

Sedbergh & District

LOOKAROUND

July 2021

Issue 400

Donation £1

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property to rent out—then take a look.

And make sure you read the articles too, there is much that is current and relevant!

Ed.



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Mobile: 07464 - 895425

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

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Address:

**Lookaround,
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SEDBERGH PARISH COUNCIL – CHAIRMAN’S REPORT

Kevin Lancaster

This is a joint report for the two municipal years 2019/20 and 2020/21. The council held its normal monthly meetings in person until March 2020 but because of the pandemic the April 2020 meeting was cancelled and business was conducted by email. Since then we have met using Zoom Meetings. It is a credit to members and the clerk that almost all meetings have been held and the full business of the council has been conducted. Whilst the consequences for a large parish council such as Sedbergh have been as nothing compared to those of the Health Service they have

nevertheless been very real and will be far-reaching.

When the pandemic began members worked with the community, the local medical centre and Sedbergh School to establish and support a local Covid Support Group. Initially there were significant calls for help from this group and it was able to provide both help and intelligence as to what was needed. As people have become more used to the new reality those calls have lessened.

The effects of the pandemic on the parish council itself have primarily been as a consequence of the disruption it has caused to the principal services which it provides, car parking, toilets and the weekly market.



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For further information or to arrange a one to one appointment please call the Grief Share number

For the car parks 2020/21 began with the almost complete loss of any income until the tight lock-down was lifted. Two significant grants towards sustaining that loss were received from the the South Lakeland hardship scheme

For the market the beginning of the pandemic coincided with the parish moving from the previous arms length management to a more direct approach. Toilets managed by the parish have also presented difficulties which we could never have expected. We have tried to keep them open as and when changing national guidance has allowed.

Beyond Covid, the council has been much engaged with the Cumbria Police Authority over the potential installation of two security cameras. The final proposal by the Authority was for one not two cameras and at a much increased cost. As a result we declined the offer for the time being.

The council's amenities committee continues to support the use of the playing field by the local football team. Maintaining the pitch to the correct standard brought us into

conflict with our tenant. Those problems have been resolved and procedures are now in place to stop them happening again.

The parish continues to work with both our landlords to secure the best future for the car parks which we run. This has included the provision of charging points on both car parks and at the People's Hall, something which we hope will happen in the forthcoming year.

Two members of the public have left substantial bequests towards the well-being of our community both to be administered by this council. We will make sure this money is used to meet the needs of the public and the aspirations of the legators.

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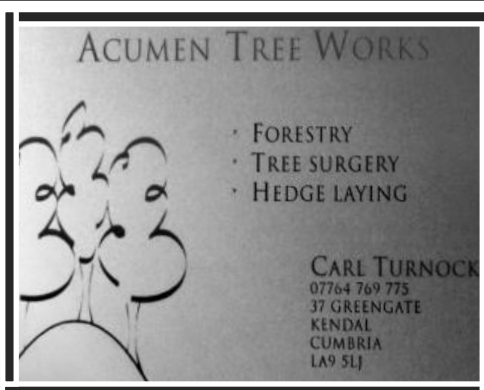
Cllr McPherson and I have continued to have regular meetings with Peter Marshall of Sedbergh School and others, since last April by Zoom.

The previous council was eager to secure a Lottery Heritage bid for restoration of Queen's Gardens. That bid became difficult and this council has decided to take a smaller scale but more pragmatic approach. The parish has invested in new specimen trees to increase the colour and diversity within the Gardens. We recognise the need for further work on the steps around the monument and the front wall which remains such an uninviting spectacle to those passing by on the main road.

The parish continues to work strongly with the Sedbergh Economic Partnership to secure a prosperous future for our community. We have made direct representations to Yorkshire Dales and believe that for the first time the emerging Local Plan truly recognises Sedbergh as the largest town within the park.

The parish has continued to engage with Cumbria Highways over many issues. This council recognises that the county cannot do everything and is investigating the possibility of providing its own local signage. However, county engagement with all parish councils over highways issues remains totally inadequate.

The parish has spent a lot of time considering the allocation of the field opposite Close's Garage for housing. A scheme is now going through planning and is likely to be implemented. The parish is keen to see it implemented in such a way that



we can improve both road safety and the appearance of what is the gateway to the town.

After many false starts National Government is now adamant that Unitary Local Government will be put in place in both Cumbria and North Yorkshire. Your council is well aware of all the options available but has chosen not to support any one proposal. We will work with whatever emerges in due course and try to secure the best for Sedbergh township.

I thank members for their continued support over the last two years. The parish remains extremely fortunate to have a parish clerk of the highest calibre and as chairman I thank her for all her hard work on behalf of both myself and the council as a whole.

Personally, for all of the difficulties I have greatly enjoyed working with you all.

Kevin J. Lancaster,
Fellgate, Dowbiggin,
SEDBERGH, Cumbria.
LA10 5LS
Telephone 07 980 844 695;
email Kevin@Sarthwaite.com

LOOKAROUND 400 NOT OUT

Dennis & Jacky Whicker

In 1984, we attended a presentation in Grasmere where the People's Hall Roof Fund received an Award from Voluntary Action Cumbria in the 'Community Hall' category.

One of the other Categories was a Local Newsletter which only had one entry so won. I thought that this would be a great idea to have one in Sedbergh so the seed was sown.

After much planning and preparation, an information sheet was put into town in February 1986. The response was encouraging and in March, issue number one of the Sedbergh Newsletter was launched and consisted of 8 pages. Later that year, a competition was held for a new title with the children of

Sedbergh. It was named 'Lookaround' and has stayed the same ever since.

Much water has gone under the bridge since then but we decided to retire from putting it together in December 2018 after almost 31 years (There was a two year gap where it was put together by the Lookaround Support Group). In February 2019, the current Team took over the running and is still going today resulting in this fantastic 400th Edition. A big thank you to them.

A big thank you to all the contributors and advertisers that supported us and the current team to keep the Lookaround going. Here's to the next 400 Issues.

See below for issue number one (well half of it!).

Westmorland and Lonsdale
Conservative and Socialist Association
SEDBERGH BRANCH
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THE PEOPLE'S HALL
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Proceeds to the building repair fund

SEDBERGH FOOTBALL CLUB
Since being reformed in 1979, Sedbergh Football Club has shown firm strength to strength.
The team won its first honour in 1988 beating Ship Hts. 3 - 2 in the Runcos & Freeman Cup Final, a great achievement under manager Brian Waters. Last year the team were beaten 3 - 2 in the Junior Cup Final but managed promotion to the First Division.
This year there are two teams. The first team in Division 1 under manager Gordon Gardner and the second team under manager Gary Wood in Division 2. There are about 40 players in the Club.

Raising costs for the Club are always on the increase with insurance for the players, travelling expenses and referees to pay, there is a very hard working committee helping to raise funds with events such as the sack race, disco's and sponsored events.
The Treasurer of the Club, Sam Allinson, would like to thank the tradespeople of Sedbergh who have sponsored the home games over the last two seasons, in particular Mr. Bob Hulse and Mr. Adrian Horsley who kindly provided playing strips for the two teams. Also to those people who have given generously to our fund raising.
Mr Allinson has entered the Sundaile Bus hoping to raise money for the Club and the Sedbergh Playgroup. He would like to hear from anyone who is interested in sponsoring him.
The team would also like to hear from anyone who would like to support the home matches but is unable to get to the playing field for any reason. Transport would be gladly arranged for them for before and after the game.
Enquiries to: Mr. Sam Allinson.

SEDBERGH

Well, here we are, the first issue of the newsletter which has been in the hardest depths of so and for about two years and is now a reality.
I would like to thank everyone for their good wishes and those who have contributed articles and adverts (they bring in the money to finance the paper).
If you have anything that you would like to see in print so that others may benefit, pass on your information to myself at 3 Castlegarth or Miss Southern at Pipkin Cottage, Main Street, Sedbergh.
If you have any suggestions about what you would like to see, then let me know. One suggestion already in a Births, Marriages & Deaths section.
There have been a few suggestions for the same of the paper, including Whicker's World, and the winning entry will be used on the next issue. The winner will receive a record token. I hope that you find something of interest to read in the paper but if you don't, tell me what you would like to see. After all, this is YOUR paper, so help to make it a success by sending in your articles. The last day for submissions for the next issue is 24th March. I would like to take this opportunity to wish you all a happy Easter.
J J Whicker

SEDBERGH FIRE SERVICE

On the 7th Feb. the Sedbergh Fire Service held a charity gala in the White Hart Club. A total of £200 was raised for the Fire Service Donorlist Fund. John Boulton, Officer in Charge, would like to thank all who were involved in this event.
CALL-OUTS
1 Jan 03.41 hrs Bedrose Fire, Station Rd
4 Jan 13.36 hrs Mt. Fire, Frostron
12 Jan 03.41 hrs Building Site, Southfield Rd
31 Jan 03.14 hrs Burn Fire, Holme Fars
11 Feb 17.47 hrs Office Fire, Council Depot
12 Feb 17.53 hrs Chimney Fire, Shyllan
14 Feb 12.45 hrs Chimney Fire, Station Road
18 Feb 18.04 hrs Chimney Fire, Delroy Lane
25 Feb 18.05 hrs Chimney Fire, Birks Lane

White Harts Sports & Social Club

The Club facilities include darts, snooker/billiards, pool, T.V. room and a concert room where Bingo is played twice weekly and there is entertainment every Saturday.
The Club has two teams in the local Pool league and two teams in two darts and domino leagues. There are also facilities for Coffee Morning and committee meetings. Gala nights have also been held to raise money for local and national charities.
There is an excellent supply of beers and spirits.
Membership is for those aged 18 years and over. New members always welcome. For further information contact Miss J. Benson on (Club) or (Home).

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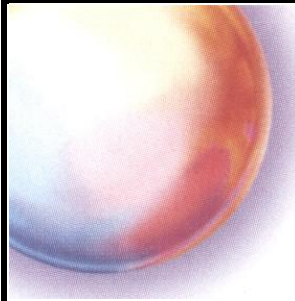
WEDDING AND PERSONAL STATIONERY.
GREETINGS CARDS.

LOOKAROUND EDITION 400

Ed Welti

400 editions – that’s a lot of work. Most of it, of course, was not by the current committee. Estimating an average of four days per edition (an under estimate for the way it’s currently produced) that’s 1600 days – getting on for four and a half years. I have no idea of how long pre-computer compilation might have taken, probably longer, so that estimate is probably wrong. Personally I’ve now compiled 28 editions, that’s three months or so of my time, excluding all the work put in by the rest of the committee. But it is definitely worth it – I’ve been more than happy with every Lookaround we’ve put together.

I have, in a few plastic boxes in my loft, every edition ever created, including the first. The History Society may have it’s own archive, but I would imagine that I now have the only extant copy of some issues. Sometimes I dream about it – those boxes hold a window into Sedbergh life over the past 35 years, even just considering the advertisers, how people come, set up business, work, prosper (or fail), move on, retire, transform. Maybe, someday when I’m too old too struggle up the fells, I might spend some time working my way through them, fathoming out the issues of concern, who was active in the community, who was writing about what, who was running the cafes, the pubs - the Lookaround History of Sedbergh. Even if I don’t, just owning the archive is a responsibility. When I give up this role they’ll either go to the next compiler or to the History Society.



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of

Sedbergh Lookaround

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Lookaround (initially un-named) started as a couple of sheets of A4 in March 1986. By the 50th edition (June 1990) it was recognisably Lookaround, complete with the name, and the back page, the 'Public Information' section, looking very much like it does now. In addition there were Personal Ads, the Bed and Breakfast Section, Diary and Organisation contact details. The donation was 15p and circulation (according to the front cover) was 1700 copies. Twice as many as we would currently print for the 'double' Christmas edition. The 50th edition was printed on white paper, in coloured ink (brown) rather than on coloured paper in black ink as it had been previously. The celebratory

issue 100 (August 1994) was printed on glossy paper, with a picture of the town from Winder Drive, and using black and red ink inside. Issue 50 had adverts for the Epicure Restaurant, Metcalfe Brothers (For Your Tool Hire), J.J Martin and the History Society, among others, Issue 100 had ads for Frans Bakery (with launderette at rear), The Book Cellar, Duncan Law and Powells. Printing of number 50 was 'arranged by Scriptoria Supplies', Issue 100 was printed by our current excellent printer Stramongate.

Flicking through issues 50, 100 and 150 they are all of approximately comparable size, 44, 40 and 48 pages respectively, the amount of advertising in proportion to the article



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space isn't much different to nowadays, although we tend to sell more large half page adverts. In number 50 a half page ad would have cost you £6.50 an ad, rising to £15 by issue 100 and to £25 by issue 200 (May 2003) - but unchanged ever since. By May 2003 the number of pages had gone up substantially to 72 and it was now being produced using the Microsoft Publisher application (I have all the historic Publisher files on my computer, along with back ups on the internet and a hard drive). But there was still no index to the articles of adverts. Partly that was because the editor at the time (a certain Mr Whicker) thought it better if people leafed through for what they thought might be of

interest, as they might surprise themselves with other articles or adverts on the way. Supermarkets constantly reorganise their shelves for the same reason, what you want is never in the same place twice but you'll buy all sorts of other stuff because of it. By Lookaround 300 (June 2012) the indexes were in place and the cover was a colour photo of, usually, a local scene, with the 'Lookaround' title looking like a pair of googly eyes, as it does now. Before then the title font changed each month.

The fascinating thing about Lookaround is that it isn't planned or commissioned. The content is purely what is submitted, most of what we get we print, we don't reject it on the



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grounds of quality, only on terms of relevance (because it has nothing to do with Sedbergh) or offensiveness (very rarely). Lookaround came to be because the Sedbergh noticeboards were filled to overflowing, items that might be interesting were soon covered over. All of which makes Lookaround a kind of pre-internet internet on paper! A place where people could post anything they thought pertinent (although thankfully Lookaround had an overseer – unlike the internet). Which in turn makes the historic copies that unique record of the interests and concerns of our community.

As a proportion of content the early editions tended to feature more short reports or announcements, Dent

Parish Gift Day, details of the Ambulance Pulseoximeter Quiz, and the Over 60's Club for example (all less than half a column in edition 100). There are still a great many of that type of article in issue 300 but by then the issue had expanded to 88 pages, so there were more longer pieces too. There will be far fewer of the short announcements this current edition, even though this edition is 96 pages. Some of that is due to the lack of events over lockdown but it was a trend before the pandemic, many events are now publicised on the various internet/social media forums.

Although the articles aren't commissioned, many organisations and individuals have regularly submitted each month. Both Frostrow (now known as Sedbergh) and Killington W.I. had reports in issue 50 (Killington W.I. notes that "The competition for the most words that can be taken from 'Westmorland' was won by Mrs Sharrocks") and the W.I.'s have been regular contributors ever since, as have the Parish Councils, the History Society, the Schools, the Bowling Club, the Tennis Club, latterly our MP, Tim Farron, and many more. And then there are the current issues and events which change issue by issue. Issue 100 announced the opening of the Howgill Apartments on Bainbridge Road by Cobble Country, another article wished the Yorkshire Dales National Park Happy 40th Birthday, and Sedbergh Theatre had performed 'A Visit from Miss Protheroe' and 'Green Forms', the actors included the late Graham Dalton and Lookaround Committee member Susa Ellis.

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May 2003, (Edition 200) contained a long consideration by a local bookseller on the Book Town proposal, questioning the economics and viability of selling large numbers of second hand books to a limited number of customers in a small town. Also in the wake of foot and mouth another article asked why the local Parish Councils hadn't taken advantage of some sources of extra government funding. And interestingly, in the light of current events, Sedbergh School published what it was proposing to ensure SARS didn't make it's way from the Far East to Sedbergh (medical interviews for pupils travelling to Sedbergh and possible quarantine).

An intended new Wind Farm at Killington prompted three submissions in the June 2012 edition (number 300). The turbines were to be up to 135 metres high (as high as Blackpool Tower), substantially taller than those at Lambrigg (74 metres, and already existing), and those at Old Hutton (100 metres, yet to be built). Unsurprisingly all the Lookaround submissions opposed their construction. Another construction – a Lattice Tower to be built at the Substation off Busk Lane, also provoked an appeal to local residents to be wary. The application for planning permission had been rejected, but Electricity North West were likely to come back with an amended proposal.

And coincidentally, at that time Canon Alan Fell had recently announced his retirement as Vicar of St Andrews so Sedbergh would be without a Vicar for a while, much as now!

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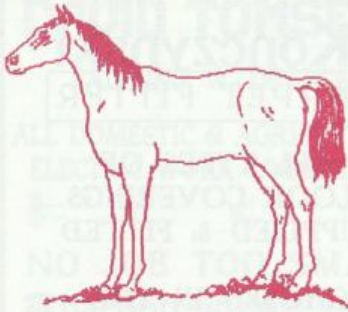
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It will be another nine years until number 500. Personally (and obviously) I hope that we get there. 500 issues will be a nice round number to celebrate. There will be challenges. At the start of the pandemic I wasn't at all sure that we could survive. This year, though, we have made a small amount on each edition, and we hope that once some form of normality returns we will be able to donate that money back into the community and start to grow again. Perhaps the internet is more of a long term threat, but I certainly intend to produce a printed edition for a few years yet. Please keep all your contributions and advertisements coming.

