

Sedbergh & District

LOOKAROUND

August 2021

Issue 401

Donation £1

Last Friday (as I write this) was the cricket match between Lancashire and Sussex, which, as I gathered from the noise of the crowd, and later from reports of some spectators, had an exciting finish. Great pitch, great backdrop, what more could a cricket fan want? Our visitors will go back with good memories of Sedbergh. And some of them will come back.

New adverts in this issue are from Dinky Dales Nursery, Sedbergh Curtain Workshop, and job vacancies at Howgills Accommodation.

How good it is that events are happening again, that the Dent Gala is going ahead—see the advert below. And good that the number of Covid cases are declining. Long may both things continue. *Ed.*

DENT GALA

MONDAY AUGUST 30th

Millbeck field, LA10 5TB

8am CAR BOOT*

Arrive from 7am

10am food, drinks, sideshows, and live band.

11am Family Magic Show.

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1pm Grand Raffle drawn

Egg Throwing.

A GRAND FAMILY DAY OUT



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for information contact
Sarah 015396 25212.

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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COVER PHOTO
The River Near Straight Bridge
Colin Cowperthwaite

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

COFFEE MORNINGS ARE TAKING PLACE EVERY WEDNESDAY



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



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For advertisers key points to note are as follows :-

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

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|--------------------------|---------|
| Single Column 2.56" x 2" | =£10.00 |
| Single Column 2.56" x 3" | =£12.50 |
| Single Column 2.56" x 4" | =£15.00 |
| Double Column 5.2" x 2" | =£15.00 |
| Double Column 5.2" x 3" | =£20.00 |
| Double Column 5.2" x 4" | =£25.00 |
| B & B and Camp-sites | = £2.00 |
| Personal & Small Ads | = £1.00 |

CONTACT INFORMATION

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editor@sedberghlookaround.org.uk

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07464 895425

Address:

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

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

PAYMENT INFORMATION

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NOTES FROM DENT STATION

John Carey

Dent Station is located in approximately ½ acre of what can be best described as uncultivated land which falls sharply into the unlikely named Monkey Beck just below the station. Most of the year wilderness prevails, however in June/July the wild flowers appear in abundance including at least two types of Orchid. The Friends of the Settle Carlisle Line have plans to develop the 'Nature Line' theme and Dent Station will surely play an important part as this is one of the few properties we actually own along the line.

Come September it will be a year since we acquired the station property, during which time much has happened. However, we are only at the start of what will be a lengthy ongoing conservation project. We currently have a listed building application pending for work to the roof, repointing and window replacement all following the original Midland Railway designs. As always we will be relying on local tradesman where possible who have in the past proved to be reliable without exception.

The station is located on what is the longest conservation area in the



country extending the whole 72 mile length of the line. Some years ago an architectural record was made of the traditional Midland designs which tend to be standardised throughout with slight deviations for local materials, for example brick or stone. We are fortunate to have these details available to us (known as the Midland Design Guide) and available for all to see on the internet. Heritage is important to the members of the 'Friends' whilst it is true to say that we are primarily a rail user group. Meanwhile, Network Rail have made a good job of restoring the southbound platform waiting room in Midland style which has been long overdue.

It is important to remember that Dent is also a working railway station



Dinky Dales Nursery
The Old School, Ravenstonedale,
Kirkby Stephen, CA17 4NQ



We currently have places for 2 year olds available from the start of September in our fantastic 2-3 room.

For more information please contact us on:
015396 23670 or dinkydalesnursery@outlook.com

although the main building ceased to be used as such in the mid-1960s ultimately passing to residential use. Currently there are 8 northbound and 6 southbound trains on weekdays between Leeds and Carlisle - these stopping services providing essential local transport. Why might you ask is there an imbalance between the workings? Well, some services run semi-fast missing out smaller stations and, in doing so, create some very long gaps in the timetable of up to 4 hours. In this day and age this is not really acceptable and there would seem to be no good reason as to why unless, it is assumed, for the operational convenience of the railway.

FoSCL has several objectives: ideally we would like to see an evenly balanced 2 hourly timetable enhanced at commuter times, services to stop at all stations and improved integration with local bus services. Well, some of these objectives could even happen. Of course, an hourly service would be even better but then we must be realistic. We hope to engage in meetings with Northern Trains over

the coming weeks as regards the services in 2022. It all sounds a long way off but nothing happens quickly in the rail industry.

Just as important are the local bus services, such as those provided by Western Dales Community Bus, which connect with the railway line. I make no apologies for restating that Dent is not only the highest mainline station in England but also the highest bus-rail interchange! We are at a critical juncture as regards bus services and many will be aware of the much reported 'Bus Back Better' initiative promoted by central government with increased funding to be made available. Sadly much of this will inevitably benefit urban areas but it is important that rural areas also

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get their share. Under the initiative local authorities have been invited to each submit a bus service improvement plan by October 2021 which will either adopt the 'Enhanced Partnership' or 'Franchise' models. Cumbria is currently engaged in such a process with 'Enhanced Partnership' being the favoured option probably utilising existing commercial operators such as Stagecoach who already provide the majority of services in the county together with the community operators. It remains to be seen how this will play out. Consultants have been appointed and opinions will be sought from relevant stakeholders. It is important that local councils and indeed FoSCL contribute their views.



However, Cumbria will be cautious given their policy decision some while ago not to subsidise bus services and will undoubtedly wish to ensure sustainability once any government funding package runs out. The bus improvement plan should ideally include the full reintroduction of the erstwhile 563 and 564 trunk routes linking Kendal, Sedbergh, Kirkby Stephen and Penrith thus allowing

EDUCATIONAL GRANTS 2021/22

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2021-2022.

You must have attended Dent C of E Primary School or your parents must presently live, full time, in the Parish of Dent with Cowgill.

Grants are made in respect of study at any School, University or Institution of Further or Higher Education approved for the purpose by the DGS Trustees. The money awarded may go towards, for example: accommodation, equipment, reasonable travel expenses, field courses and placements essential to the course of study. Trustees have the power of final decisions under the rules of the Charity.

The number and size of grants will be decided at the September Committee meeting, when the amount of funds will be confirmed, and grants made available in October 2021.

This year, thanks to a generous legacy, we are delighted to be able to award a grant(s) for language-related study and / or towards an apprenticeship.

Applications forms can be downloaded from <http://www.dentdale.com> or directly from the Clerk:
Helen Seabridge,
Clerk, Dent Grammar School Educational Foundation,
Rise Hill View, Laning,
Dent, Sedbergh, Cumbria, LA10 5QJ

Email dgsefl@yahoo.co.uk

Closing date: Completed applications to be with the Clerk by **31st August 2021**
NB – applications arriving after this deadline will not be considered

journeys to work and college as well as daytime (after 0930) journeys. This would provide economic benefit to a sometimes neglected area of Cumbria. However, the current tendency of many local authorities lies towards 'demand responsive' (DRT) services usually using 16 seat vehicles. These can come with some limitations such as uncertainties as to exact arrival time (which might be critical to some), the size of vehicle and a proportionally higher cost. Often, once the cost of the vehicle and numbers of passengers carried are fully taken into account DRT is not an attractive option. Also important, bus services should connect with rail wherever possible. FoSCL are passionate about using the railway line as part of a rural transport solution and, as a community based group, we have provided financial support to a number of projects including Western Dales Community Bus and DalesBus in the past. In addition, we have frequently submitted papers promoting integrated transport and suggesting how services could be improved. The latest and perhaps most relevant is 'The Leeds-Settle-Carlisle Line as Part of a Rural Transport Strategy' and can be viewed at www.dalesbus.info/ruraltransport.pdf for any insomniac wanting to read further.

So, I have progressed from the 'garden' at Dent to the fairly thorny subject of 'integrated transport' I'm not really sure how that happened! More to follow later...

Friends of the Settle Carlisle Line
john.carey@settle-carlisle.com



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APPLEBY FAIR 2021

Dr Gina Barney.CRAG.

The travellers will soon be arriving for the Appleby Fair 2021 or maybe are here by the time you read this. The 2020 Appleby Fair was cancelled due to Covid so there has been a two year and two months gap. Will be it be larger, smaller or just the same? We don't know. But be prepared.

The Respect Group which manages the travellers from Devils Bridge to Rawthey Bridge have dusted off the plans.

The Fair is 12th to 15th August. The posts, boulders and notices came out from 12th July. Police patrols commence on the 19th July until 20 August. The usual stopping

places are available. Watch out for slow moving vehicles.

Community (resident) drop-in sessions for advice and information are scheduled at 12.00 to 14.00 from Monday 19th July to Saturday 21st August at:

Kirkby Lonsdale Fire Station on Mondays, Wednesdays, Fridays.

Sedbergh Police Office (above 72 Main Street) on Tuesdays, Thursdays, Saturdays.

Remember to lock your gates, back doors and move valuable things out of sight. Ring 101 to report concerns or report on-line: search 'police Appleby fair online' to get to the form.

DENT GALA

Sarah Woolf

Dent Gala like last year is different. In Millbeck field not behind the school, and starts with an early Car Boot sale. Later we have some of the old favourites and other Dent organisations are running things for their funds, something the 'old' Gala never allowed! Everyone has suffered from a lack of funds due to the virus hence the change.

We do need HELP. Please see adverts and notices for more information and do come and join in.

DMH Chairman Sarah. (015396 25212) .

See the advert on page 1.

A VIEW FROM THE FELLS



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.

You **MUST**: when entering and leaving sterilize your hands; wear a face covering when moving around; keep a two-metre social distance when moving around.

IF You are: either double vaccinated or received a **NEGATIVE** Covid test in the last 48 hours or had COVID in the last six months, then you **MAY** remove your face covering when seated. Sit at one metre distance from others with/without a face covering.

<https://>

www.sedberghpeopleshall.org/

My telephone number is 015396 20790.

DENTDALE MEMORIAL HALL

Sarah Woolf

The Hall continues to be available to be hired and although things are changing there will still be some rules and lots of cleaning! As school is on holiday the Hall is available all day every day as are the Sedgwick and Haygarth Rooms which can be combined into a lovely space. To book please contact Anne McClurg on 015396 25446 .

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LOTS TO SEE AND FREE ENTRY TO FARFIELD MILL

Clare Huggonson

With summer arriving and lots of visitors to the area, we have decided to open the Mill an extra day for the summer months. The free entry, which was part of the long-term plan for the Mill, is here to stay. Its purpose is to make the Mill as accessible as possible so everyone can visit as often as they would like.

We also have some great exhibitions on now and coming up, including work from local resident artists Stuart Gray and Ruth Clayton.

We have an exciting range of workshops coming up during the autumn. They are suitable for everyone, if you are interested in learning something new or having a fun day creating.

Finally, don't forget the Tea Room as our team have been creating some delicious cakes and tasty light lunches. We would like to thank everyone for all their support over the past year.

With Thanks, Everyone at Farfield Mill.

See the advertisement on page xx for more exhibition details.

NORTH WEST AIR AMBULANCE JUMBLE SALE

Jane Storey

One or two of you may remember that we have been trying to arrange this jumble sale for a good while now, so fingers crossed for the success of our latest attempt. We now plan to go ahead on Saturday 18th September at 1pm in the People's Hall. We hope to see lots of people there, a wonderful opportunity awaits you to re-use or re-purpose items that might otherwise end up in landfill. Of course, our success depends on jumble coming along first - please think about giving us your unwanted items - clothes, shoes, toys, bric-a-brac etc to help raise money for a good cause. It will, once again, be acceptable to bring donations along on the day, but if anyone in your household was to be self-isolating at the time we would ask that you did not. If you would like to arrange a collection please call Sandra on 07815069394.

Looking forward to seeing you there, Sandra, Elaine, Olive, Kate and Jane.





SEDBERGH ALLOTMENT ASSOCIATION

Ann Parrat

On Sunday 11th July the Sedbergh Allotment Association shed was formally 'opened' by Tony Reed-Screen, who represented the Community Trust and is also the Allotment landlord. A jolly time was had by all, with Sunday afternoon tea provided by plot-holders, and luckily the weather was kind until the very end of the occasion.

Thanks must go to Sedbergh Community Trust, Yorkshire Dales National Park Authority Sustainable Development Fund and Cumbria County Council (Community Grants) for all their support and interest in the project. The plot-holders now have a shed to be proud of, and somewhere to shelter when the heavens open!

DEVILS PORRIDGE TRIP AND CANARY GIRLS UPDATE

Sandra Gold-Wood

At the end of last month, Dr Gina, Ellen Morrison and myself visited the Devils Porridge Museum near Gretna. It was a lovely day and the journey was a treat as was the museum.

We met with Judith the museum manager and Laura it's researcher. Judith was a treasure trove of information and so interesting to listen to. She spoke of how the women workers lived in specially built hostels with rooms were divided up with wooden partitions between. An example of one of the rooms is on display in the museum. Also on display are two examples of the vats that were used to mix the cordite (known as the devil's porridge). Once the factory was at full production (1916) the women produced a staggering 800 tons of cordite per week which was shipped by rail to factories around the UK where it was packed into the shells and armaments.

On Wednesday September 8 Judith will be coming to speak to us about the Devils Porridge Museum. Tickets will be on sale in August and

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>

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Rates are £15 per hour (self-employed) or a minimum starting rate of £10 per hour working for Howgills Accommodation plus pension and other benefits.

Go to www.howgillsaccommodation.co.uk/careers
or please email Dawn
at marketing@howgillsaccommodation.co.uk
for more information

posters will give more information. Please do come along to the People's Hall I am sure you will find it most exciting and informative. The Canary Girls Charity is a few weeks from coming into being. We have completed the necessary paperwork and complied with all the many rules and regulations. A big thank you for this work goes to Dr Gina who put a great deal of her expertise and time into this project.

I recently met with Ex Carlisle MP Eric Martlew, whose mother worked in the Euxton factory Lancaster as did a relative of Peggy Ingram. He has offered his support for this project which is good news as he has many contacts. The trustees hope to make

this a nationwide project. We will need about £100,000 to complete the memorial, so quite a long way to go as yet but having Charitable status will be a considerable help.

