all looking forward to that!

Most of us are now old hands, but not always successful at, zooming for Coffee and Chat or Craft and Chat meetings held on alternate weeks. These are very informal and wide-ranging discussions. At the Craft group, after seeing Valerie's recently completed small circular rag rug, and the fast progress Marjorie had made since the last meeting with knitting a pretty, lacy shawl for her next great-grandchild, the talk turned to craftwork and sewing that we

remembered doing in our childhood. In true Blue Peter tradition, Marjorie ducked out of sight and brought out a largish bag decorated with a variety of embroidery stitches that she had made when she was eight or so, which she just happened to have close by! Memories of sewing lessons followed: garments we had had to make which were designed to give practice in different kinds of seams, for example: are any garments nowadays made with French seams, I wonder? Most of us had made clothes for ourselves and our children, and grandchildren, too, in some cases. One royal blue velvet bridesmaid's dress made in 1969 had been worn at two weddings, then had done sterling service in several

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school plays, 'The Importance of Being Earnest' and 'My Fair Lady' being the most ambitious!

For several months book club members have been meeting online to hear others' recommendations of books read each month, because Carlisle Library was unable to provide us with the usual monthly sets of books, owing to Covid restrictions. Our zoom meeting on March 11th made a refreshing change because we had all been able to read and discuss the same book, thanks to the Borrowbox online facility from Carlisle Library which enabled each of us to download the same chosen book. The book was available in both audio book and e-book formats: some members downloaded both. 'We Begin at the End' by Chris Whitaker is

a crime thriller with excellent depiction of a host of characters, sympathetically drawn. The 13-year-old heroine, Duchess Day Radley, is a self-styled 'outlaw', her fiery character redeemed by her fiercely protective care of her little brother, Robin, who is just five. The backbone of the novel is her school project, tracing the history of her dysfunctional family, which is incredibly difficult and hurtful for her to write. The novel switches between California and Montana, both beautifully described; the author's sense of place and time is a joy, some of his descriptive writing poetic. Some of us found his conversational style – short sentences and brief paragraphs – a bit disjointed at first but soon grew to appreciate it; one or two who aren't fond of American

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novels, and found the American slang annoying or incomprehensible, might have been tempted to give up if we hadn't been reading it for the book club: what a terrific loss that would have been! We have been taken on a wonderful rollercoaster ride of different emotions and twists and turns in the plot of Chris Whitaker's third novel, published as recently as 2020, which will encourage some of us to read his first two novels, and look out for further ones. Eight of us had read the e-book and gave it 8 or 9/10: the two who had just listened to the audio book had found it more difficult to follow the sequence of conversations and who was speaking. Perhaps, the most surprising thing that came out of our discussion was the fact that the author was not American at all, but English and living in the south of England.

The Manna House grocery collections took place again in mid-February, with the emphasis for donations on sandwich fillings for packed lunches and toiletries, which were delivered by Sandra Kemp and gratefully received. Some members of the walking group had met one other member for a socially distanced walk and are now looking forward to being able to walk in groups of up to six by April when restrictions are eased. Maybe we'll be able to have mini meetings in our gardens again by May...

Those are the 'maybes': more certain is that we have planned another zoom meeting on our usual WI meeting date, Wednesday 14th April. Beth Curl, a member of Underbarrow WI, will be giving us an

online talk entitled 'A Passion for Plants supports Winterberg School': the school is in Africa, so we look forward to hearing what Beth has to say. All members will be sent a link to this meeting beforehand.

We may not be meeting together in the People's Hall yet, but Sedbergh WI is still accepting new members who are welcome to join our zoom meetings, as well as online educational activities being offered by our local Cumbria-Westmorland Federation and available to our members, some of whom are enjoying them already. If you would like further information about Sedbergh WI, please contact our President, Ellen Morrison, on 07702 919745. We look forward to meeting you!

Sedbergh and District Lookaround

AUDIO & LARGE PRINT LOOKAROUND

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The Large Print Version is delivered and supplied for FREE.



If you would like to receive either the Audio or Large Print, or you know of someone that would benefit or appreciate it, please contact Rosemary on Sedbergh 20540, Colin on 20659, or Elspeth on 20677.

The logo consists of the lowercase letters 's' and 'k' in a bold, red, sans-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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The word 'DECORATING' is written in a white, serif font, centered horizontally. It is flanked by two thin red horizontal lines, one above and one below the text. The background is dark with a subtle, radial starburst pattern emanating from behind the text.

Stefan Kliszat
01539620524

KILLINGTON W.I.

Wendy Fraser-Urquhart

Surprise! Surprise! How many unexpectedly super speakers is our programme organiser able to come up with? Thank you, Sarah. This month's title led us to expect Forgotten Memories of Films of Cumberland and Westmorland, and so it turned out to be.