In celebration of the 400th Edition we are reprinting articles from Issue 100, Issue 200 and Issue 300. We hope you enjoy them.

LOOKAROUND




HOWGILL HORSE

How many people in the area knew that we have a Fellside Horse on Howgill Fell? Referring to Freda Trott's book simply called 'Sedbergh' (available from local bookshops or Lookaround), page 38 reads that the 'Horse' is on Bushaw and was trimmed and tidied up once a year by local farmers on a 'Boon Day'.

In another book entitled 'The Yorkshire Dales' by Marie Hartley & Joan Ingilby and first published in 1956, reference is made to the 'Horse' on Bush Howe near the source of Chapel Beck and is probably from the eighteenth century


Does the 'Horse' still exist, even if only partially? Can someone give an accurate Grid Reference for it? Is there any history attached to it? Are there any photographs? Who made it, when and why?

If you have any information or are interested in re-discovering the 'Horse', please contact the Lookaround. 

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**REPRINT FROM EDITION 200 -
MAY 2003
SEDBERGH SCHOOL**

Understandably, there has been some alarm caused by press coverage – both local and national – of the SARS issue (often exaggerated or inaccurate) and I am aware that there may be some residents who are unsure about Sedbergh School's own policy.

Very few of our pupils actually live in either Hong Kong or mainland China and of these, some spent their holidays in Europe whilst others followed the 10 days quarantine requirement I initially recommended. For the latter, their holidays have been completely spoiled and I can now only hope that a busy term here

in our beautiful county can at least make up for some of that.

Paramount is the good health of our 400 pupils and all those living in the area. You can be assured our actions are above and beyond those stated by the Government health agencies.

The following is a letter sent to parents which, hopefully, will clear up the many rumours and misconceptions that are always associated with these types of incidents.

SEVERE ACUTE RESPIRATORY SYNDROME (SARS)

Throughout the holiday period, I have been in regular contact with the appropriate medical authorities and the parents and guardians of our Hong Kong boys and girls, as

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concerns over SARS have grown. At all times, guidelines laid down by the national and international health authorities have been followed. Thus, in my message of 3 and 8 April, a period of quarantine was a requirement prior to returning to School.

In the final days of the Easter holiday, the World Health Organisation, the Medical Officers of Schools Association and the Department of Health have advised that Hong Kong students who have been given a clean bill of health should be able to return direct to their Schools. Although this further advice was conveyed to our Hong Kong families on 17 April, my understanding is that those pupils for whom it was applicable are already serving their quarantine period.

In order to make doubly certain that all is well, our School Doctor, Christine Hunt, will be carrying out detailed checks on all our returning Hong Kong students and will maintain close vigilance thereafter. If she has concerns, then arrangements for isolation are in place.

You will appreciate that the story of the past month has been confused and difficult, especially for our Hong Kong Sedberghians to whom we all extend our concern and sympathy. I hope that we shall all be able to begin the Term together, with the interests of both the United Kingdom pupils (together with the Sedbergh staff and Community) and their Hong Kong colleagues properly served and safeguarded.

Thankfully SARS was contained in 2003 and never got to Sedbergh.

**REPRINT FROM EDITION 300 –
JUNE 2012**

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Visit to Sedbergh Station Yard

Julie Leigh

A group of over 30 members assembled at Sedbergh station yard on a cold May afternoon for the first trip of the summer.

Michael Dawson, ably assisted by Bob Hughes and Robert Weston gave us a fascinating account of the building of the railway and a description of how the yard used to operate. Robert Weston began the presentation with an explanation of how the line actually came into being. Evidently Sedbergh was lucky to even have the railway since there had been several plans to build a line through the town that had come to nothing. Eventually in 1861, the railway came to Sedbergh when the Ingleton branch of the North Western Railway opened, joining Clapham on the Skipton to Lancaster Line, through Lonsdale and Sedbergh to Lowgill where it joined the Lancashire and Carlisle Railway. The line closed to passengers in 1954, although Sedbergh schoolboys were transported to and from the town for



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2021

Thursday 15th July



some time afterwards. In 1967 the line closed completely and when the nearby railway bridge was dismantled, the main Sedbergh to Kendal Road was closed for a week.

Michael gave us a guided tour of the yard. He told us that the height of the adjoining bank gave a good idea of how much earth moving had to be done in the construction. The yard was on two levels and much of the material which was used to surface it was brought from the demolished National School in Sedbergh. At the side of the upper yard were allotments that were cultivated by railway workers. It was a very busy place. With the advent of the railway, everything that was transported into the town came through it. Cattle were unloaded into pens and walked to local farms and coal tar from Sedbergh gas works was taken away by train. The railway company even stabled its own horses. Farmers actually hitched lifts on the train to get from one field to another.

At one time four coal firms had operated from the yard. Michael's own family history has been associated with the station yard for over 100 years. He told us that Dawson's coal firm had been set up in 1895 by William Dawson, his great grandfather, when his previous employer had refused to give him a pay rise. Michael talked about the difficulty of unloading coal when it arrived by train. Evidently it took three days to unload a wagon. Demurrage charges which could be levied when unloading goods took too long had to be avoided. As we walked from the higher level to the lower level of the yard, Michael pointed out the

remaining structures. A little shed had been the railway manager's office. The weighbridge is still in situ and is sometimes used. He pointed out where there had been an oil dump down by the road during World War 2 and where a hut had been burnt down when a coal heap caught fire. Lastly, Michael took us into the huge loading shed where we saw old machinery including the remnants of a crane.

The presentation finished when Bob treated us to an impressive display of old photographs, maps of the station, and footage of activity there in its heyday. We all felt that we had spent a very interesting afternoon and the thanks that were expressed to Michael, Bob and Robert were richly deserved.

Ed's Note (from 2012 edition). I was at that Tour (being an ex-Train Driver) and found it fascinating. Later that evening, I was with a friend from Kendal and coincidentally, he told me of the time when he was a boy (with Michael), he used to ride the Footplates of the Shunting Engines in the yard and had fond memories. He is John Pattison and he asked to be remember to everyone.

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TIM'S COLUMN

Tim Farron MP

I don't quite know what has happened to our Government but they are becoming a bit more co-operative. Or at least they are with me.

I have had the chance to ask Ministers for help with a number of issues and on several occasions they have offered to sit down with me and see what can be done. It has been a bit unnerving.

I'll give you some examples.

The biggest issue that is being raised with me at the moment by people in the tourism and hospitality business is finding staff. COVID together with the new visa regulations that have been brought in by the Government has meant that there simply aren't the people that they need to keep their businesses running. So I asked the Health Minister, Matt Hancock, if he would get the Immigration Minister to sit down with me and more importantly the people who run our tourism and hospitality businesses and see what can be done. He said he was very happy to do this.

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Another example, as you will know if you read my columns in Lookaround, I have been pushing for the Government to support our outdoor education facilities. Several people in that business have said that surely their experience in outdoor education could help with the Government's plans to help children catch up on the education they have missed over the past year. This seems pretty sensible, particularly given what I have heard about some of the "tutors" that are being employed by the Government. So I raised the idea with the Schools Minister, Nick Gibb, and lo and behold he offered to sit down with me to discuss the idea further.

Another issue that I have been campaigning on, more or less since I became your MP, is affordable housing. At questions to the Minister for Communities and Local Government, Robert Jenrick, I pointed out that about 80% of house sales in Cumbria over the past 12 months have been to second home purchasers. I asked him if he understood the problems that this causes in an area like ours. He said

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recognised this was an important issue and that he wanted to work with me and see what can be done to introduce his new housing scheme for first time buyers and key workers into this area.

Now, as they say, “fine words butter no parsnips” and I can give you a very long list of issues where the Government has been less than helpful – I am really worried about the impact that the proposed new trade deal with Australia and New Zealand will have on our farmers, particularly our fell farmers, we have learnt that the plan to merge Lancaster and Preston hospitals is still on the table and that the waiting time for cancer treatment for people around here is the second worst in the country. But at least there are some issues that are important to people around here where I can hope we will be able to make some progress.

As ever if you want me to work with you to sort out any problems than do drop me an email at tim@timfarron.co.uk or give us a call on 01539 723 403.

Thanks for your support

SEDBERGH PARISH COUNCIL

Janey Hassam

The Council held their Annual Meetings and normal monthly meeting commencing at 7.00pm on Thursday 27th May 2021 at the People’s Hall, Sedbergh. Their next scheduled meeting is on Thursday 8th July 2021 at 7.30pm. Due to current Covid regulations (at the time of writing) please contact the Clerk for up-to-date information on public participation.

Annual Meetings

Cllr Lancaster was re-elected as Chairman of Sedbergh Parish Council and Cllr Simon Arnold was elected as Vice-Chairman. The Chairman’s Annual Report is additionally included in this edition of the Lookaround. There remains a Casual Vacancy at the Parish Council, if you are interested in applying for this position please contact the Clerk for further information. The Annual Governance Statement and Accounting Statement were adopted and the period for the Exercise of Public Rights was confirmed as 14th June to 23rd July 2021. Members agreed that given the current Covid restrictions on meeting indoors, there would be further opportunity to welcome residents to a future meeting and speak/ask questions during an extended meeting – date to be confirmed as/when restrictions/regulation allow.

Other matters/Correspondence

Planning matters were discussed, along with Finance, Amenities, Queen’s Garden and ongoing Highways matters (including the crossing at Long Lane) and the proposed path at Howgill Lane (the

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playing field). Correspondence included a request for an additional bin at Millthrop Bridge and ongoing proposals for the installation of two electric vehicle bays at Joss Lane car park.

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



THE CHILDREN'S WOOD – GROWING TOGETHER

Barbara Hartley

A joint venture project between Sedbergh Primary School and Sedbergh Environmental network (SEN) with help from The Woodland Trust, The Yorkshire Dales Millennium Trust and support from the Yorkshire Dales National Park.

The Children's Wood is growing and despite the difficulties this year, SEN volunteers managed to almost finish the planting for the wood at Eddie Lords Yard. The trees at Brian Capstick's Birks Farm have been maintained throughout the year and despite a bit of damage by deer and some adventurous sheep the trees

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are growing really well and are popping up above the guards. The volunteers also cleared brambles in the Jubilee Wood under the direction of Susan Garnett who was the lead in creating this lovely woodland trail up to the fells.

Likewise, the crab apples at High Branthwaites seem to have survived the varied and sometimes very cold weather and are now showing green above the guards.

Sadly for us The Woodland Trust had a major hacking problem last year and have been unable to give us trees under the Free Trees for Schools either last Autumn or this spring. Hopefully by the time the July Lookaround is published things will be sorted and we will have ordered our trees for the Autumn. Just in case it is more difficult to source trees this year or next year, SEN is growing trees from local seeds sourced from a farm nursery near Carlisle. We now have several hundred small trees growing fast!

SEN produced a Christmas I Spy Christmas Trail which the children could enjoy over the holidays and we are planning an I Spy tree leaves for the summer term.

At the end of 2020 the Yorkshire Dales Millennium Trust (YDMT) won a government grant to help local communities plant trees. The Children's Wood was lucky enough to be asked to be one of the four groups within the National Park that the Trust can help. As well as offering grants to landowners who would like to create new woodlands, YDMT is working with the local schools and organising fun events for children to come and enjoy during the summer holidays.

If you would like to get involved in tree planting or have any land where you would like some trees planted please contact Peter Apps (peterapps51@gmail.com) or Barbara Hartley (barbara@garsdaledesign.co.uk) or any other member of SEN. It could be three trees with a fenced guard in a field or a large area of farmland or anything in-between. It would be good to hear from you.



Join Danny English for Woodland Storytelling

& family nature activities

Wednesday 18th August
10 am – 4 pm
Main Street, Sedbergh

*This event is part of the 'Together for
Trees' Project funded by the DEFRA
Green Recovery Challenge Fund*

For more information visit:

www.ydmt.org

SEDBERGH SCHOOL NEWS

Karen BruceLockhart

Malek, a pupil in the Prep School, gained a gold qualifying for the next round of the UK Junior Maths Challenge The School had a chess match against Eton on 20th May

The gym has been refurbished with new equipment and a coat of paint

The sad news came of Henry Foster (aged 20) who died in Seattle, America, less than three years after leaving school. The 1st 15 wore black armbands on their brown jerseys when playing on 28th May

Powell House won the Academic Challenge just before half term

From September the School will run a daily bus service for Prep School pupils from Windermere. It

already runs services from Kendal, Lancaster, Penrith, Ravenstonedale, Sedbergh and Skipton

Some pupils stayed in school over the half term but were lucky to have glorious weather. The second half of the term started on 7th June

After half term the Prep School were at last using Holy Trinity Church again for Assemblies.

The Prep is looking forward to hosting the 4 day Junior Sports and Adventure Camps for three weeks during the Sedbergh Summer Courses, which will include rugby, hockey and netball. Not surprisingly there will be no International School this year

Music

On 20th May the Thornely studio was once more at last in action when Year 9 pupils gave a performance of solo debuts

The year 13 music pupils performed their final concert on 27th May. Anna and Amelia's final performances can be seen on youtube.com

The Swing Band, one of the 20 plus ensembles usually active in the upper school, paid a visit to the Prep School.

Cricket

The Girls' cricket team won their National 100/100 match against Abbotshome on 19th May, but lost to Shrewsbury on 26th May. Two girls have been chosen to join Academy squads: Brianna (year 13) has joined the Lancaster Thunder Academy and Harriet (year12) the Norther Diamonds' Academy. Both girls have played for the School 2nd XI as well as the Girls' team this year. Another



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Harriet in year 6 represented Cumbria U13 on 7th June.

The 1st XI's game against Lancaster Grammar on 12th June was cancelled

Netball

Emily (year 13) has joined the Pathway U21 Squad

Shooting

After almost 18 months away the shooting team were back on the long range at Huddersfield on 18th May. OS Harriet Bramwell has been appointed Vice Captain in the England U25 team to shoot in the World Championships in South Africa. Two pupils from the Prep School joined the team - six of the seven in the team started their shooting careers at the Prep.

Tennis

On 21st May 60 pupils competed at tennis against St Peter's York, with a mixture of wins and losses.

Rugby

Four of last year's XV have been chosen to be in Scotland squad for the Six Nations in June

Sailing

The Sailing team have been busy taking part in the Laser Grand Prix events at St Mary's Loch and Solway Yacht club and Kielder. The 4.7 sailors have been highly ranked in the fleet

Future Events

Term ends after Speech Day on 3rd July. There are Summer Courses in Rugby, Athletics, Netball and Hockey as well as the Adventure course above. Lancashire Cricket Club match against Cumbria CC will take

place on the School cricket field on 20th June, and the opening match of the Royal London Cup against Sussex on the following Friday. The autumn term begins on 5th September with the new pupils arriving the day before.

The Wilson Run

In the weeks before half term the qualifier runs for the Wilson Run took place. 115 pupils qualified in the first of the four runs The Run had been cancelled last year for only the 4th time since it began in 1881, and was postponed from its usual place in March this year to be run on an almost unknown conditions of a hard dry course in hot weather in mid

June, with no spectators on the course.

The OS Club again this year challenged OSs worldwide to send in videos etc of themselves running on Ten Mile day.

There was no road closure and the course started and

finished in Lupton Field, the shortening at the beginning and end being pretty well compensated for by a diversion out on the course. The traditional concert when the winners and runners who have completed the course are clapped onto the stage, and the Long Run is sung, could not take place in Powell Hall. So this year it took place at the Cloisters, with the runners coming down the steps from the VC Memorial and emerging from the actual cloisters. As expected Fraser Sproul came in well ahead of the rest in 1 hr 13 min 09, and the Girl's winner was Tash Cookson in 1 hr 37 min 42.





NEWS FROM THE PEWS
St Andrew's Dent with St. John's
Cowgill.

Revd Christine Brown

When we think of the world and the pandemic, here in the Dales, we can consider how well blessed we are. Those of us who are able to walk have so many gorgeous places in which to exercise. Whatever the weather has thrown at us we've always had the beautiful spaces of the countryside around us, even if only viewed from the window.

Apart from the lovely area, we have also been blessed by friendly neighbours who have gone out of their way to check on the senior members in our communities, offering help with shopping, a lift to the doctors or a visit to the hospital. We have also been busy telephoning and face-timing people to keep in touch with each other. Church services have been inventive; we've done lots of Zooming, enough to get us to Mars and back! Zooming has given us a space to see people we couldn't visit

and would have otherwise not have seen for months on end.

