

Sedbergh & District

LOOKAROUND

April 2022

Issue 408

Donation £1

If you are planning celebrations for the Queens Jubilee please do let us know, even if it's only a date and time, so we can include it in the calendar. And also see page 12 -

funding may be available. But you need to apply by the 8th.

We have new advertisers to welcome this month, highlighted in Contents, please use them! *Ed.*

PHOTOGRAPHIC EXHIBITION

Sedbergh And Its
Surroundings

St John's Church, Cowgill

Saturday 16th April
10am - 2pm

Refreshments Available

Mounted photographs can be ordered
or purchased at the end of the
exhibition

20% of the purchase price goes to the
upkeep of St John



CLOSING DATE: 15th of every month for everything

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

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Dent Station

John Carey

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

Wed 6th Apr - Ukraine

Wed 13th Apr - Howgill and Firbank W.I.

Wed 20th Apr - Missions

Wed 26th Apr - St Andrews

Groups who would like to run a Coffee Morning
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- ◇ 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 you for 10.
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- ◇ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

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Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

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

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

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NEWTON RIGG The Story So Far

*Professor Dr A H Cobb
Chair, Newton Rigg Ltd*

Background

Newton Rigg College, near Penrith, was founded in 1896 as an educational institution of excellence for dairy practice. It thrived for many decades and diversified its academic provision to include several land-based subjects, including agriculture, engineering and horticulture. Furthermore, it acquired the titles of National Centre for the Uplands and The National Centre For Forestry. Following independence from County Council control in 1992, it was taken over in 1998 by the University of Central Lancashire, the University of

Cumbria in 2007 and finally by Askham Bryan College in York in 2011. The Governing body of Askham Bryan, however, decided that the College was unsustainable in 2020 and, as no new partner college emerged, proposed its sale, which began in July 2021, after which it was no longer a College, but merely a Site.

A group of Cumbrian people with professional and educational backgrounds and interests in land-based education and industry came together in the summer of 2020 to form Newton Rigg Ltd, a company of volunteers, limited by guarantee. We attempted to restore the fortunes of Newton Rigg by finding new educational partners, but to no avail.



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The Department for Education ensured that the College would continue for a further year before closure, to allow existing students the opportunity to complete their courses before the end of July 2021.

Starting again from scratch

The Newton Rigg Ltd Board, supported by advisors and the Newton Rigg Society, were not daunted by the closure, and devised a detailed strategic plan to restore education to Newton Rigg, entailing three phases over a ten-year period, namely to SURVIVE, REVIVE and THRIVE. The first phase was achieved in the first week of October 2021 when it was announced that two local Penrith businesses, AWJenkinson Forestry Products and The Leo Group, had completed the purchase of the Campus and Sewborwens Farm, and detailed discussions with Newton Rigg Limited are ongoing. The upland farm at Low Beckside in Mungrisedale, however, was purchased by the Earnest Cook Trust.



The process of restoring and reviving education began in September 2021 with Newton Rigg Training establishing the Newton Rigg School of Horticulture at Lowther Castle, offering full-cost certificate and diploma level courses in Horticulture and Garden Design. These programmes have been very successful attracting over 70 students so far this year to learn new skills in a superb environment.

Furthermore, courses in Advanced Dairy Management and Sheep Management have been delivered by expert and experienced staff, the former on the Newton Rigg campus and the latter on local farms. These developments have been followed by the opening of the Newton Rigg Equestrian Centre in February 2021, courtesy of our benefactors, which has been a great success, with many events and bookings planned for the spring and summer months. It is a commercial enterprise which will provide revenues to underpin the revival of education and training on the Campus.

The Grizedale building (see photo) is to become our new administrative hub on Campus in April, and will house the Cumbria Rural Business School and other local organisations. The Rural Business School will work with the Farmer Network to engage with the training and business needs of the rural community and associated industries. Meetings and workshops will service this need, and translate Government policy to the farm-gate, forming meaningful relationships and support with local government and land-based stakeholders, at this time of great change.

So, what is Newton Rigg Ltd doing now?

There's still lots to be done before we can call ourselves a College and many plans are now in progress, some of which must remain confidential for the time-being. We are currently;

- Registering with the Charity Commission and establishing Newton Rigg Training as a Community Interest Company, limited by guarantee.

- Working closely with Eden District Council Rural Strategy and land-based industries to develop rural skills training, the Rural Business School and establishing an Agri-Tech Village on Campus.

- Planning to access Adult Education Budgets to promote Adult Learning.

- Applying to become a Training Provider for Apprenticeships and programme accreditation with City and Guilds, and to become a Group Training Organisation.

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- Developing further educational and skills programmes for the coming academic year(s).

- Planning to apply to the Department for Education to become an independent provider of Further and eventually Higher Education possibly in 2024/5, based on proven success with the above initiatives.

- Intending to appoint new active Board members this spring, details available on request.

Contact details and social media

See us at the Westmorland Show in September and follow us on facebook at Newton Rigg Ltd-Protecting the Future, and Newton Rigg Equestrian Training and Events.

How can you help?

All we have achieved so far would not have been possible without the support and enthusiasm of many individuals and organisations in our community. Indeed, we are honoured and humbled by your donations, feedback and encouragement.

Please keep it coming! Every pound donated will go towards the revival of Newton Rigg and the restoration of sustainable land-based education in Cumbria and beyond.

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MEDICAL PRACTICE NEWS

Tracy Thornton

We are delighted to welcome Dr Edward Thompson who will be joining the practice on 4th April taking over from Dr Chrissie Hunt when she retires at the end of March. Initially Dr Thompson will be working Monday – Wednesday, his appointments are available to book online or by calling the practice on 01539 718191.

Dr Edward Thompson Bio

Dr Edward Thompson originally graduated with an MA from St Andrews in 1990. He studied medicine as a mature student graduating as a doctor from the Leicester Medical School in 2007 and completing his GP training in 2012.

He has an expertise in complementary and alternative medicine which he studied and practiced from 1990 until 2003, and now integrates into his GP work. He is also a GP with a special Interest in Emergency Medicine having worked in the Leicester Royal Infirmary Emergency Department for the last 5 years, as well as being a medical educator teaching medical students at the Leicester Medical School.

B4RN

Douglas Thomson

Vigorous planning for B4RN to be installed into Sedbergh continues. Apologies that I cannot be more specific now but 'keep the faith'.

SEDBERGH CRICKET CLUB

Julian Cann

As the outgoing Chairman, I am very pleased to report that Sedbergh Cricket Club has survived the AGM, which had seemed unlikely to happen. Huge thanks are due to Ben Ferguson for taking on the Chairman's job and to Kris Baldock who is the new Secretary. Many thanks also to Les Hoggarth, who has stepped down as Secretary after many years. We look forward to the new season. There will be a meeting open to all prospective cricketers and supporters, provisionally scheduled for April 15th. This will be my last bulletin as I am now a back bencher on the committee, and we now look forward to hearing from the new management.