There is so much to tell about these women and the job they did risking life and limb each day and night. Just like the men in the trenches the women had poets among them and in the book which I purchased at the DPM was this gem. There is not a named writer for the poem

She's a brave munitions worker
And bonnie and blithe is she
Long and ardently I've sought her
For she's more than life to me



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Her voice is low and cheerie
Her eyes are a winsome blue
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And her heart beats warm and true
Unafraid she does her duty
Midst the dangers that confront
For the sake of home and country
And the laddies at the front.
A'this world's cares and crosses
I most cheerful would bide
And I'd gladly hold life's losses
With my lassie by my side.

SEDBERGH PARISH COUNCIL

*Janey Hassam – Clerk to the
Parish Council*

The Council held their normal monthly meeting, commencing at 7.30pm, on Thursday 8th July 2021 at the People's Hall, Sedbergh. Their next scheduled meeting is on Thursday 12th August 2021 at 7.30pm. Due to current Covid regulations (at the time of writing) please contact the Clerk for any up-to-date information on public participation.

Resident Parking Permits

Members reviewed the resident annual parking permits and a new pricing structure was agreed that will become effective from 1st September 2021. £50 for resident permits (currently £40 day and £60 24hr) where the permit is attached to a specific vehicle and £100 each for holiday accommodation where the permit is attached to a property. Permits for the latter would be available at one per property, however, Members would consider additional permits where applicable. Members also discussed a revision to the hourly rates at both Joss Lane and Loftus Hill car park – confirmation of the revised rates would be discussed again at a future meeting and would be effective from 1st April 2022.

Queen's Garden

A tree inspection had recently been carried out and recommended works would be completed as required. Members also noted a discussion document, from the Committee and the Friends of Queen's Garden, in

relation to a potential project for a band stand at the Garden.

Howgill Playing Field

Members discussed the provisional plans to create a path along Howgill Lane (within the boundary edge of the playing field) therefore allowing pedestrians to move off Howgill Lane where there is currently no pavement. Discussions were in their very early stages and would ultimately be dictated by available funding.

Other matters/Correspondence

Planning matters were discussed, along with Finance, Amenities and ongoing Highways matters (including the crossing at Long Lane and problematic parking near the Garsdale junction). Members also discussed relocating a waste bin to

Fell Close/Vicarage Lane (further to previous complaints of dog fouling) and another to Millthrop Bridge.

Correspondence included ongoing proposals for the installation of two electric vehicle bays at Joss Lane car park, unavoidably delayed in recent months by the lease agreement with South Lakeland District Council.

If you have any queries, or wish to contact Sedbergh Parish Council, please email me at

clerk@sedberghparishcouncil.org.uk

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

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COUNCILLOR'S CORNER

Suzie Pye

At the time of writing, most Covid restrictions are about to be lifted, with mask wearing in shops and public spaces no longer a legal requirement. As I chat to people around Sedbergh, whilst there is a welcoming of anything resembling normality, there is a tangible level of trepidation and uncertainty. We are able to go on long-awaited family holidays; we can organise weddings and events without having to restrict numbers; businesses can open fully to the public – a relief especially for the hospitality industry, cafes and bars. Yet it is important to be aware of the following points, which I am paraphrasing from a recent statement

by the director of Public Health for Cumbria, Colin Cox:

Covid cases in Cumbria are still rising, although hospitalisations and death rates are thankfully, relatively low. We need to be mindful that:

- many people have not been vaccinated yet;
- many who have been vaccinated have not received the second dose yet;
- some people are still vulnerable, as they have immune system that do not respond well to the vaccine;
- we still do not know the full implications of Long Covid.

Therefore as responsible citizens we are urged to do the following:

- Get vaccinated

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• Take up the second vaccine as this is especially important with the delta variant

• Make wise choices when socialising – stick to small groups, stay outdoors where possible, and when indoors open doors and windows to keep well ventilated

• Carry on wearing masks in enclosed public spaces, or when a business or venue states it is their preference

• Respect other people's decisions. Not everyone will agree with your judgement when it comes to mask-wearing. This works both ways!

• If you have symptoms, follow current advice and get tested, stay at home, and isolate as instructed.

Finally, local businesses have had such a testing time over recent months. We can all help them recover by shopping local. I daren't start listing all that is available to us in town in case I miss someone! Suffice it to say before we reach for the convenient online shopping experience, do take a stroll down Main Street and beyond, as chances are you will find just what you need within our little community.

suzie.pye@southlakeland.gov.uk
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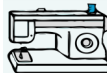
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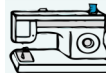
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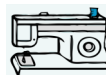
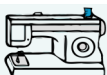
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TIM'S COLUMN

Tim Farron MP

First of all, thank you to those who turned up to chat with me in Sedbergh and Dent during my summer tour of the constituency. As regular readers of this column will know I really love this annual tour. It gives me a chance to get to some of the smaller villages in the constituency but also importantly to chat to people about the issues that matter to them. Of course I run my surgeries most weeks but those are really for people to turn up to with problems that they want my help with and they are mostly over the phone at the moment. If you have a problem you can always bring it along to us when the summer tour pulls into the Joss Lane Car Park or parks up outside the stores in Dent but that really isn't the point of it. The aim is to get a sense of how people are feeling about issues, what issues are bothering them, what they would like

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me to do about them. That kind of thing.

Before Parliament went into its summer recess I managed to secure meetings with a Health Minister to discuss the planned merger of Lancaster and Preston Hospitals. This is a plan which if it goes ahead will simply mean that our nearest A&E department is even further away than it is currently and it is currently unacceptably far away. This is the point I will make to him when we meet.

I have also got a commitment to a meeting with the Schools Minister Nick Gibb to discuss what support the Government can provide to outdoor education centres like Bendrigg. The most recent figures I have say that of the 15,000 people who worked in outdoor education before the pandemic 6,000 have already lost their jobs because of the absence of any real support from the Government. At a time when we desperately need to ensure that our young children are engaged in education the loss of that many specialists seems to me to be very worrying indeed.

Those two encounters with Government last month both left me feeling fairly positive but sadly I need to finish on one that left me very worried about this Government's attitudes to farmers. Because I am particularly concerned about the proposed trade deal with Australia and its possible impact on farmers in this country, during what are called business questions I asked the Leader of the House, Jacob Rees-Mogg if he would honour the commitment made by his colleague the International Trade Secretary and allow the House of Commons time to debate it. Not only did Mr Rees-Mogg fail to give this commitment but he went on to describe our farmers as "frightened, nery and feeble" for being worried about the deal. He might be right to describe farmers as "frightened" given this response to my question but "feeble" is not a description anyone who actually met with farmers regularly would ever use. I don't think I have ever met a farmer I would use that word to describe.

As ever if there is anything you would like my help with then drop me an email at tim@timfarron.co.uk or give us a call on 01539 723403.



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2021

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Wednesday 15th Sept

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A DAY AT THE RIVER

Sandra Gold-Wood

Brothers Ronnie and Fred were playing happily in Stone Crag field. The river Ness ran along the bottom of the field. As it was a hot day they decided to paddle. Discarding their socks and shoes on the grassy bank they dipped their feet into the cool water. Soon enough they were daring each other to go further out into the river splashing and laughing until a dark shadow appeared over the water: "What you two daft kids doing?"

The question was asked in a jeering and slightly threatening manner and the boys faces fell as they looked up to see it was Flinty Gilcrest, the biggest bully in school.

He was holding up their shoes and there was little they could do about it. They couldn't even run away as they were stuck knee deep in the stream and they knew they had no chance of winning a fight with Flinty. All they could hope for was that someone would walk by. Flinty held the shoes high and laughed at Ronnie and Fred telling them they would be in so much trouble when they got home minus their shoes. Flinty didn't care as he'd already felt his father's belt that day for not washing his hands before sitting down to breakfast and he'd not had any breakfast either and it was past mid-day. He only wished he was older then he could leave the house and never go back. "Got any money?" he shouted. Ronnie said he had a

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sixpence and Flinty told him to chuck it over. Ronnie bravely said only if Flinty left their shoes on the bank. Flinty just laughed and chucked the shoes as far as he could. Ronnie and Fred watched as the shoes landed in the undergrowth on the other side of the river. Flinty then walked out into the water and shoved Fred over, grabbed Ronnie roughly and searched through his pockets where he found a shilling. Flinty told him he was a dirty little liar and shoved him over. Fred pummelled his fists on Flinty's back in a bid to stop him hurting his brother but it did no good. Flinty grabbed Fred's wrists with one hand and searched through the boy's pockets with the other. Fred wriggled and twisted but he could not escape

Flinty's grip. Flinty found four pence and a few sweets in Fred's pockets and told the boys they were both liars. He got hold of them both by their collars and shoved them, laughing as they landed backwards in the river.

Flinty heard the sound of a dog barking close by and guessed that it would be followed by an adult and so with a punch for Ronnie and a kick for Fred, he walked off. Leaving the boys soaked and shoeless.

The boys scrambled across to where Flinty had thrown their shoes climbing out of the water by holding on to the roots of the old oaks that grew along the bank. They had never ventured onto this side of the river before because of all the local stories

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about the person who owned the land. Disregarding their fears as best they could they wriggled into the undergrowth in search of their footwear. It was shady and cold and they shivered in their wet clothes as they made their way further into the scrubland. All at once they emerged into a clearing where the bright sun warmed the earth.

“We can’t go home till we have our shoes” whined Fred. Ronnie agreed but suggested they had better get their dirty clothes dried off a bit before having another look. After stripping off their wet things they draped them over bushes in the sun and while the clothes dried they spent a bit of time poking into the brambles with sticks trying to uncover their shoes. After a

while they tired of this and laid down on the soft earth looking up at the white clouds and imagining them as all manner of faces, objects and animals. Soon they fell fast asleep.

After messing with Ronnie and Fred at the river Flinty made his way home. He knew he’d be ok as his father would be out at time of day. Flinty was hungry and he hoped his Mum had left him something, she usually did. He got a bit of a surprise when he reached his house as parked right outside was police car. Not too sure about what to do and wondering if he was in some kind of trouble he hid himself behind a neighbours wall. After a while he saw his mother come down the path, she was wearing her supermarket uniform and a concerned look. This made Flinty feel very frightened. He couldn’t think what he had done, was it the lark he’d had with Ronnie and Fred, he’d only thrown their shoes away, and he hadn’t punched them hard, all



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they were was wet and shoeless. All the same fear began to creep into his thoughts; if he was in trouble his father would take his belt to him again. His father always found an excuse to belt him even for small misdemeanours. Flinty feared that if this was serious; his father might even kill him.

When Fred and Ronnie woke, the sun was low in the sky and it would soon set. They looked around and began to feel frightened as the shadows deepened and the trees took on a ghostly look making the boy's think the trees had turned into huge monsters about to pounce on them.

"What are we going to do?", said Ronnie his voice trembling.

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"How do I know?" said Fred, his voice just as unsteady.

Suddenly they saw a light coming towards them out of the trees, they would have shouted if either of them could have found their voice but they were struck dumb with fear and could do nothing except stare at the light and tremble.

"What are you doing here?" said an angry voice from behind the light.

"Nothing!" the boys chorused.

"Well, you're trespassing, you shouldn't be nosing around, so you can just hop-it," growled the shadowed figure emphasising the last two words and stepping toward them. So frightened were Ronnie and Fred that they just ran. They had no idea which direction they were going in they just knew they had to get away. Behind them they could hear the man laughing. How they wished they had found their shoes as the brambles and stones were cutting into their bare feet. The earth suddenly gave way and they found themselves up to their waists in dark water. Believing it to be the river they had played in earlier they waded away from the

bank further into the cold water hoping to reach the safe side of the river. Soon the water was up to their chins and getting deeper. The boys could swim a bit but in the dark and not knowing where they were they lost their nerve and turned back to shallow water. Gulping down water and fear the boys pulled themselves out on to the bank. Shivering and close to tears they just lay face down holding on to tree roots afraid of what would happen next.

That was when they heard the sound of rhythmic splashing. Filled with fear they crawled forward using their elbows and hid under the brambles.

"Can you hear that Fred?" said Ronnie in a low whisper.

"Yeah, I can, what are we going to do he's coming for us, I know it" said Fred, wishing he'd never left home that day.

Ronnie, his teeth chattering, tried to answer his brother but what could he say he was just as frightened. The splashing came closer. All the boys could do was stay quiet and pray.

"Oi, Fred, Ronnie, where are you? Come on and show yourselves I can't get any closer to the bank", called the voice.

"I know that voice", said Ronnie.

"Come on you two I can't stay here all night".

"Is that you Flinty?" asked Ronnie.

"Yes, now come on, unless you want to stay there until old Mad Wilf Gates finds you." The boys needed

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no more encouragement. They left their hiding place and dropped down into the river. Flinty dragged them into the boat and told them how sorry he was for having been mean to them. They looked at each other and then back at Flinty wanting to ask him what had brought about the change but not daring to. The last thing they wanted was to upset Flinty all they wanted was to get home even if they were going to get into a great deal of trouble. It didn't take long to get to safety and the boys helped Flinty put the boat back where he had found it. When this was done Flinty spoke; "Look boys I know I have been a bully but all that has changed, I'll walk you home and explain to your parents that this was all my fault and perhaps we can be friends".

Ronnie and Fred were still a little apprehensive but they shook Flinty's hand in good faith. Flinty did not let them down, he stood quietly and took the telling off he got from Fred and Ronnie's parents repeating that he was sorry to have caused them to worry.

Waving to the boys Flinty made his way home. He smiled inside as he recalled the sight of his father being handcuffed and pushed into a police car. This time he had been involved in an armed robbery and so would be away for a long time. Flinty could see the light was on in the sitting room and he couldn't wait to get inside. He knew that his Mum had cooked something special and that his sister and her husband were visiting with his little nephew. It was the first time in many years the family had known peace.