However, the speaker, Jim Bownass was a double act with his friend and former colleague, Andrew Leitch.

These gentlemen had both worked for Border

Television, Jim as a cameraman and Andrew as a producer, hence being in an ideal position to establish the Cumbria Film Archive. This encompasses over 100 years of film history from Victorian times onward. Their zoom presentation started with early moving pictures of Carlisle in the 1860's including 'factory gate'

images of Carr's biscuit works, with numerous workers streaming out at the end of their shift. It reminded me of the time when I had a holiday job, packing soap in Lever Brothers factory in Port Sunlight. We saw films of so many manufacturing industries which existed throughout our region, using raw materials produced locally

or imported from distant lands. Royal, Civic, and community celebrations through the ages were pictured. I found it a truly inspiring presentation. You can see much of this

archive by going to www.cumbriafilmmarchive.com

After our speakers had received a hearty vote of thanks, and perhaps gone off to rewind their film spools, we continued with the rest of our meeting. I suppose that the most exciting item was hearing that our president, Susan Sharrocks, had won

The logo features the text 'theWI' in a green, lowercase, sans-serif font, with 'the' in a smaller size than 'WI'. Below this, the words 'INSPIRING WOMEN' are written in a smaller, all-caps, green, sans-serif font. The background of the logo is a dark, textured green.

the monthly prize in the federation monthly draw. She was even more popular than usual!

Most of us have now had our first vaccinations and are grateful for the reassurance which this brings. We hope that progress in coping with Covid continues but are aware that we must not relax our guard. It is cheering to see the Spring flowers and the bees are buzzing madly on the winter heathers. Today, I noticed the first blossoms on a fruit tree in next doors' garden.

Our next month's zoom meeting will be on Tuesday 13th April at 2-00pm. Our secretary, Marion will e-mail the link details to all members in due course.

Keep smiling and don't do anything that I wouldn't do!

LOOKAROUND A.G.M. CHAIR'S REPORT

Myles Ripley

Firstly, I must thank all those volunteers who have so ably contributed to all the work that is required to successfully produce Lookaround - especially during this interesting lockdown year with Covid! It is significant that we have managed to produce a monthly magazine throughout this last year with no hiccups at all. We need to thank all our contributors who have generated so many articles while we were bereft of community news in the absence of normal activities in the town. Our readership has commented favourably on the change in content and have enjoyed the new style of articles. I must mention Colin

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Cowperthwaite in particular for his regular historical contributions. I would like to commend the continuing hard work of the people who look after the Talking Lookaround.

Understandably our income was reduced during the year both in terms of advertising and donations but did not shrink down to nothing, so we have remained financially sound although our reserves have shrunk. We would have been expecting to be able to make donations towards community events but partly because they haven't happened and partly because our funds have shrunk, we haven't donated in those directions. We did

have to raise the cover donation cost of the December colour issue in order to cover the extra costs of a colour edition (almost double the black and white price).

We can always use extra volunteers and occasionally worry that if any of our key volunteers became unavailable we might be badly affected. In particular we would value another compiler – he/she who puts together all the articles and adverts into the final print ready version to send off to our printers – Stramongate. If you would be interested in volunteering in any capacity, please do get in touch.

LOOKAROUND



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**SEDBERGH C.I.C.
New Director & Volunteers
Needed!**

*Chris Wood
Chair of Directors*

Sedbergh Community Interest Company, which runs Sedbergh Information Centre, is looking for a new director to join our management team. We would like to find a someone with a broad range of skills and a willingness to help where required. You wouldn't need to make a big commitment. We hold a monthly management meeting, and directors also take on a variety of tasks depending on their interests and availability.





If you don't want to become a director but would still like to get involved we are always looking for

volunteers to help out behind the front desk. It's an enjoyable and interesting way to spend a half day, either as a regular commitment or on an occasional basis.

Finally, we need people to help put information onto the Visit Sedbergh website (sedbergh.org.uk). If you have knowledge of Wordpress that would be even better, but not essential!

Sedbergh CIC is a not-for-profit community-based company limited by guarantee. Our job is to support the local economy by attracting visitors to the area who will hopefully spend money here! We provide information to visitors and locals alike, sell maps, guides and gifts. We also sell a large range of second-hand books from a number of dealers as part of



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Sedbergh Book Town. In addition, we are responsible for the Visit Sedbergh website. We work closely with other organisations such as the Chamber of Trade, the Parish Council and the Yorkshire Dales National Park. We have a paid centre manager, but everything else is done by volunteers.

So, if you have a bit of spare time available and would like to help us to help the local economy in the post-covid recovery period then please contact Laura on 015396 21025 or email office@sedbergh.org.uk.