The SEDBERGH BRANCH of the ROYAL BRITISH LEGION NEEDS



YOU!

THE SEDBERGH BRANCH OF THE ROYAL BRITISH LEGION NEEDS YOU

*The Sedbergh & District
Committee*

The Sedbergh Branch of the Royal British Legion has an urgent need for new and younger members, especially those who may eventually wish to play an active role in the management of the branch in the future, following on from this our centenary year.

Membership has shrunk by 17 per cent over the last 5 years and many members are of retirement age.

Many of you will have attended the service on Remembrance Sunday each year where we, as a Town, remember those of our community who gave their lives in world wars 1 and 2.

You will have seen the wreaths laid at the War Memorial, heard the Last Post and Reveille and then Sedbergh Town Band striking-up.

The large numbers of you, who have attended year by year, reflects why we have been so successful over the years at the annual poppy collection, where we have regularly outperformed most other branches in the Northwest.

Clearly, Sedbergh is important to you, to us, but it is vital we gain new members. Besides collecting for the Poppy Appeal, we have, throughout the year the objective to provide help to any ex-service personnel and their families who may need it.

Deployments in Northern Ireland, Iraq and Afghanistan resulted in many ex-service personnel needing assistance and we do our best to

help where we can, but now with the potential for a war in Europe of a size not seen since WW2 that need could become far greater.

You help is needed, please consider joining. Membership costs £18 per person per year plus £1 administration charge, and you do not need to have been a member of the armed services to join or be welcomed as a member of the

Thank you for considering our appeal

The Sedbergh & District Committee of the Royal British Legion

For further details or if you would like to discuss membership further, please contact either:

David Parratt(Chairman), email: dmparratt@gmail.com 015396 20964 or,

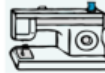
Nigel Whiting(Secretary), email: nigelwhiting306@gmail.com 015396 21358

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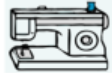
Anne Pitt

The Christian Aid committee would to thank all who supported our March coffee morning. We're happy to report that just over £200 was raised for the charity's International humanitarian work.

Our next big fundraising events are during Christian Aid Week in mid May. The committee would welcome new helpers in their activities such as distribution of envelopes around neighbourhoods. If you'd like to be involved there are reps in the local churches.



Temptations Craft Boutique



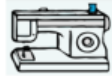
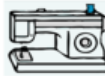
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FRIENDS CLUB COFFEE MORNING

Georgina Devine

The Friends Club in Kendal are having a Fundraising Coffee Morning. It's on Saturday 9th April in the Unitarian Church in Kendal (in the Market Square). Come along any time between 9 a.m. and 12 noon and join the Friends for a cuppa. There's a Tombola and Cakes too. Many thanks for your support.

UKRAINE JUMBLE SALE

Kate Thexton

It's time for another jumble sale! Sort out your stuff for us! This time it's in aid of Ukraine. It taking place in the People's Hall, Saturday May 28th, 2pm. Any enquiries to Sandra Longlands 07815069394. Thank you very much! From the Sedbergh Jumble Ladies Committee (Olive Hunter, Jane Storey, Elaine Teal, Sandra Longlands and Kate Thexton)

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

INTERNATIONAL WOMEN'S DAY

Georgina Devine/Ed Welti

Manchester People First have made a video to support and celebrate International Women's Day. You can view it on YouTube by typing the following link :- <https://www.youtube.com/watch?v=g2VhfoHlwgg>



SEDBERGH & DISTRICT BRANCH OF THE ROYAL BRITISH LEGION CENTENARY YEAR

David Parratt, Chairman

It is the centenary of our branch this year, having been founded on 11th December 1922. We are carrying out research on our history and any important events over the past 100 years. We have a number of Minute Books as part of our research, but unfortunately there are some missing during the following periods:

11.12.22 – 07.02.38 and 24.02.47 – 09.09.82

So far, we have been unable to locate them despite contact with the History Society and the County Archives Centre. It is probably a long shot but, if anyone in the community has any knowledge of their whereabouts, it would be much appreciated.

Please contact.

dmparratt@gmail.com or 015396 20964

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Sedbergh and District Lookaround

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SEDBERGH AND DISTRICT COMMUNITY FUND

Tony Reed Screen

The Grants Committee met on Friday 4 March to consider the last applications for the Financial Year 2021 – 2022. They made a further three grants bringing the total granted for the year to £29,000 consisting of fifteen grants varying from £500 to £5,000.

When considering the next round of grant applications, the Committee decided to bring the closing date for applications forward from 13th May to 8th April in order that those planning events for the Queen's Jubilee celebrations in early June would have sufficient time to make best use of any help received from the Fund.

The Committee will welcome grant applications for this very special celebration.

PEOPLE'S HALL AGM

Dr Gina Barney

Annual General Meeting Calling Notice

Monday 4th April 2022 in the Committee Room
Commencing 19.30

Agenda

1. Welcome
2. Apologies
3. Minutes of meeting held 12th April 2021
4. Matters arising
5. Chairman's Report
6. Adoption of Treasurer's Report
7. Election of Management Committee
8. Close

A meeting of the newly elected Management Committee will follow the AGM.

Published by: Dr Gina Barney,
Hon. Secretary, Knott House,
Cautley, Sedbergh, LA1 5LU.

CANARY GIRLS

Sandra Gold-Wood

Hello again from the Canary Girls Trustees.

I am very happy to report that the magic figure of £5000 has been exceeded and we can now become a bona fide charity. This is marvellous and we thank every person who has so kindly given to the Canary Girls. We can now move forward with planning and applying for grants from various trust funds.

After meeting with Tim Farron a letter came from Nigel Huddleston Parliamentary Under-Secretary of State for Sport, Tourism, Heritage and Civil Society at the Department for Digital, Culture, Media and Sport. What a title. I wonder who's in charge

of Uncivil Society? I am not sure where the Canary Girls Memorial Project fits in, Heritage I suppose. Nevertheless, the final paragraph of the letter states that the government do have a fund for memorials of this kind. This may be of help to us.

Speaker dates are still coming in and now include one for the Devil's Porridge museum itself. Also one in Blackpool for 2023! A donation cheque for £100 arrived from the Ulverston Rotary club who very much enjoyed the talk. So if you belong to a group or you know someone who does why not give our Canary Girls talk a go.

Roger Lytollis has been in touch asking for more detail for his article



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for Cumbria Life. So let's hope that will go in to print very soon.

We are working on organising an online auction fund raiser so, watch this space as they say. If you have any fund raising ideas, please do let us know. My email address is at the bottom of this article. Perhaps you could do a sponsored fun run or the like. Any help you could offer would be most gratefully received because now begins the hard work of actually funding the building of this worthiest and belated memorial.

Thanks again for all your ongoing support and next month I am sure we will be able to add our Charity Commission Registration number to the bottom of our article.