50 YEARS AGO

Colin Cowperthwaite

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

A Sedbergh Holiday for the Handicapped

Twenty mentally handicapped boys and girls have been enjoying a holiday at Sedbergh, staying at the Secondary School. The children are drawn from all parts of Yorkshire, and for ten of them, it was a fresh experience. The 'camp' is a joint project of the Society of Friends' Service Council and the Society for Mentally Handicapped Children. They held a similar camp last year. The youngsters were accompanied and attended by a 17 strong team of



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youthful volunteers, from different parts of the world and of various occupations, and their leader was Mr Richard Metcalfe, a London teacher. The regular cook at the school, Mrs Cornthwaite and her kitchen staff, worked with Miss Juliet Birrell, a young trainee social worker from Surrey, who was in charge of catering arrangements for the party, and they have also enjoyed the co-operation of the West Riding Education authorities, and Mr P. Roberts, the headmaster, who have made the full facilities of the school available to them.

Sedbergh is told of 'Caravan Town' fear

Sedbergh is in danger of becoming a caravan town, a member of

Sedbergh Rural Council claimed on Wednesday when the council had before it applications for two new caravan sites on the outskirts of the town. "I think the granting of all these caravan sites, especially these two, is developing the town in the wrong way", said Coun J. Henderson. "This will not attract people to the town. I know people who would have come to Sedbergh but, like it or not, they don't like caravans. I have nothing against people in caravans, but this will become a caravan town". Two separate applications before the council were for a seasonal caravan site for 15 to 20 vans on land next to Queens Gardens, near the junction of the Kendal and Lancaster roads, and for another site for an unspecified

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number of vans on adjacent land. Caravans brought seasonal prosperity, in some measure, to the town, said Coun Henderson, but it was doubtful whether caravanners really brought much trade to local businesses. "People come to Sedbergh to retire and to get away from all this sort of thing. We are in danger of cheapening the whole place". Coun K. McClurg said he took the opposite view. "Caravans are coming whether we like it or not" he said. It was possible to see caravans by the dozen in the surrounding area parked where there was no site licence. "I would rather see them on a licensed site where we can get some rates from them", he said. By a large majority, the council voted to refuse both applications.

Life on a Farm

A group of young boys and girls, in the care of local authorities, and from the tough Camden Town area of

London, have been experiencing the unfamiliar sights and sounds of the rural life at the farmhouse home of Mr A. King of Aygill, Garsdale. Mr King's daughter is the children's housemother at a home in London. During bad weather the children have had the use of Garsdale Primary School to play in. 'Sedbergh Lad' makes brief appearance in film of Jane Eyre

In the film Jane Eyre, to be screened at Sedbergh Cinema next week, one of the characters portrayed briefly was probably born and spent his early years in Sedbergh. The character is the doctor attending Helen Burns at Lowood School. Mrs Gaskell in her life of Charlotte Bronte seems to make it clear that the early part of the book 'Jane Eyre' is largely autobiographical allowing, of course, for the usual poet's licence, writes Mr G. Spencer of Sedbergh. The period covered was the 1820's when

Charlotte and her sister Maria (Helen Burns) attended Cowan Bridge (Lowood) School. The doctor attending Helen Burns is named in the book as Dr Bates. He was in fact Dr William Batty, then practising at Kirkby Lonsdale. The Custodian of the Bronte Museum informs that it is thought he came from Sedbergh where the family owned property. Brian Batty and his brother William were both practising in Sedbergh and Kirkby Lonsdale respectively at the same time. Brian Batty, Surgeon, appears in a West Riding Directory which was compiled in 1822.

Plan for Health Centre in welcomed, but...

The West Riding County Council's plan to build a health centre in

Vicarage Lane, Sedbergh, was welcomed by members of Sedbergh Rural Council on Wednesday. But they were concerned to know whether the County Council intended to make any provision for the parking of patients' cars at the centre. "I welcome this development, and I am sure we all do", said Coun J. Henderson, "but we may need a car park, and there is not one shown on the plan". The Area Planning Officer, Mr J. Dixon, said he was sure the county had this in mind. There was a space shown on the plan and it seemed more than likely that this was intended for car parking. Coun J.T. Clough commented that Sedbergh wanted to be sure that it was a park for patients' cars and not the usual



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situation where a park was provided and then all the spaces reserved for nurses, doctors, officials etc.

M6 Sign at the Wrong Angle?

Motorists using the main Kendal to Sedbergh road run the risk of having to dice with 70 mph cars crossing their path, Sedbergh Rural Council was told on Wednesday. Councillors related six individual instances recently of cars coming off the M6 motorway at the Sedbergh interchange, travelling straight across the main Kendal to Sedbergh road without slowing, and continuing down the slip road back on to the M6. And the cause, according to one councillor who had a near-miss accident from one incident, is a wrongly-sited sign. Coun J. Henderson told the council that after his near-miss he stopped and spoke to the occupants of the car after their vehicle had weaved across the road and come to a halt. "I found a very shaky crew indeed", he said. They told him they were following the

motorway signs to Penrith and the one approaching the interchange had indicated that they take the slip road. At the angle the sign is seen from the motorway, a stranger would think the slip road was the route north, said Coun Henderson. But the Divisional Surveyor for the motorway, Mr D. Wrathall, said yesterday that the layout of the Sedbergh Interchange was perfectly standard with many others in the country. He had not heard of any incidents of cars taking the wrong route, but he added "If there are these incidents then obviously it has got to be looked into". Meanwhile, Sedbergh Council is to report its findings to Westmorland County Council.

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SCHOOLDAYS IN DENT Told by Florrie and George Raw to Bertil Hedevid.

Edited by John Considine

Last month's Lookaround featured four stories told to the Swedish researcher Bertil Hedevid in 1956, and included (in phonetic transcription, and in ordinary spelling) in his book *The Dialect of Dentdale*, published in Uppsala in 1967.

Here are some more: this time, reflections on schooling told to Hedevid by Florence (Florrie) and George Raw of Dent. The teachers they knew at Dent School included Charles Alfred Midgley, who was the head teacher, Alice Bolton, and Mary Alice Fawcett. George also remembered the Revd John Alderson

Hayden, Vicar of Dent. As well as speaking about her own schooldays, Florrie mentions serving dinner to the children at Dent School in the 1950s (the Lookaround's 'Family Musings' asked in September 2007, 'who remembers ... Florrie Raw serving Semolina like glue?'). Their memorial is in the churchyard at Dent, and reads 'Treasured memories of a dear husband, George G. Raw, died 16th October 1969, aged 77 years; also of Florence his wife, died 8th July 1978, aged 70 years'.

As before, I have taken Hedevid's ordinary-spelling texts and edited them lightly, with reference to his phonetic transcriptions, for instance by cutting out some of the hesitations and repetitions which he transcribed.



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Hedevind recorded two similar passages in which George spoke about schooling, and I have merged these into one, cutting out the repeated material. The words in parentheses are my additions.

Florence Raw on schooling around 1914

When I come to t' school at t' start-off, there was about eighty-four of us, and there was four teachers. There was Midgley; he used to gi' me t' cane many a time over. Two o' my aunts; well, I was a'right wi' them. And there was Miss Bolton; she was a degree worse'n ever. She'd hardly let you talk or do owt.

And I used to walk on t' fields to t' school. It used (to) take me 'bout twenty minutes, and I went home for

my dinner at twelve o'clock. You had to i' them days, else you never seed a right good dinner. It was just jam and bread, not same as we are now, serving dinners out tiv (to) about sixty on 'em - roast beef and taties and cauliflower and then finish off wi' pudding after. And then at play-time there's free milk for 'em. There was nowt o' that mak (of that kind) when I was coming to t' school. And I used to be mad if it was a wet day: my father used to fetch me my dinner to t' school, but I thought if I got home I could get off coming back if I got wet through, but it didn't come off.

George Raw on schooling around 1900 and in the 1950s

There was Miss Bolton and a Miss Fawcett, and then three teachers.



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They taught all t' scholars there was. And t' vicar i' them days, it was Mr Heyden. He used to come in nearly every morning at nine o'clock when we were coming to t' school, for half an hour, for Scripture lessons. And then we used to start and 'appen (maybe) draw or write after he'd gone out. And I remember one particular time when he come in. (The) schoolmaster's desk, it was set ontiv a box like, a big box it was set on. And he come in, and he chipped hissel' up (tripped himself up), did t' vicar. And he tumbled long-streaked (at full length) off his box. And we couldn't help but laugh, you know. However, he was no worse. And he used to come in every morning at nine o'clock as regular as could be - well, some chance morning he might miss, and when he missed, well, the head teacher used to take us these Scripture lessons.

And now then, you see, i' t' school it's all different altogether to what it used to be. And there's nobbut about some fifty-odd scholars gangs now, where when I went to t' school, there were 'appen a hundred and six, or a hundred and ten and thereaway. And there was nobbut three teachers i' them days, and now then, there's barely half gangs, and there's just three teachers, just same thing. But you see, there's a tremendous change. All them at's over eleven, well, they gang wi' a sharry (charabanc, or coach) to Settlebeck at Sedbergh, and then t' sharry fetches 'em back overnight at a quarter past four. And then there's cars to take 'em back home.

They've a right good playground now: it's all tarmacadam, where we used to ha' to lake (play) and do in a rough bottom, all rough stones. And they're all provided wi' good dinners, every day. And when I went to t' school, we used to run about 'appen

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wi' a bit o' jam and bread. And if we were dry, we used to ha' to go to t' fountain to drink. There's a bit o' difference between t' way at they're brought up now, and them days. And sometimes when we were coming to t' school, if our mothers couldn't make time to make us a bit of summat up, (they) used to give us a penny, or 'appen three ha'pence, and we used to buy a penny cake at Tag Ann's, what they called Tag Ann baker shop, just i' t' village, and that used to ha' to do us while (until) we got back home. And now they've free milk, and free dinners some on 'em - and right good dinners - and fetched to t' school in cars and ta'en back, and we used to ha' to walk. T' scholars, they would ha' to walk three mile or better to t' school, i' clogs.

These bairns, they know hardly what to do wi' theirselves. They're well fed and well clad, and coming to t' school i' fancy shoes and slippers, where we used to go i' girt (big) clogs and fustian breeches, and not a ha'penny in our pockets. Where these is coming to school now, you can see some on 'em, they put their hands into their pockets and pull a handful of silver out.

THE SNAIL IN THE BOTTLE

Karen BruceLockhart

Have you ever wondered where the expression "Pour me a slug of gin" or "give us a slug of your ginger bear" came from?

When May Donaghue and a friend walked in to the Tally Café in Paisley on 28th August 1928 in search of a drink and an ice, they little knew that they were about to set in motion a series of events which would change the law, not just in Scotland, but in most of the Western world. May's friend ordered and paid for a pear and ice-cream for herself and a ginger beer float for May. They enjoyed their ices, and then May's friend poured some more ginger beer for May from the opaque marble-sealed bottle – and out popped a decomposing snail..... May was horrified – who would not be on realising that they had just consumed an ice-cream coated in a rotting animal carcass. May appears to have ended in hospital suffering from some form of gastroenteritis and shock. She decided to sue for damages. She consulted a solicitor in Glasgow, one Mr William Leechman, who welcomed her with open arms. He had about three weeks previously failed with two very similar cases on behalf of three children and separately another lady – although in those cases the offending animal was a mouse.

At that time the law gave no remedy for someone in May Donaghue's position. If you wanted to sue for damages for negligence you had to show some direct relationship between the suer and sued, such as contract. Mrs Donaghue had no such

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relationship with the seller of the ginger beer – the sale had been between her friend and the shopkeeper. In any event the bottle was opaque and was probably an old fashioned bottle sealed with a marble.. There was no way the shopkeeper could have known of the snail, so how could he be negligent? The negligence, if any, was traced back to the manufacturer of the ginger beer, one Mr Stevenson, who seemed to have left bottles stacked outside and insufficiently cleaned before use. But May had no direct relationship with him. She had not bought the beer from him; indeed she had not bought it from anyone.

Mr Leechman took the case of the snail against the manufacturer,

Stevenson, as far as he had taken the mice – that is to the Scottish appeal court, but lost again. However, the reason he had been so pleased to see May was that she was in a position to swear an affidavit that she had no possessions but the clothes she stood up in and the hopes of the case. She therefore qualified as a “pauper”, and qualified for the nearest thing to Legal Aid that existed at the time. She was protected from having an award of expenses (in English terms “costs”) made against her (and her lawyers were prepared to act “pro bono”, ie for free). The case could now be taken, without risk to her, to the House of Lords, until recently the highest appeal court in the United Kingdom.



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And she won. Any law student would be able to quote to you the words of Lord Atkins that a person must take reasonable care not to injure his neighbour, and neighbours are "persons, who are so closely and directly affected by my act that I ought reasonably to have them in contemplation". In this case clearly people who would drink from the bottle. That finding made *Donaghue v Stevenson* probably the most famous legal case in the world.

Mr Stevenson then died, and the case was settled out of court by his executors, having gone to the Lords only on the question of law as to whether such a claim was possible, and no evidence was ever given about what really happened. So one of the peculiarities of such a famous case is that almost nothing is really known about the facts. Did May become ill and did she go to hospital? Were the bottles left outside and used uncleaned? Was there even a snail in the bottle? And not least, a little surprisingly, who was the friend? No one knows! And going back a little, while it is just credible that snail could get into a bottle, how could a mouse do so?

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50 YEARS OF WEDDED BLISS!

Colin Cowperthwaite

Whilst searching through old newspaper cuttings for news from 50 years ago, I came across two reports of marriages which took place in Sedbergh. One couple – Mr and Mrs Stainton were celebrating their Golden Wedding in 1971; the second – Mr and Mrs Dawson, were starting out on their married life and will be celebrating 50 years together, still living here in Sedbergh, later this month.

50 Years married - and all spent in Sedbergh



A couple who have lived in Sedbergh since their marriage at the Parish Church celebrated their Golden Wedding last week. They were Mr and Mrs Tom Valentine Stainton, of 99 Maryfell, who were married by the late Canon Walker on Saturday July 30th 1921. Mr Stainton is a native of Sedbergh, His wife, the former Miss Annie Cluroe, came from Attercliffe, Sheffield, and lived in Dent for two years. They have lived in Sedbergh ever since, and for most of his working life, Mr Stainton has been employed as a houseman, first at the old Preparatory School, and for 24 years at Lupton House, Sedbergh



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School. He has also been employed at the old Millthrop Mill, which was destroyed some years ago by fire, and at Sedbergh Laundry. During his retirement, he has undertaken occasional tailoring work for the boys of Sedbergh School. In the 1914-18 war, Mr Stainton saw active service in India and Afghanistan. He is a founder member of Sedbergh British Legion and still serves on the branch committee. Both Mr and Mrs Stainton are members of the Over-60's club, and Mr Stainton is also a member of Sedbergh Bowling Club.