NEWS FROM SEDBERGH BRANCH OF THE ROYAL BRITISH LEGION

Nicholas Cross

The noted 9th Century Arab writer Al Jahriz (the boggle eyed!) is reputed to have perished in his hundredth year when a stack of books in his library fell on him. Confronted with what we, as a branch, are faced with the Committee sometimes feels that we too are in a similarly precarious position to the unfortunate Al Jahriz.

Covid has really affected our efforts over the last 12 months, and it looks very much as though this state of affairs will continue until July. So, at the risk of dying beneath a stack of books, I will sketch out our plans for the year.

Our primary need is for new members. At £18 per annum, membership is hardly costly, given that the need for RBL services continues to grow. There is some resistance to joining, some cite the growing 'corporatization' of the Organization, the new and expensive

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Logo, and many other issues. However, no organization is perfect and the only way to effect change is from within. Whether you have served or not you will be most welcome. You can join online simply by using the RBL website. <https://www.britishlegion.org.uk>

In this our centenary year, the Legion continues to serve those who have served as it has done since 1921. The caseload of service people suffering the effects of injuries, both physical and mental that can continue throughout their lives, is immense. We stand in support and hope that you can stand with us.

2021 has, restrictions permitting, to be shoehorned into under six months from July beginning with the much delayed dedication of the new Branch Standard. We shall be operating stands at both the Church Fete and Hells Fells in the run up to Poppy Appeal in November. It is hoped that

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the usual range of fund raising Coffee Mornings and Talks will be feasible later this year to supplement Branch Funds.

All things are dependent upon the whims of Covid, but I hope that we do not find ourselves sitting beneath a stack of books waiting for it to fall like Al Jhriz.

PEOPLE'S HALL NEWS

Dr Gina Barney

In the March LAR, I reported that community centres and village halls had been advised to "Hold on until April" to re-open. We did. The government announced on 22 February 2021 that "Public buildings, such as community halls and centres, and libraries, can reopen" (in Step 2, ie: no earlier than 12 April 2021). Good. But the announcement then added "indoor events that bring people together - even if they do not mix with other households - must not run until Step 3". Not good!

In common with other community centre and village halls, the People's Hall will open on 17 May 2021 (if all goes well). However, the People's Hall will be open on 6 May 2021 for

the much-reduced local elections as "voting in a polling booth is a private activity". We may see you there? As we cannot open until the earliest on 17 May 2021 the AGM scheduled for 12 April will be by Zoom. If you want to attend telephone for the link (20790) by 10 April.

The weather has been kind and the re-roofing of main hall, entrance and committee room sections is now completed. Just a year after planned. And no hirers were inconvenienced (sic) by the hammering.

The Hall has been kept in good condition so why not book the Hall for your events from 17 May 2021 at booking.peopleshall@gmail.com.

DENTDALE MEMORIAL HALL

Sarah E Woof, Chairman

At our monthly officers meeting in early March we made the decision to postpone our Annual General Meeting until we are able to meet in person.

We have held committee meetings via zoom, but not all our members have access to it and even those who do, sometimes it doesn't work.

As Chairman I feel it is important to meet in person where ideas and opinions can be shared with each other.

We hope to hold a fund raising event similar to last year, on August Bank Holiday Monday but with a bit more 'Gala' flair.

We will re-open for hirers as soon as we can and, at present, it looks like not until May.

Any queries do contact me, on 25212, or for bookings for the future contact Anne McClurg.

C.O.G.S. NEWS

Ann Parrat & Jacqueline Smith

Well hopefully spring is on its way and we can all start to enjoy the spring flowers and the fresh bright green bursting from trees all around us. Not too long and the apple trees in the orchard should be covered in beautiful blossom, delicate whites and pinks, and if we're lucky blossom on the damson trees too. Let's hope that we don't have late harsh frosts like last year. When you go to the community orchard you will see a new interpretation board which gives information about apples and other fruit grown in the orchard. The artwork was created by local designer Des Metcalfe, who has done a beautiful job capturing the hills, town and orchard. We hope that everyone will enjoy the artwork and information provided and that it encourages individuals and families to become members of this innovative community project.

When you have a moment, do pop down Vicarage Lane to your Community Orchard to enjoy peace and tranquility, with beautiful views, it's a great place to sit and reflect.



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A couple of dates for your diary. We are planning a virtual AGM on 8th April, if you would like to take part please contact Ann or Jacqueline, details below. We are also hoping to hold Apple Day 🍏 this year. The date is Saturday 23rd October. All the usual fun, bring your apples to be pressed, enjoy lunch or a snack while listening to live music, lots of cakes and preserves to buy. Children's games, plants for sale and apple identification all happening as usual!

How do I join COGS? You can support the Community Orchard by joining COGS. Annual membership costs £5 for an individual or £7 for a family, and includes membership of SLOG South Lakeland Orchard Group, with access to their pruning and grafting courses. You can also get a 5% discount on plants from Beetham Garden Centre, and a 10% discount from fruit tree suppliers Rogers of Pickering.