Thanks you

Website: Canary-Girls.com We now have a Facebook Page and a Just Giving Page.

Email me on sanddot51k@gmail.com

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HOSTAGE TO HYDROGEN?

Martin Dodds

If he did not already have a hunch about it, Mr Putin learned in Syria that 'the West' would not risk direct military confrontation with him.

I say with him, rather than with Russia. I refuse to believe that Putinism really reflects the will and hopes of the majority of the Russian people, many of whom seem to be kept in ignorance by internal propaganda.

Mr Putin was probably counting on 'the West' to balk at direct military confrontation in Ukraine, and the reluctance to provide air cover for a no-fly zone over Ukraine has so far [8 March 2022] proved him right in that respect.

This demonstrates a weakness in the theory of maintaining peace by holding a 'balance of power' based on mutually assured nuclear destruction. It only takes one megalomaniac to call the bluff of the 'other side'. We know such people exist on both 'sides'.

In the long run, peace will not be ensured by terrorising each other, but by building trust and mutual respect and understanding. After decades, even perhaps centuries, of mutual mistrust and misinformation, between Russian political leaders and western rulers, both before and after the Bolshevik revolution, this will not be established easily.

Time however may be running out.

If Putin gets away with it in Ukraine, not only will there be understandable immediate anxiety in the other European ex USSR states, but a little green light could be

switched on in the minds of other nuclear-wielding despots and authoritarian regimes who may wish to take over other territories, or to enforce by military means a central ideology against minority groups within their current state boundaries.

The UN was supposed to provide the means to avoid this kind of situation, but power bloc interests, and local and regional nationalism have hamstrung it almost from the outset.

These same interests acting across the world and within the corridors of the UN have also affected its ability always to take a balanced view.

In the short term, I can only pray, and invite you to pray, for a change of mind and heart in Mr Putin, or his early replacement by an enlightened Russian leadership. If you are not the praying type, you can hope.

Meanwhile 'the West' is effectively offering Ukraine as a sacrificial lamb to a failed concept of a nuclear 'balance of power'. Admittedly the alternative nuclear threat seems to be even worse. But if Putin wins it will still be there.

In one particular, I have been frustrated with the main UK media coverage of the Ukraine crisis. There has been a deafening lack of opinion sought or quoted from the world outside 'the West' and Russia. What are people thinking in Southern Asia, South East Asia, Latin America, Africa, the Middle and Near East?

I have also been uncomfortably aware that Europe and 'the West' have appeared more ready to rush to support and help refugees from our European neighbour than to do the

same for refugees from other parts of the world, many of whom have been facing similar tragic circumstances for years.

Whatever the final outcome in Ukraine, we all, individually, locally, nationally and globally, need to understand that; -

- my country and people like us are not automatically better, and more important than 'others'.
- possessing overwhelming force is not the main safeguard of 'freedom' and peace.
- today's power blocs [East, West and Far East] are not the only places that really matter in the world today or for the future.

I believe humankind is fundamentally decent and capable of living in peace and harmony. So let's do it and do all we can to encourage, not only our own national leaders, but those across the world to do likewise, instead of always trying to out compete each other.

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**DENTDALE METHODIST
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SE Woof

Open all day every day for visitors and for hirers this building has quite a history. Becca Gilbert, the Preacher, at the recent Anniversary spoke on the building of it by the Quakers in 1700's and then the takeover by the Wesleyans. Further down the road the letters PM can be seen in the cobbles outside what was the Primitive Methodist Chapel.

But we are about so much more than the history of the building. It might be awhile since a wedding took place, or indeed, a funeral, but there are to be not one but two baptisms taking place soon.

Meanwhile, the rooms are used by community groups and by ourselves outside of Sunday worship. Our monthly coffee mornings are friendly gatherings as are the services and events we share with our Anglican friends.

We are part of the Western Dales Mission Community and the Sedbergh Methodist Circuit, details of both can be found within Lookaround..

TRUTHFUL STORIES

Revd Andy Burgess

The desire to tell, share, and hear stories is fundamental to what it is to be human. Stories help us to make sense of the world, who we are, and what our purpose is. Stories teach us morality, they make us laugh, and they make us cry. Our earliest memories revolve around hearing stories, whether from parents, teachers, or school friends.

Our children are currently devouring the 'How to Train Your Dragon' novel series by Cressida Cowell. The books follow the adventures of 'Hiccup Horrendous Haddock the Third', who is a good hearted Viking whose sense of justice and fairness helps him to stand up to bullies and enemies. Recommended to all young people out there!

And yet however much we enjoy stories as children, our culture can sometimes be dismissive of them. We create a simplistic barrier between 'fact' and 'fiction', and consign stories to the second pile. They may be harmless, but surely they can't be believed?

At the heart of the Christian faith is the story that we tell ourselves at this time every year. It is the story of the Galilean who refuses to serve himself, or to take the easy way out, but offers his life as a sacrifice for the whole world. He died, was buried, and on the third day God raised him from the dead. It is a story which moves from death to life, from despair to joy, from suffering to peace.

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The logic of this story is powerful. It acknowledges there is a problem with our humanity – the desire for a scapegoat, and the political ambitions which lead to the crucifixion of an innocent human. But it says that death does not have the last word, that God will bring light out of the darkness. The truthfulness of this story is tested as we live out lives of reconciliation and redemption, and see hope born anew in the world.

The Easter story is the truest story we can hear – and I invite you to come and listen to it at one of our special Easter Day services in the Western Dales this April.

Please do join us for one of our Easter Day services on 17 April (details on the religious service page).

If you'd like to get in touch with the vicar, please contact Andy on 07539 409959 or andy.burgess@westerndales.org.uk

NEWS FROM THE PEWS

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

Wednesday mornings see the church room a hive of activity. At 8.45am the lights and heaters are switched on, followed by the hot water boiler. Tables and chairs arranged café style, tablecloths got out along with the coffee, tea and biscuits. Sugar bowls filled, drinking mugs heated with boiling water. Minutes before 9.30am the first early shoppers in search of a sit down and a cup of coffee arrive. A steady stream of faces familiar, visitors and new residents join to fill the empty spaces and the level of chat increases. News and views exchanged, some go homeward bound and some to start or maybe finish shopping once refreshed and recharged. Several people move along to the Lady Chapel to take part in the Communion service before returning to the church room for Lent Lunch.

The Lent Lunches are going well, there are just two more Wednesdays in Lent when you can join us for homemade soup and rolls between 12noon and 1pm. We hope to be able to make healthy donations to Manna House and St John's Hospice when the profits are divided equally between them after Easter.



Bishop James of Carlisle has undertaken to walk for 21 days in the diocese during Lent, ending at Carlisle Cathedral on Wednesday 30th March. Some of our clergy and parishioners joined him on Monday morning 7th March, a lovely Spring Day, for a 3 mile walk returning to St Andrew's for packed lunches.