We have the joy of a new member of clergy, Revd Becca Gilbert, who has thrown herself into many things such as Sunday Zoom services, Self Help Food Bank in Sedbergh, Assemblies for schools and after-school clubs. Sadly, we haven't yet appointed a Vicar in Sedbergh to replace Revd Andy McMullon but we hope this will happen soon. We send our deepest sympathies to him, who lost his dear wife Lorraine, mother of his four children and nana to eight grand children in June.

Easter in Dent and Cowgill saw 'The Terrible Knitters' busy with their knitting rainbow-coloured scarves, some were even more ambitious and knitted rainbows and all kinds of things. Sales of home baked cakes and bread have taken place in Dent, (all covid rules followed) making sure that those who usually would have attended the monthly Coffee Mornings were kept well supplied. Cowgill held a Bank Holiday Sale outside the Memorial Hall, which was very successful. Funds in all churches have been hit by the pandemic; most churches are unable

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NEWS FROM THE PEWS St Andrew's Sedbergh

Susan Sharrocks

Many people will have heard already that Lorraine McMullon, wife of Rev Andy McMullon died on 6th June in hospital at Ypres. Andy and Lorraine moved there last October from Sedbergh for Andy to take up his new post as Chaplain of St George's Memorial Church, Ypres.

Lorraine's funeral service is planned to take place at St Andrew's on 1st July with burial following at St Mark's Cautley.

Our plans to hold the Summer Fair on 10th July have just "Gang aft a-gley" following the further delay on coming out of regulations regarding the Coronavirus.

Lots of hurried telephone calls and emails later and we are now set for Saturday 24th July. It should be a jolly occasion, the first we have hosted since the Christmas Fair in November 2019.

to pay their share to Carlisle along with paying for the upkeep, and the heating of the buildings. The upkeep of Dent Church, it being a Grade One Building, costs a fortune and the congregation simply cannot keep the place going without the support of local people. We really do thank all who give their support.

A big thank you must be given to Dr Lumb and his great team at the medical Health Centre, they have worked so hard and kept us as fit as possible and vaccinated.

I end this report on a very happy note; the sunshine has at last reached the dales, the birds are singing their little heads off, the swallows, house martins, and swifts, have built nests and are hatching young, the goosanders have their chicks, nine have been spotted on our river Dee along with the Mallards, eleven chicks so far have been seen. The trees are blossoming; the wild flowers are a real pleasure to see. God's in the world, and as Major Tom said; "Tomorrow will be a better day", and I think that day is coming, for the world. We've so much to look forward to, and so much to be thankful for.

St Andrew's Summer Fair

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Looking forward to a good day with lots of good entertainment, different things to buy and goodies to eat. Inside the church we shall have a display of the paintings done by the primary school children showing their ideas of "Summer Holiday".

It will be good to hear the church room full of cheerful chatter again on Wednesday 19th July when we start to host the weekly Coffee Mornings (10am until 12noon).

I did not realise just how many babies and pushchairs are around in Sedbergh. Babies of all sizes came with mums and grandmas to Rachel's Baby Storytime session in the church room. Wheeling the pushchairs straight in through the doors, parking them in the space at the back of church whisking the babies out to gather in the church room for an hour of storytelling. Such a lovely way to spend time on a Thursday afternoon.

Cornerstone Church has now resumed Sunday services in New Street Chapel, so the Zoom service on Sunday mornings has stopped and there is a short service via Zoom on Thursday mornings at 11am.

Take care.

CHRISTIAN AID WEEK 2021

Anne Pitt

Despite the restricted activities, due to the pandemic, we are very happy due to the generous response received from the returned gift envelopes we circulated. The total so far for Sedbergh and Dent is £1818.27, with hopefully about another £240.00 to come from Gift Aid. Our treasurer thinks it's about 2/3 of our total two years ago! There was none collected last year. Like so many charities, Christian Aid's activities have been adversely affected by reduced funding when need has increased around the globe. Thank you to all of you who have been able to contribute to this creditable amount on behalf of the Sedbergh and District Committee.



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FOUR MEMORIES FROM DENT

*Edited by John Considine
Told by Margaret Cummins to Bertil
Hedevind.*

Margaret Cummins was born in the 1880s, and spent much of her life in Dentdale. As an old lady, she lived at Fountain Cottage, Dent, where she told these stories in 1956 to Bertil Hedevind, a Swedish linguist, studying the dialect of Dentdale, who was staying with the Revd Stanley Bennett and Mrs Bennett in Dent. People liked Hedevind, he used to help with the haymaking, and so he got to hear and tape-record quite a few stories. Here are the ones which Mrs Cummins told him. Hedevind published them in Sweden in 1967, as part of his book *The Dialect of Dentdale*, where they appear in the special characters used by linguists for recording speech-sounds, and in ordinary spelling. I have taken his ordinary-spelling texts and edited them lightly, for instance, by cutting out some of the hesitations and repetitions which he transcribed. The words in parentheses are my additions. As Malcolm Petyt has written, this part of Hedevind's book is 'interesting both to the dialectologist and to the more general reader', and I hope that Mrs Cummins and Dr Hedevind, both of whom died in the previous century, would both be pleased to see her words republished as he recorded them.

Milking and farm work around 1900

Every day at tea-time, (my father) used to say 'Now then, Maggie, no running away. You've got to be i' t' shippon and help me to milk.' And I

didn't just like it because it used to make my shackles work (it used to make my wrists ache). And the bucket, when I used to have it between my knees - what would hold a gallon - I didn't know what to do. But anyway, he said it would be quite as easy as sitting up to t' table and getting my breakfast, if I would nobbut persevere. So I did, and it was just as simple as what he said it was.

But there was times when t' other lasses used to run out and be donned up (dressed up) and gang out, and I thought to mysel' ... well, I didn't just like it, especially on a Sunday night when they used to go to t' chapel. So I said to him, I thought I should be able to go wi' t' other lasses, and he

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said, well, he would let me off at Sunday nights.

A bit afore I left school, on a Saturday, there was all t' cleaning up to do and all that, and t' other three lasses had to stop i' t' house and I used to gang out and skail (spread) muck, just like a man. And t' other lasses, they thought I'd far nicer job, but I was always bigger and stronger 'an them. And that's why my father let me do that. The cow who was afraid of a rabbit

I was washing up yan morning, and I'd t' back door open, and t' shippon door was right opposite t' back door, and, by gum, a cow did bawl out. I was quite upsetten, so I run to see what was up. And there was a lile rabbit i' t' boose-head (at the head of

the cow-stall), and she was terrified to death on it. And she carried on till I got this lile rabbit, and it had tumbled down fra t' loft. And fancy, a big cow - and that was all it was, this here lile rabbit. We'd had some rabbits up on t' loft; a big un had had six, and one had tumbled down t' foddering-hole (the hole between the hay-loft and the cow-stalls).

The cow that sucked herself

We bought a little cow; she was a right good cow, and wi' a bag like a swill (a big, round basket). And by gum, she would ha' putten some money i' our pockets - but we'd had her, oh, I should think three month, and we couldn't find out (what was going on), because she should ha' given about four or five gallons a day,

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but by gum, she never gave aboon two. She kept lessening and lessening, and we couldn't have any idea where it went to. It puzzled both me and Harry, you know, till yan morning he was bad i' bed, and of course I'd to get up i' t' dark; this was winter time, and I think I must ha' gone a bit before t' cows thought, and they weren't wakened up. And I got t' gas lit, and by gum, I fand this here cow sucking hersel'. Now, I was that excited I could do no more, so I went back upstairs to tell him. And he says, 'Well, by gum, that's the limit!' And it was the limit. And so, he says, 'But I'll cure her.' And so he did do, when he was better. He got up and put a horse-shoe into t' wall and put a halter on her, and tied her that tight she could eat her hay and eat (the fodder in) her tub, but she couldn't turn round and suck hersel'.

The Welsh lad

(Mrs Cummins begins by answering Hedevid's question, 'And you hired a Welsh lad?') Aye, a Welsh lad we hired, and he wasn't sic a bad sort of a lad, till yan afternoon, Harry went into t' shippin, and there was two or three cows all covered wi' blood. And he went to this lad, and Harry says, 'Hey', he says, 'what 'as ta been doing wi' these beasts?'

'What', the Welsh lad says, 'when I was mucking out', he says, 'wi' their tails, they slashed me, at first t' aye side and then t' other. So', he says, 'I got my knife out and cut a bit off their tails.' And you know, he'd cutten into t' whick (the quick). And these cows was bleeding, and both sides o' t' cows was covered wi' t' slashing their tails back and forward.

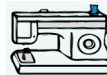
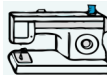
FIFTY YEARS AGO

Colin Cowperthwaite

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

Sedbergh may have new British Legion Club

Plans for a completely new club building costing in the region of 20,000 pounds are being drawn up by Sedbergh British Legion which aims to fill an existing gap in local entertainment facilities while at the same time boosting Legion participation. The branch chairman, Mr Stanley Haygarth of Pinfold Caravan Site, Sedbergh, said this week "We have been trying for years to get out of the old premises, but until now have never been able to find anything suitable". Now the Legion has bought a former shop and dwelling house in Main Street, close to the main car park, which it hopes West Riding County Council will give planning permission for conversion and extension. "We are hoping to



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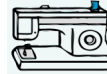
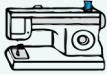
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establish something more on the lines of a social club”, said Mr Haygarth, “somewhere where members can take their wives or guests and feel proud”. The present premises, situated in the Bull Hotel yard, was formerly used by the Conservative Club, but consists only of a downstairs bar and an upstairs billiards room with the barest of essential facilities. If permission is granted, the new premises will also feature a bar and billiards room, but in addition will have a large concert room capable of accommodating about 150 people which will double as a lounge bar. Modern toilet facilities and heating will boost the club to a standard not previously

achieved in the town. It will be more than double the size of the existing club and is expected to be well patronised by local members and guests. “We are also hoping to attract some younger members”, said Mr Haygarth, “and perhaps get a ladies’ committee going”. The club has about 270 members at present. “There is going to be an awful lot of work”, added Mr Haygarth, “but all the members are very keen on it”.

‘Films for the Family’ is Sedbergh Policy

Encouraged by the appeal of ‘The Railway Children’, Sedbergh Rural Council is to continue its policy of seeking ‘good family entertainment’ at the local cinema in the hope of cutting

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down an operational loss. The council-owned cinema lost nearly 430 pounds over the period between April 1st and June 26th. But the Clerk, Mr A.G. Wilkinson, pointed out at a meeting of the Development Committee on Wednesday that this was always the worst financial period. He expressed the view that the position would begin to improve. "Lack of attendance and rising costs are the reason for this loss", he said.

Degree

Mr Stephen Bolsher, formerly of Sedbergh, has recently been awarded a BSc. Degree at St Andrew's University and has already won a prize for the best anatomist student.

Tribute to former Barbon resident

Kenneth Bonnett, who was killed in a road accident last week at the age of 23, was married with two young children, and worked at Lund's poultry farm near Sedbergh. He was a young man marked by courage and engaging frankness. His mother died when he was a young boy and he thereafter lived with his father at the Station House, Barbon. He went to school in Barbon and Sedbergh, and in boyhood and youth played his full part in the life of the village, where he was well liked and will be long remembered. Anyone meeting him was struck at once by his gaiety and high spirits, and he had the gift -

which is vividly in the minds of his friends now - of fostering laughter and cheerfulness in all whom he met.

International Camp at Sedbergh

Sedbergh Secondary School will be the base of an international work camp for mentally handicapped children for the first half of August. Organised by the Friends Service Council (Quakers), the camp will be run by a group of young people from countries as far apart as South Africa and Holland, and will provide a holiday for twenty mentally handicapped children from the Yorkshire region of the National Society for Handicapped Children. The camp will start on July 30th and finish on August 16th.

Keep 'Lifeline of Sedbergh' road in Good Order plea

The Sedbergh to Kendal road was the 'lifeline' of Sedbergh and as such should be well maintained, Coun E.R.P. Frankland told Westmorland County Council at its meeting on Friday. The road, he said, had had very little done to it in recent years. "There have been many accidents on this stretch and I am sure that this prevents people from really enjoying the run", he continued.

Sedbergh was an area in need of support, both from the employment point of view and communications. "As a means of access this road is vital, it is Sedbergh's lifeline" said Coun Frankland. Ald F. Wilson said "I travel this road at least four times a week and there are more people using it. Motorists come off the M6 into Kendal and from Sedbergh up to the M6 and the number of vehicles is increasing every week". Coun W. Dobson said the problem of the Kendal to Sedbergh road was receiving consideration and attention.

Sedbergh Curate ordained Priest

Recently ordained priest by the Bishop of Bradford, the Rev Geoffrey David Rhodes has been curate in the parishes of Sedbergh, Garsdale and Cautley since his ordination as a deacon a year ago. Mr Rhodes, who holds a BSc. Degree from the University of Birmingham, spent most of his life at Ilkley and worked for English Electric before training for the ministry for two years at Ridley Hall, Cambridge.

Zoologist who made his home in Sedbergh

Dr Joseph Pearson of Brantholme, Low Langstaffe, Sedbergh, and late of Ceylon and Australia, has died at Gargrave aged 90. A brilliant scholar, he obtained doctorates in science at first Manchester University, later at Liverpool University, and many years after at the University of Tasmania. He achieved international prominence in the fields of zoology and marine biology, and wrote many scientific articles and papers dealing with these subjects. In 1903 he became the Naturalist to the Biology Association,



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and the following year became lecturer in Zoology at University College, Cardiff. A year later he became lecturer in Zoology at the University of Liverpool, and in 1910 went out to Ceylon where he was appointed the Director of the Columbo Museum and Marine Biologist to the Ceylon Government, positions he retained for 24 years. During the 1914-18 war he served as an artillery officer and saw active service in France. He retired to Jersey in 1961. A regular visitor to Sedbergh, he finally decided to live there in 1968, living with his niece Mrs Amy Derkson, and became a familiar figure in the neighbourhood.

SEDBERGH: A MARKET TOWN RINGED BY FELS

Colin Cowperthwaite

The following article appeared in a local picture guide published by The Dalesman in 1959. Although the guide primarily concentrates on Dentdale and Garsdale, this is what its authors (Ron and Lucie Hinson) had to say about Sedbergh:

Sedbergh is a Yorkshire market town, yet Yorkshire seems remote when you wander between the grey-faced houses or glance at the Howgill Fells. The buildings have a Westmorland character. The fells - Wordsworth's "naked heights" - are unlike those of the Yorkshire Dales, being dome-shaped and formed of the slaty Silurian rock, on which sturdy Rough Fell sheep can be found. Yorkshire has claimed Sedbergh since the twelfth century, however.

If you journey to the town via Garsdale or Dentdale you never leave the county, but many people who live in the West Riding find it handier to travel via Ingleton, Kirkby Lonsdale and the valley of the Lune. They leave Yorkshire for a spell and pass through parts of Lancashire and Westmorland!

Sedbergh (name means "flat-topped hill") is a market town ringed by fells. It lies at the outlet of three main valleys. The Howgills are constantly stealing the attention with their impressive rounded forms. The highest of them is The Calf (2,200 feet), and Sedbergh has its back to a lesser peak, Winder. Follow the local river, the Rawthey, for five miles towards its source on Baugh Fell, and

you see Cautley Spout, a waterfall in a great chasm, one of the spectacles of the North Country, since the water comes rippling down from a height of 800 feet in a series of cascades. The Howgills also look impressive when viewed from Lunesdale, into which the Rawthey flows.

Sedbergh was isolated at the time the Domesday Survey was compiled. It lay within the vast manor of Whittington. Its church, dedicated to the North Country Saint Andrew, is of Norman origin, but it went through a period of complete restoration in 1885-6, at a cost of 4,000 pounds. The old battlements were retained. The medieval history of the town was dominated by the Staveleys, Lords of Sedbergh, and it was to Alice de Staveley that a weekly market was

granted in 1251. The original day was Tuesday; now it is held on Wednesday, and it has shrunk almost to nothing as a spectacle in the streets, though the shops of the town are always busy, as farm folk come in from miles around, and there is a thriving auction mart.

Knitting was one of the old-time industries of Sedbergh. Early last century, Benjamin Newton wrote that "in this place all the boys and girls are knitters employed in knitting not stockings but blue woollen caps of yarn, which make all the children look as if they came out of a dyeing factory". The railway brought prosperity in 1861, but passenger traffic has now ceased on the Ingleton-Lowgill line. In the coaching days, the King's Arms, in the market



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place, was a place at which the coaches halted.

Education has made Sedbergh famous throughout the land, for here is the now-large Sedbergh School, and the scholars find refreshment and recreation on the fells round about. A chantry school was built here by Dr Roger Lupton in 1525; it was re-founded in 1551, and Sedbergh thus became the new home of a grammar school, new premises being constructed in 1716.

Castlehow Tower, to the north-east of Sedbergh, is merely an earth mound on top of a natural hill – not an outstanding sight until you hear that it may be of Roman origin. From it anyone can see the whole valley, as well as the entrances to the tributary dales. Another tradition says that

Sadda, a Saxon chief, lived here. His tenancy would see the beginnings of Sedbergh. Adam Sedgwick, who attended Sedbergh School, lodged at a farmhouse called The Hill, quite near to the tower.