For more details please contact:
Ann Parratt (Chair) 015396 20964
15 Queens Drive or Jacqueline Smith
(Treasurer) 015396 20760 4 Loftus
Manor. Both in Sedbergh.

SEDBERGH IN BLOOM

Dorothy Blair, Secretary

By the time you read this Spring will officially be in full swing and the work of our group will steadily increase. Due to lockdown we have split our areas of responsibility so that each committee member takes on the care of that section.

We will of course be planting bedding plants at the appropriate time along with permanent planting to replace those plants which have not survived the winter or have grown too big and have to be removed and renewed.

We would ask that people do not plant anything in our beds. This is because we plan out our beds as to what and what not to plant. Included in things which we would not like planting in the flower beds/tubs are wildflower seeds. We feel that wildflowers are for the countryside and not for town flower beds (Sedbergh is a town) Whilst it is very kind of people to offer these items, the planting of our beds is carefully thought out to make the most of the space. We did try sowing wildflower seeds at the Toll Bar junction but without success. It is because the soil is too fertile.

We would also ask anyone whose dog fouls the lawn at the Community Office to pick up their dog poo and dispose it in the correct manner. It is unfair to expect the grass cutter to pick it up. Also this area is used by visitors and local alike.

Last year we had a very dry spell and we asked neighbouring properties of our beds/tubs if they would water them which they very kindly undertook and we are very grateful to them.

Recently one of our members left town for a new home 'down South'. Denise Chambers has been a member of our group for a number of years and we wish her and husband Chris well in their new home and thank her for her contribution she has made to our group. Thank you Denise. Should anyone wish to join us please let us know. No garden experience necessary – just a willingness to keep at bay weeds, etc. etc. Seeing the fruits of your labour when everything comes into bloom is well worth the effort

Last but not least a personal thank you to all the members of Sedbergh in Bloom team for their continued hard work in making Sedbergh look good.

TOWN TWINNING UPDATE

Susan Garnett

We all regret our inactivity over the last year due to circumstances beyond our control! We should have celebrated our 15 years of Twinning both in Sedbergh and Slovenia and we had all sorts of events planned. They are now postponed. Our very supportive Ambassador in the UK, Tadej Rupel, has now left office. We

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www.winderservices.co.uk

 WinderServicesSedbergh

The advertisement features a photograph of a modern living room with a grey sofa, a coffee table, and a lamp.

await his gift of a Slovenian beehive. Our anniversary cherry tree continues to flourish in the Sedbergh Community Orchard awaiting dedication. We have maintained friendship links with Tadej and his wife Valentina. Their family is now based in Ljubljana but they hope to visit us here when travel regulations allow. Tadej has been succeeded by Simone Leskovar in London and we look forward to meeting her and inviting her to Sedbergh.

We are all very grateful to our Twinning supporters who continue to pay their subs by Standing Order. Our student exchange has also had to be postponed but any contributions to Twinning funds will go a long way to helping that happen again sometime in the not too distant future. We had greetings from Mayor Boris and many of our friends in Zrece at Christmas time and they all look forward very much to continuing with our Twinning activities.

Meanwhile it has been proposed that we hold a fundraising Zoom meeting between Twinners in Sedbergh and Zrece and hope that before too long we can resume our visits to that beautiful country in person. Details will appear in a future Lookaround.

msg@wardses.org.uk

THE POETRY CHAT ROOM

Diane Smiley

Do you fancy joining us for an enjoyable, relaxed hour filled with chat, poetry and short stories?

We're starting a new Kirkby Lonsdale/Casterton/Sedbergh/Dent Poetry Chat Room via Zoom on Tuesday 13th April. Everyone is welcome to join, including individuals affected by dementia.

You can just listen, or of course if you fancy it, you're very welcome to take a turn at reading to the rest of us. The poems/stories chosen are sure to lead to lots of engaging chatter and hopefully lots of laughter too.

The group will meet alternative Tuesday afternoons between 1.30pm - 2.30pm starting on 13th April.

To sign up email activity2@dignityindementia.org or telephone 07816 895021 to book. We'll then send you the link to join the zoom sessions. We'll also email through the poems/stories a couple of days before each Poetry Chat Room.



PEOPLE'S HALL HIRE RATES

Main Hall

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

Committee Room

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

UP DOWBIGGIN 2020

Dick French

You still living up there?
Asda deliveries as well?
It's a wonder they can get up....
Guess you must like it!
Had forty years to get used to
Isolation and Lockdown
So that's no sweat.

But we have missed the vapour trails
To New York and beyond –
The Farfield footpath's busier!

Maybe they fly through at night
When owl and fox can hear them –
But they'll be a lot more focused
On what's moving around at ground
level no doubt.