Of their three sons, all of whom joined the RAF, George died at the age of 21 in Khartoum, and is buried in the Sudan. Albert retired after 22

years' service spent in many parts of the world, and is still employed by the RAF in a civilian capacity. The third son, Roy, is a Squadron Leader. Mr and Mrs Stainton have four grandchildren and one great-grandchild.

**Sunday School teachers in
Sedbergh**

Sunday school teachers at Sedbergh Methodist Church were married at the church on Saturday. They were Mr Michael Dawson, only son of Mr and Mrs J. Dawson of 2 Highfield Villas, Sedbergh, and Miss Jennifer Nora Pratt, only daughter of Mr and Mrs G.W. Pratt of Stone Hall, Sedbergh. The bride, who is a former pupil of Queen Elizabeth School, Kirkby Lonsdale, is a manager's secretary with the Provisional

*Sunday school teachers
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Insurance Company in Kendal. The bridegroom, also a former pupil of the Queen Elizabeth School, is in business with his father. The Rev. H.S. Hills officiated and Miss S. Hunter was organist. The bride, given away by her father, wore a full-length empire line dress and train of white satin grosgrain trimmed with guipure lace and ribbon. Her waist-length veil was held in place by a flower and pearl headdress, and she carried a bouquet of pink rosebuds, lilies-of-the-valley and white heather. The bridesmaids were the Misses Margaret Dawson (sister of the bridegroom), Sandra Allen, Jaqueline Hall, and Judith Pratt (relatives of the bride). They wore full-length empire-

line dresses of pink embroidered cotton with puff sleeves and carried pomanders of pink roses, mixed sweet peas and lilies-of-the-valley. The youngest bridesmaid carried a basket of similar flowers. The best man was Mr Miles Moffat (friend of the bridegroom), and the groomsmen were Mr Alan Pratt (brother of the bride), and Mr John Cunliffe (cousin of the bridegroom). After a reception at the People's Hall, Sedbergh, the bride left for the honeymoon in Southern Ireland. Wearing a powder-blue dress and jacket with navy accessories. The couple are to make their home at 51 Bainbridge Road, Sedbergh

DENTDALE AND GARSDALE

Colin Cowperthwaite

The following passage appeared in a Dalesman picture guide dating from 1959. This is how its authors, Ron and Lucie Hinson, described Upper Dentdale and Garsdale some 62 years ago.

Dentdale is ten miles long, and not very wide, except where the two-mile-long tributary valley of Deepdale – pronounced “Dibble” – branches away at right angles near Dent Town. The river which flows down it is called the Dee. The dale contains only two parishes – Cowgill at the head, and the remainder belonging to Dent. The railway seems to be tucked almost out of sight on the skyline when viewed from valley level, though actually it runs on a ledge of rock carved out from the fell. Garsdale is even narrower, with the sides sloping down steeply to the River Clough and many of the farms perch, precariously it seems, half way up. Yet its head is reasonably broad. The railway station

is not so remote from the dale road, which passes under a viaduct to enter the North Riding of Yorkshire. Both dales lie where the West Riding pushes a finger towards the fells of Westmorland, a county which has exerted an influence on them down the years.

The Midland Railway Company was at work along the head of Dentdale and Garsdale from 1869 to 1876. The exacting job of building the railway was then succeeded by the still strenuous work of maintenance in an area where the rainfall is about seventy inches a year, and the winter landscape is often clogged by snow and stung by frost. The stationmaster’s house at Dent Station, which is about 1,150 feet above sea level, has double windows to keep out the blasts. Approach Dentdale from the direction of Ingleton or Hawes, and you descend an extremely steep hill (Far End Gill). The road passes under Dent Head Viaduct, which has a length of nearly

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600 feet. The highest of ten arches is 100 feet above the ground. Some of the stone piers stand on a quarry where, years ago, black "marble" was obtained. At this point the railway is newly emerged from a 2,629-yards-long tunnel under Blea Moor. Making that tunnel, which at one point is 500 feet below moor level, cost the Railway Company 45 pounds a yard. Seven shafts were sunk so that it would be ready within a reasonable time, but the only shafts now remaining are three which handle the ventilation. When Mr James Allport, the General Manager of the Company, retired, and a portrait of him was commissioned, he asked that an impression of Blea Moor Tunnel should be used as a background. In all his vast railway experience he had known no more exacting work.

To reach Dent Station you travel on a steep road which begins near Lea Gate and which had a very rough surface until 1954, when the way was "metalled". One visitor asked a native of Dentdale why the station had been built so far from Dent Town. " 'Appen they wanted it near t' railway lines", said the native. Giant fences made of

railway sleepers reared up on end help to prevent the drifting of snow across the tracks. The stream which flows into the Dee is called Monkey Beck.

Local records contain many references to severe weather. During the railway-building days, in 1870, there was a waterspout which burst on Blea Moor, and the gushing water poured into the new tunnel. One man was drowned, and there were some narrow escapes. Occasionally there has been a "gill-brack", or sudden, alarming avalanche of snow. In January 1752, a hard frost was followed by a tremendous fall of snow, which lay thick in the gills, packing together so tightly that the stream could not follow its normal course. When it was dislodged by the thaw, a house near the head of the dale was flattened. Seven occupants died, and there was other destruction.

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RID THE DALES OF WASTE PLASTIC TREE GUARDS

Mike Appleton

Yorkshire Dales Millennium Trust (YDMT) is calling on landowners across the national park to help remove redundant plastic tree guards from the landscape. As part of the Clapham-based charity's Plastic Free Woodlands project, supported by the European Outdoor Conservation Association (EOCA), the aim is to remove at least 38,000 tree guards from Dales' woodlands over the next 18 months. These will be collected at two central sites and then recycled.

Mike Appleton, YDMT Project Officer, said: "Most new woodland creation schemes in the Dales will have been planted using plastic tree

guards that provide essential protection from voles, rabbits, and deer. If a woodland is well managed, these guards will be removed after approximately 10 years once the trees are established. The concern is that if the plastic guards are left on site, over time they will disintegrate into smaller fragments that find their way into our soils and waterways.

"We are working with landowners, community groups, other organisations and volunteers to collect redundant tree guards and sending them to be recycled and used to make new products.

"We're calling on landowners who want to remove these guards from their woods to get in touch. We can help to get them recycled and, in

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some cases, enlist volunteers to help.”

As well as removing redundant guards from woodlands and trialling alternatives, Plastic Free Woodlands aims to break the reliance on plastic and find sustainable alternatives in woodland creation.

Mike added: “We’re currently trialling alternative guards at six sites across the Dales and Nidderdale, It is hoped that the results of the trials will enable landowners to make an informed choice when planning a woodland.”

YDMT is also working as part of the Forestry Plastic Group made up of representatives within the forestry sector from across the UK.

The working group is taking a collaborative approach to address the use and management of plastic and aims to encourage a change in attitudes and behaviours and reduce the amount of single-use plastic within the industry.



Cat Barker, Conservation Project Coordinator at EOCA, said: “EOCA is really pleased and excited to be supporting this innovative project working to source a more sustainable alternative for establishing woodlands in the future, as well as its dedicated hard work to remove plastic tubes currently prevalent in our woodlands.”

If you are landowner with redundant tree tubes then contact Mike at tubes@ydm.org

EVERYTHING IS CONNECTED

Jackie Hooley

They call it Ecosystem Services – the jobs that other organisms, plants and animals – do for us. Without plants we have no breathable atmosphere. Without pollinators we starve. Without soil organisms our soils would be sterile and plants not grow. Everything depends on others for survival. We depend on more than most and their services are provided for free but they are not slaves. Organisms do not have our interests at heart, just their own, but we evolved together as one whole that is far more than the sum of its parts. Unfortunately we have become better

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Dwin Capstick was born and bred in Sedbergh and began his working life as a shepherd.

This book traces his story from those early days to his life in Sierra Leone, where as a Methodist Mission partner he pioneered an agricultural project which transformed the life of local village communities in that part of West Africa; to his work as a minister in a variety of situations in Britain, including Marrick Priory residential outdoor education Centre, where he was warden for six years and where his own outdoor activity and practical skills were put to good use in his work with young people – an area in which he was especially gifted.

He combined a deep Christian spirituality with down-to-earth application in compassionate care for people and in campaigning for social justice and human rights.

Warren Bardsley, a former colleague and author of the book says: 'Dwin Capstick was a remarkable man whose story has important things to say to both church and society in today's world.'

at manipulating our environment than understanding it to the point where we risk undermining the entire system and bringing it crashing down. We need to understand, and respond to the needs of our fellow organisms for purely selfish reasons of our own survival if nothing else.

Take the insects that pollinate our food crops for example. Everyone knows about honey bees but they are only one species of thousands that do that job. Pollinators such as bees, wasps, hoverflies, flies, butterflies and beetles visit flowers for pollen and nectar. In return they accidentally pollinate the flowers in a symbiotic relationship with the plant that they both benefit from. Those insects need somewhere then to lay their eggs, probably on a different plant such as nettles and other weeds that gardeners hate, or in water, rot holes in old trees, dung and a myriad of other places. The hatched larvae probably need yet another

environment. Many eat aphids; some eat cherished plants or crops. The pupae need crevices to hide, holes, curled old leaves, wood piles. The adults emerge to pollinate our crops. Take away any one of these habitats and the system fails and the insect disappears.

That nettle clump is a home; that dandelion is an important early source of nectar; that untidy clump of dead stems is someone's des res; that pile of leaves or wood pile is a shelter and that bug eating your lettuce or prized flower will maybe do you a massive favour one day or at least flutter by and make you feel happy. Tread gently and think of the connections that we all need and remember that if mankind disappeared from the planet the insects would shrug and carry on. If the insects disappeared we would have just one crop left.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

The largely fine weather in June and July meant that it has been a good year for seeing large numbers of swifts flying around. Our swift colleagues around the country have said the same, as indeed have fellow enthusiasts in Europe. Early August is when our swifts usually depart (often around the 10th here) to begin their journey back to Africa, and the skies fall silent once more.

For chicks that fledged around the usual time at the end of July, this gives them barely 10 days to get used to flying before they set off on their first long migration. As we have written before, when chicks make that crucial maiden flight from the nest, unlike other birds they do not return to it, are not fed by their parents and are fully independent of them. So for a bird that has never flown before, to make that hazardous migration back to Africa so soon is truly remarkable.

Don't be surprised however if you catch sight of some swifts still around until the end of the month. There are often pairs who breed late, continuing to rear their chicks after most other swifts have departed. In fact, one year we even had a pair until the first week of September. The autumn migration takes longer than in spring, presumably because the swifts do not have the urge to breed and can linger over areas with plenty of insects.



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This summer we attempted to try and get a rough idea of how many swift boxes have been occupied in the area - over the last few years we have put up over 120. We just watched a selection of boxes that were accessible, and it is very time consuming, so could only be a rough estimate. We reckon it is in the region

of 40%, which would be a very good result.

Some excellent news is that all 4 nest bricks are occupied in the end gable of the People's Hall gym!

We were given the opportunity to talk about

swifts on Radio Cumbria, broadcast in the evening of July 15th. The presenter spent a sunny morning with us in Lowgill, as the swifts were screaming around us, giving us the chance to expand on our favourite birds and our projects in Sedbergh!

Enjoy the end of the swift season. It is so sad to see them go and how quickly the 3 months that they are with us passes To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043

“HEDGES, FENCES, FLOODING AND MORE”

Press Release

Rain showers across the East Fellside failed to dampen the enthusiasm of farmers keen to gain first- hand experience of the conservation work going on at Town Head Farm, Croglin. Farmers from Alston to West Cumbria were welcomed by Kate Gascoyne from the Farmer Network. All enjoyed a guided farm walk looking at hedge-planting schemes to increase bio-diversity and livestock shelter, together with tree- planting in the least productive areas of the farm and some Natural Flood measures designed to reduce the risk of flooding in Croglin village below the farm.

Host farm Jim Campbell who only recently took over the farm, talked about his desire to maintain farm production but marry it with quality conservation work. Jenny Garbe of Eden Rivers Trust who worked with Jim to develop the scheme, described it as offering “multiple benefits” for the farm and the local community, now and in future.

The farmers also enjoyed informal discussions with several organisations looking at new funding streams and programmes coming forward, including Stewardship, Fellfoot Forward (LPS), ELM, The Princes Farm Resilience Programme currently being organised by the Farmer Network, and opportunities relating to farm carbon.

Local farmers were particularly interested in hearing about Farming in Protected Landscapes funding



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(FIPL). Emma Wright of North Pennines AONB who manages the Fellfoot Forward programme spoke of the funding opportunities that maybe available in the very near future for farmers working within the AONB area. The Fellfoot Forward LPS is a major project for people and nature which focuses on part of the North Pennines AONB in North East Cumbria and beyond to the river Eden

Dave Smith who farms at Knock near Appleby said of the event “we’re here to find out useful facts about these processes, but actually it has also been about engaging with people face to face. This is something we have been missing recently and is

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so much more valuable. It has been good to walk and talk with other farmers. We need more of this in these changing times”.

A second event with the same partners will take place on a farm at Hallbankgate on Thursday the 15th July. Farmers are advised to book a place with the Farmer Network via e mail admin@thefarmernetwork.co.uk Or tel: (01768) 868615

For more information about the Fellfoot Forward Landscape Partnership scheme visit https://www.northpennines.org.uk/what_we_do/fellfoot-forward/

The Farmer Network Ltd is an independent, non- profit, farmer- led organisation that provides help and support to farmers and their businesses across Cumbria and The Yorkshire Dales, whatever the challenge or opportunity.

For further information about the Farmer Network Ltd, please contact Adam Day MRICS FLAA, Managing Director on 01768 868615 or email adam@thefarmernetwork.co.uk



RIGHTS OF WAY NETWORK MAINTAINED

Mark Sadler

Volunteers surveyed the entire public rights of way (PROW) network in the Yorkshire Dales National Park during the year 2020/21, despite the Coronavirus pandemic, the annual general meeting of the National Park Authority heard today.