St Mark's Cautley was the perfect setting for a short Taize service in the evening. On leaving Bishop James remarked he would long remember that evening.

We are grateful to Eleanor for smartening up the flower borders where such delights as crocus, hellebores and rhododendrons have been flowering.

Keep safe and enjoy the Spring.

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School was saddened to hear of the death of Dr Roger Baxter on 21st February. Dr Baxter was Headmaster from 1981 to 1995. A Memorial service was held in Cartmel Priory on 14th March. A School Memorial Service will be held for him later.

Scholarship assessments were held in the week after half term.

An Inspection took place in the first week after half term, which seemed satisfactory – the inspectors apparently enjoyed the School's singing.

After half term the School returned to the summer timetable – that is to say games took place after lessons in

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the afternoon rather than before, and the scholarships assessments took place that week.

Sedgwick House welcomed a new Twyford at 7lb 11oz on 23rd February.

The first rounds of this year's Academic Challenge – an inter-House version of University Challenge. – were held on 27th February

Two sisters from the Prep, Jessica and Elsie, appeared on BBC Newsround explaining what the Dark Sky Festival is and why it is important

Sedbergh pupils following the A Level modern history course on USA since 1945 enjoyed a live link with pupils at Choate School, Connecticut, the school that JF Kennedy attended, where former House Tutor in Hart House now teaches.

Cricket

Harry Brook OS broke his run of poor results by making 102 in Pakistan in only 48 balls, when playing in the Pakistan Super League for Lahore Qalanders – the second fastest 100 in the Super League's history. He helped the team to its first PSL title knocking 41 runs off 22 balls.

School House boy Tom won the YCCC U14 batsman of the year.

The Old Sedberghian Club dinner on the night before the Wilson Run have taken place on Lupton field in a very large tent

Equestrian

Rosie won the National Schools Dressage Qualifier in Scotland on 6th March

Running

The first of the Wilson Run qualifiers took place on the first Wednesday after half term, followed by other on each Wednesday, and the Run itself will have taken place by the time this is published

The Morgan Run was held on Saturday 26th with competitors from the School, the Prep, the Town, Old Sedberghians and parents. Fraser Sproul (yr 13) broke the record for the course coming in first ahead of 3 adult Guest runners. Jemima (yr 12) won the female race coming in only 1 second behind the record. Geoff

Watson OS completed the course for the 30th time! The Inter-House Ten Mile Relays were held on 8th March. The Girls' relay was won by Lupton The U13 team are Cross-Country National champions having won by a single point at Malvern over the exeat weekend on 5/6 March

Pre-Prep children represented the School for the first time at Hunter Hall Cross Country Relays and both the boys and girls brought home gold medals

Rugby

The first Sevens games against Myerscough and Giggleswick took place on Wednesday 23rd February.

Cameron Redpath OS (21 – left 2018) played his first game for Scotland in the Calcutta Cup

The 1st VII won the North of England Sevens on 6th March. Wooton, one of the team, was the third brother to win this event, his



brothers having been in the winning teams in 2012 and 2013.

Winder House won the Senior House rugby on 3rd March 31-nil

Football

The Girls' Football team lost to Kirkby Lonsdale QES on 9th March.

Hockey

Both the U13 Girls and Boys teams qualified for the North Finals.

Charities

On 27th February eleven Upper Sixth boys completed a gruelling run to help raise money for bIOKes a mental health charity. The Prep School also ran over the fells that day to raise funds for the Moorland's Hospice

Both the Prep School and upper School have been collecting goods for Ukraine. Large quantities of practical donations for the refugees were collected by both schools, and delivered on 9th March. They filled a stock box rammed full of gear, and were well on their way to Poland by 11th March-

On International Women's Day the Prep School made cakes in aid of Freedom 4 Girls and raised £180

On Red Nose Day the pupils in the Prep were allowed to wear non-school uniform and wear something red as well as collecting for the charity

Future Events

The summer term begins on 16th April, and half term is from 26th May to 4th June

First XI against Cheadle Holme School at home on Saturday 23rd April

Speech Day will be 2nd July

The School will host the opening Royal London Cup fixture Lancashire v Essex on 2nd August

TIM'S COLUMN

Tim Farron MP

There's quite a bit to report on this month and that's despite being locked up at home for a week because I tested positive for COVID. Fortunately, it was a fairly mild case so all it meant was that I couldn't go out and had to work from my desk at the top of our house.

First the good news, the plan to merge Lancaster and Preston hospitals onto a single site has been abandoned! Given the copy dates for Lookaround, I hope you have already heard this news but that doesn't seem like a reason for not mentioning it again. Not least because I want to thank all of you who helped with our campaign to get this stupid and dangerous plan taken off the table. A key part of the campaign was the petition I took to the Department of Health which over 8000 of you had signed. It just shows what we can achieve when we all work together.

Now on to the less good news.

I am continuing to press the Government to commit to maintaining the basic payments they make to farmers at their current levels. I got a chance to push a treasury minister on this the other day. It seems to me mad that at a time when more than ever we need to keep our food secure the Government has cut the basic support that they give to farmers by up to a quarter. With no prospect of the payments being replaced for several years. All I got from the minister was some bland words about "levelling up" which, as we all are beginning to learn, means nothing. Sadly, the meeting I was meant to host with farmers at the

Junction 36 Auction to discuss this, amongst other issues around the future of farming in this country, was a victim of my positive COVID test. I'm hoping we can refix it soon.

I've been working with Cumbria Tourism to persuade the Chancellor of the Exchequer not to increase the VAT rate on tourism and hospitality back up to 20%. The reduction in VAT to 12.5% he made during the pandemic was a lifeline to many businesses around here, for which we are all grateful. I know that things are slowly returning to normal but there is a long way to go and increasing VAT right now would put everything back massively. By the time you read this we will have heard the budget planned for the 23rd of March and know how much Rishi Sunak cares for our important industries around here, let's hope it is more than several other ministers do.

Beyond these issues, I have also been meeting with ministers to discuss the housing crisis caused by the growth in second home ownership and proposing an amendment to a government bill that would have named all the water companies responsible for killing our wildlife by polluting our waterways.

But above all of that I have been out knocking on doors meeting up with you to find out what are your concerns and what you want me to sort out. If, as ever, I haven't been to your door yet you can get in touch with me by emailing tim@timfarron.co.uk or calling 01539 723403.

Thanks for your support

SEDBERGH PARISH COUNCIL

Janey Hassam

The Council held its monthly meeting on 10th March 2022 at the People's Hall, Sedbergh. Members also welcomed Revd Andy Burgess to give prayer and reflection – Ukraine Invasion, prior to the formal meeting. The next scheduled meeting is on Thursday 14th April 2022 at 7.30 pm.