LOOKAROUND DIARY

**Please send us any
dates for the diary,
for real or virtual
events or meetings
You do not need to
place an advert or
article for dates to
appear.**

J B RYCROFT LTD

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89-91 MAIN ST
SEDBERGH LA10 5AD**

**OPENING TIMES
M-FR 9AM-5PM
SAT 9AM-1PM
SUN: CLOSED**

PERSONAL MESSAGES

DALTON, GRAHAM WILLIAM

It is with great sadness that we announce the passing of Graham William Dalton on the 15.02.2021, aged 76.

He was a much loved and respected family man, Solicitor and a very active member of the Dent & Sedbergh local community. Due to current restrictions a private funeral and Committal will be held with the family at Beetham Crematorium 9.30am Monday 1st March 2021.

Loving father to Toby, Alice, Kate and James and much loved grandpa to Martha, Lewis, Fleur, Isla, Ed, Eleni and Margot.

=====

PEGGY ROBINSON

Peggy Robinson's family would like to thank everyone for their kind words since we lost her and for the respects paid on the day of the funeral. We have been overwhelmed by how much people clearly thought of our Mum and for that, we will be forever grateful

=====

JOHN FEARNHEAD DRY STONE WALLING

Field Walls and Bespoke Garden Walls. Mobile: 07932577520. Email: jfearnhead1@gmail.com



EDITORIAL

By the time you read this our Lookaround AGM will be a matter of historical record. Myles has published his Chairman's report in this issue, I don't need to reiterate much of what he has said, except to thank again both our loyal readership and our advertisers. You have ensured our survival throughout this tumultuous time.

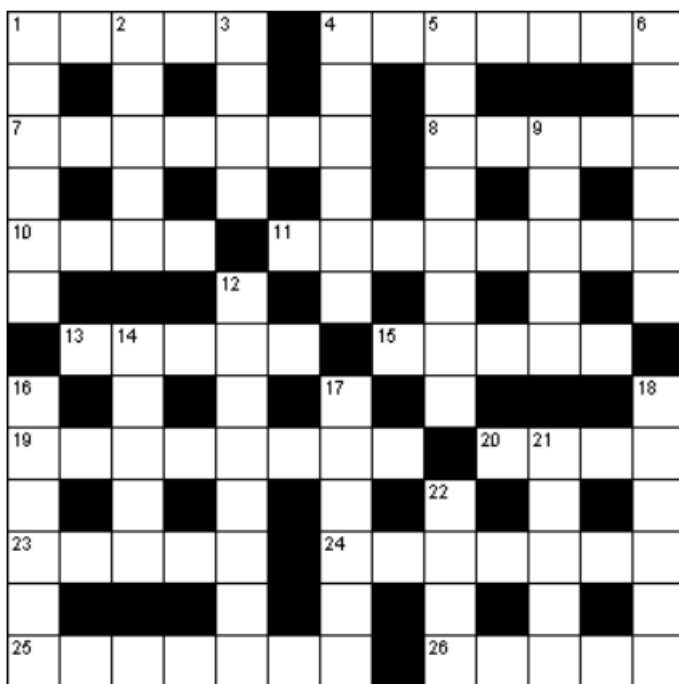
Of course, another point worth reiterating is that we are still looking for somebody to help with compilation. If, for any reason, I'm incapacitated (Finkle Street Party?) and can't compile we would have a problem. I use various bits of Microsoft Office – Publisher, Excel and Access, so if you have any interest in getting a bit more experience with any of those then let us know.

You may have noticed subscription forms in this issue, and the last. We are offering a delivery service for local subscribers, £15 for 11 issues (that's 36p for each delivery on top of the usual £1 donation). We haven't done much to publicise it mainly because during lockdown we've been very happy to deliver for free, but we will do more as we return to normality. Postal subscriptions are available for those outside Sedbergh District .

Finally, don't forget the Talking Lookaround. If you'd like to try it, see the details on page 42. They put a great deal of effort into production, please support them!

Ed Welti.

PUZZLE 1 (SOLUTION ON PAGE 89)