Robert Foster, a Quaker who lived at Hebblethwaite Hall, built a mill on his estate in the 1790's and thus founded a woollen industry which was important to the economic life of Sedbergh for well over a century. Foster was a native of Lancaster, though he was educated at Sedbergh. At first he was a sailor, and once horrified his Quaker Friends at Lancaster when he appeared at a meeting wearing his naval officer's uniform, complete with cutlass. The woollen mill at Hebblethwaite Hall was eventually devoted to the

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production of bobbins, and is now a ruin.

Not far from Sedbergh is the little village of Brigflatts, a notable Quaker centre, with a meeting house that was built shortly after a visit by George Fox. It has not altered greatly down the years. Fox preached under a yew tree outside the steeple house at Sedbergh. Apparently he was roughly treated by the people. Some had obviously listened keenly to his words, and a cutting from the tree was given space in the graveyard of the meeting house at Brigflatts, which was built in 1675. It is now the second oldest Friends' Meeting House in England.

**A SELECTION OF WALKS
AROUND SEDBERGH**

Colin Cowperthwaite

Here is another local walk taken from the ninth edition of 'Jackson's Guide to Sedbergh, Dent and Surrounding District' which dates from the 1930's. Please note that some of the footpaths mentioned may have disappeared or could have been diverted during the intervening 90 years !

Entrance to Garsdale

A footpath leaves the Garsdale road at New Bridge and follows the right bank of the Rawthey up to Straight Bridge on the Cautley road. Two lanes diverge to the right just beyond the bridge: the first leads back to the Garsdale road, the second threads its way through the attractive district of Dowbiggin in the angle between the Rawthey and the Clough, and leads eventually to Dovecote Gill, a farm beside a ravine full of oaks where the beck issues from a cave. A narrow lane turns right at the entrance to Dovecote Gill and is succeeded by a footpath following an old hedge in which the trees, originally 'laid', have been allowed to grow to full height with surprising results. Bending to the right, the path goes by the ruin of a 17th century house at Low Fawes and soon reached High Fawes, another old house, once the property of Lord Mounteagle. From here a track descends to Danny Bridge, the famous crossing of the Clough below Langstone Fell. Instead of crossing the bridge, follow the narrow lane above the right bank of the Clough, past Hole House and the picturesque

old farms of Hind Keld, and down to the main Garsdale road near Lindsay Fold. From here follow the road back over Langstone Fell, either direct into Sedbergh or diverge on to a footpath behind the houses of Hall Bank on a knoll to the right of the road and follow the Clough past Farfield Mill, reaching the lane from Straight Bridge. On coming to the Garsdale road, cross over along another lane which soon leads to the hamlet of Millthrop and enter Sedbergh over Millthrop Bridge. About 9 miles.

H.M.S. RESOLUTE

Karen Bruce Lockhart

HMS Resolute was not one of the Royal Navy's great capital ships such as HMS Victory, or the Dreadnoughts. She did not take part in any of the great naval battles. But she has an important place in the modern world, which few are conscious of.

Resolute started life as the barque rigged merchant ship Ptarmigan in 1849. At that time the British Government were preparing to make one last attempt to trace the ill-fated Franklin expedition which had vanished in 1845 when trying to find the North West Passage through to the Pacific. They purchased several ships including the Ptarmigan and fitted them out as suitable to sail in Arctic waters and ice. Ptarmigan was fitted with strong timbers, given central heating, gained a polar bear figurehead and was renamed HMS Resolute.

Resolute took part in two expeditions to try to find any trace of Franklin, without success. But on the second expedition in 1853 Resolute did find and rescue the crew of HMS Intrepid which had been frozen in the ice since 1850. However, Resolute herself then got caught in the ice at the beginning of the winter of 1853, and the captain was ordered to abandon her.

Two years later an American whaler came across Resolute 1200 miles from where she had been abandoned. On boarding her, the Americans found everything in order – even decanters of wine and glasses, and a silver teapot sitting on the Captain's table. The whaler's



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crew sailed her back to Connecticut. The American government purchased her for \$40,000, restored her, and as a gesture of goodwill (the relationship between Britain and American not being at its best then) presented the refitted ship to Queen Victoria in 1856.

Resolute spent the rest of her life serving the Royal Navy but always in home waters. She retired in 1879 and went for salvage. As was the case with many ships then, the timbers were used to make mementos.

So what is her significance now? Well, if you see pictures of American Presidents in the Oval Office, the President's hands will rest on her timbers and his feet will be under them. One of the mementos made from Resolute's timbers was a large partner's desk presented to President Hayes in 1880 as a gesture of thanks for the rescue and return of Resolute. The desk has been in the Oval Office almost ever since, although three presidents have moved it into their private offices, but it has always returned to the Oval Office, and is there now

**A VISIT FROM YORKSHIRE
AMBULANCE**

wendy7713

Last week, or was it the week before I had a visit from Laura Williams, Dementia Project Coordinator at Yorkshire Ambulance Service NHS Trust. She had spoken to Minds and Voices a few weeks earlier asking questions re how the ambulance service can help people with dementia and about our experiences. Laura was soaking up all the information we gave her. She also spoke to other groups, carers groups as both sides of the story are important.

The problem for me is, I would never call an ambulance – firstly because I wouldn't be able to use the phone, especially with them rattling off all the questions, but mainly because I wouldn't want to go to hospital. The experience in the ambulance may be calm and friendly, but as soon as you leave their hands

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in hospital, you're exposed to the chaos inside. Also, because I live alone and have dementia, there'd be a strong possibility that hospital staff would assume I can't cope at home alone.

What I could do for Laura was explain the other ways ambulance staff can help people with dementia. Anyway, she emailed asking if they could make a video for staff to learn from, so that was how she and her camera lady turned up on my doorstep.

They'd both had a negative Covid test so we were able to film in my Conservatory. Laura had already sent the questions ahead of time so I could prepare in my head what to say, but luckily nothing was new. I'd answered all these questions a thousand times in one situation or another, so the question itself sparks the response from my lips. It also meant I had these questions in order

to write this blog, otherwise I wouldn't have had a clue what clue what we'd talked about by the end!

What were the early signs causing you concern, that led to diagnosis?

Why is it so important to see the person not the dementia?

What do Yorkshire Ambulance need to be mindful of when treating a person living with dementia?

Tell me why carers are so important?

Seeing the person, not the dementia, allows assumptions not to be at the forefront of their mind. If people just knew me as Wendy with dementia, they may assume I 'can't' instantly instead of seeing the things I can do, the views I do have.

Assumptions can do a lot of damage....

Laura then asked some general questions.

What barriers have you experienced since living with the dementia?

Describe what it is like living with dementia?

What could other people do to adjust their behaviour to make life easier for you and other people living with dementia?

For the last question above I would have spoken about the importance of TIME and PATIENCE. We need time to think, time to reply. People tend to fill the silences which just confuse us more. Don't be afraid of silence, we're just thinking what to say, trying to put the words in the right order in our head. So for this you need patience.

I'm sure we added a few questions onto the end, which simply came out of the conversation, but they're lost in

my head now. It will be interesting to see the video when it's complete to see what they were. One last piccie of me and Laura.....

It's good that Yorkshire ambulance are taking the trouble to find out more about people with dementia, after all, we rarely have a need for their services due to dementia, but due to another condition, which dementia simply adds another element to their visit and if not understood could lead to a traumatic experience for both parties....

DIGNITY IN DEMENTIA Sedbergh Songsters

Dennis J Whicker

The organiser of Dignity in Dementia, Diane Smillie, continues to run the weekly Monday morning Sedbergh Songsters Sessions. While still in Lockdown Mode, all meetings are held on Zoom which is ably led by our very own Claire Pope. No ability to sing is required (especially if you listen to me) but it is a good platform for catching up with people until we can meet again. Access at 10:30 each week is free and open to anyone, but mainly those that are suffering with any form of Dementia. Regular conversations are had with respect to going back to 'Live Performances' in Gladstone House where tea, biscuits, catch-up chats and entertainment will be the order of the morning, which usually finishes about 12 noon.

If you would like any more information about Dignity in Dementia and the Sedbergh Songsters, please contact Diane on 07771 682378.

SIGHT ADVICE SOUTH LAKES

Dennis J Whicker

While still in Lockdown Mode with the rest of the country, the Sedbergh Group continues to meet every 1st & 3rd Tuesday via a landline meeting.

Anyone with any sight problems is welcome to join in this free enterprise, whereby, you just need to supply a name and phone number and await a call at 2pm on those days.

Recent presentations have included Sarah Woof, who gave an exciting talk on 'Signs'. Everywhere you go there is a sign and Sarah highlighted the ones in her home and those around Dentdale. The listeners then entered into a lively discussion with their own 'signs'.

Malcolm Petyt gave a talk on dialects, focusing mainly on local ones and the pronunciations of various words and phrases. There is so much to cover that he will be invited to attend a People's Hall Meeting when we start back.

Sue has given a couple of her infamous light hearted and easy to join in quizzes, which always ends in lively discussions.

The latest guest was Daisy Lussier from USA, who educated us with an explanation of humour and laughter yoga. Also, how laughter and telling jokes was good therapy after medical treatment. She suggested having a look at YouTube Site, 100 laughteryogaexercises. Attendees then swapped jokes and funny anecdotes before Daisy was thanked, and we all went off to enjoy the sunshine.

The next meeting on 6th July will consist of Tim from Sight Advice

seeking information and ideas about the future of Phone and Physical Meetings so, if you have any thoughts, ideas or suggestions, please join us.

As a result of the Covid, we will again miss our summer lunch but, hopefully, we will have one as soon as we are able.

The normal Meetings will recommence in the People's Hall as soon as practically possible and again, anyone and everyone with sight problems are invited to join us. If you would like more information, contact Sue on 20613.

Volunteers are always sought so if you would like to assist in any way, please contact Sue on 20613.

SEDBERGH COMMUNITY SWIFTS

Tanya Hoare

What a change in the weather – virtually all of May was cold and wet, then came the welcome arrival of hot sunny weather in June, just what the swifts needed. Despite it all, the times of our swift arrivals have been similar to previous years. But finally we could enjoy them zooming around screaming.

July is a peak time to watch swifts, with the breeding swifts being at their most active in feeding their chicks, together with the non-breeding swifts (those aged 1 to 4 years) flying around too. At Lowgill our first chicks hatched on 13th June, and will spend the next 40 days in the nest being fed

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by both parents. It is not until the end of July or early August that newly fledged chicks join the adults in the sky.

June and July is also when you may see screaming parties of 'bangers', so-called because they fly up to existing nests and often bang against the woodwork of fascias and gables. They are attracted by the screaming of the breeders in the nest sites, and often even cling on for a few moments. Swifts are colonial birds and these bangers are non-breeding swifts that are prospecting for nest sites in the future, often following breeders as they dart into their nest holes.

If you find a grounded adult swift, pick it up and let it rest in a box in the dark. Then take it to a nearby open area, place in the palm of your hand, raised as high as you can, and let it take off in its own time. Don't throw it into the air. If it doesn't fly, then give it more rest and some water if you can, then try to fly it again. (Soak a cotton bud in water and rub it along its beak). Don't feed it. Our details are below for more help. Chicks



sometimes fall from the nest and if you find one, please get in touch as they need specialist care from rehab experts. We may be able to foster them if we have a nest at Lowgill with chicks of a similar age. We have done this successfully several times and it is definitely the best way to rear fallen chicks if possible.

We were pleased to hear from residents at Havera on two occasions. Firstly, a swift was found grounded in a garden. As we were concerned that it couldn't fly, Angela took it to Kendal College Animal Centre for a few days rehabilitation. It was brought back and, in the field opposite where it was found, it successfully flew off, much to the delight of everyone watching.

Secondly, Stephen found a swift that was stuck in a box with its wing hanging out. He climbed up a ladder to push it back in but found that two swifts were stuck with locked claws. One must have been an intruder to the nest and they had been fighting – which, sadly, does happen. The intruder tries to oust one of the breeding pair and set up a new partnership. Luckily he managed to separate the two swifts which flew off and all ended well.

Although we know that two pairs of swifts have returned again to the boxes at Settlebeck school, it has been difficult to keep track of them because of technical difficulties. Also, during the winter sparrows partially filled the boxes with nest material, which can cause problems for swift when their claws get tangled up in it. Access to the boxes should enable us

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to sort this out after the swifts depart. The school swift box project started in 2016, funded by the YDNP SDF, Sedbergh Town Fund, and the YD Millenium Trust and is a real demonstration of wildlife conservation in action that the school should be proud of.

When you are watching swifts swooping and swirling in the sky in the evening, do you wonder where do they go as the light fades? The breeding swifts always go into their nests at night. But what about the non-breeders? They circle higher and higher until they disappear from sight, rising to over 1,000m sometimes. There they spend the night, forever on the wing, descending again at dawn. These daily ascents and descents have been shown by radar studies, and also occur when the swifts are in Africa during our winter.

The three months that swifts are here goes so quickly, so make the most of the brief time that these amazing birds are still with us.

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

NEW WOODLAND CREATION

Media officer YDMT

YDMT has helped to create 56 new woodlands in the Yorkshire Dales and surrounding area over the last three winters.

More than 70,000 trees have been planted to help tackle climate change, encourage wildlife into the area and bring people together through the tree planting across the Dales.

"The way people have supported Together for Trees has been humbling," Mike Appleton from the Trust said. "Backing from individuals and partners has allowed us to create beautiful woodland that everyone can enjoy for generations to come.



“It also means we can look to the future to extend our work and reach our target of planting 100,000 trees. We are aiming to support 100 more landowners over the next three years to create new woodlands, restore hedgerows and plant individual landscape trees.”

As the campaign continues, YDMT will be working with community groups in the Dales, as well as engaging with local schools to encourage young people to connect with their local outdoor spaces. Mike added: “We have also been supported by players of People’s Postcode Lottery who have helped



improve woodland connectivity and biodiversity at Grinton Estate in Swaledale and create habitat for dormice at Castle Bolton in Wensleydale. “As a thank you to them, we have dedicated 1,000 trees at a new woodland on Swinesett Hill near Hawes, a picturesque site near to the iconic Pennine Way.”

Swinesett Hill is a new native broadleaf woodland with a sweeping vista across much of Wensleydale and beyond. When mature, this 11-hectare woodland will be a valuable home for Black Grouse and Red Squirrels, both of which can be found in the local area.



Laura Chow, head of charities at People’s Postcode Lottery, added: “Thanks to players, YDMT are tackling climate change on their doorstep with the planting of over 53 Hectares of woodland. The Together for Trees campaign, which planted 56 woodlands in just three winters, is a great legacy. When mature, the woodlands will play an important role in combatting climate change and creating new habitats to support wildlife. “We appreciate the kind dedication of 1,000 trees to our players and we’re looking forward to seeing the saplings and this new woodland flourish. It’s a win for the Yorkshire Dales and a win for our climate.”

Players of People's Postcode Lottery have raised close to £3 million over the last 12 years for YDMT.

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BOWBER HEAD

Jackie Hooley

Bowberhead Farm, Ravenstonedale, a traditional dales smallholding was gifted to Cumbria Wildlife Trust by the relatives of Juliet and Helga Frankland. It was, for many years, the family home of Raven and Juliet Frankland who managed the land and renovated and maintained the farm and barns using traditional methods.

It has been farmed in its current layout for over 400 years and a date stone on the farmhouse porch dates it as 1717 though most of the house is probably older. Several of the meadows are internationally important flower-rich hay meadows. Only 900 hectares of these beautiful upland hay meadows still survive across the counties of Northern England and the ones at Bowberhead are scheduled as a site of special scientific interest.

When the meadows were surveyed in the 1980s 92 species of plant were recorded but since then the meadows have declined somewhat in quality. Surveys in 2020 showed that many species remain but conservation work is needed to return the meadows to their previous glory. Amongst the highlights are wood cranes-bill, greater burnet and lady's mantle but it is the diversity that is so beautiful and important for the wildlife that inhabit and use the site. The meadows are buzzing with pollinating insects and it is an important habitat for birds of all kinds, including ground nesting species such as curlew.

The Trust aims over the next few years to increase the species



A collage of various printed materials including brochures and business cards, overlaid with a blue water drop graphic containing the text 'GREAT QUALITY & SERVICE'. Below the collage, the company name 'smart Design and Print' is displayed in pink and blue. A pink banner at the bottom provides contact information: 'Call us today: 01539 620788' and 'Email: office@smartdesignprint.co.uk'. A dark grey banner at the very bottom states 'FREE local delivery for orders over £20'.

richness of the existing hay meadows to return them to their former quality and extend this management into other, currently less rich areas, to encourage nesting birds with boxes, return the historic buildings to a useable state and open the reserve to visitors. Currently the only access is by the footpath that runs through the meadows and visitors are asked to please keep to the path to avoid damage to the meadows and keep any dogs on leads at all times as birds are nesting and some areas are grazed.