Local Government Reorganisation and Parish Council Elections

Members noted continuing updates on the Local Government Reorganisation, with a Shadow Authority being elected in May. 'Vesting Day' the first date of the new Authority of Furness and Westmorland being scheduled for 1st April 2023. Parish Council Elections are also due, with the Statement of Nominated Persons being published on 6th April 2022 for Sedbergh Parish Council.

Queen's Garden Bandstand proposal

Members considered the hope to erect a bandstand at Queen's Garden, including potential estimated costs etc. Members noted that the Committee should additionally



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consult with residents on Queen's Drive and the Bowling Club for feedback on the proposal. (Please also see separate article from a member of the Queen's Garden Committee/Friends of Queen's Garden in this edition of the Lookaround – giving a full update on continuing work at the Garden).

Other matters/Correspondence

Planning matters were discussed, along with Amenities and Finance Committee updates. Also discussed, were general Highways matters, Grants, (Western Dales Bus), and various other correspondence, including United Utilities in respect of untreated waste being discharged close to a footpath off Birks Lane.

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

Please also note that a full reference copy of all documents relating to meetings is held at

72 Main Street in the Parish Council Office, with agendas and minutes available online at

www.sedberghparishcouncil.org.uk

A BUS USER'S TRIBUTE

Sue Harper

It's dark, it's cold, it's pouring down,
But the 8:37 is leaving town
Promptly every Saturday
With a cheery smile, we're on our way.

Over to Kendal we will go,
Even if there's a hint of snow!
Saving the planet deserves some praise,

So, a toast to the volunteers, I raise!

Of passengers a full bus load,
Means fewer vehicles on the road.

So, "Western Dales Community Bus",

It's thanks to you, from all of us.

**NOTES FROM DENT STATION
Friends of the Settle-Carlisle
Line**

John Carey

Outside the station there is, presently, an excellent array of snowdrops, a comforting sign that spring is on the way. Indeed, it will only be a couple of months before the area in front of the house explodes back into colour again.

Hopefully, we have now seen the worst of the weather although the locals will quickly point out that the



winter has been nowhere near as bad as it could have been and nothing like the winters of the past. OK, we have recently been through Arwen, Dudley, Eunice and Franklin, which may be further evidence of climate change or, alternatively, just something to be expected at this elevation. Certainly, we are in an exposed spot at Dent Station and the location undoubtedly challenged the rail authorities in the past. The neighbouring Stationmasters' House is said to have had one of the first examples of double glazing in the country and we can still see the evidence of the snow fences above the railway line.

However, global warming and climate change is surely something that every sensible person must now take seriously and, as a responsible organisation, the Friends like to think that we are playing our part. Indeed, we have taken part in Settle Action for Climate Change for some while now, and recently had a presence at their Green Café event in Settle where we shared a transport stall with our Dales Bus colleagues. We should all be doing our bit. The rail industry is equally conscious of its carbon use and electric traction will generally be the preferred option, although for the Settle-Carlisle there would be major challenges with installation of overhead wires. Some sort of hybrid option might, ultimately, be the outcome. Whatever the technology, effective public transport surely has a significant role to play in carbon reduction.

We have been hard at work planning for the next phase of the

restoration works at Dent Station. As regular readers may recall a particular issue has been the large west window facing the valley. Whilst wishing to maintain the heritage features of the building we also need to build in some resilience to the harsh weather, at the same time conserving energy. We strongly believe that we can fulfil all of these objectives. From the historic photographs we have seen the west elevation of the station was, for much of its life, without the ornate Midland frames evident on several of the windows today. Indeed, the railway had replaced with something more utilitarian.

The present west window is now badly decayed, possibly, due to



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inferior quality timbers used in its construction, but is of comparatively recent origin, and of no historic merit. Time is not on our side and the listed building process is woefully slow. It is, nevertheless, our preferred intention to replace with a traditional timber window form incorporating a total of 119 panes (yes that's right!) but with double-glazing, and yet we have faced significant problems in getting the required listed building approval. It will, perhaps, come as no surprise that the main objection has been towards using double glazing.

We do have to remind that we are committed to the long-term future of the building but, as a nationally recognised organisation, we do also have obligations towards climate change. Meanwhile, our finances are finite, mostly acquired through legacies, fund raising and subscriptions, and we simply cannot engage in a futile design which will fail in a few years' time. We

sympathise with the many others that must go through this process!

All of this can serve as a distraction from our main function which is, of course, the train services on the line. We are in frequent dialogue with Northern Trains, the rail operator and we can report that there will be no significant changes in the May 2022 timetable. Yes, it is good that we have retained services where other lines have not been as fortunate, but equally it is regrettable that none of our requests for an improved timetable have been acceded to.

Rather frustratingly, our request for the mid-afternoon southbound train to serve all stations including Dent and Garsdale has been declined by the rail authorities. We are told that this is due to a conflict with freight paths which a slower passenger train would cause. Why not alter the freight paths you might reasonably ask? However, nothing is as straightforward in the rail industry. It is, nevertheless, rather disappointing and leaves the 4-hour gap in the afternoon timetable. We will continue to press for the required change and we haven't given up. Even for a rural line, passengers might reasonably expect a minimum 2-hour frequency and perhaps improved at commuter times.

All rail services are presently undergoing upheaval with the transition to Great British Railways which largely means increased direct government control and a preference for fewer but longer trains. In future, the train operator will effectively be a paid contractor receiving a management fee to run defined services. It is essential that we keep our eye on the ball and ensure that

Songs of Praise

Sunday 24th April at 3.30pm
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we talk to the powers that be. This is unlikely to be the train operator themselves as, in the future, timetables and strategic decisions will not be their call, but we have yet to find out how the new management will work.

The Covid pandemic has undoubtedly brought with it significant changes to commuting patterns throughout the country due to home working, increased private car use, and some folks simply seeking early retirement, dropping out of the workforce completely. The implications of this change have been less-so on the Settle-Carlisle where the commuter traffic was significantly damaged anyway due to the Eden Brows landslip, the RMT industrial action and the unsuitable timetable. However, it is essential that the residents of the rural communities along the rail line are provided with economic opportunities, both work and education, afforded by access to the major towns. We will work much harder towards this.

Meanwhile, it is abundantly clear that the focus of the rail operator is currently towards leisure use. However, as I have often mentioned



the Friends do not wish the Settle-Carlisle line to be simply a heritage operation, that is, with visitors simply travelling for the 'out-and-back' journey, although we cannot deny that the scenic journey with occasional steam trains has its attractions! It is essential that the line retained as a strategic part of the national network, and used for all purposes, rural connectivity being one. Also, connectivity at each end must be retained as, in the worst possible scenario, the



line could be run as a separate operation, a 'mini franchise.' Whilst this may seem alarmist it would be foolish to ignore.

One thing for sure is that there has never been a greater need for an effective user group since the line was reprivatised. The Friends with around 3000 members are probably the largest such group in the country and will continue to work hard for the line, and the communities along the way. As always please do feel free to contact me if I can assist with any transport concerns.

john.carey@settle-carlisle.com
(See the cover for another Dent Station photo!)