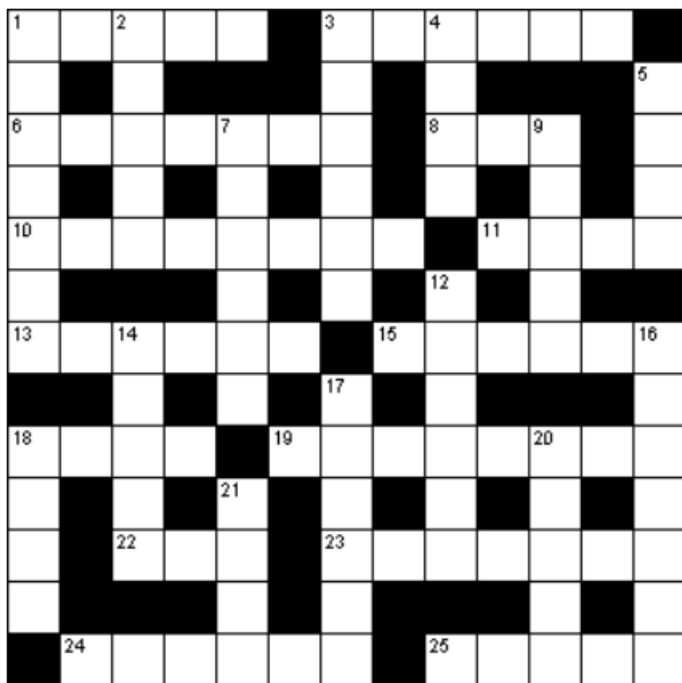
Across

1. Flower part element with new head (5)
4. Found fruit in havoc ado (7)
7. Takes a toaster for a spin (7)
8. A planet with heart for a change (5)
10. Related Ford model of considerable age (4)
11. Trace son to alter past relation (8)
13. Snake or very important person, belonging to a female first off (5)
15. Learn something from dusty rearrangement (5)
19. Envisaged fragmented India gem (8)
20. In good health due to pill with no beginning or end (4)
23. No ale fermented by itself (5)
24. See something, instead of being verbose (7)
25. Flexible material in towel as ticketed (7)
26. Sweet smell of converted cents (5)

Down

1. Buccaneer, Portuguese initially and angry (6)
2. Sum forms part of auto tally (5)
3. Tardy ship's officer with new leader (4)
4. Some cabs enter but not here (6)
5. Rate poet to affect a musical performance (8)
6. Essentially not hers, not these (6)
9. Graded by changing trade (5)
12. Sorry, a writing implement, India initially and portable shelter (8)
14. Makes a change from an amigo (5)
16. Uninitiated Arab leader, mature illusion (6)
17. Another choice concealing something epic (6)
18. Choose from course lecture (6)
21. Push forward or float on one (5)
22. Snakes appear when health resorts rearranged (4)

PUZZLE 2 (SOLUTION ON PAGE 89)



Across

1. Fruit (5)
3. Retail food seller (6)
6. Italian rice (7)
8. Consume (5)
10. Type of lobster (8)
11. Used to season and preserve food (4)
13. Sampled (6)
15. Pestle and ___ (6)
18. Aromatic leaves (4)
19. Thick syrup (8)
22. Cereal grass (3)
23. Pear-shaped tropical fruit (7)
24. Type of cake (6)
25. Very thin pancake (5)

Down

1. Downy fruit (7)
2. Shaped and dried dough (5)
3. Game bird (6)
4. Kitchen appliance (4)
5. Open pastry with fruit filling (4)
7. Sticky candy (6)
9. Heated bread (5)
12. Edible tuber (6)
14. Sweetener (5)
16. Cooked meat or fish coated in egg and breadcrumbs and fried (7)
17. Thick soup (6)
18. Cook slowly in liquid (4)
20. Large edible ray (5)
21. Vegetable (4)

PUZZLE 3 (SOLUTION ON PAGE 90)

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

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

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

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

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

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

CALLING ALL ADVERTISERS

As advert contracts expire over the course of the year we will be emailing to remind you. Please don't forget to renew as we depend on you.

New advertisers are of course always welcome too.

PUBLICATION DETAILS

Our distribution area is the LA10 Postal District which is Sedbergh & the surrounding villages, but it is sent all round the country & the world.

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

February to November is printed black ink on white. The December/January issue may be in full colour.

All copies have a full colour cover by a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

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

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

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year). See page 4 for information on how to pay.

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £27.50 for an Annual Subscription, or anywhere in the world for £6.00 per issue.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

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.

APRIL 2021

02	Good Friday		
04	Easter Sunday		
04	1030 Arc of Balloons (Mar)	StAS	
05	Easter Monday		
06	1400 Sight Advice Telephone Meeting	Online	
08	COGS A.G.M (74)	Online	
08	1930 Parish Council Meeting (42)	Zoom	
10	1000 Learn to Meditate - DMC	Online	
11	1100 New Moon Yoga - DMC	Online	
12	Peoples' Hall AGM (Mar)	Zoom	
12	1300 Top Ten Herbs for Pollinators (19)	Online	
12	1900 New Moon Meditation Group - DMC	Online	
13	1400 Monthly Meeting - WIK	Zoom	
14	A Passion for Plants - WIS (64)	Zoom	
14	British School Grants Meeting (48)		
14	1915 Dentdale WI Kerry Darbshire	zoom	
17	1000 Learn to Meditate - DMC	Online	
18	Somatic Dance - DMC	Online	
20	1400 Sight Advice Telephone Meeting	Online	
20	1430 Alzheimer's Society Virtual Café (Mar)	Zoom	
21	1300 Medical Centre Afternoon Closed	MC	
24	1000 Laser Open	Killington	
26	1900 New Moon Meditation Group - DMC	Online	