The survey – known as the ‘parish paths survey’ – means that public paths across 98 parishes are walked and a record made. It shows the condition of every path, stile and river crossing in the 841 square miles of the National Park.

In a separate survey of a random sample of 5% of the PROW network, volunteers found that 88% of the network was easy to use – a figure in line with the Authority’s ‘ease of use’ target of 90% by 2023. This shows that most of the network is well-signposted and free from unlawful obstructions, with surfaces, gates and other infrastructure in good repair.

The National Park Authority’s AGM was held today at the Garden Rooms at Tennants in Leyburn. The venue made social distancing possible. Apart from the PROW annual report (see item 14), Members noted the new grants scheme for farmers that



the Authority is administering as well as the annual report of the National Park Management Plan partnership. They also made decisions on the development of a new set of planning policies (item 10) for the National Park.

Member Champion for Recreation Management, Nick Cotton, said: "The great value of a well-maintained public rights of way network in the Yorkshire Dales National Park has never been more obvious. Outside of the 'stay at home' periods of the Coronavirus epidemic, the Yorkshire Dales National Park has been a refuge for many people. A far greater proportion of visitors in the past year have been first time visitors, compared with previous years, and having a well maintained rights of way network means that they have had certainty about where they can go.

"I would like to thank our volunteers for the work they have done to keep the network in good condition. Volunteers completed 424 days of practical work in the past year, well down on the year before owing to Coronavirus, but still very significant, while the surveying of the network continued undiminished, with 475 volunteer days given over the course of 12 months. Rights of way work is the National Park Authority's bread and butter and I am pleased that high standards are being kept."

The Public Rights of Way annual report will now be submitted to Cumbria County Council and North Yorkshire County Council, which retain statutory responsibility for PROW. The National Park Authority

does this work under delegated powers because it recognises that a well-managed network is fundamental to the enjoyment of the special qualities of the area and brings benefits to everyone.

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Hannah Catlett

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THE PRICE YOU PAY

Wendy 7713

When you have dementia there's always a price to pay when days are filled with excitement and adventure – something that's not the routine of daily life, busy days. Normally you'd just be tired, filled with satisfaction and exhilaration of what's been achieved. But sadly dementia kicks you in the teeth and scrambles your brain up even more.....

That's the price I paid after all the excitement and adventure of my trip . It took me 4 days to get my head around what I do and where I go once I was home. For 3 days, I got up, showered and then didn't quite know what was next, not the normal fog or haze, but my head a total jumble like a heavy tangle of wool. The thought of my early morning trundle never entered my head at that point. I'd sit with my cuppa, open my ipad and do the only thing I knew how....played solitaire, red nine on black ten....then scrabble and word search just to kick start my day.

I knew I needed to walk, but I could only manage and feel safe to the pond and back – so strange how my world had shrunk so much. It was like this for 3 whole days....Totally out of routine and discombobulatednot knowing quite what was next....

Then day 4and somehow a switch had been flicked in my brain as the idea of my early morning trundle was there as soon as I rose and opened the curtains...

As I stepped outside my door, I could feel I was slower; my legs not quite as willing as my brain, but they decided to oblige as I shuffled down



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my road. The schoolchildren waiting for their bus, all heads down on their phones; villagers out for their morning paper.

FAMILY MUSINGS

Sarah Woof

Sometimes, not often but sometimes, I wish our village was like it was when I was a little girl, everyone was interlinked or related. I could go to any house and would know the person who opened the door. My Dad would tell me to never talk about any one person to another, because they were probably related, and word would get back to them. Pure nostalgia, I suppose this wishing it was like it was.

When my parents got married in 1937 they had known each other all their lives, all their parents were business people in the village, and some of their friends were also their relations. "Kick one and they all limp" as Grandma would say. She, my Grandma, was a fierce character who took no prisoners. I was telling some of our grandchildren they should be glad I am not like her about meal times. You ate everything on your plate and stayed at the table until you did ... though I soon got the hang of having a spare hanky to wrap things in to throw away later. I used that trick at school with the fatty grisly meat! But everyone knew where they were with her, no wishy-washy or change-your-mind with Grandma and I loved her without hesitation, and was

devastated when she died before I finished school.

As was the case with a number of homes, someone else owned the garden behind Grandma's cottage. On one hand it meant she had the lovely roses to look at but no work to do, but she couldn't sit outside her kitchen. She did manage to buy the garden and now the garden includes a parking space for the holiday cottage. At least, she didn't have someone else's "earthen closet" behind her house as was the case sometimes. At bottom of the garden was a pig sty, part of the farm buildings which eventually were cleared to make a pub car park.

Looking back there have been so many changes but, thankfully, the kind and caring community spirit lives

Sedbergh and District Lookaround

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on and was especially evident during lockdowns. I don't know everyone any more but it doesn't matter, I am still related to quite a lot of people who, hopefully, have learnt to live with the fact. My own family are here and away, continuing the links set by my great and great and great grandparents. We who trace back our family many generations in this dale are a rare breed, given to wallowing in nostalgia but still very much in the present.

The grandchildren are calling, I had best concentrate on the 'here and now'. Enjoy the summer holidays and take care and remember the spare hanky!

JUNE WEATHER

Brian Wright

Generally a pleasant month weather-wise, as June often is. It was pleasantly warm and dry. We didn't have any unusual frosts, as sometimes happens. In years gone by I have lost baby rabbits in sub zero temperatures. We had a maximum temperature of 22.8C (75F) and minimum of 5.7C (42.3F). A comparatively calm month also with only a maximum gust of 11.8m/s (26.4mph/42.5kph) Back to a reasonably dry month with 24.8mm (0.98inch).

It seems that the owls have gone as we haven't seen them. I understand they have left their local roost so lets hope they moved and not died. We have had a variety of birds feeding at the station but the various tits seem to have moved on latterly. Lets hope they have gone to nest.

The jackdaws have had a good breeding season judging by the number of young ones trying to eat peanuts! As mentioned previously the collared doves and wood pigeons haven't raised anything although there have been egg shells about again. The swallows finally got round to nesting and laid 5 eggs but left them!

The great spotted woodpeckers seem to have raised one youngster as we have had one occasionally on the nuts. The pair of pheasants have been regulars picking up any corn dropped by the sparrows. They obviously haven't raised any young this year. We have lost a 20+ year old ash to die-back. I cut it down. I thought we were doing quite well as we have several young trees but there could be a couple more struggling. They will need watching. We haven't seen the bats again so they must have moved on.

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

Wendy Fraser-Urquhart

Part 1. 8th July. I am sure that Her Majesty hosts a magnificent Garden Party, but I am equally sure that I wouldn't have swapped places with one of her honoured guests today. This was the day on which we lucky members of Killington WI were once again able to enjoy our own Garden Party. Throughout the morning we had been watching the weather with eagle eyes as we needed to gather outdoors. Sally was once again our generous hostess. We relished the chance to admire her beautiful and ever improving garden. All of us were particularly impressed by a beautiful

new shrub which was covered with pink and white flowers – Cornus 'Norman Haddon'. (I wonder who he is?); the eats were pretty special too, and the conversation was happy, stimulating and just what we needed to guide us back to normality. Perhaps we should give up having 'meetings', and just have garden parties every month.

Part 2. 13th July. Our meeting this month was once again in the People's Hall with all regulations and advice carefully observed. It was lovely to be with lots of our local friends again.

Over the months we have enjoyed many happy zoom meetings which have allowed us to meet with distant members and former members. We



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

have had regular visits to Campsie, near Glasgow; to Didsbury near Manchester; and to Hertfordshire. In the future we shall have to work out how to incorporate these contacts into our regular happenings.

Our meeting opened with tributes to our loving member and friend, Valerie Cann, who sadly died on Midsummer Day. Many of you will have observed the local landing of the North West Air Ambulance helicopter near Station Road on that morning. Sadly, they were unable to help Valerie but we thank them for being ready in a time of need. Our thoughts are with Richard and the rest of her family. Valerie was such a vital member of our group.

Our speaker today was Pat Bolton from Appleby. As she told us, she has lived in numerous places throughout the world and it made me dizzy to hear the list. Many things have interested her through her life but one of her present activities and expertise is Rag Rugging. She began by telling of the history and early development of the craft, and the two methods of working – proggng and hooking (which sounds almost indecent!). It was an early method of re-cycling – rags into rugs. Today it has evolved into an art form. Pat's rugs were woven into pictures by Picasso and characters from literature. Two of her latest, hooked in lockdown, represented Alice in Wonderland characters, Tweedle Dum and

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

Tweedle Dee. However, she had depicted them as Tweedle Don (Trump!), and Tweedle Dee (Boris). Very apt.

We all appreciated her humour and her craft.

Then it was tea time, a welcome cuppa and cakes from Avril – thank you once again. Our ‘business’ meeting followed. Our verse-spoken song, reports, future plans, competition and much more. Birthday wishes have been updated. Instead of sending wishes to members with birthdays in the calendar meeting of our present month, our clever officers have logically decided that wishes should be proffered to members with anniversaries between this meeting and the next. This will obviously result in folk receiving greeting cards at the appropriate time. (Is this a commercial gain for card sellers?). The other modernisation in our activities has concerned our monthly competitions .(READERS - can you cope with such excitement?). Instead of just putting our stunning entries on the table and voting with our pennies for the winner, each entrant now gives a little speech on the significance of their entry. I might be making fun but it really does add interest.

We meet again at 2-00pm on Tuesday August 10th in the People’s Hall. You would be most welcome to join us. It’s a wonderful way to have fun and make real friends.



SEDBERGH W.I.

Moira Folks


July has been a rather strange month for Sedbergh WI because we were unable to hold our Summer Outing to Holker Hall on the planned date of July 14th so it has been postponed until July 22nd when Covid restrictions will have been lifted and we can visit the interior of the house.



Well, what have we been up to in the last month? Firstly, the walking group had an excellent day for their walk up Whitbarrow Scar on 19th June, where their strenuous efforts were rewarded by fine views to the Lakeland Fells. Some members have held small group meetings in their gardens – though the weather sometimes made it difficult to organise these. Sandra Kemp made her monthly visit to Manna House in Kendal with contributions of food and toiletries from WI members. The book club met in Ellen’s garden on July 15th on a lovely sunny afternoon. Our book for the month, ‘The Burning Chambers’ by Kate Mosse (not Kate Moss the singer!) had transported us to the Languedoc in southwest France, to the turreted medieval city of Carcassonne, the city of Toulouse and the beautiful Pyrenees: an idyllic holiday destination which some of us already knew and appreciated revisiting in the author’s excellent descriptions. 1562, when the story starts, was NOT an idyllic time to be there, however! This was the start of the violent French Wars of Religion when the Huguenots (French Protestants led by the Duke of Condé) were seeking freedom to read

the bible and worship in French, whereas the Roman Catholics under the command of the Duke of Guise were intent on keeping the upper hand in the country with the Pope as their head, and Latin as the language of the Church. A love story unfolds between a young Huguenot soldier, Piet Reydon, and Minou Joubert, a feisty 19-year-old from a Catholic family. We enjoyed the chronological storyline which took place over a few months (not dotting about in time like many of the books we have read recently!) and the interesting history, as well as the author's depiction of characters – 37 of them peopling the 574 pages! This book is just the beginning of a 4-part series so the end of this book is soon to be followed by 'The City of Tears'. Most

of us would be happy to read another book in the series, which will follow the family saga over 3 centuries to Holland and South Africa. Scores given varied from 5/10 to several giving 8/10, the average score being 7.5.

Our next WI meeting, to be held in the People's Hall on Wednesday 11th August at 7.30pm, is about the Cumbria Film Archive, presented by Andrew Leitch (former BBC and ITV producer) and Jim Bownass, cameraman and film editor. Our members will be informed individually of the meeting details. We warmly welcome new members and visitors: please contact our President, Ellen Morrison, on 07702 919745 for details.



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CONGRATULATIONS!

Maureen Lamb

Another fabulous edition of the Lookaround. There can be few publications for local people (that are not produced by the church) like this or as good as this anywhere else in the country. It is a mine of local information, from where to get your septic tank emptied to where to get a grant for a musical instrument. Dennis and Jacky Whicker did an amazing job when they started it in 1986. It must have consumed many days of their lives. I have lived in the south east, south west and north east of England but I have never come across anything like it. The publication's cover for the July 2021 edition, says it all. It was too good to die, so the present editors took over the reins in 2019. Congratulations to them. It is as welcome as ever. Long may it last.

SEDBERGH AND DISTRICT COVID SUPPORT

Ed Welti

At the end of June the Sedbergh and District Covid Support Line closed for the third time. It remains unknown whether or not this will be its final closure. The government is gambling on the vaccination program ensuring that the numbers of severe infections remain low enough to allow the NHS to cope, and that the numbers of mild infections picked up by track and trace do not force too many businesses and services to close down while huge numbers at risk of infection self isolate. Should government action, or just the situation, require us to reopen the line we will.



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In the meantime we would like to say 'thank you' to everybody who volunteered. We have a list of 92 people who said they would help. Those are people who registered with the Support Group. Plenty of other people helped their friends and neighbours spontaneously or picked up jobs through the Facebook Group. They deserve as much of a thank you as us. Or more so, for seeing a need and sorting it out without any outside intervention. Of those 92 volunteers the help line assigned jobs to 44 people. Inevitably the 5 of us who manned the phone (Myles Ripley, Janey Hassam, Jim Atkins, Debbie Wilson and Ed Welti) did many of the jobs ourselves, and each of us probably ended up with a group of volunteers we tended to use because they were familiar or we knew they were likely to be available, or were in the vicinity of what was needed. So there were a lot of people who put their names down but didn't have any jobs assigned to them. Thank you all the same, it was down to us that you didn't get anything to do!

The current job count on our database is 471. This figure, I'm sure, doesn't represent what was done.