GETTING TICKET REFUNDS

Karen Evans – Citizens' Advice

Now that restrictions have lifted, I have booked tickets for some live events over the next few months, but I'm still a little worried. I can't quite believe things are fully back to normal. What will happen if restrictions come back in?

It's understandable to be feeling apprehensive when there's been so much change, and knowing your rights will help you deal with anything unexpected.

If you've got tickets to an event which goes ahead, but you change your mind about going or realise you're no longer able to go, you have no legal right to a refund. However, if the event is cancelled, your right to a

refund will depend on how you bought the ticket.

If you booked through an official seller and the organiser cancels, moves, reschedules, or makes the event behind closed doors, you should get a refund. This is true even if it's cancelled due to a government ban on large events. If this happens, contact the official seller to find out how you can get a refund.

If you bought your ticket from a ticket-reselling website, your refund will depend on the site's terms and conditions. If you're worried about the event being cancelled, it's a good idea to look at the terms and conditions before booking.

If you bought from a private seller, unfortunately it's unlikely you'll be



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able to recover your money, even if the event is cancelled or rescheduled. We recommend contacting the seller to see what they can do.

Ahead of any events you've booked, keep checking the information from the official seller or organiser to make sure you know straight away about any updates, like changes to the date or cancellations.

Another thing to be aware of is that scammers exploit these situations for their own benefit. If your event is cancelled and anyone - whether it's a person or a company - offers their services to try to recover money on your behalf, be suspicious. Make sure that you're aware of the signs of a potential scam and always be on the lookout.

If you need more information on how to get a refund, take a look at the Citizens Advice website.

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THE DENTDALE CHOIR

*Richard Bruce
Director, The Dentdale Choir*

The Dentdale Choir is working on an exciting programme for its Spring Concert on Saturday 7th May at 7.30pm in St Andrew's Church, Dent. It's hard to believe it's been so long since we were able to give our regular spring concert, but wonderful to have had the period since September 2021 when the Covid rules allowed us to meet as a group again and share our pleasure of singing together. Thankfully, the choir was able to take part in the carol services in Dent and Cowgill this Christmas, having mastered the vagaries of doing this via Zoom for Christmas 2020!

We have also been working on a varied programme of works for the upcoming concert, some of which we were already learning prior to lockdown for a concert which was supposed to happen in May 2020 but, for reasons we're all too familiar with, had to be cancelled. Our programme takes its inspiration from two themes. The first theme, "folk song and folk memory," covers a range of classical arrangements (Vaughan Williams, Holst and others) inspired by familiar and well-loved folk songs. Our second theme, "inspired by the classics," embraces works set by both classical/romantic and contemporary composers. This theme includes settings of *Locus Iste*

by Bruckner and Will Todd and 'Bogoroditse Djevo' by Rachmaninov and Pärt.

As an added bonus, to both the audience and the choir, we will be joined by two exceptional soloists. They will be singing with the choir for some of our pieces and performing their own repertoire, complementary to our programme. In addition, a new local male a capella ensemble, "Grievous Bodily Harmony", will be entertaining us.

We're so pleased to be a part of bringing live music back to Dentdale and do hope that you will save the date and come to hear us sing! (If

you like what we do, talk to one of our members in the interval about joining us as a member for our

2022/23 season and beyond).

Sadly, after six years, this will be my last concert with The Dentdale Choir. It has been a pleasure to have directed such a welcoming, dedicated and talented group, but it is now time for me to move on. I will miss them, and even the trip to and from home in Durham every Tuesday night. I am working with the choir's committee to secure a successor worthy of their undoubted quality.

Find out more about the choir and more details about the Musical Director vacancy at our website www.dentdalechoir.com or look us up on Facebook for more information.

See you on Saturday 7th May at 7.30pm, St Andrew's, Dent!



COMMUNITY FIRST RESPONDERS Annual Report

Andy Cobb

This has been our seventh year of operation, during which we continued to attend call-outs in Sedbergh and District. We are very proud of our work for our community.

Our activities in 2021/22 have again been affected by Covid-19 and its variants. In the last year we had 69 call-outs, up from 61 in the previous year; we attended 49 and were stood down on 20 occasions. The high number of stand-downs was due to the covid status of the patients. In these instances, only ambulance staff were able to attend. 45 call-outs were in Sedbergh and 24 were from surrounding areas, mainly between the hours of 8 am and 6 pm. A defibrillator was not used this year, and only once in the previous year.

We have three trained and active responders (Myles, Stuart and Des), and Stuart is an Enhanced First Responder. Unfortunately, Stuart was seriously ill during the year, but has been given the all clear to start responding again, which will aid the team considerably in giving greater coverage throughout the day. Indeed, Des responded to all five call-outs in December. Their continuing commitment is much admired and highly regarded. We continue to seek new members, and it is pleasing to report the addition of Isobel Adams, Loraine Butterworth and Annette Colton to the team in the year ahead. This will ensure an increase in team availability throughout the coming months.

Stuart deserves mention for his additional contributions during Covid, which included fetching and delivering in the community, cooking for ambulance crews, and helping with vaccinations. Myles continues to be incredibly active in the town and is an unsung hero that Sedbergh should be proud of.

I would like to take this opportunity to thank Jenny Maconchy for keeping our finances in order. Myles Ripley continues to be our most efficient Team Leader and quartermaster. He liaises with NWS with monthly returns of paperwork and call-out details, and organises the monthly training sessions, some of which are with our colleagues in Dent. Jackie Hooley is our efficient Secretary, and, with Myles, continues to offer first aid and CPR training to groups in the community.

I thank our team for their continuing enthusiasm and commitment to offering a first responder service to our community. We look forward to the challenges in the year ahead.

We are always keen to hear from potential volunteers to join the team – if interested please get in touch with mylesripley@btinternet.com

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www.ahelpinghandonline.co.uk

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

QUEEN'S GARDENS

Ann Parratt

As many of you will have noticed when driving or walking past Queens Gardens several large trees were uprooted during recent storms. Other trees further into the Gardens had large branches ripped off, and a lot of general debris was liberally distributed by fierce gusts. Charlesworth from Middleton were quickly on the scene to make the Gardens safe for people to walk around, but more work needs to be done. Stumps are going to be removed shortly to make it safe underfoot, and some of the large stone borders on steps and surroundings need to be refurbished after tree damage. A huge thanks

should go to Paul 'Mitch' Mitchell for his continued hard work in making the area safe and keeping the Gardens in control!

The good news is that most if the new ornamental trees that were planted last year are doing extremely well, plus all the rewilding plants on the outer areas of the Gardens. In a few years time all of these will make a magnificent feature, particularly in the autumn, with wildlife benefiting too.