This summer there are planned to be outdoor events and guided walks at the best time to see the meadows in July. There is also an online talk on Monday 5th July 6.30pm – 7.30pm to find out more the project Details of these are can be found on the Cumbria Wildlife Trust website.

LOOK WILD

pp Ian McPherson

The Yorkshire Dales National Park Authority, alongside National Park Authorities across the UK, has established 'Look Wild', a new project encouraging anyone visiting a National Park to map and record the different species of plants and animals they see on an easy-to-use app.

Once established, this growing database will help National Park Authorities in their collective effort to enhance the country's precious landscapes and support strong bio-diverse ecosystems.

The Look Wild project is fun and accessible for all, from someone new to identifying plants and animals to the keen naturalist keeping an eye out for rare or unusual species. And the app can be used anywhere so

people can enjoy learning about the natural world around them, whether they're walking to the corner shop or through Muker's hay meadows.

To get involved and to download the app, visit www.nationalparks.uk/look-wild

Ian McPherson, Member Champion for the natural environment, said: "With another record year of visits to National Parks anticipated, Look Wild is a great way for everyone to build a connection with nature and with us.

"The physical and mental health benefits of connecting with nature are driving new lifestyle choices amongst the public, and National Park Authorities like the Yorkshire Dales are keen for everyone to get the most out of their time in the countryside. Look Wild can be part of that and, by using the app, enhance everyone's connection with nature".

A VIEW FROM THE FELLS



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FAMILY MUSINGS

Sarah Woof

We celebrated our Ruby Wedding on a wet cool day surrounded by the love of the family and friends who came. We would have loved to invite more people, especially those still around, who were involved in the wedding but we couldn't. The cake was scrumptious and the food on Saturday for the 'siblings' supper was superb, as were the puddings all purchases from local businesses. All in all a marvellous spring board for the next ?? years, shall we go 5 at a time? Being only 10 years from our Golden Wedding is scary, how can I be that old? When I said that to

hubby he asked if I had looked in the mirror recently, cheeky blighter.

Youngest grandson comes to play during the week and came one day in his 'Denis the Menace' britches, or trousers, if you want to be posh. We always have lots of fun and do the Hokey cokey helped by Alexa, he shares some lunch with me usually passing me bits of soggy bread minus the filling. What absolute joy.

Our Garden Room is nearing completion which will be a great celebration, sorting the right paint colour from charts wasn't easy or from tins in the shop but decorating has begun, still lots of jobs to be done, mostly by us.

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My elder brother and his partner booked a cottage near Grange with friends and went via our village where he grew up, and had lunch in a cafe here. He got a big surprise as his little sister (me) was also in the cafe. However surprised he was I think I was probably more so, for as far as I knew they were on a cruise! However, we enjoyed a long overdue catch up and arranged to meet in July for lunch. I think their friends were rather amused by it all.

Friends are special and I am very blessed by mine and by the wide age range of them. What joy to watch our grandchildren with their friends be it on the Green, in our garden or playing out at school.

The garden is getting a lot of attention yet still remains 'wild', I guess it's down to the 'wild gardener' as my mother wasn't keen on buttercups and would pay her grandchildren 1p for each dandelion they pulled up but buttercups are welcome, and dandelions when they are yellow. Do you blow dandelion 'clocks'? Hold a buttercup under a child's chin and say "Do you like butter?" or are these things disappearing? Our Dales are full of buttercup meadows, delightful, soon it will be daisy time and these are hard to make but, oh such fun, daisy chains are! Enjoy the fun things of nature.

MAY WEATHER

Brian Wright

May weather: A rather more normal month with 7.6" (193mm) of precipitation of which 2.72" (69.2mm) fell in 2 days!! Temperatures were varied from a low of -5.1C (22.8F) to a high of 23.5C (74.3F). Wind speed varied from a mean of 17.1m/s (61kph/38.3mph) to a high of 25.3m/s (91.6kph/56.6mph). Most of these gusts were from the North West.

The rainfall and higher temperatures brought about rapid growth. It was good to see some grass growth and again the regrowth on the trees.

We have had a few glimpses of the owls, including one youngster. With all the rain it must have made it

nearly impossible to find enough food as they find it difficult to hear the small rodents on which they feed apparently. We have a cock thrush who sings at the top of his voice apparently all day long. Whether he has a mate time will tell. The swallow has laid her first eggs. Some beast, probably a stoat, killed one of my chickens. I've wired the floor to try and prevent a repeat attack. The lambs are coming on nicely and feeding at the trough with their mothers. It is amusing to see them stand lengthwise in the trough to claim their space!

The heavy dews make grass cutting difficult. It always grieves me to have to cut the grass in the garden especially when the sheep are short.

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SUSTAINABLE DEVELOPMENT GRANTS

Grants available – apply now!

Andrew Fagg

People looking to make the Yorkshire Dales National Park a better place are being invited to apply for a grant from the Sustainable Development Fund (SDF). The fund has £175,000 to allocate by the end of April 2022. An annual summary of the fund's activity last year shows that it split £160,000 among 30 projects.

The 2020/21 grants ranged in size from £917 for fencing around open mine shafts on Grassington Moor (Craven) to £20,000 for hyperfast 'fibre to the premises' broadband connections for residents and businesses in Mallerstang (Eden District) and Cotterdale (Richmondshire).

John Peel from Outhgill in Mallerstang said contractors were



digging trenches so that cable could be laid by Broadband for the Rural North (B4RN) from the top of the valley at Aisgill Moor Cottages, on the Cumbria-Yorkshire border, to Water Yat at the valley bottom: "The B4RN broadband will make life wonderful. It will make places like Mallerstang more viable to live and work in. The

SDF grant process has been brilliant. There are clear guidelines and the people have been excellent to work with," he said.

Member Champion for Sustainable Development at the Yorkshire Dales National Park Authority, Carl Lis, said: "The installation of hyperfast broadband in remote communities was one of many great projects the SDF was able to support in the year to April. The work B4RN is doing has become particularly important during the Covid pandemic, as it is improving

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people's ability to communicate during times of isolation."

He added: "In the past year the SDF has also supported business and local produce, for instance by helping The Home Farmer to provide milk in glass bottles in Leyburn. It supported heritage, through projects such as a window restoration at the Hebden Village Institute. It supported wildlife, for example by helping the volunteers at St Mary's in Kirkby Lonsdale pay for gardening equipment. It supported organisations that cater for visitors, with a grant for work at Dent car park, for instance. And it supported community facilities, such as access improvements at Long Preston Village Hall: "We have already received five applications for support from this year's SDF and we look forward to receiving some more. The SDF can help to make projects happen. Please get in touch if you have a project idea or know someone that does. Phone 01969 652337 or email SDF@yorkshiredales.org.uk."

A set of guidance notes, information about past projects, and an application form can be found at the SDF webpage.

MIDNIGHT MOTORWAY

Sandra Gold Wood

Yesterday Paul's work had taken him to London and having finished his meeting in good time he decided it would be nice to surprise Elsa, she had often suggested he did so. He booked a restaurant and now he was travelling across London on the tube. When he rose from the depth of the subterranean station into the warm city afternoon he took out his phone and called Elsa. Her secretary Una answered which was unusual as he had Elsa's direct line. When he asked to speak with Elsa there was a pause that felt too long. Una seemed a little put out, not quite her usual cool collected self. She said that Elsa had left already and was on her way to Barnet. This did not sit right with Paul as Elsa didn't come to his place on a Wednesday. He thank Una keeping his tone light.

Paul cancelled the restaurant and made his way back on to the Tube and headed out of the city. Reaching Barnet station, he walked to the car park and drove home. When he reached the house he stood outside for a moment. All seemed quiet and just as he had left it. Everything appeared the same but he couldn't help feeling something was not right. Stepping inside the hallway he made his way toward the kitchen and through the dining room window to his surprise he could see Elsa sitting at the garden table with Linus Franklin. Linus had once been Elsa's boyfriend Paul recalled, but what was he doing sitting at the garden table with Elsa. Even though he wasn't comfortable with doing it Paul watched the two of them to see if he

could get an idea of why Linus was there. It wasn't long before he could see only too well why. As Paul watched, Elsa touched Linus on the cheek and let her finger tips brush his lips. They were close, their forehead touching and the intimacy between them was obvious.

Calling on all the patience and tolerance he could muster and telling himself that he best remain cool and not cause a scene. Paul walked out into the garden. Elsa and Linus were laughing. Neither of them showing any surprise when they saw Paul standing in the kitchen doorway.

Elsa asked what he was doing there. Paul returned the question asking what was she doing there on a Wednesday. This brought more laughter. With his patience now wearing thin he asked as politely he could, how long Linus was staying for. Linus got up saying that he would see Elsa later and left nodding to Paul. Elsa saw him out.

Paul remained seated at the garden table seething.

Elsa returned to the table with a new bottle of wine and offered to pour him some. Paul placed his hand over the glass and asked Elsa, given what he had witnessed, what exactly was going on.

'Exactly nothing is going on so that's why I'm going, now don't look like that Paul you know there's not been much between us lately, and don't tell me you could see a future for us, because I certainly can't'. Paul opened his mouth to speak but Elsa carried on not giving him time. 'You see Linus and I have gone into partnership, with this idea we have had for a simply great magazine,

exclusive stuff, anyway we're launching in Los Angeles, so Paul dear I'm away to warmer climes, feel free to use the flat in London anytime.'

With that Elsa kissed him on the cheek and told him not to be glum. At that moment a car hooter sounded. 'That'll be Linus, look Paul no hard feelings, your just not my kind of guy.'

Paul sat there at the garden table with the afternoon sun fading his senses stunned.

It was late when Paul finally left the garden and went inside. Not knowing what else to do he made himself a sandwich, it tasted like cardboard and he didn't finish it. He went to bed but sleep eluded him and he switched on the TV watched a bit the sports programme and wondered what he'd done to deserve such treatment from Elsa. He realised that he hadn't known her at all and was pretty sure he'd just been a convenient stop gap.



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He remembered meeting Elsa at Teddington Studio's where he was working on a documentary about poker players. She played and won and he had become infatuated with her. She was exciting and daring, she took him to parties in London, weekends at large country houses that belonged to other poker players or friends of players. Thinking about it whatever did she see in him? And how could he have expected to hold on to her? He was a special effects geek not a high roller.

Time passed and as winter set in Paul found that it was relief he felt and he wasn't all that sorry that Elsa had gone. He admitted to himself that keeping up with her was not something he had enjoyed. These

were the thoughts that surrounded him as he methodically packed bags and boxes with everything he was going to need for the next two weeks. The job was in Edinburgh working on a Sci/Fi thriller. Paul was delighted as this kind of genre would need all his expertise and would undoubtedly last longer than two weeks. He was pleased he'd landed the job and allowed himself a little self-congratulation.

Once the car was loaded with all his gear Paul prepared to set off. He could have gone in the morning but he preferred to drive at night, less traffic and quieter motorway services which suited him. He chose to go M1 to A1 and up to Scotch corner. He'd likely stop there. And so it was at



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around midnight he pulled in to the budget hotel and paid for a room. Before settling in to his room he went across to the services and got a bite to eat. The food was rubbish but the coffee was good and Paul always enjoyed the strange and rather eerie atmosphere that prevailed in this place in the small hours.

The light on the door flashed and the door opened to let Paul in. It was the same old same old all these rooms looked alike, comfortable and clean and all a traveller needed. He'd been asleep for some time when he heard a knock on his door, was he imagining this? He lay still and listened perhaps the sound was from another room and then he heard it again. What to do, oh well he thought getting up a putting the bedside light on and padded to the door.

Paul planned on opening it just crack to see what or who it was, but the knocker had other ideas. She slipped around the door and into his

room hardly disturbing the air around her. Her first words were to telling him how sorry she was for disturbing him. That was one way of putting it thought Paul quite amused and wondered what next.

'Look, I've no money on me and my car has given up the ghost, I think and well, I saw you come in earlier and well I thought you looked kind, and I, I, just wondered if I could sleep in here tonight please. If you give me your address I will send you half the room cost, oh dear I do feel a fool, but please would you help me, I'm on my way to Edinburgh I have a job on this Sci/Fi thing and it's well, I really need a job.'

Paul started to laugh and then so did she. Her name was Hazel and she slept on the floor. They shared breakfast and travelled to Edinburgh together. Hazel never did pay him back but the life they went on to share was worth far more than the price of a room at the hotel.

The logo consists of the lowercase letters 'sk' in a bold, red, serif font. The letters are slightly shadowed, giving them a three-dimensional appearance as if they are floating above a white surface.

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Moira Folks

As with so many events planned for May 2021 – one of the wettest on record, I believe – our walking group plans for May 20th were scuppered so the ‘group’ became just a hardy pair, Valerie and Ellen. Despite getting soaked, they enjoyed the opportunity for an extended chat as they walked to Lincoln’s Inn bridge, but they decided against continuing to the bluebell woods which had been their aim. Since they had both already had the chance to walk through bluebell woods in May, they didn’t feel too deprived!

The Sedbergh Artisan Market on 29th May gave Sandra Gold-Wood a chance to set out her cake stall, helped by other members of our WI, in aid of the ‘Canary Girls’ project Sandra has set up to construct a memorial in the National Arboretum to testify to the courage and sacrifice of tens of thousands of women munitions workers in both world wars. Sandra explained this in detail in a previous edition of Lookaround. (The courageous workers gained the ‘Canary Girls’ nickname because the chemicals used in the factories turned their skin yellow.) Proceeds of Sandra’s quiz sheets, our market stall and generous donations have meant that Sandra has now raised the £1000 needed for her to go ahead with an official application at the National Arboretum on 17th June for her request to be approved.

‘Sustainability: Whose responsibility is it?’ This was our speaker Mark Crutchley’s challenging question at our zoom monthly

meeting on 9th June. Mark, from the Isle of Man, gave up a career in finance and insurance to take a degree in Environmental Science and became an independent environmentalist, working in different roles with Greenpeace for over 20 years and taking part in a lot of their peaceful protests, successfully drawing world attention to environmental issues. ‘Sustainability’ in its simplest form means looking after our planet and all its ecosystems. Our current lifestyle is mining the planet’s resources faster than they can be replenished. Carbon dioxide emissions cause a rise in global temperatures which, as well as leading to rising sea levels caused by melting ice, affect animals and plants alike because they can’t cope with rapid temperature change: just a few days a year at 40C could destroy some crops, for example, or be just too hot for certain animals to survive. So – whose responsibility IS sustainability? It is OURS! We need to reduce our consumption of raw materials in the form of manufactured goods which many people replace simply in order to upgrade; reduce our dependence on animals for food

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(though in our area where sheep farming is prevalent we are faced with a dilemma because we need to support local farmers!); grow our own food if possible, and if not, choose vegetables grown closer to home to reduce air miles on foreign produce; and in general, 'REDUCE, RE-USE, RECYCLE!' The future of planet earth is in OUR hands.


Book club morning – 10th June - dawned wet and very misty on the fells, not good for our planned garden meeting at Christine's. With the easing of Covid restrictions, we had been hoping for all eight members available for it to meet outside, so we were rather downcast at the thought of yet another zoom meeting.



However, by 11 am the sky seemed to be brightening a little and we decided to dress for all weathers and meet at Christine's anyway – and fortunately, we managed to keep dry.

'Ithaca' by first-time Irish novelist but experienced short-story writer, Alan McMonagle, caused a wide variety of reactions in our group! The hero, 11-year-old Jason Lowry, who lives in a small Irish town with his drunken, man-crazy and joyriding mother, and is often neglected by her, and who sets out to find his unknown father, arouses our empathy, but Ma's negative effect on him is very hard for us to bear. For some members of the group, this coloured their whole depressing experience of the book



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and they gave a score of 3/10. For others, the humour and pathos, character drawing and extremely vivid descriptions lightened the emotional load, while the ending gave some hope for reconciliation between mother and son. The overall score from 8 people was 5.5/10. Many thanks to Christine for hosting the meeting and to Christine and Beth for providing lovely cake: we have SO missed cake in our zoom meetings!

On Wednesday 14th July we're hoping all goes well for our summer outing to Holker Hall if Covid restrictions allow it to go ahead. Final decisions will be made early in July and members will be informed individually

**KILLINGTON W.I.
The Afternoon W I for the Entire District**

Wendy Fraser-Urquhart

HOW DELIGHTFUL TO GET TOGETHER AGAIN!

It all worked beautifully as we gathered once again as whole, 3 dimensional persons in the People's Hall – and how smart everything is in there. (almost as smart as we all were!) In we trooped, wearing our masks, disinfecting our hands and ensuring that our "test and trace" were all correct. Although our numbers would have permitted us to meet in our usual committee room, we had erred on the side of caution and decided to meet in the more spacious main hall. Marion had set

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out the tables and chairs at the correct "social distance". If you both really stretched out your arms and leaned till you nearly fell off your chair, then you could pass something to your neighbour. No way could you kick the person sitting in front of you. Happily, not many of us wanted to! Once you were safely seated, then you were allowed to remove your mask. It has just occurred to me that it would have been a good idea (for the whole population) if we had had to have our names embroidered on the outside of our masks. Personalised PPP.