Some of the jobs are one off shopping or prescription deliveries, whereas others are a single entry, for example, deliver the paper every day as long as the person isolating needs it. And delivering a prescription to somebody in Sedbergh is less of an endeavour than delivering one to Killington, or Firbank, or the top of Garsdale when the snow is falling. Special thanks are due to Omar, who did the Killington round pretty much every day for months. That round, a significant commitment, is represented by a couple of those jobs on the database. I'm sure there are others doing regular deliveries, who also continued on through the lock downs. And as I said before, they may not be included in the job count at all. Well done to all of you.

There are 111 people recorded whom we helped in one way or another. Again, that number is not complete, much of the help was not noted if it didn't come through the help line. Speaking personally every single person I dealt with was courteous and very thankful for the help we provided, and that would have been very much the experience of all of the volunteers. I was very happy to be able to provide the help I did. It kept me occupied, at a time when I wouldn't have had much else to do. And I met many people in the community I wouldn't have met otherwise, and it got me to some outlying farms and houses I wouldn't ever have gone to otherwise. It was a pleasure to be able to help.

What a great community effort. Well done to everyone involved.

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

VALERIE CANN

Richard Cann & family

The family would like to thank all those who sent messages of sympathy and donations in memory of Valerie. Thanks also to those who attended her Thanksgiving service to show their appreciation of her life. Their support was a great comfort to the family.

CELEBRATIONS OF SLOVENIAN INDEPENDENCE AND TOWN TWINNING

David Burbidge, Lakeland Voices

We had to change some of our plans for our postponed celebrations of Sedbergh's twinning with Zrece, and 30 years of Slovenian Independence but, even with government restrictions, we were still able to have two very good events in May and June.

We were originally going to join the Zrece choir Zbor Jurij Vodovnik in Zrece on May 25 for a combined concert with songs from our separate choirs, and some of them sung by us all together. But, with foreign travel being prohibited, we contented ourselves with meeting in my garden at Farfield, where we sang several Slovenian songs among the scented honeysuckle and red campion, our singers live in my garden, with a few songs, alongside the Zrece choir, who joined us on Zoom. In the middle of the evening, the Zrece mayor, Boris Podvrnik, joined us on Zoom from Vojko's wine cellar, where many of us have enjoyed wine tasting evenings, and we all sang well known Slovenian drinking songs together.

In previous years, I have travelled to London and joined the Slovenian embassy's function celebrating their National Statehood Day on June 25. But this year with numbers restricted on indoor gatherings, the event was cancelled in London, but went ahead here in Sedbergh with almost 30 singers gathering in my garden, singing the national anthem Zdravljica and over 20 narodni pesmi, the national folk songs which are well

known by everyone in Slovenia over a certain age.

Slovenian traditional songs are often melancholic, but also rich in philosophical wisdom. The lovely song Lipa, The Linden Tree, describes a year in the tree's life and says that while in winter it might feel that things will never return to life, in spring the birds are singing in its branches and the flowers have come again - along with hope for better times. Krasni Majnik, The Wonderful Month of May, describes the meadows being painted with all the colours of spring flowers, and says that Mary is crowned with the Smarnice, the Lily of the Valley. Cebelar, The Beekeeper, is in praise of the humble bee throughout his long

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life: "There is restlessness in my heart on this autumn evening, but when I visit the beehives, I am flooded with memories of my young days, and reminded that the bees have always been my friends."

We were joined by Mateja Somen from Slovenia, who came on the train via Garsdale station to join our festivities with her partner Sheldon, and judged our Potica cake making contest. Potica is iconic in Slovenia, a cake looking a bit like a Swiss roll, but much harder to make, as it requires the cake mixture to rise in between rolling in walnuts and spices. Mateja said the winning entry by Nicola Albert was as good as much of the Potica she had eaten in Slovenia, "lovely - moist and rich in walnuts."

Mateja added: "I can't put into words what an incredible and magical weekend this has been.

"I was deeply touched and moved to tears several times by this incredibly warm, open, welcoming and generous group of people, who on top of that sing songs in my mother tongue and simply adore Slovenia!

From singing Slovenian (and English!) songs beautifully, to eating jota, drinking Slovenian wine and borovničevac, and me being asked to judge the famous Potica making competition, this was the perfect way to celebrate 30 years of Slovenia!

Not to mention the stunningly beautiful nature surrounding us.

I will truly remember this weekend forever. Thank you so much to David and everybody that made it so special."

Singers had also learnt Slovenian poetry which we recited, happy that at least one person in the audience understood every word of what we were saying, including Ivan Minatti's masterpiece You Must Love Someone, and Tone Pavcek's The Wayfarer: "When you walk, always go to the end, in spring to beautiful flowers, in summer to mature wheat...in the book to the last line, in life to the real truth." We tested our knowledge of wild flowers with a walk up the banks of the river Clough, with the names of wild flowers in both English and Slovenian. And enjoyed Slovenian food and drink such as Jota, a traditional stew, their famous



blueberry liqueur Borovnicevec, and herb tea from the Zice Cartusian monastery near Zrece.

On the Sunday we ended the weekend in Dent, with an impromptu concert in the sunny garden of the Dent Meditation where the Tai Chi class was taking a break, and outside the home of Anthea and David Boulton.

Although we mentioned the events in the May edition of the Lookaround, part of our risk assessment stipulated that we wouldn't advertise so that crowds wouldn't gather and cause public health emergencies. But several people who were passing at Farfield Mill beyond the hawthorn bushes said how much they enjoyed the singing, and we were able to share refreshment at the garden gate without too much risk of contagion. Some of them had heard us singing on the BBC Radio 4 magazine programme, Broadcasting House, a few Sunday's before, when we were invited to sing in Kendal's Birdcage as part of a scheme to encourage choirs to sing together again using bandstands around the country.

Scrap Collected

Ring Kev

07812194311



Despite coronavirus restrictions, thanks to outdoor activity groups being exempt, this term has been our busiest ever with over 30 singing walks through some of the most beautiful countryside in the Yorkshire Dales and Lake District - our al fresco singing helped by fine weather on all but two of our walks and gatherings, and even then only light and short lived rain. But international travel still remains problematic. Our tour of Slovenia has now been postponed twice, but we are all keeping our fingers crossed that next year in May we will once again be singing in Slovenia. Third time lucky, perhaps.



TICKET REFUNDS

Karen Evans

I've got tickets for an event I'm really looking forward to, but I'm worried it might not go ahead if government rules don't change in time, or there is another local outbreak of the virus. Can I get my money back?

Ticket holders who change their mind about going to see an event, like a concert that is still going ahead, have no legal right to a refund.

If, however, the event is cancelled, your refund rights will depend on how you bought the ticket. Email the organiser or check their website or social media profiles to see if there's an update about the event.

If you bought your ticket from an official seller and the organiser cancels, moves, reschedules, or makes the event behind closed doors, you should get a refund. This is the case even if it is cancelled due to a government ban on large events. The official seller is the best person to ask about how to get a refund.

If you're having no luck getting a refund check to see if the seller is a member of the Society of Ticket Agents and Retailers (STAR). If they

are, you can use STAR's complaints procedure. STAR members should receive a refund at face value if the event is cancelled and the organiser has agreed to refunds.

If you bought your ticket from a ticket-reselling website, refunds will depend on the site's terms and conditions.

If you bought from a private seller and the event is cancelled or rescheduled then it is unlikely you will be able to recover your money. We still recommend you contact the seller.

If you're due to go to an event, keep checking the information from the official seller or organiser to ensure you're up to date.

Unfortunately we've found that in these situations scammers prey on those who are affected. If your event is cancelled and people or companies offer their services to try to recover money on your behalf, make sure that you're looking out for the signs of a potential scam.

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- They indicate everyone else is doing this (social proof)
- They say your only chance is to act now (urgency)
- They act like they're similar to you, so you like them and want to please them (connection)
- They ask you to do one little thing which makes you do more (commitment).

We also know that often victims of scams report that in hindsight they felt something wasn't quite right at the time. This campaign aims to raise awareness of the tactics scammers use and encourages people to 'stop

and think' if something doesn't FEEL, SEEM, LOOK or SOUND right. This allows them time to trust your gut instinct and help prevent becoming a scam victim.

“Everyone likes to feel special. But watch out! If a stranger is going out of their way for you, something fishy may be going on instead. Scammers like to offer one-off deals and favours. Don't be afraid to tell them no.” John Hayward-Cripps, CEO of Neighbourhood Watch Network

And ... from a local Sedbergh resident – Janice Rusling

I have just received an old scam call with a new twist. It was some 'company' (not 'microsoft') who had detected a problem with windows on my computer. The twist is that the number purported to come from a Sedbergh telephone code, which is the only reason I answered it. The actual number used was 015396 29395, though if they can fake that then they have probably got a whole list of alternatives.



WHY ? SOME THOUGHTS FROM THE BRIDGE ON A WET DAY..... !

David Lord

Why don't the Council put direction arrows in Joss Lane car park ? Say, in around the top, out along the bottom.

Why do people so abuse the large wheelie bins, by putting all manner of xxx in them?

Why do so many (visitors ??) try to squeeze another parking space, where there clearly isn't one ? e.g. the bottom of Thorns Lane and the yellow lines near Westwood Books ?

Why don't you say " Wow ! " when you see the quality of Sedbergh School 's sports turf maintenance ? You should !

Why do we have such a dog-poo problem in Sedbergh ? Anyone know the last time anyone was prosecuted? I think the King was still alive.

Why don't we sing the praises more ,of all our local shopkeepers, posties, traders of all descriptions ? We should !

Why doesn't it stop raining, then I won't have to sit here being a moaning minnie !.....or maybe I have a point ?

Have a good day !!

STRIDING THROUGH YORKSHIRE - THE SEDBERGH-DENT COUNTRY

Colin Cowperthwaite

Whilst recently browsing through an old publication in the charity book shop, I came across this little passage. Published in 1943, the book is entitled 'Striding Through Yorkshire', written by Alfred J. Brown.

'Sedbergh is finely situated at the westerly flank of the Pennines near the confluence of the rivers Rawthey and Dee. Set in the heart of the hills, on the extreme edge of Yorkshire, it is off the main walking routes, and is chiefly frequented by budding Yorkshire scholars and three-quarters. For walkers, the best approach is from Dent or Garsdale Station. I like to walk to Sedbergh from Dent, for there seems to be a kinship between these two neighbouring towns. Dent is the more secret and fascinating of the two, and is altogether a mysterious place. I like it best on a grey day when there seems something uncanny about its huddle of dark stone houses, its narrow cobbled streets and curious aloofness. Entering Dent for the first time is rather like walking into a Grimm's fairy tale. You can positively feel that a spell has been cast over the place and that at any moment something astonishing is going to happen. Personally I should never be surprised to come across a monstrous dragon round one of the corners and to see a knight in armour come clattering down the main street to challenge it to mortal combat; but I am bound to admit that so far I have only had the misfortune to meet an occasional Hog there, snorting up the

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narrow street, leaving a trail of poisonous fumes behind. This is really the only reason why one needs to leave Dent at all. What it must have been like in the old days before the petrol engine had been discovered ! No wonder it was famous for its “terrible knitters”. One can picture them sitting at the doors of their cottages, gossiping and plying their needles from noon to dusk, in a remote grey world of their own, a law unto themselves.’



‘LUNG BUSTING RAWNESS’ OF FELL RUNNING ON SHOW AT DCM

Mark Sadler YDNP

Photos capturing the ‘lung-busting rawness’ of felling running, rare memorabilia from this most traditional of northern sports, and – for the first time ever – the men’s and women’s Three Peaks Race trophies, are all going on display at the Dales Countryside Museum (DCM) in Hawes.

The DCM’s latest special exhibition, ‘Run The Dales’, from 23 July to 26 September, will also include fell running shoes from the 1950s and the stories of champions such as Victoria Wilkinson and Tommy Sedgewick.



The Three Peaks Race trophies – which will once again be awarded to the fastest fell runners at this year’s race – are being described as a ‘scoop’ for the museum.

To mark the opening of Run The Dales, the DCM has published a new episode of its podcast, ‘Voices From The Dales’. ‘Voices From The Dales...fell runners’ was largely recorded last month at the Hawkswick Dash and features Skipton’s ‘Mr Sport’ Roger Ingham, Run The Dales writer and organiser Victoria Benn and Kilnsey Show fell race record holder Mick Hawkins, as well as fell runners from Wensleydale.

Victoria Benn, author of new book Peak Performance, which chronicles the sporting legacy of the Yorkshire Three Peaks, said: “I joke that my whole childhood was spent stood in a

field somewhere. Pretty much throughout spring and summer we were all over the Lake District, Scotland, the Yorkshire Dales, at fell races and shows. I knew who the runners were, I knew who should win, who the competition would be between and I found it really exciting. And now I’m a writer, it’s something I’m passionate about – capturing the stories of fell running in days gone by. This is part of what the exhibition and the associated Run The Dales website is about. “The ‘Run The Dales’ exhibition at DCM is an opportunity for people to see the Three Peaks Race trophies up close for the first time ever. It’s an amazing scoop for us to have them on display, as the public are allowed nowhere near them on race day. The women’s trophy is an impressive ceramic plaque donated by Shirley Hodgson in 1991. Along with her husband Dave Hodgson, she has dedicated a lifetime of service to the race. Its first recipient was the future Olympian and women’s Three Peaks record holder, Sarah Rowell. The men’s ‘Norman Thornber Trophy’ is an intricately carved wooden plaque, invested as the Three Peaks Race trophy in 1959.”

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Kevin Frea, Member Champion for Promoting Understanding at the Yorkshire Dales National Park Authority, which runs DCM, said: "Fell running is a very important part of our cultural heritage. The British Open Fell Runners Association – known as BOFRA - organises dozens of fell races each year in the National Park. Apart from the many races, quite a number of local people can be seen running the fells on a morning and evening. The grittiness needed to go fell running is integral to the character of Dalesfolk.

"Some of the very oldest recorded races are in the Dales, such as the Burnsall Classic, dating back to 1860. The history of this sport and pastime, as revealed by Victoria Benn in the exhibition, is fascinating. I do hope people will make the Dales Countryside Museum their destination for a day this summer – and perhaps try a bit of fell running for themselves, too."

The 'Run The Dales' project has been possible by grants from the Yorkshire Dales National Park Authority's Sustainable Development Fund and Great Place: Lakes and Dales.