A new tree is to be planted by The Royal British Legion to celebrate the Queen's Platinum Jubilee. It will be a Mountain Ash and will be planted behind the three benches which overlook the bowling green.



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In 1910 the Gardens had a shelter, later called the bandstand, where sacred music was played for an hour in two every Sunday afternoon - all content had to be approved by the Parish Council first.

Times have changed considerably since then, and it is felt by several local groups that it would be very helpful to have a Bandstand in the Gardens, providing both a central gathering point and shelter for musical and theatrical performances. To this end The Parish Council and the Friends of Queen's Gardens are working hard to gather funds together to have a Bandstand erected in the Gardens. It's early days, but watch this space, we could have a beautiful

victorian style bandstand in the future.

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

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

ZERO PANTRY

Kim Bradshaw

The Zero Pantry

Kirkby Lonsdale & Sedbergh
Being Eco Friendly Outdoors

With the weather finally turning and the days getting longer we undoubtedly turn our attention to our gardens and areas outside. Below are 5 easy tips for managing your outdoors the eco-friendly way.

1. Slug Repellent - Eggshells are a great deterrent for slugs. Just crush them up and scatter around your garden to protect your plants. The slugs don't like to climb over the sharp shards of eggshell and will leave your hard work alone.

2. Weed Spray - Weeds absolutely detest acid. That's why so many chemical weed-killing products contain acid. You don't need all the chemicals, though: you can just mix together two tablespoons of lemon juice and one cup of white vinegar to get the same effect. Spray this mixture onto the unwanted plants in order to kill them. This method won't affect the soil, so you won't risk killing other plants and flowers.

3. Weed Killer - There it is once more, the all-round champ: baking soda. Sprinkle about a teaspoon of baking soda onto the plant you want to remove, especially on the root at the bottom. This will prevent any other weeds from growing there in the future. That means this trick is especially useful in places where no plants should grow in the first place, like the driveway.

4. Patio Cleaning - A diluted water and white vinegar solution can work wonders to clean patios. Avoid using this on limestone slabs, as the acidity

of the vinegar will permanently damage the surface. In a bucket, mix a solution of white vinegar and water in equal measures. If your patio is extremely dirty, you may want to up the amount of vinegar you use. Pour your vinegar and water solution over the patio and leave for 30 minutes to an hour. You may need to use a brush to scrub away at particularly dirty regions. Clear the mixture away by swilling your patio with clean water, ensuring there is a draining point for it to flow into. Leave to dry before replacing any patio furniture.

5. Outdoor Furniture - Vinegar comes to the rescue again. Spray white vinegar directly onto plastic or wood furniture and scrub to remove mould and dirt. Treatment may need to be repeated for stubborn stains. Rinse off with water.

The above suggestions are all pet friendly so no need to keep our furry family members shut away when working in the garden.

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BEST TIME OF YEAR

Beth Handley

As we approach the meteorological spring, lighter mornings, evenings, growth of wildlife and horticulture all usher in what one endeavours to be the 'Best time of Year'. Historically, Spring was always the best season to market your property. Over the years it has very much shifted from seasonal trends to the average number of days it takes for your property to sell.

In recent times there are many factors influencing the sale process, those being the market conditions, volume of buyers, interest rates, exchange rates and consumer confidence in the state of the economy.

Not only is Spring a busy time for Estate Agents, but for the farming community too. April is a time when I hang up my suit in exchange of my wellies and scruffs to help on the family farm just outside Sedbergh. From April 12th I will be away welcoming new life into the world when there is no better sign of spring than the sight of new born lambs playing in the fields. It is not always sunshine and smiles, one does have to adapt to a variation of climates and devastation. My approach is very hands on as there's no better way to learn than getting stuck in, which is very much reflected in my approach as an Estate Agent. Here's to a busy, buoyant few months ahead.



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HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

We met at Howgill Village Hall on a wet and windy night.

Sarah welcomed members, our guest federation Chairman Karen Hanks, and speaker Claire Dyson.

The meeting opened with the singing of Jerusalem. Karen's first duty was to present certificates to two long serving members Bridget Postlethwaite and Mary Stainton, 30 and 70 years respectively.

We were reminded of forthcoming events in the federation calendar, the president and secretary are to attend the spring council meeting. There are three speakers, a question and answer session, and the launch of a grand raffle.

Sarah attended the planning meeting ahead of the group meeting in May. We were reminded of details, we are to be door keepers. Flower arranging expert Joan Bentley will be entertaining us. We are to plan the competition entry at next months meeting. Barbon W.I. are hosts.

Clare, our speaker, described herself as a adventurer who is passionate about nature, along with her fell pony Pansy and dog Finn spent a month long journey covering 250 miles through mountains and woodland, swimming in lakes and wild camping upon the hills. This is what she dreamed of doing as a teenager.

Bridget thanked Clare for sharing her story with us.

The competition for "What to put in your saddle bag" was won by Mary Stainton- "Voltarol for a soreness".

It was time for a celebration. According to records Howgill W.I. was founded on March 6th 1952, on a wet wild night in Howgill Village Hall (as we find ourselves tonight 70 years on). Seventeen ladies enrolled as members that night. Lighting Lamps and coke stoves was a job to do before meetings.

The dining table was set with a lovely array of food and drinks, the centre piece being a cake made and beautifully iced by Sarah and cut by Mary, who was recognised tonight with a 70 year membership, an amazing achievement.

We meet at Firbank church Hall on April 7th -"Sign language for the deaf" with speaker Brodie Diamond.

Visitors and new members welcomed.



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DENTDALE W.I.

Thelma Belfield

Following on from our last very enjoyable and interesting meeting with our own member Anthea Boulton, our March meeting saw us giving a warm welcome to Gordon Nuttall, who until 2021 had lived in Dentdale for many years. Gordon had originally been booked to talk to us twice previously, the first time in 2020 when the pandemic put a stop to all our social activities and then again in February 2022 when yet again due to the resurgence of Covid our meeting had to be held digitally. However, finally Gordon arrived complete with projector and slides to tell us about 'Everest- before the rush' Gordon's talk had attracted

much local interest and we had an unprecedented audience with 12 visitors attending the event. Jackie our president welcomed everyone, gave us the usual health and safety instructions and together we began the meeting by singing Jerusalem. The additional voices including several resonant bass voices gave a special sound to the hymn. In addition to the usual routine matters of approving the minutes and sharing current information from both regional and national sources, several other items of special interest were on the agenda.

The traditional Dent Run was once again taking place on Saturday 12th March, having been cancelled for the last two years due to the pandemic.