Our president, Susan Sharrocks, opened the meeting with warm words of welcome. Covid rules prevented us from singing our opening song, "A Pleasant thing it is to Meet In Friendship's Circle Bright" (at Killington WI "Jerusalem", is rendered only once a year, at our AGM). However, "verse speaking" was not prohibited, so that is what we did for our song. It really took me back to elocution lessons as a small girl at my convent school.

Our speaker for the day was an old friend. Jackie Huck from Orton has visited us several times and as a

leader in the Federation writing group is a popular and lively speaker. Today her subject was, "A Lancashire Childhood". During lockdown, after which today's meeting was one of her first outings, Jackie had been sorting through old papers left by her mother, who had been a champion hoarder, and writing a book inspired by many recollections of her childhood in Ashton-under-Lyne. As a shy, only child she had been brought up in a small house surrounded by warehouses and cotton mills. She told us stories and read poems which she had written during this time of going through newspaper cuttings, documents and memorabilia. Her childhood memories had flooded back and her recollections awakened many similar ones in each of us. Dilys Evans most eloquently expressed our thanks to Jackie for her thoughtful and entertaining talk.

Then it was time for tea before which a beautiful birthday cake was produced. This month the decadal birthday girl is Pat Allen and Susan proffered Congratulations and Best Wishes from us all. A "verse spoken" ditty followed but I'll leave you to guess the words. Birthday greetings also go to Elizabeth Perrott but sorry, no cake for you this year. Entries in today's competition for, "A Childhood Artefact" were displayed and explained

Our business discussions brought the meeting to a close. Points to remember; Garden Party – weather permitting- 8th July at Sally's; 10th July - Church Fete-bric-a-brac to Joy please; let us have your ideas for celebrating Killington WI's 80th

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birthday milestone this autumn; our Coffee Morning which was scheduled for 16th June will now take place in September, and finally – all being well – our next meeting – “RUG RAGGING -ITS HISTORY & A DEMONSTRATION” By Pam Bolton – at the People’s Hall on Tuesday 13th July at 2-00pm. Perhaps, if we are very diligent, we shall be able to emulate the skill of Sedbergh (Frostrow) WI whose beautiful Remembrance rug hangs on the wall in the committee room. Looking forward to seeing you all at our next meeting – new members always welcome and no walking home in the dark.

HOMETOWN

Sam Scarr

Playground for the rich whilst the working classes sleep in a ditch
social housing a working class affliction
section 21
no excuse for eviction
there is no place like home unless you're on holiday
they've all been bought up for your recreation
whilst the rest of us prey for salvation
postcode reduction in public school fees
when ordinary families are on their knees
profiteering and underhand deals make social housing a steal
we cannot afford your extortionate rents
even considered living in a tent
the nimbys don't want us in their back garden
social housing, I beg your pardon.

SEDBERGH & DISTRICT CHAMBER OF TRADE & COMMERCE

Changes and New Opportunities

James Ratcliffe

The Chamber of Trade has been active in Sedbergh for many years. Its purpose to create a voice and support local businesses. Throughout the years it's achieved many great things and since I joined in 2014 it's been a key influence on many projects that benefitted businesses and the town itself. Sedbergh seems to be becoming busier, with new businesses opening up and more people moving to the area, and many working from home. This means the role of the Chamber should become more and more important.

Despite this it's become apparent that some changes need to be made to move the Chamber forward and engage with even more businesses. Businesses, especially over the last year, have a lot to deal with on a day-to-day basis so added commitment or

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input to the Chamber is sometimes difficult. Some kind of input however is crucial to make sure the Chamber is doing its job. Slowly over the last few years the input from businesses has dwindled and therefore the Chamber may not be representing the businesses of Sedbergh as it should. The current format of the Chamber also seemed to be putting many people off from joining or engaging. Feedback, through the grapevine, is a few more people would attend if some changes were made.

We have been aware of this and tried to make some changes this year. However, they have been met with some resistance to change from the old format that the Chamber had taken for years. At a meeting on

Tuesday the 15th of June, members of the committee met to discuss the future of the Chamber. All agreed that change needed to be made, more businesses needed to engage, and some new faces where needed to make these changes. Therefore, ALL members of the current committee agreed to resign from their positions with immediate effect. What this means is that although the Chamber still exists it has no one looking after it. In affect there is a blank canvas for any individual or group to pick this up. An opportunity to change the format, the meeting times, the focus and even the name if they like. A bank account is available, with funds, to help any willing parties to achieve what they agree to focus on.

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I guess this is some kind of call to action for some businesses to get involved and create something new. The old committee are here to hand over, support if necessary but also happy to stand back and let people get on with what they want to do. As Sedbergh is getting busier a united voice for businesses has never been more important. The Chamber has attended some very important meetings and had an impact on decisions which will have an effect on the future of Sedbergh. Many of these meetings are mainly attended by politicians, not business people, so representation from a business perspective is crucial. The Sedbergh Economic Partnership is an example which has developed an effective voice and lobbying role for Sedbergh

with local and political bodies. The businesses should not lose their voice. Individually we are easy to ignore but together we will be much more likely to be heard. Without some kind of Chamber this might not happen.

The Chamber, or whatever it becomes, has the potential to achieve some great things. Sedbergh is beautiful market town, with some of the best businesses and it has so much to offer visitors and residents alike.

If anyone needs any more information, please do contact me by email james@theblackbullsedbergh or come and see me at the Black Bull. Happy to just hand over or help in any way I can.



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LARGEST TOWN TO GET LARGER

New homes for Sedbergh

Andrew Fagg YDNP

Planning Committee today voted to approve plans for 34 affordable new homes in Sedbergh, in the county of Cumbria, as part of a housing association-led development of 49 homes.

Family dwellings with three bedrooms, garden and parking space are a feature of the plans. The homes, to be heated by air source pumps, will be built on the west side of the town off Station Road in a large field part-allocated for housing in the Local Plan.

The committee granted planning permission subject to a legal agreement on the number of affordable units being built and a set of 'local connection criteria' for the new owners or tenants.

It means that the largest town in the Yorkshire Dales National Park, Sedbergh, will get larger, with the new dwellings built in a simple vernacular style and made up of detached, semi-detached, terrace and bungalows, as detailed in the planning officer's report on the



Broadacres Housing Association and South Lakes Housing Association scheme.

Jim Munday, the Member Champion for Development Management at the National Park Authority, said: "We have agreed with local people and partner organisations that we should be supporting the completion of 400 dwellings between 2018 and 2024. Meeting this target is proving challenging for a variety of reasons, but large schemes such as the one approved today for Sedbergh will make a big contribution. The Yorkshire Dales is a popular place with high house prices. We need to ensure there is a supply of affordable housing for people who want to live and work here, so a further 34 rented and shared ownership homes for people with local connections is most welcome."

The meeting was held in person at Grassington Town Hall on 15th June. It was the first time the Planning Committee had met in person since 10 March 2020, with a total of 10 meetings having taken place online owing to the Coronavirus pandemic.

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GARSDALE'S NEW RACETRACK

Philip Johns

Garsdale Parish Council met face to face for the first time in many months on May 20th, by decree from the government who have ruled that councils must now meet in public, as of 6th May, and no longer remotely. However, and here's where logic fails, only 6 members of the public were allowed to attend meetings and strict Covid restrictions will still apply. Considering 'Freedom Day' has been put back four weeks, and face coverings, sanitized hands and social distancing are still in place, why does the government want to risk councillors and the general public spreading a potentially lethal disease when no-risk Zoom meetings have been operating perfectly over the last year or so, especially as any number of the public can join such a meeting? As Zoom meetings are usually recorded, these can be a source of entertainment to others, remember Handforth PC and Jackie Weaver? If only Garsdale's meetings were so entertaining!

The main topic of discussion at the May 20th meeting was about the so-called safety improvements hoisted upon us by Cumbria County Council's Highways Department. Recently, and without any consultation or pre-notice, a profusion of new plastic reflectors were installed in the verges wherever possible. Driving at night, in the dark, became profoundly hazardous as the glare of all these reflectors was blinding. Not content with that, Highways came back and now have installed many hundred's of yards of shiny metal barriers on virtually every corner and along the

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riverside. They have even installed them under the railway bridge at Garsdale Head for whatever reason. Unfortunately, instead of siting them as far from the edge of an already narrow road, they have placed them very close to the edge of the road, effectively making the road even narrower. In places, two approaching larger vehicles cannot pass each other, walkers, especially with dogs, can no longer step out of the way of traffic and they have even managed to cut off a long distance footpath in two places. On top of all this, the postbox at 'Straight Bridge' was also isolated along with a popular parking area used by Royal Mail to empty the box and was also used by kayakers when Clough River was in flow. Royal

Mail has now removed the postbox as it was deemed too dangerous to use.

The A684 now resembles a mini M6 with all these shiny barriers, reflectors and new signs. It also has changed a classic country road into an apparent racetrack for bikes and speeding cars. Garsdale, along with many other dales, has long had a problem with bikes and cars using the road as a racetrack and all these barriers will give them an enhanced sense of safety, encouraging them to push the speed even further.

Garsdale PC has received many complaints from residents and has written to Highways, along with Tim Farron, in protest of these new measures. If the council had been consulted prior to the start of the works, much better protective work

could have been carried out without spoiling the nature of the road. The road now projects a greater risk to cyclists and walkers who have no refuge to step into. Vehicles are now being forced to drive more in the middle of the road and have to slow down to a crawl to pass oncoming traffic in places. How the foliage and grass verges are going to be trimmed will be another major headache.

Whilst Garsdale PC appreciates the fact CCC wish to make the A684 a safer road to travel on, why, oh why, did they not consult before taking action? Things could have been so much better, a great opportunity has been missed.

NB. This is purely my interpretation of the above and not necessarily that of the council.



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Ernest and the teams from the Three Hares & Black Bull Inn*

SEDBERGH PEOPLE'S HALL

Dr Gina Barney

The government "Guidance for the safe use of multi-purpose community facilities" says, inter alia: Community centres, village halls, and other multi-use community facilities support a wide range of local activity. Managers of community facilities will have discretion over how they make premises COVID-19 secure following the advice in the relevant guidance. Each community facility should apply relevant guidance listed here, locally, depending on circumstances, including its size and type of activities it hosts, its users, how it is organised, operated, managed and regulated."

We have done this to government regulations and guidance and ACRE

interpretations. The Sedbergh People's Hall has carried risk assessments and made the premises as secure as we can. Hirers also must carry out a risk assessment specific to their event. The Hall has assisted hirers to do this.

We had hoped that we could relax a little after 21 June 2021, but it was not to be. The only concession would appear that the Hall can host life event functions (weddings, funerals, etc.) with more than 30 people present. We can manage 60. Otherwise, nothing has changed in Step 3.

We are now welcoming many of our regulars back. Our rules are simple.

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HOUSE PRICES

Beth Handley

UK house prices are set to keep rising despite hitting record highs in May. On average property prices have increased by 8% over the past 12 months, with elevated demand continuing. With the easing of lockdown restrictions there has been greater confidence in the economic growth, particularly supporting house prices given the shortage of properties coming onto the market.

Is the growth Sustainable? A return to tourists onto our Main Street, has influenced an increased trend of one-to-one appointments of potential purchasers registering their details to buy, with most looking to acquire more space or a bigger garden, therefore meaning, we firmly remain in a sellers' market, as buyers bid to secure their properties.

HOUSING REPAIR PROBLEMS

Karen Evans

I've been living in my privately rented flat for years. I generally have a good relationship with my landlord but I just can't get them to carry out various repairs that have built up. How can I get them to act - and what exactly do they have to do?

The law states that your landlord must provide accommodation that is safe, healthy and free from things that could cause serious harm. If you have problems such as electrical wiring that you think might be faulty, or there's damp, or an infestation by pests, the landlord has a legal obligation to put things right.

Landlords are also responsible for the maintenance of the general

structure, and fittings such as boilers and radiators or basins, baths and toilets and the drains.

The first step is to contact your landlord again, in writing. Include photographs of the problems. Keep a record of all communications and evidence relating to the disrepair.

If that doesn't prompt any action, the housing advisers at Citizens Advice can help with next steps. These could include contacting your local council (who will have dedicated officers for dealing with disrepair in private rented properties) or asking for a visit by the environmental health team.

Tenants can take their landlords to court to force them to carry out repairs. However, it's worth getting

some advice and thinking carefully before embarking on this route.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.

South Lakes Citizens Advice, your local charity, is here for you.

How to access:

- Call 015394 46464 - this is being staffed from 9:30 – 2pm
- Adviceline: 0808 2787 984
- email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

Sedbergh and District Lookaround

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SEDBERGH FOOD CLUB

Becca Gilbert

Are you a member of the food club, or supportive of the initiative and can spare time to volunteer as we look to develop this brilliant initiative over the coming months? There are many ways you can help, even if it's just an hour or two once a month we would love to hear from you. We are conscious that as time goes on peoples commitments are changing which means for some time is limited but for others there may be an opportunity for you to get involved in different and new ways. Do get in touch and let us know, and we hope to share more news with you over the new couple of months. We remain hugely grateful for our existing team of brilliant volunteers, thank you as ever for all the many ways in which members of the community are involved.



So, if you would like to become a member and/or volunteer or simply find out more about Sedbergh Food Club go to our website: <https://zerowastesedbergh.com>

As we continue to receive lots of wonderful fruit and vegetables, here's a recipe from one of our members which was enjoyed for creamy celeriac, butternut squash and leek bake.

Creamy celeriac, butternut squash and leek bake

1/2 celeriac

1/2 butternut squash

1 Leek sliced

Garlic

1 tbsp of plain flour

1/2 pint of veg stock and cream or milk

1 sprig of rosemary

Handful of Grated Parmesan/
breadcrumbs on top (optional)

Salt & Pepper to taste

Preheat oven to 180C. Slice celeriac and squash thinly in a buttered dish, this should give you about 4 layers. Sweat the leek down with some garlic in butter, and when nearly soft add the flour and cook for a minute. Then add your stock and cream (or milk) mixture, stir well and heat gently with your rosemary. Once warm, Pour over the sliced vegetables and bake for approx. 45 minutes or 1 hour until the bake is cooked and the vegetables are soft. If you want to have a crunchy top, sprinkle over the cheese and breadcrumbs before putting the bake in the oven. Enjoy!

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Sedbergh Community Cupboard Update:

Alongside Sedbergh Food Club, we also run Sedbergh Community Cupboard. In fact, having the Food Club enables us to not only distribute food that would otherwise go to landfill, but it also supports the provision of food for those who need a little more support each week. It acts in the same way as a Food Bank, and we are able to discretely support local families and individuals who may be struggling financially, by providing food and toiletry packs. Any money which is left over from the Sedbergh Food Club subs is used to stock the Community Cupboard, but we also rely on food and toiletry donations from the public, so a big thank you to those of you who have been donating to our bin in Spar – as ever, thank you to the Spar shop staff for accommodating our donation box by the entrance.

Finally, huge thanks to all of you who are members, volunteer, donate, deliver and support Sedbergh Food Club & Cupboard in a variety of further ways.

Suzie Pye & Team
07833534710

LOCAL YOUNG PEOPLE'S FUND

Karen BruceLockhart

This Fund is provided by the Governors of Sedbergh School for the benefit of all young people (under 25) resident within the parishes of Sedbergh, Dent and Garsdale, as well as Killington, Dillicar, Firbank, Howgill, Lambrigg and Middleton for educational purposes

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary school aged child who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8 might need violin lessons, but later in his or her career may require a very much more expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.



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At a recent meeting of the Trustees it was felt that it might be helpful to those considering whether to apply for a grant to know the types of grant that have been awarded recently, and accordingly the following are some typical recent awards

1. Grants for laptops at university and for A Level courses
2. Grants for university text books
3. Grants for overseas educational travel
4. A grant for a residential field trip
5. A grant towards a gap year placement abroad
6. A grant to assist with fees for an extra-curricular language course

7. A grant to assist with the cost of books, equipment and uniform for a vocational course

8. Grants towards the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical electronic university course which requires a very expensive computer and might receive a larger grant. Another may be going on a two week course in Europe, while yet another may be going for six months to work with a charity in a less developed country. It is also helpful to know what other

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steps the young person has taken to raise funds.

The next consideration of applications will be early in July and the Trustees hope that young people of the district will give early consideration to applying for a grant.

Application forms can be obtained from the Sedbergh School Bursary (bursarsecretary@sedberghschool.org) or from the Tourist Information Office.