MAY 2021

03	Early May Bank Holiday		
07	Parish Council Casual Vacancy Deadline (44)		
12	1915 Dentdale WI Calvert Trust	zoom	
17	People's Hall Reopening (73)	PH	
18	WI Lune Valley Group meeting Barbon	TBA	
18	1430 Alzheimer's Society Virtual Café (Mar)	Zoom	
31	Spring Bank Holiday		

JUNE 2021

05	Country Fest tbc	TBA	
06	Country Fest tbc	TBA	
09	Dentdale WI summer outing	TBA	
15	1430 Alzheimer's Society Virtual Café (Mar)	Zoom	

JULY 2021

10	Finkle Street Party		
14	1915 Dentdale WI Pudding is served	DMH	

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

DIARY KEY

AS	Art Society	
BC	Sedbergh Bowling Club	
BF	Brigflatts	
BVH	Barbon Village Hall	
CCCN	Cornerstone Community Church, New St	
CM	Coffee Morning	
CWT	Cumbria Wildlife Trust	
DCMH	Dales Countryside Museum, Hawes	
DCP	Dent Car Park	
DCS	Dentdale Chapel Schoolroom	
DHTF	Dentdale, Head to Foot	
DMH	Dent Memorial Hall	
DMC	Dent Methodist Chapel	
FCH	Firbank Church Hall	
FM	Farfield Mill	
GC	Golf Club	
GH	Gladstone House	
GVH	Garsdale Village Hall	
HS	History Society	
HVH	Howgill Village Hall	
HTH	Holy Trinity Howgill	
JLCP	Joss Lane Car Park	
KL	Kirkby Lonsdale	
KPH	Killington Parish Hall	
L	Library, Main Street	
LHCP	Loftus Hill Car Park	
MC	Medical Centre	
MCD	Meditation Centre, Dent	
PH	People's Hall	
QG	Queens Gardens	
RFC	Rugby Football Club	
RR	Rawthey Room, 72 Main Street	
SASL	Sight Advice South Lakeland	
SCC	Sedbergh Cricket Club	
StAS	St Andrew's Church, Sedbergh	
StAD	St Andrew's Church, Dent	
StJCC	St Johns Church, Cowgill	
StJCG	St Johns Church, Garsdale	
StMC	St Mark's Church, Cautley	
SIC	Sedbergh Information Centre, 72 Main St	
SPS	Sedbergh Primary School	
SS	Sedbergh School	
SSAT	Settlebeck School Academy Trust	
SSL	Sedbergh School Library	
STC	Sedbergh Tennis Courts	
TBA	To Be Announced	
WHC	White Hart Club	
WID	Women's Institute, Dentdale	
WIHF	Women's Institute, Howgill & Firbank	
WIK	Women's Institute, Killington	
WIS	Women's Institute, Sedbergh	

USEFUL TELEPHONE NUMBERS	PLACES OF INTEREST TO VISIT IN THE AREA COVID RESTRICTIONS MAY APPLY
Age UK South Lakeland	Bowling Green, Queens Gardens
030 300 30003	Bruce Loch Nature Area, Busk Lane
Electricity in any area	Cautley Spout, A683 towards Kirkby Stephen
105	Community Office, 72 Main Street
Medical in any area	Cornerstone Community Church, New Street
111	Cumbria Wildlife Trust, Community Office
Pension Service Surgery	Dent Heritage Centre, Laning, Dent *
Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
Police in any area	Friends Quaker Meeting House, Brigflatts
101	George Fox's Quaker Pulpit, Firbank
Sight Advice South Lakes	Golf Club, Catholes, Sedbergh *
01539 769055	Information Centre, 72 Main Street
South Lakes Citizens Advice Bureau	History Society, Community Office
03444 111 444	Holy Trinity Church, Howgill
South Lakeland District Council	Jubilee Wood Nature Area, Castlehaw Lane
01539 733 333	Langstone Fell, A684 Garsdale Foot
Yorkshire Dale National Park	Motte & Bailey Castle, Castlehaw Lane
0300 456 0030	Pepperpot Folly, Busk Lane
<i>If you would like to see any numbers listed here, please let us know.</i>	Picnic Site, Ghyllas, Cautley Road
	Picnic Site, Settlebeck New Bridge
	Play Ground, Dent Village
	Play Ground, People's Hall
	Play Ground, Maryfell
	Queen's Gardens, Station Road
	St. Andrew's Church, Dent
	St. Andrew's Church, Main Street, Sedbergh
	St. Gregory's Church, Vale of Lune
	St. John's Church, Cowgill
	St. John's Church, Firbank
	St. John's Church, Garsdale
	St. Mark's Church, Cautley
	Sedbergh Embroidery, StAS
	Tennis Courts, Guldrey Lane *
	Winder Fell, above Sedbergh
	* = Entry Fee Applicable



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
Dignity in Dementia *	02/21	Diane Smillie	07771 682378	
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	03/14	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	07702	919745
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.