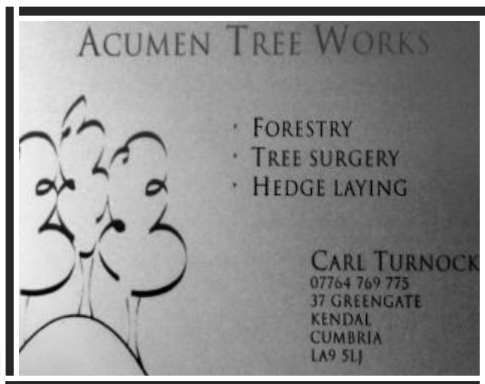
SEDBERGH SCHOOL NEWS

Karen Bruce- Lockhart

The upper School Speech Day was held in the Hirst Centre with the main speaker being the retiring Principal and former Headmaster, Andrew Fleck. During his time the School has gone from strength to strength. When he started the School had just over 400 pupils and the Prep about 120. He leaves after 11 years with a combined total of just over 700 with more to come in September. During that time the School has amalgamated with Casterton Girls' School, the Prep has been installed in their old premises, and the Hirst Centre, the Thornely Studio, and the new Girls' House, Carus, have been built. He told the School in his farewell speech that their role in life was to make society a safer, a fairer, more equal place and to use their talents to help others less fortunate

The Chairman of the Governors, Richard Gledhill, told the parents that the School, having lowered its fees more than most other independent schools during the crisis, had lost over £5 million in revenue over the Covid period, and had had to eat into its Rainy Day Fund, but was still in good financial shape, and was looking forward to investing in the facilities of the School as well as restoring the Rainy Day Fund.

As well as the departure of Andrew Fleck, Lotte Tulloch, who has been a Housemistress and Deputy Head, leaves to become Headmistress of Denstone College near Uttoxeter. Other leavers were John and Naomi Lidiard, Jordan Field, Josh Dillow, John and Emma Richardson, Emma



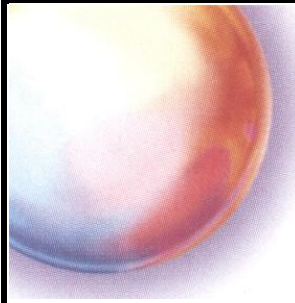
McGee, Annabelle McFetridge and Laurence Ghysel.

The School has been shortlisted for the Independent School of the Year awards for International School Experience, but will have to wait till September to find out if they will be a finalist.

Pupils spent 2288 hours on the Duke of Edinburgh award scheme during the year to March 2021, and despite the restrictions achieved 9 gold and 5 silver awards.

The majority of the Year 11 and 13 pupils went home on 18th June returning only for the speech day, and year 11 returning to start in the 6th form next term, and those that stayed were mostly involved in sports fixtures. There was no Leavers' Ball

This year the pupils carried out another Challenge Week in the last week of term involving activities they would not otherwise have done and many projects in the local area and for charities, although somewhat circumscribed by the Covid regulations. Local improvements included the car park on Loftus Hill tidied and replanted; a new small holding was set up including fencing, and planted with vegetables; and restoring the picnic benches at Gillis picnic site. Stone walls were rebuilt and restored. Cross country jumps were repainted and the arena weeded. Other activities included pupils putting together a film; putting on a play (Settle-Carlisle); a swim to Piel Island (Wild Cat Island of the Swallows & Amazons); walking Hadrian's Wall; the National Three Peaks Challenge; upcycling furniture; building pheasant pens and sheds;



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wild swims in the Lakeland fells; photography at Buckstone jump and swimming the length of Rydal; an expedition across Dentdale including zip wire and abseil; Duke of Edinburgh activities; and a chess congress in the School Library and Evans garden

Year 13 took part in the Ivy House Award scheme of leadership and life skills, normally reserved for senior executives. They also experienced several in-house lectures such as how to impress employers, applying to universities, interview preparation, looking after your car and safe driving, and first aid for a night out

The Prep School prizegiving was largely virtual. The Prep School had

concerts on 29th and 30th June, the latter clashing with England v Germany, but a father's suggestion that the game be projected on a screen behind the concert was not followed, and a strict mobile phone/radio silence prevailed. On Monday 28th June, because of the rising incidence of Covid in Cumbrian schools, face masks were reintroduced in the Prep for years 7 and 8. The traditional trip to France for year 7 could not take place, but a three-day outdoor education course at Windermere YMCA took its place. Year 3 had an exciting day visiting the upper school geology classroom and having lunch in Lupton House

Cricket - The 1st XI progressed through to the T20 National Finals after beating Worksop by 51 runs. On 27th June the 1st XI played Taunton in the National Finals Day at Arundel Castle in the semifinal but lost. They beat Myerscough on 18th June (207 for 5 wickets -207 for 7 wickets), and lost against Manchester Grammar on 19th June by 31 runs. The match against Durham CCC Academy on 22nd June was cancelled. The game against Lancashire CCC Academy on 23rd June was lost. In the match against Myerscough on 24th June Sedbergh got revenge for their earlier loss. On 25th June against Cumbria U18 they won. The game against Durham School on 26th June was cancelled. The Girls' game against Bromsgrove on 28th June had to be cancelled.

Tom Aspinall has played regularly for the Lancashire 2nd XI, and Dan Stevens has made the Scottish U19 side.

The Prep School had a match against School House, but the main battle was not between the teams, but both teams against the midges!

The "3rd Eleven" lost to Holme only making only 127 to Holme's 209 for 8 on 10th July.

Rugby - The U14, U15 and U16 played in competitive tournaments during the summer term and Big Side played a combine 10 games during the term. Ollie Spenser and Louis Johnston were part of the England U18 squad. Robbie Burnet was picked for the Spain U18 squad.



Oli Barlow was the fourth generation to play for the 1st XV, previous members of his family having played in 1938/39, 1963/64, and 1989/90.

Equestrian - The team has qualified for two heights at the National Schools One Day event in September.

Shooting - Daisy Armstrong was selected for the GB U19 with Abbie Gibbs as first reserve. Sarah Rorison and Imma Hunt were selected for the GB Athelings squad and Keira Butler,

Tatiana Peters and Livy Ross for the UK Cadet Rifle squad. Thirteen shooters will take part in Bisley Athletics.

The Prep School held its sports day on Saturday 26th June. They also ran their Epic for years 7 and 8 on 30th June which is their version of the Wilson, being

6.9 miles with 1200 feet of ascent. The upper School House athletics competition were held at the end of term with Winder and Lupton the winners.

Fraser Sproull – who won the Wilson run this year, has been appointed Running Captain for next year. He took 6th place in the English Schools 3,000 metres in Manchester on 9th July.

Future Events - It is intended next academic year to put on the Thirty Nine Steps, a year 12 play, and a spectacular musical for years 9 and 10.

The autumn term starts on 5th September with the new Y9 pupils arriving the day before.

DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

August is an exciting time for DDCF as we hold our annual Festival in and around Rhumes, Dent. From Friday 6th through to Saturday and Sunday and slightly into Monday we get together for a varied programme. (Please see advert).

Something for everyone from praise to prayer, crafts to storytelling, meals and testimony, walks and rest. And everyone is warmly invited.

Jn & SE Woof. 015396 25212.

QUAKERS IN SEDBERGH – A QUIET FORCE

*Sally Ingham, on behalf of
Brigflatts' Quakers, Sedbergh*

Until I was 20, I thought, as many might, that Quakers were some past group now extinct, and my image of them was formed by the picture on the Quaker Oats packet (a business which by the way has no connection with Quakers). But as I found out, Quakers do exist and don't all wear an old-fashioned black hat and plain clothes, and are in Sedbergh.

Their place of worship, the Friends Meeting House, is tucked away in the hamlet of Brigflatts just about a mile and a half out of Sedbergh on a lane off the road to Kirkby Lonsdale. The Meeting House looks more like a converted barn, which is exactly what it was. Steeped in history, it goes back to 1675 when Quakers grew and thrived as one of the alternative religious groups during the Stuarts' reign. This was a period of political and religious upheaval when the civil war was fought to gain greater

powers for parliament and the people. But Brigflatts Meeting is not just historically interesting, it is also a place where there is still a thriving, worshipping community.

The position of our meeting house means it is not an obvious place to pop into, but pre-Covid we attracted numerous visitors, not just locally and nationally but from across the world too, and there has been a continuing steady trickle during the last unusual and challenging 18 months, visitors who have come to sit outside and enjoy the beauty and tranquility. There has also been a small group of active Quakers using the time to work on the Meeting House and its surroundings – its gardens, paddock, burial ground and other buildings (the old schoolroom, undercroft, stables and warden's house) to make this an attractive and a welcoming place for all, whether religious or not. Sadly, we had a fire at the warden's house a couple of years ago, however the house is nearly restored, and at the moment how to make the best use of it for the Meeting and the wider community is under discussion.

Believing that we all have that of God or goodness within us, Quakers

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have a long tradition of reaching out to others. Our commitment to peace, equality, simplicity, truth, social justice and sustainability mean that we also have a history of involvement in projects which promote these values as individuals and as a group. At a local level our commitment to these matters can be seen in the paddock where there are solar panels to generate electricity, trees have been planted and wildlife areas established and preserved. Bees flourish there too. We also took a significant part in organising and taking part in a 2-week cycle ride from Cumbria to London to petition the government to act to relieve those most suffering as a result of austerity cuts in 2018.

We hope you may visit us, either just to enjoy the peace and beauty of the garden or the paddock with its ground level maze, or to join us for worship at 10.30 – 11.30 on Sundays. All ages welcome and that means children too. It's a short drive or cycle ride or a lovely walk across the fields from Birks just behind Sedbergh cemetery. If driving, park at the top of the lane in the lay-by opposite. If disabled, a drop off and turning point is outside the stable and school room, and parking for 2 cars is available if required.

Our meeting for worship involves a meditative silence sometimes punctuated by ministry from anyone who feels moved to speak; we have no formal priest or minister. At

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present our meetings for worship mainly take place outside but indoors is now opening up for use for a set number. Children usually stay for some of this then an activity elsewhere is provided.

Our newly refurbished school room with a small kitchen and the small undercroft with a disabled toilet and shower next door are open for use by anyone when Covid restrictions lift.

For details of our meetings for worship and other activities, or information on rooms available to hire and for updates on arrangements during these changing times, see our website. Google Brigflatts Quaker Meeting to access the website.

NEWS FROM THE PEWS



*Susan Sharrocks
Tony Reed Screen
Churchwardens*

In every Deanery of the Church of England special services are held annually for the Admission of Churchwardens.

According to the Oxford English Dictionary the word "churchwarden" first appeared in the fifteenth century, though there is a mention of people holding a similar office in 1396.

The definition given in the Oxford English dictionary is: "A lay honorary officer of a parish or district church, elected to assist the incumbent in the discharge of his administrative duties, to manage such various parochial offices as by custom or legislation devolve upon him, and generally to act as the lay representative of the parish in matters of church organization".

We no longer have under- and upper-churchwardens or vicar's and people's wardens, churchwardens today being equal in status and title. Two churchwardens are the rule, except in parishes with a long-standing custom providing for some other number.

The wardens are selected at the Annual Parochial Church Council Meetings of each parish. Forms entitled "Articles of Enquiry" are duly received and filled in and sent off to the Archdeacon's office.

The churchwardens of a parish are the officers of the bishop and as such have a legal responsibility for the

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fabric and contents of the parish church, and the day-to-day functioning of the parish.

Before the Coronavirus made it necessary to change many of our customs the service of admission involved wardens from many parishes attending the same service to be sworn in.

This year our Archdeacon, Rev Vernon Ross and Rev Becca Gilbert officiated at the service held in St Andrew's one evening at the beginning of July. Only twenty attendees, far fewer than normal made it rather a homely, intimate service, very different to the norm. In times past during our inclusion in the Diocese of Bradford a barrister (dressed in wig and gown) would attend and ask the relevant swearing in questions of the incoming wardens, so formal in comparison to this year's service. I know which one I prefer!

Enjoying the warmer days and lighter evenings visitors are finding their way to Sedbergh, many coming to look inside the church and often pausing to sit a while on the benches outside. The flower beds are much admired, the roses being a particular joy, so colourful and healthy. The

grass is kept tidy by a few of our menfolk who have quite a workout as they avoid tree roots with the lawnmower plus the gravestones and manoeuvring over very uneven ground.

Thank you to Eleanor and the band of grass cutters extraordinaire for taking care of a special place in the town.

Enjoy the summer and all its benefits.

GIDEON - FROM FEAR TO WORSHIP

Sedbergh Christian Centre

David Hendrickse,

In Judges chapter 6 we read, "Then the children of Israel did evil in the sight of the LORD. So the LORD delivered them into the hand of Midian for seven years, and the hand of Midian prevailed against Israel.

It's not until verse 10 that we find out what that "evil" was: "I said to you, I am the LORD your God; do not fear the gods of the Amorites, in whose land you dwell. But you have not obeyed My voice."

The children of Israel feared the gods of the Amorites. They feared not having enough money to live on. They feared not having enough food

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to feed themselves. They feared getting sick. They feared for their safety. They feared death.

Does that sound familiar? We face the same fears today. But we can learn from Gideon and the children of Israel. What changed so that God helped them and guided them to a place of peace, provision & courage?

Verse 7 says, "And it came to pass, when the children of Israel cried out to the LORD because of the Midianites, that the LORD sent a prophet to the children of Israel". He also came and spoke to Gideon.

In verse 12 we read, "The Angel of the LORD appeared to him, and said to him, "The LORD is with you, you mighty man of valour!"

Gideon asks, "O my lord, if the LORD is with us, why then has all this

happened to us? And where are all His miracles which our fathers told us about, saying, 'Did not the LORD bring us up from Egypt?' But now the LORD has forsaken us and delivered us into the hands of the Midianites."

God doesn't answer his question or rebut his declaration that God had forsaken them, He just says, "Go in this might of yours, and you shall save Israel from the hand of the Midianites. Have I not sent you?"

God tells Gideon to tear down the alter of Baal & build an alter to Him and sacrifice a bull on it. Gideon does what God has asked him, but because he is still afraid, he does it at night.