SPELLBOUND THEATRE **Get involved**

Heather Pakeman (Chairperson)

We have been very encouraged by the initial interest shown in Spellbound Theatre after our last article in the Lookaround and request on the Sedbergh Community Forum on Facebook. We hope that everyone who is interested will attend a meeting in the Scout Hut (next to The Black Bull) at 7:30pm on Thursday 22nd July. This is with a view to performing at Christmas 2021 with rehearsals starting in September. We have a couple of scripts to look at but if you are keen to be involved and cannot attend on the 22nd please

leave a message/contact details/name on Sedbergh 21279 and we'll get back to you.

Spellbound Theatre was originally founded by Kim Lyon but we have been 'going it alone' since 2006. We have gone on to perform mainly over the Christmas period with a varied list of productions ranging from 'The Great Santa Kidnap' by Roy Chatfield and Kim's pantomime's 'Puss in Boots', 'Jack and the Beanstalk' and 'Cinderella' to classic adaptations of 'Christmas Carol' and 'Wind in the Willows'. We have also performed at Farfield Mill several times, with an adaptation of the life story of local mill worker, William Stainton, written by Helen Leslie Bromley. We have tackled Aykourn, 'Calendar Girls' by Tim Firth and monologues in 'Village Voices' along with a pantomime at Halloween!! (Photos available on our Facebook page).

We really hope that you have been inspired to get involved with Spellbound and look forward to seeing you on Thursday 22nd July at 7:30pm in the Scout Hut. See you there.

REPORT ON THE CANARY GIRLS MEMORIAL PROJECT

Sandra Gold-Wood

In June there was a meeting between myself and Andy Ansell, Head of Estates at the National Memorial Arboretum in Staffordshire. He was delighted with the plans presented, all professionally produced by Barbara Hartley and Pip Hall. He believes that with a few adjustments the Landscape and Memorials Committee will look favourably upon the Canary Girls project. Great news. It is about time that the sacrifice of these forgotten heroines was honoured and I am delighted to be a part of this project.

Of course there is a great deal of fund raising to be done before the actual memorial is put in place. If you haven't visited the Arboretum site, then I suggested that you pop it on to your list of places to go as it is quite beautiful. Some of the stunning sculptures there were so thought provoking they brought a tear to me eye.

It just remains to say a big thank you to the people of Sedbergh and district for helping to fund this worthwhile project that is now beginning to spark interest nationally.

ANSWERS TO THE CANARY GIRLS WHITE QUIZ SHEET

Sandra Gold Wood

- 1 There are 8 US states that start with the letter "M." Maryland, Michigan, Montana, Missouri, Massachusetts, Mississippi, Minnesota, and Maine.
- 2 Woolton pie was mainly potato
- 3 The first compare of Sunday Night at the London Pallium was Tommy Trinder
- 4 George Gershwin wrote the Opera Porgy and Bess
- 5 The crash helmet law came in 1973
- 6 Captain Edward Smith went down with the Titanic.
7. The Elgin marbles came from the Parthenon, Athens, Greece.
- 8 The longest river in Slovenia is the Sava
- 9 The next line to the hymn is 'Forgive our foolish ways'.
- 10 The Theme to Four weddings and a Funeral was sung by Wet Wet Wet.
- 11 UK PM 1902 to 1905 was Arthur Balfour
12. The Scourge of God was Attila the Hun.
- 13 Rope for tents are Guy lines.

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 £18.00 - call 20964

email: dmparratt@gmail.com for a form.

For more information, visit our website:

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



PHYSIOTHERAPIST

HCPC Registered



John Bannister
Chartered Physiotherapist

John Bannister
Sun Lea, Joss Lane, Sedbergh

Tel. 07877301088
Email john@jb-physio.com
Web www.jb-physio.com

Competitive rates
Home visits available

Flexible appointments to meet your needs

MARIE CURIE TEA PARTY

Caroline Sandys-Clarke

Put the afternoon of 31st July in your diary and come along to Ghyllas to enjoy the gardens, cream teas, meeting the latest additions to our alpaca herd, along with a raffle and other entertainments to help raise much needed funds for MARIE CURIE. Posters and flyers will be distributed nearer the day with more details. MARIE CURIE, along with all charities, has had fundraising activities severely affected by Covid and the problems and restrictions that have gone with it. But despite this, the amazing, caring MARIE CURIE nurses have been continuing with their wonderful work of looking after patients at home and in their hospices. So come along and help us raise as much money as possible for this very worthy cause. We will be following Covid guidelines.

14 Treasure no one owns is called 'Trove'.

15. According to the rhythm, Tuesday's child is full of Grace

16 UK's smallest city is St David's in Wales.

17 The Queen and Prince Philip had been married, 73 years.

18 Bees fly at around 12/15 mph

19 Who christen the Gretna munitions factory the Devils Porridge, Sir Arthur Conan Doyle.

20 Surprisingly there are around 60 to 80 breeds of sheep in the UK.

The winner of the Tenner was Georg Hristev who lives in Sedbergh well done!

MICROPLASTICS

Kim Bradshaw

"Microplastics and Microfibres - what are they really?"

We are hearing the word 'microplastics' more often but do we really know what they are and what effect this has on us?

Microplastics are just that - tiny filaments of plastic less than 5mm in diameter. They are in our clothes, in the cleaners we apply to our face, in our toothpaste and in the food that we eat. Scientists are not yet certain of what health impacts this may have on us in the future but many organisations are making a move away from microplastics to try and eliminate it where possible.

So how does it get into our stomach? Well that is quite simple and there are also many ways it can occur. Microplastics have been found in the fish that we eat, including canned fish. These tiny balls of plastic are washed into the ocean and consumed by fish which in turn are consumed by us. Land animals also eat microplastics and studies have also found tiny microplastics that settle on our food from dust in the air. However, the biggest consumption of microplastics comes from plastic water bottles. Single-use water bottles normally contain between 2 and 44 microplastics per litre, while bottles that have been refilled contain between 28 and 241 microplastics per litre. These microplastics come from the packaging which means we are exposing ourselves to microplastics the more times we fill

up a plastic bottle. Solution: Buy an alternative refillable water bottle.

Current studies at Harvard University have estimated that there is currently 14 million tons of microplastic on the ocean floor. This is 25 times higher than previously thought. 700,000 microfibrils can be released from a single load of laundry. The current filters within our wastewater treatment works are not able to remove all these microfibrils. Therefore, these are eventually sent into our waterways and oceans, being ingested by fish and marine animals along the way. There are many ways we can combat this. 1. Wash clothes in a front loading washing machine on cold wash. A lower temperature wash is less aggressive and less likely to shake out plastics. 2. Reduce spin speeds and air dry rather than tumble dry your clothes. 3. Use a Guppy Bag or Coraball - these claim to collect

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



Home Run

Pet sitting, House sitting, Dog walking

I offer a friendly, personalised pet and house sitting service in Sedbergh & further afield.

Nicola – 07866 336924

nicola@homerundogsitting.co.uk

www.homerundogsitting.co.uk



plastics during washing. 4. Keep your clothes for longer and avoid polyester fleeces. Most plastic is shed within the first few washes, so changing your wardrobe often will release more microfibres. Polyester fleece could be one of the biggest emitters of microfibres - try wool instead. 5. Look at the label when purchasing your clothing - try and stick to natural fibre clothing when possible.

By making a few simple changes in our lives we can help with the reduction of microplastics and microfibres. Some other plastic free swaps could be - plastic free chewing gum, plastic free tea bags, toothpaste in a jar or tin rather than a plastic tube. Why not try plastic free makeup and cleansers? Buy food that isn't wrapped in plastic from our local greengrocers and butchers. Use natural cleaners in the house, dishwashing and washing powder rather than capsules. There are many plastic free alternatives out there - so remember people, by changing just one thing in your daily routine collectively we are making a big difference.

SEWAGE IN THE RIVER?

James Palmer

Summer is here and this year even more people will holiday in the UK, hopefully some in Sedbergh.

Like many locals the rivers around Sedbergh will be an attraction for paddling, open water swimming and kayaking. Before we join them in the water perhaps it would be worth noting that in 2020 the local sewage treatment plant, run by United Utilities (UU), spilled 351 times for a total of 8490 hours and the automatic 'event duration monitor' (EDM) was only active for 11% of the year.

It is worth noting that UU are the worst offenders nationally with 726,000 hours of sewage discharge and that Sedbergh is top of UU's list for hours of spillage and runner up for numbers of spills (see <https://environment.data.gov.uk/portalstg/home/item.html?id=045af51b3be545b79b0c219811d3d243>)

Given these figures I wouldn't want to dip a toe in the water below the sewage treatment plant, let alone swim in it, would you?

I am sure that some UU representatives might claim that the problem is because it is so rainy in Sedbergh (they spell it 'Sedburgh' in the spreadsheet which may be why I didn't immediately find it) but sh1t whether diluted or concentrated is still sh1t and I doubt we could persuade the CEO of UU to drink or swim in the river water as things stand. Out of interest Dent WWTW had 181 spills over 683 hours but the even monitor worked 100% of the time. Finally, for those with a financial bent I suggest

that delving into the offshoring of UU (and other water company) debt and share dividends as well as executive rewards may be revealing. What is all too clear is that underinvestment in infrastructure in a small rainy town in Cumbria is polluting the Dee, the Rawthey and the Lune. For a national park this is a national disgrace.

COVID CRISIS INFORMATION.

Suzie Pye/Ed Welti

Sedbergh & District Covid Support:

The Covid Support Line has now closed and is no longer taking calls. Should the need arise due to further waves or lockdown it will be re-opened.

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 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.

Joss Lane & Loftus Hill Car Parking Charges

1 hour = £1.00

4 hours = £4.00

2 hours = £2.00

5 hours = £5.00

3 hours = £3.00

One week = £10.00

Annual Resident Permit, Day = £40

Annual Resident Permit, 24h = £60

Both available from the Information Centre only, renewable annually on 1st September.

All types of fencing
undertaken. All
enquiries welcome

Chris Harper
Fencing

Call on 07957515711 or email
charper6020@icloud.com
for info

AN APPEAL FROM 'THE FRONT'

Philip Johns

Westmorland Shopping centre has been hosting an NHS Mass Vaccination Centre since the middle of January where The Stabbers (vaccinators) have been sticking needles in arms for 12 hours a day, 7 days a week backed up by the Fire Service, an army of nurses, administrators, security staff and the all important volunteers.

This is 'The Front' where the battle against the deadly disease called Covid-19 wages, not with guns and bullets, but with highly effective vaccines produced by British boffins. Miracles are happening everyday, lives are being saved, and, one day, life will return to normal.

In the early days, the patients attending were mainly the old and the frail along with some younger vulnerables. Many were nervous as they were stepping into the unknown, did the vaccine work, what side effects will there be? But for some of the elderly patients, their fear was more for intermingling with actual human beings. Some had not had direct contact for over a year, just the

odd conversation through a window or on the phone. Groceries were delivered to the door and fear of coming into contact with another who may be infectious was paralysing, keeping them locked up in their own homes. No wonder, with all the terrible news of tens of thousands dying gruesome deaths in hospitals every day, suddenly to be surrounded with people was an extremely daunting task. But attend they did and duly turned up 12 weeks later for their second dose and with a much lighter step. This time, they knew they would be safe from the disease with a bit of care.

In the early days, when a call went out for volunteers, many hundreds applied. There were a monstrous 11 on-line learning modules to negotiate, many subjects that were absolutely ludicrous and totally irrelevant to marshalling patients in the clinic or helping to park cars. Someone eventually saw sense and this has been reduced to just three.

Once registered, you could choose where you wished to volunteer, what shift times and how many you wanted. Due to the overwhelming response, shifts were hard to get and you had to book in as soon as they came on-line. However, all that has now changed. People have returned to work and, with the better weather arriving, there were other matters to attend to. There is now a shortage of volunteers and some shifts are poorly attended. The number of vaccines being delivered each day is increasing as we try to inoculate as many people as possible as quickly as possible. So, this is an appeal to

The Sedbergh Gardener

Garden maintenance and planting design

Rebecca Wheten BA.Dip. Landscape Architecture
mobile. 07792285357

e-mail thesedberghgardener@gmail.com
instagram. [thesedberghgardener](https://www.instagram.com/thesedberghgardener)



anyone over 16 who can spare a little time and would like to help in our battle on 'The Front'. If that is you, look on-line at the website 'Lancashire Volunteer Partnership' www.lancsvp.org.uk and follow the links. If you can, please, please come forward, you will be made very welcome.

HARDSHIP FUND

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

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

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

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

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

or

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

All applications will be treated in confidence.

Sedbergh United Charities are very grateful to Sedbergh School and the Community Trust who are both helping us with this fund.

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

ORANGE YOGHURT CAKE

Nancy Murdoch

5oz Natural Yoghurt

8oz Caster Sugar

8oz Self Raising Flour

2 Lightly Beaten Eggs

Grated Zest of 1 Orange

Mix together the yoghurt, caster sugar and orange zest. Using a wooden spoon beat in the eggs a little at a time. Beat in the flour until the batter is smooth. Pour the mixture into a line and greased 2lb loaf tin and bake for 45-50 minutes at 180C, 350F, Gas 4. Cool in the tin for 5 minutes then turn out and allow to become cold.

Cut thin strips of peel and drop them into boiling water and simmer for 1 minute. Dry on kitchen paper. Make glaze icing with 4oz icing sugar and 2-3 teaspoons of warm water. Spread evenly over the cake and decorate with orange strips.



PERSONAL MESSAGES

DEVINE

Wishing you a belated happy birthday for 19th June Georgina.
Hope you had a lovely day.
With love from all your friends in Sedbergh.

=====

WANTED

Property for rent minimum 2 bedrooms, any area considered.
Tel: 07972 304792

=====

FOR SALE

LEC Larder Fridge £80 ono.
Ht 55cm, W 56cm D 57cm. Small freezer compartment. One year old.
2 Years left on guarantee.
Tel: 07948 241059

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.

If it's in your diary make sure it's in ours.

EDITORIAL

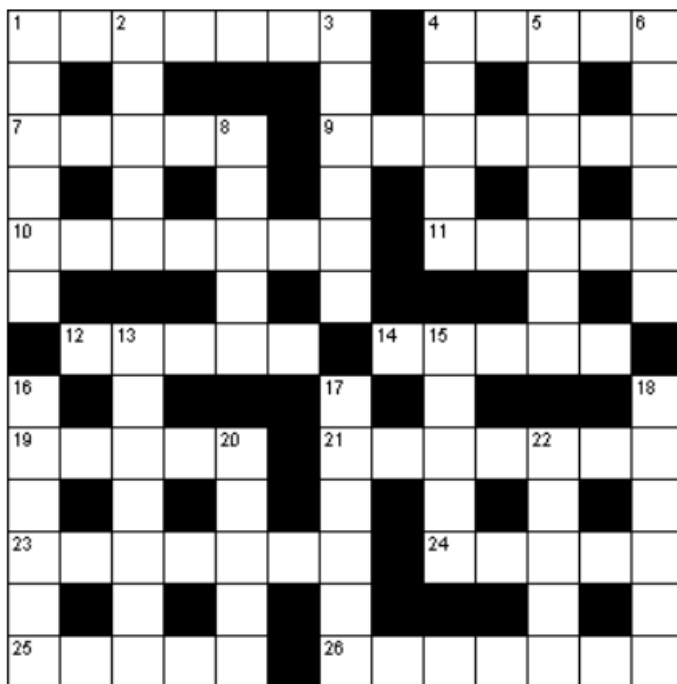
Welcome to number 400. I'd like to thank everybody who has contributed, and to those who send us updates to the 'standing information', bus timetables, groups, diary etc etc. We need you to point out anything that is wrong so we can correct it and make the information as reliable as possible. Obviously if I see something I know is incorrect I'll sort it, but I'm not out there looking for it. We rely on you, as always, please keep it up.

And we usually owe apologies to somebody who's advert or article we've missed, or failed to update. This time it was MK Conversions, we failed to update their advert when we should have done. It's one of the problems of the part time nature of this role, remembering from month to month what we need to do. And I'm haphazard with notes and reminders, sometimes they work, and sometimes I plough on regardless.

I try to ensure that I cycle the adverts and articles around so that they don't appear in the same place in each edition. Articles I categorise (approximately) and put those of similar subject matter together, then try to ensure that each subject group has a turn in different places in Lookaround. That means that items of importance may not appear at the front, that's certainly the case with this edition. It means that you need to look all the way through when deciding what to read.

Ed.