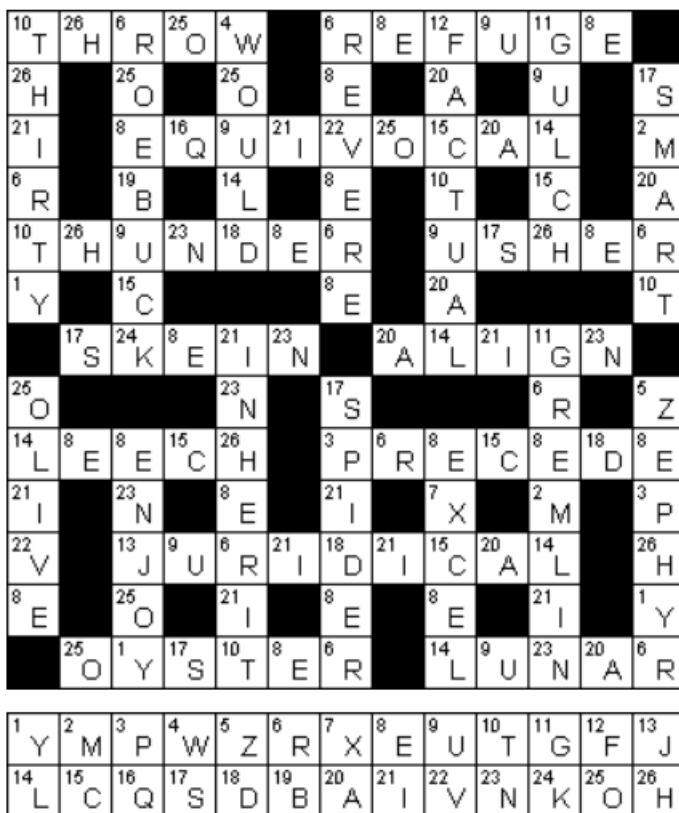
PUZZLE 1 SOLUTION

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

PUZZLE 2 SOLUTION

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

PUZZLE 3 SOLUTION



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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
Last Update: May 2018									

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

Western Dales Bus S1 Kendal Shuttle Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
<i>Dent Station</i>							
<i>Train to Carlisle</i>		1048			1815		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 from 18th January 2021 until further notice

Northbound to Carlisle For Garsdale times, add 5 minutes		Southbound to Leeds For Garsdale times, subtract 5 minutes	
Mon-Sat	Sun	Mon-Sat	Sun
09 16	10 34	09 38	10 40
12 17	13 55	12 10	13 40
14 43	15 53	16 04	16.33*
18 15	17 48	17 32	18.41
	20 25		20 26

* Through train to Leeds, Sheffield and Nottingham

BUS SERVICES

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

	Fri	Fri	Fri	Fri
Dent		10.25		14.25
Sedbergh, Spar		10.39	12.44	14.39
Sedbergh, Dalesman		10.40	12.45	14.40
Sedbergh, Maryfell		10.41	12.46	14.41
Cautley, Cross Keys		10.48	12.53	14.48
Fat Lamb		10.54	12.59	14.54
Kirkby Stephen Station arr		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>		11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.07	13.08	15.03
Kirkby Stephen Town		11.12	13.13	15.08
Kirkby Stephen Co-op		11.13	13.14	15.09
Brough, Clock		11.21	13.22	15.17
	Fri	Fri	Fri	Fri
Brough, Clock		11.26	13.27	15.21
Kirkby Stephen Co-op		11.34	13.35	15.30
Kirkby Stephen Town		11.35	13.36	15.33
Kirkby Stephen Station arr		11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>		-	-	-
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.47	13.43	15.48
Fat Lamb		11.54	13.50	15.55
Cautley, Cross Keys		12.00	13.56	16.01
Sedbergh, Maryfell		12.07	14.03	16.08
Sedbergh, Library	10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets	10.06	12.09	14.05	16.10
Dent	10.20	-	14.19	-

Fri = Friday Only

Joss Lane & Loftus Hill Car Parking Charges

1 hour = £1.00	4 hours = £4.00
2 hours = £2.00	5 hours = £5.00
3 hours = £3.00	One week = £10.00
Annual Resident Permit, Day = £40	Annual Resident Permit, 24h = £60
Both available from the Information Centre only, renewable annually on 1 st September.	

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

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 Defribrs 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