Later, because Gideon is still afraid, he wants God to confirm that He will use Gideon to save Israel. So



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he uses a sheep's fleece to confirm he's God's man. Then, when Gideon calls the Israelites to come to fight against the Midianites, God tells Gideon that he has too many. He tells Gideon to let those that are afraid to leave. 22,000 men depart. I wonder if Gideon was thinking, "But I'm afraid. Can't I go with them?"

Then, by watching how the remaining men drink from a stream, 300 men are left. The stage is now set for Gideon to lead these men and for Israel to be victorious over the Midianites.





But I really love the way God interacts with Gideon. God says to Gideon, "Arise, go down against the camp, for I have delivered it into your hand. But if you are afraid to go

down, go down to the camp with Purah your servant, and you shall hear what they say; and afterward your hands shall be strengthened to go down against the camp."

"If you are afraid to go down?" Gideon is in charge of the bravest and alert men of Israel, but he's still afraid. So he goes down to the Midianite camp with his servant and overhears one Midianite man talking to another about a really bad dream he's had. He said, "I have had a dream: To my surprise, a loaf of barley bread tumbled into the camp of Midian; it came to a tent and struck it so that it fell and overturned, and the tent collapsed."

Then his companion answered and said, "This is nothing else but the



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sword of Gideon the son of Joash, a man of Israel! Into his hand God has delivered Midian and the whole camp.”

What happens next, I believe, is often overlooked both in Sunday school and in the main Church services. The writer of the book of Judges records, “And so it was, when Gideon heard the telling of the dream and its interpretation, that he worshiped.”

Worship displaced fear. That worship was born out of faith in God as He revealed to Gideon that, despite his fear, he was going to be used by God to deliver Israel from the fear that they had of the gods of the Amorites.

It’s interesting that when Jesus is tempted by Satan to worship him and then he’d give him all the kingdoms of the world, that Jesus says, “Away with you, Satan! For it is written, You shall worship the LORD your God, and Him only you shall serve.” Jesus quotes Deuteronomy chapter 6, but appears to be misquoting it. It reads, “You shall fear the LORD your God and serve Him.” I don’t think He was. I believe that fear and worship are two sides of the same coin.

If you are overwhelmed by the fear, then you’re worshipping, giving all your attention to a problem or potential problem. Learn from Gideon to call upon God to help you & to trust Him, even though you may be afraid, and see what He will do for you?

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EDITORIAL

I've had great fun over the past few warm summer evenings watching the swifts. What marvelous creatures they are, I'm applying to be a swift for my next incarnation, their manoeuvrability is stunning, And maybe they are just catching insects but as a display it is truly awesome. I can't believe they aren't enjoying themselves immensely. Sad to read

in the Sedbergh Swifts article that they'll soon be leaving.

Another submission that caught my eye was the Yorkshire Dales initiative to remove redundant plastic tree guards. Indiscriminate tree planting is beginning to annoy me. In some cases the trees are planted in completely inappropriate places. Planted, and then left with no aftercare. Left to die in many cases. And the tree guards are left to blow around. I guess those planting them get a significant subsidy, and somebody in authority can then add the numbers to a figure showing how we are combatting climate change. I'm very much in favour of thoughtful tree planting but it seems quite rare, or maybe it isn't noticeable! *Ed Welti.*

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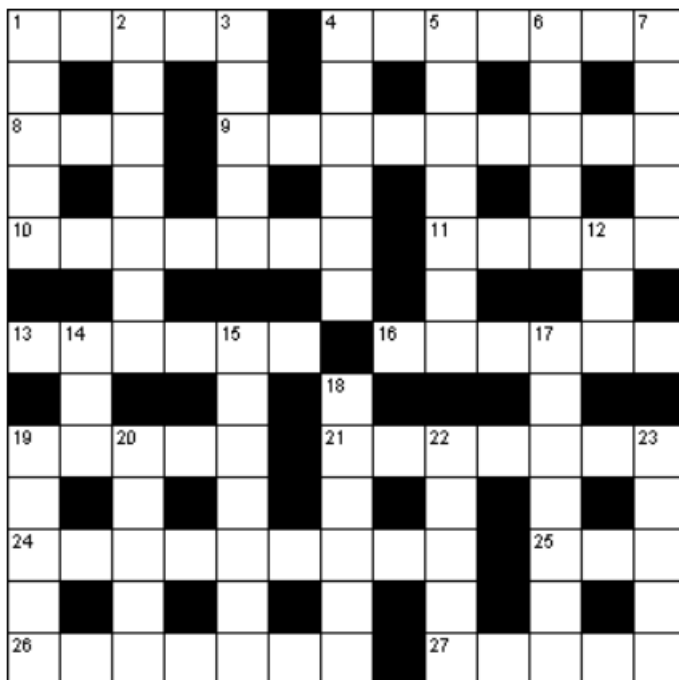
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|--------------|-----|-----|-----|--------|-----|---------|
| Local Hirers | £10 | £20 | £20 | £15 | £36 | £90 |
| Other Hirers | £15 | £30 | £30 | £22.50 | £54 | £136.50 |
| Commercial | £20 | £40 | £40 | £30 | £72 | £182 |

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 |

PUZZLE 1 (SOLUTION ON PAGE 84)



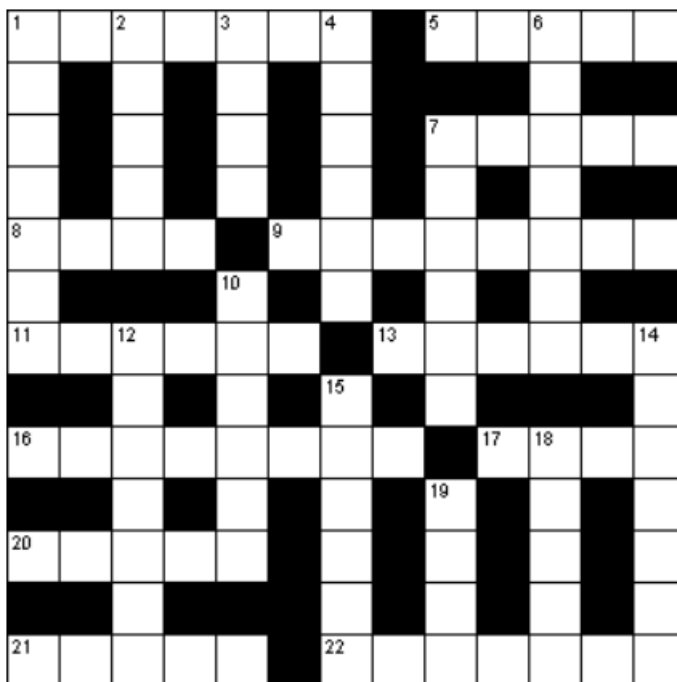
Across

1. Bone held by team leader and egghead clan (5)
4. Mix up reveals more than two or three (7)
8. Swan and enclosure (3)
9. Bizzare person found Aztec cent riches (9)
10. Dishevelled custodian from our cart (7)
11. High winds in Portugal estate (5)
13. Fashion street in short, plain and simple (6)
16. Cow's tail, ceremony, ringleader, journalist (6)
19. Extenuation found in actual ibis (5)
21. Upholds the law for a change, if fresh (7)
24. Leaving daring pet dizzy (9)
25. Something cold in juice (3)
26. Repel as confused fall back (7)
27. Greens in colossal advert (5)

Down

1. Theme in grotto picture (5)
2. Disregarded design or redraw, essentially (7)
3. Some choose free lecture (5)
4. Employ first off, remedy not likely to fail (6)
5. Sour liquid found in divine garden (7)
6. Russian mountains of the countryside (5)
7. Scale varies for shoes (5)
12. Event demonstrates the night before (3)
14. Heat up first off, for lubricant (3)
15. Disturb part of saddle (7)
17. Arrange something insignificant, rival it (7)
18. Aim for something lofty part of church (6)
19. Reptile that counts? (5)
20. Force a little shrimp elixir (5)
22. Used gestures to find boundaries (5)
23. Monster tailless dorsal extremity (5)

PUZZLE 2 (SOLUTION ON PAGE 84)



Across

- 1. European short-winged hawk (7)
- 5. Type of duck (5)
- 7. Young male horses (5)
- 8. Middle East riding horse (4)
- 9. Porcupine (8)
- 11. Nocturnal wildcat (6)
- 13. Dog house (6)
- 16. Snake (8)
- 17. Crustacean (4)
- 20. Viper (5)
- 21. Aquatic predator (5)
- 22. Adult male chicken (7)

Down

- 1. Bison (7)
- 2. African equine (5)
- 3. Simians (4)
- 4. Burro (6)
- 6. Mahimahi (7)
- 7. Young swan (6)
- 10. Large flying bird (6)
- 12. Anteater (7)
- 14. Shellfish (7)
- 15. Musteline mammal (6)
- 18. Bird shelter (5)
- 19. Extinct bird (4)

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.

AUGUST 2021

| | | | |
|-----------|------|---|---------------|
| 03 | 1000 | Grief Share (17) | CCCN |
| 06 | | Dentdale Christian Festival (6) | Rhumes |
| 07 | 1000 | Second Hand Book Fair | PH |
| 09 | | Dentdale Christian Festival Ends (6) | Rhumes |
| 11 | 1915 | Dentdale WI Wonders of Wax | DMH |
| 11 | 1930 | Sedbergh WI - Cumbria Film Archive | PH |
| 12 | | Appleby Horse Fair | Appleby |
| 12 | 1930 | Sedbergh Parish Council meeting (14) | PH |
| 15 | | Appleby Horse Fair | Appleby |
| 15 | | Song of Silence (Stuart Gray) Ends (Jun) | FM |
| 16 | 2000 | White Hart Club AGM (For Members) | WHC |
| 17 | 1000 | Grief Share (17) | CCCN |
| 18 | 1000 | Woodland Storytelling (Jul) | Main Stree |
| 21 | | Barbon Show | Barbon |
| 22 | 1400 | Dent Methodist Chapel Re-opens (22) | DMC |
| 28 | 930 | Artisan Market (Jun) | Main Stree |
| 28 | 1000 | Dent Coffee Morning (28) | DMC |
| 30 | | August Bank Holiday | |
| 30 | | Dent Gala | TBA |

SEPTEMBER 2021

| | | | |
|-----------|------|---|-------------|
| 05 | | SS Term Begins (Jul) | |
| 08 | 1915 | Dentdale WI Owls | DMH |
| 09 | | Westmorland County Show | TBA |
| 11 | 1400 | Book Launch (41) | Sedbergh M |
| 12 | | Beyond The Possible - Artybird Ends (15) | FM |
| 18 | 930 | Artisan Market (Jun) | Main Stree |
| 18 | 1300 | NW Air Ambulance Jumble Sale (11) | PH |
| 26 | | Run The Dales Exhibition Ends (61) | DCMH |

OCTOBER 2021

| | | | |
|----|------|----------------------|-----|
| 13 | 1915 | Dentdale WI Buttons | DMH |
| 23 | | COGS Apple Day (Apr) | TBA |

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.



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.

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
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 1 SOLUTION

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | R | I | B | E | | S | E | V | E | R | A | L |
| O | | G | | L | | E | | I | | U | | A |
| P | E | N | | E | C | C | E | N | T | R | I | C |
| I | | O | | C | | U | | E | | A | | E |
| C | U | R | A | T | O | R | | G | A | L | E | S |
| | | E | | | | E | | A | | | | V |
| M | O | D | E | S | T | | W | R | I | T | E | R |
| | I | | | T | | A | | | | R | | |
| A | L | I | B | I | | S | H | E | R | I | F | F |
| D | | M | | R | | P | | D | | V | | I |
| D | E | P | A | R | T | I | N | G | | I | C | E |
| E | | E | | U | | R | | E | | A | | N |
| R | E | L | A | P | S | E | | S | A | L | A | D |

PUZZLE 2 SOLUTION

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | U | Z | Z | A | R | D | | E | I | D | E | R |
| U | | E | | P | | O | | | | O | | |
| F | | B | | E | | N | | C | O | L | T | S |
| F | | R | | S | | K | | Y | | P | | |
| A | R | A | B | | H | E | D | G | E | H | O | G |
| L | | | | C | | Y | | N | | I | | |
| O | C | E | L | O | T | | K | E | N | N | E | L |
| | | C | | N | | B | | T | | | | O |
| O | P | H | I | D | I | A | N | | C | R | A | B |
| | | I | | O | | D | | D | | O | | S |
| A | D | D | E | R | | G | | O | | O | | T |
| | | N | | | | E | | D | | S | | E |
| S | H | A | R | K | | R | O | O | S | T | E | R |

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> | | <i>1054</i> | <i>1222</i> | <i>1448</i> |
| <i>Trains to Leeds</i> | | | <i>1205</i> | |
| 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> | | <i>1054</i> | | |
| <i>Trains to Leeds</i> | | | | <i>1559</i> |
| 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 | .. |

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

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 | .. |

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.

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**

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CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

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**worship@peopleshall**

1st Sunday each month 10:30 am

**Rev David Crouchley Tel:20329**

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SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

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 | 1 st | 8 th | 15 th | 22 nd | 29 th |
|--|------------------|---|---|---|---|---|
| St. Andrew's, Sedbergh LA10 5BZ | 10.30am | United service | HC | HC | FS | HC |
| Cornerstone Community Church, Sedbergh LA10 5AF | 10.30am | Contemporary Service | Service | Service | Service | Service |
| St. Mark's, Cautley LA10 5LZ | | 2.30pm HCx | | 9.30am MP-NC | | 2.30pm Taize |
| St. John's, Garsdale LA10 | 10am | HCx | | SH | | |
| 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 | | HC | | | |
| St. John's Firbank LA10 5EF | 2pm | | | | | |
| St. Andrew's, Dent LA10 5QL | 10.30am | HC | HC | HC | HC | United Service at Methodists |
| St. John's, Cowgill LA10 5RJ | 2.30pm | HC | | EP | | |
| Dentdale Methodist Chapel LA10 5QJ | 6.30pm | Service | Service | Service | 2pm Service | United 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 | Please tell us you are coming - see below |
| Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ | 12 noon | Service | 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 | Currently meeting live on YouTube |
| | Wednesday | 4th | 11th | 18th | 25th | |
| 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 | | | |

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

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