PUZZLE (SOLUTION ON PAGE 88)



Across

1. Enlarge to make it universal (7)
4. Reddish-brown variety is ape (5)
7. Some expression in marmot tooth (5)
9. Circular function, bronze man (7)
10. Asserts its sins are various (7)
11. Vessels or transports (5)
12. Alter emu as to entertain (5)
14. Blockhead bovine, tailless stray, is a fighter (5)
19. Change seats for something valuable (5)
21. Incorporated in short, drawn at angle (7)
23. The ache becomes a wild animal (7)
24. Increase in pay or move up (5)
25. Change early into a sheet (5)
26. Yon urge becomes less mature (7)

Down

1. Rearrangement of big mat as ploy (6)
2. Tones become musical symbols (5)
3. Tardy saint in short, is up-to-date (6)
4. Musical compositions by male offspring George, Simon (5)
5. Change recipes to be exact (7)
6. Someone creative included in party list (6)
8. Headless constrictor, uninitiated Egyptian goddess, found in desert (5)
13. Enigma concealed in my stern yak (7)
15. Happen it's a headless mythical bird dog (5)
16. Head of police, part of a circle and tailless gremlin wraps it up (6)
17. Hit gym to change into something powerful (6)
18. Scattered shooting star is remote (6)
20. Instructor discovers tutu torn (5)
22. Topping in gastronomic ingredient (5)

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.

JULY 2021

03	SS Speech Day / Term Ends (22)	
03	930 Artisan Market (Jun)	Main Street
06	1000 Grief Share (6)	CCCN
06	1400 Sedbergh Sight Advice Meeting (40)	Landline
07	930 Yoga (Every Wednesday) (26)	MCD
08	1930 Parish Council Meeting (19)	PH
10	Finkle Street Party	
10	Out There (Sue Lancaster) (Jun) Ends	FM
10	1000 Dentdale Methodist Coffee Morning	DMC
11	Journeys Crossing (Textiles) (Jun) Ends	FM
14	930 Yoga (Every Wednesday) (26)	MCD
14	1915 Dentdale WI Pudding is served	DMH
15	1900 Enviro Action for Businesses	Zoom
17	Book Fair	PH
19	1000 Coffee Morning	StAD
20	1000 Grief Share (6)	CCCN
20	1100 Lancashire CC v Cumbria (May)	SS
20	1400 Sedbergh Sight Advice Meeting (40)	Landline
21	930 Yoga (Every Wednesday) (26)	MCD
22	1930 Spellbound Theatre gathering (Jun)	Scout Hut
23	1100 Lancashire CC v Sussex (May)	SS
24	1100 St Andrews Summer Fair	StAS
25	930 Full Moon Yoga (26)	MCD
28	930 Yoga (Every Wednesday) (26)	MCD
31	930 Artisan Market (Jun)	Main Street
31	1400 Marie Curie Tea Party	Ghyllas

AUGUST 2021

03	1000 Grief Share (6)	CCCN
06	Dentdale Christian Festival (May)	TBA
06	Dentdale Christian Festival (Jun)	TBA
09	Dentdale Christian Festival (May)	TBA
09	Dentdale Christian Festival (Jun)	TBA
11	1915 Dentdale WI Wonders of Wax	DMH
12	Appleby Horse Fair	Appleby
15	Appleby Horse Fair	Appleby
15	Song of Silence (Stuart Gray) (Jun) Ends	FM
17	1000 Grief Share (6)	CCCN
18	1000 Woodland Storytelling (21)	Main Street
21	Barbon Show	Barbon
28	930 Artisan Market (Jun)	Main Street
30	August Bank Holiday	
30	Dent Gala	TBA

SEPTEMBER 2021

05	SS Term Begins (22)	
08	1915 Dentdale WI Owls	DMH
09	Westmorland County Show	TBA
18	930 Artisan Market (Jun)	Main Street

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

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday
1400 - 1600
01539 795000 or 0845 6060265

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Yorkshire Dale National Park

0300 456 0030

*If you would like to see any numbers
listed here,
please let us know.*

PLACES OF INTEREST TO VISIT IN THE AREA COVID RESTRICTIONS MAY APPLY

Bowling Green, Queens Gardens

Bruce Loch Nature Area, Busk Lane

Cautley Spout, A683 towards Kirkby Stephen

Community Office, 72 Main Street

Cornerstone Community Church, New Street

Cumbria Wildlife Trust, Community Office

Dent Heritage Centre, Laning, Dent *

Farfield Mill, A684 Garsdale Road *
Free to LA10 Residents on Sundays

Friends Quaker Meeting House, Brigflatts

George Fox's Quaker Pulpit, Firbank

Golf Club, Catholes, Sedbergh *

Information Centre, 72 Main Street

History Society, Community Office

Holy Trinity Church, Howgill

Jubilee Wood Nature Area, Castlehaw Lane

Langstone Fell, A684 Garsdale Foot

Motte & Bailey Castle, Castlehaw Lane

Pepperpot Folly, Busk Lane

Picnic Site, Ghyllas, Cautley Road

Picnic Site, Settlebeck New Bridge

Play Ground, Dent Village

Play Ground, People's Hall

Play Ground, Maryfell

Queen's Gardens, Station Road

St. Andrew's Church, Dent

St. Andrew's Church, Main Street, Sedbergh

St. Gregory's Church, Vale of Lune

St. John's Church, Cowgill

St. John's Church, Firbank

St. John's Church, Garsdale

St. Mark's Church, Cautley

Sedbergh Embroidery, StAS

Tennis Courts, Guldrey Lane *

Winder Fell, above Sedbergh

* = Entry Fee Applicable



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

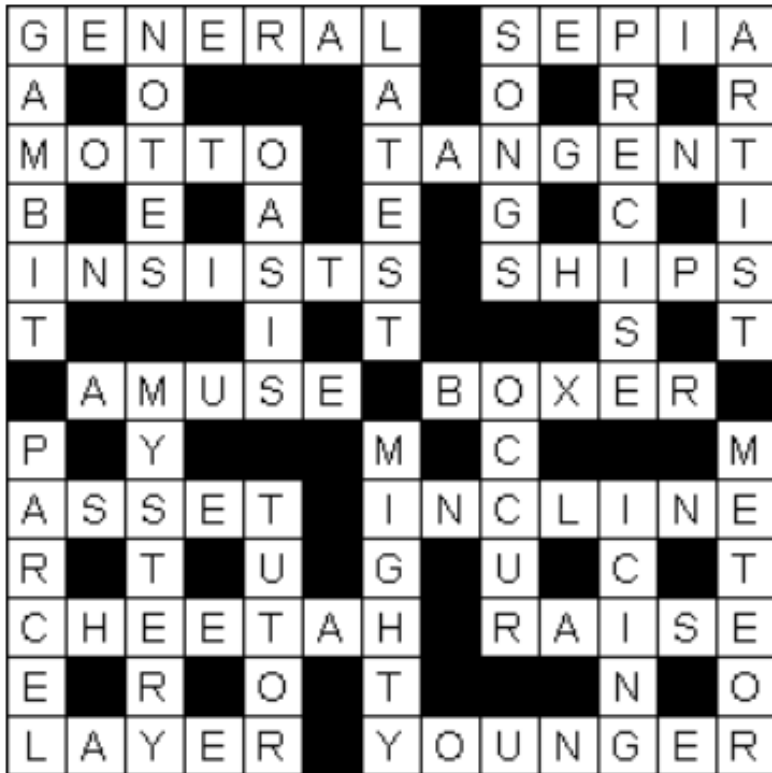
Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	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	Phil Johns	07807	909860
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 SOLUTION



Lookaround Editorial Team

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

Editorial Team members annotated with (T) 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	Day	No	Co	Depart	Arrive	Day	No	Co
0940 (L)	1010	M - F	W1	W	1030	1056 (L)	M - F	W1	W
1015 (L)	1045	Wed	W2	W	1300	1330 (L)	Wed	W2	W
1240 (L)	1310	M - F	W1	W	1330	1356 (L)	M - F	W1	W
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	W3	W	1215	1248 (L)	Thu	W3	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	W2	W	1000	1015 (L)	Wed	W2	W

L = Library W = Woofs 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)

Last Update: July 2021

S1 Saturdays - Kendal Shuttle Western Dales Bus Dent Station - Dent - Sedbergh - Oxenholme - Kendal

<i>Trains to Carlisle</i>			1048			1815	1944
<i>Trains to Leeds</i>			1041			1732	1938
Dent Station	1053	1737	1947R
Dent Village	..	0820	1108	..	1505	1752	2002R
Sedbergh Maryfell	..	0835	1123	1315	1520	1807	2017R
Sedbergh Library	..	0837	1125	1317	1522	1809	2019R
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
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 Post Office	0800	0958	1258	1438	1643	1855S	..
Sedbergh Maryfell	..	1000	1300	1440	1645	1857S	..
Dent Village	0815	1015	..	1455	1700	1912S	..
Dent Station	..	1030	1715	1927S	..
<i>Trains to Carlisle</i>			1048			1815	1944
<i>Trains to Leeds</i>			1041			1732	1938

BUS SERVICES

S3 Wednesdays - Hawes Hopper
Western Dales Bus
Dent - Sedbergh - Garsdale - Hawes
From Wednesday 2nd June until Wednesday 27th October 2021

Dent Village	..	0942	1144	1421
Sedbergh Spar	..	0958	1200	1437
Sedbergh Post Office	..	0959	1201	1438
Sedbergh Maryfell	..	1001	1203	1440
Farfield Mill entrance	..	1003	1205	1442
Garsdale Street	..	1012	1214	1451
<i>Trains to Carlisle</i>		1054	1222	1448
<i>Trains to Leeds</i>			1205	
Coal Road (Garsdale Station turning)	..	1017	1219	1456
Moorcock Inn	..	1018	1220	1457
Hawes Creamery	..	1029	1231	1508
Hawes Market Place	..	1031	1233	1510
Hawes Dales Countryside Museum	..	1033	1235	1512
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
<i>Trains to Carlisle</i>		1054		
<i>Trains to Leeds</i>				1559
Garsdale Street	..	1104	1341	1543
Farfield Mill entrance	..	1113	1350	1552
Sedbergh Maryfell	..	1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	..
Dent Village	0932	1134	1411	..

BUS SERVICES

S4 Tuesday, Thursday, Friday - Kirkby Stephen Connect

Western Dales Bus

Dent - Sedbergh - Cautley - Kirkby Stephen Station

Kirkby Stephen Co-op - Brough

	Tu	Th	Fri	Fri	Fri	Fri
Dent Village	1017	..	1454
Sedbergh Spar	1033	1300	1510
Sedbergh Post Office	0914	0900	..	1034	1301	1511
Sedbergh Maryfell	0916	0902	..	1036	1303	1513
Cautley, Cross Keys	0924	0910	..	1043	1310	1520
Fat Lamb	0932	0918	..	1050	1317	1527
Kirkby Stephen Station arr	0938	0924	..	1057	1324	1534
<i>Trains to Carlisle</i>	0934	0934		1106		1501
<i>Trains to Leeds</i>	0920	0920		1146		1546
Kirkby Stephen Station dep	0938	0924	..	1106	1324	1534
Kirkby Stephen Town	0945	0929	..	1111	1329	1539
Kirkby Stephen Co-op	0946	0934	..	1113	1331	1541
Brough Clock	0954	1121	1339	1549
Brough Clock	1607	1131	1349	1559
Kirkby Stephen Co-op	1615	1635	..	1139	1357	1407
Kirkby Stephen Town	1616	1636	..	1141	1359	1609
Kirkby Stephen Station arr	1621	1641	..	1146	1404	1614
<i>Trains to Carlisle</i>	..	1704		1106		1501
<i>Trains to Leeds</i>	..	1714		1146		1546
Kirkby Stephen Station dep	1621	1641	..	1151	1404	1614
Fat Lamb	1627	1648	..	1158	1411	1621
Cautley, Cross Keys	1635	1655	..	1205	1418	1628
Sedbergh Maryfell	1643	1703	..	1212	1425	1635
Sedbergh Library	1645	1705	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	..
Dent Village	1007	..	1444	..

BUS SERVICES

S5 Thursdays - Kirkby Stephen Shopper Western Dales Bus Sedbergh - Kirkby Stephen - Ravenstonedale - Newbiggin - Kendal Bus Station - Kendal Morrisons

Sedbergh Post Office (as S4)	0900
Cautley Cross Keys (as S4)	0910
Kirkby Stephen Station entrance (as S4)	0924
Kirkby Stephen, Market Square (as S4)	0929
Kirkby Stephen Co-op	0935	1145	1435
Kirkby Stephen Market Street	0936	1146	1436
Kirkby Stephen Station entrance	0941	1151	1441
<i>Trains to Carlisle</i>	0934	1106	1501
<i>Trains to Leeds</i>	0920	1146	1455
Ravenstonedale Kings Head	0947	1157	1447
Newbiggin on Lune	0950	1200	1450
Tebay Roundabout	0958	1208	1458
Killington M6 bridge	1008	1218	1508
Kendal Castle Green	1017	1227	1517
Kendal Blackhall Road	1022	1232	1522
Kendal Morrisons	1027	1237	1527
Kendal Morrisons	1038	1328	1538
Kendal Blackhall Road	1045	1335	1545
Kendal Castle Green	1050	1340	1550
Killington M6 Bridge	1059	1349	1559
Tebay Roundabout	1109	1359	1609
Newbiggin on Lune	1117	1407	1617
Ravenstonedale Kings Head	1120	1410	1620
Kirkby Stephen Station entrance	1127	1417	1627
<i>Trains to Carlisle</i>	1106	1501	1703
<i>Trains to Leeds</i>	1146	1455	1717
Kirkby Stephen Market Square	1133	1423	1633
Kirkby Stephen Co-op	1134	1424	1635
Kirkby Stephen Market Street (as S4)	1636
Kirkby Stephen Station entrance(as S4)	1641
Cautley Cross Keys (as S4)	1655
Sedbergh, Library (as S4)	1705

BUS SERVICES

S6 Tuesdays - Kirkby Stephen—Penrith Western Dales Bus Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith

Sedbergh Dalesman (as S4—see separate timetable)	0914
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands	1012	1215	1453
Kirkby Thore Bridge End	1020	1223	1501
Whinfell School House	1025	1228	1506
Penrith Bus Station	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
Whinfell School House	1055	1333	1536
Kirkby Thore Bridge End	1100	1338	1541
Appleby Sands	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Town	1138	1416	1616
Sedbergh Town (as S4—see separate timetable)	1645

DENT RAILWAY STATION TIMETABLE

Valid until December 11th 2021

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.48	07.52	10.34	07.03	09.08	10.40
09.16	09.16	11.04 (B)	09.38	10.41	13.38
10.48	10.48	14.01	12.13	12.13	16.33 (N)
12.17	12.17	15.53	16.04	16.04	18.02 (B)
14.43	14.43	17.48	17.32	17.32	18.41
16.46	16.46	20.20	19.38	19.38	20.26
18.15	18.15				
19.44	19.44				

(N) Through train to Leeds, Sheffield and Nottingham

(B) Through train to/from Blackpool North. Runs until 12th 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**

~~~~~

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

~~~~~

**worship@peopleshall**

1st Sunday each month 10:30 am

**Rev David Crouchley Tel:20329**

~~~~~

SOCIETY OF FRIENDS - QUAKERS

Brigflatts
Sunday 10.30

Janet Chetwood (Comms Clerk)

Tel: 21715

Sally Ingham (Business Clerk)

Tel:07939 569559

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## DENTDALE

### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ  
Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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

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CHURCH OF ENGLAND

Cautley & Garsdale

Church Wardens:

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

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## METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

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SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

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## PIONEER CHURCH

Becca Gilbert

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

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UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

Combined plans for Western Dales Mission Community - July 2021

	Time	4 th	11 th	18 th	25 th
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service	HC	HC	FS
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	At St. Andrew's	Service	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HCx		9.30am MP-NC	
St. John's, Garsdale LA10	10am	HCx		SW	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service
Garsdale Street Methodist Chapel LA10 5PQ					
All Saints, Killington LA6 2HA	2pm				
Holy Trinity Howgill LA10 5JD	10.30am		MP		
St. John's Firbank LA10 5EF	2pm				
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP	
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Please tell us you are coming- see below	Please tell us you are coming- see below	Please tell us you are coming- see below	Please tell us you are coming- see below
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
Sedbergh Christian Centre, The People's Hall, Howgill Lane, Sedbergh LA10 5DQ	6pm	Currently meeting live on YouTube	Currently meeting live on YouTube	Currently meeting live on YouTube	Currently meeting live on YouTube
	Wednesday	7th	14th	21st	28th
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer MP-NC- Morning Prayer Northern Community			BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word		
<p align="center">Please note that these services are subject to change due to coronavirus. For details of Thursday Cornerstone/Anglican worship by zoom please contact Rev. David Crouchley 015396 20329 or Rev. Becca Gilbert 015396 25166, to be covid safe on numbers at Brigflatts Meeting House please contact Correspondence Clerk 015396 21715, for Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063, and for Sedbergh Christian Centre contact David Hendrickse 015396 28151</p>					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am
**(Face to face appointments – please phone on
the day to book an appointment)**
Telephone Triage – 10.30am – 12pm
(please phone or book online)
Late Morning Appointments 10.30am – 12pm &
Afternoon appointments 2.30pm-6pm
(please phone or book online)

**Please do not attend if you have any
symptoms of Covid-19 (or if you have had a
recent positive test)**

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

Are now available, see our website for details and
call reception to book

For more information on all clinic times please 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 Defibs 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:

July 2021