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Volunteers to bake cakes, scones and tray bakes were sought together with helpers to prepare and provide teas for the several hundred runners expected to take part in the race. The second item was planning our summer outing. A comprehensive list was available from which our members could select their preferred venue. These ranged from various stately homes, cruising on the Coniston Gondola, visiting RHS Harlow Carr, maybe the Bronte Museum or the Beamish Living Museum. A wide choice and it will be interesting to see which venue is most popular. Jackie also reminded us that the annual payment of subscriptions are due in April and that the Lune Valley Group meeting was being planned for May 17th. At all our meetings we have a competition, and the group meeting is no exception. This being Platinum jubilee year the task is to produce an A3 sized poster/collage reflecting the reign of HM The Queen. From experience this will be a hard-fought battle as each WI is determined to win the trophy. Our own Craft queen, Sue is in charge and is already putting together preliminary ideas. Old photographs and memories of events and activities that have taken place during the last 70 years are being sought.

Business completed; Jackie formally introduced Gordon who began his presentation by explaining the reason why he had chosen the title 'Everest before the rush. Back in 1984 there were 150 expeditions to attempt to climb Everest, in 2021 there were 8000. This massive increase has completely changed the

characteristics of climbing this mountain. Climbing teams today often find they are held back, not by bad weather conditions but by having to wait for climbers descending the climbing routes before they can continue. However, it was the early nineteen eighties when Gordon was invited by his friend Pat Gunsen to join his expedition, along with several other friends including two who had very little climbing experience, a doctor who was experienced in high altitude medicine and a wealthy American friend who kindly offered additional financial support to their very limited budget. The decision was made to attempt the climb from Tibet (now China) along the western ridge of the mountain. Pat, the expedition leader, had been part of a British Army team climbing Everest in 1976 so had some previous experience of the arduous and dangerous conditions he and his team were facing. Despite the height of the summit at 29,000ft and the effects of the difference in oxygen concentration it was decided not to take any additional supplies of oxygen. This decision was partly because Pat had a very purist approach to climbing mountains and the extremely high extra costs (a further £40,000) to their very small budget. There was little or no available sponsorship funding at that time and each member of the team had contributed to the finances for the expedition.

As Gordon said, the team's success was reliant on good fortune, good health and fitness and of course good weather conditions and so in

March, the Cumbrian Everest Expedition made an emotional farewell to their families and flew to Lhasa in Tibet.

Through contact with the Chinese Mountain Association, they had located an interpreter, a very valuable addition to their team who facilitated accommodation and travel via bus and truck from Lhasa to the mountain. Base camp was established at 18,000ft at the foot of the Rongbuk glacier. From there, transport of all their gear was by yak and all items had to be transferred from boxes to bags and as Gordon said, some of the yaks were less than enthusiastic about carrying the equipment. Individually each of the climbers carried a 10kg pack,

containing a tent, personal items and food. Each morning they set off at 5am to cover as much ground as possible before the sun rose above the mountain peaks, as once the sun was shining directly on them together with the light reflection from the snow walking became much more difficult. Advance base camp was set up at 21,000ft on the upper Rongbuk glacier.

On route they met with a British army team and the Cumbrian team having reassessed their original route via the western ridge made the decision to follow the army team route using a more traditional north face ascent. Sadly, despite the army team having a much more sophisticated and well-equipped

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expedition they encountered heavy snow and avalanche conditions in which one of their team died and another was seriously injured, and they had to abandon their mission.

At camp 4, the weather deteriorated with heavy snowfall and the Cumbrian team had to dig out the snow to erect the tents and simply sit it out for 10 days until the weather conditions improved. At this stage one of their team developed pleurisy and had to return down the mountain to base camp. The team was now reduced to 6 members, the weather continued to worsen, and then further disaster struck when Pat the expedition leader became ill - he had suffered a heart attack. This of course was the final indication that

the attempt for the summit would regretfully have to be abandoned. Their tents and equipment for establishing camp 5 had to be left behind buried in the snow.

The descent down the mountain with a team member who had sustained a heart attack was extremely difficult. Initially a stretcher was fashioned using a ladder and a shovel blade to support his head. However, the steepness of the descent and the slippery surface made this too dangerous and with no other means Pat walked very slowly down the mountain supported by his colleagues. It took them 9 days to reach base camp. Fortunately, Pat survived his heart attack, and the



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team made their way safely back to the UK at the end of June.

Gordon concluded his talk by repeating that the mission had always depended heavily on good fortune, good health and fitness and good weather. Pat had the good fortune to survive his heart attack. Everest is a highly dangerous mountain, and the prevailing conditions test the fittest and healthiest climbers, and none of us can control the weather. The greatest advantages of the expedition were the solid and long-term friendships forged, which continue today, the memories all the team have of both the good and bad times of the expedition and the numerous beautiful slides with which Gordon illustrated his talk. As you can imagine there were numerous questions from the floor and eventually Jackie called a halt and formally thanked Gordon for his very interesting and informative presentation.

Vanessa and Sharon, our hostesses for the evening, served us all with a well-earned cuppa and biscuits whilst Gordon did his final

duty of the evening by judging our competition which was for 'the highest place we had ever been' Catherine was our winner, with Thelma as runner up and Chris in third place and not surprisingly, none of us had been as high as Gordon on Everest. Cath and Chris were lucky raffle prize winners. Our meetings each month vary in subject but always offer something of interest, in April we are looking forward to hearing from Kathy Hunt who will present her talk on 'Breaking news - the story behind the headlines 'From climbing mountains to journalism, do come and join us, friendship is guaranteed, and everyone is welcome.

KILLINGTON W.I.

The afternoon W I for the Entire District

Wendy Fraser-Urquhart

Another lovely afternoon and a splendid meeting! Bright and sunny, lots of friendly faces, a warm and comfortable venue, and an excellent speaker. What more could we ask? Gordon Fletcher gave a fascinating and informative talk on what lives in the coastal waters around the UK. He had a wonderful selection of slides showing close ups of life underneath the water, many of which he had taken on his numerous dives over many years. Who knew there were so many creatures down there? It began with beautiful and artistic pictures of the tiniest plankton. We became acquainted with jellyfish, limpets, crabs of all sorts, cuttlefish, angler fish, scallops, flatfish, and many more. We learnt a lot about

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camouflage, defence mechanisms, sexual habits, as well as how different species move and eat. Gordon said that the most dangerous thing that he had ever seen under water was another human being! He also remarked that it was clear that while he was below the surface observing the sea-life, they were surreptitiously watching him. There were lots of questions at the end of his talk, more like a long conversation! Dilys Evans expressed our formal vote of thanks.

Then it was time for tea, delicious as usual. I usually find that I spend so much time chatting that when the business part of our meeting commences, I am still left with a plate of goodies which I then have to munch quietly. What a good job I was well brought up! During the tea interval we also have to judge the competition which we do by placing coins on the table next to our favourite exhibit. The winner is the one with the greatest number of coins, not the one with the most money value. The resulting fund goes toward our contribution for ACWW which supports needy women

throughout the world. Today's competition for, "something fishy", was won by Margaret Fearnhead with a little dish engraved with, "There was a little fishy.... Then on to birthday wishes – celebrating this month, me and Maggie I'Anson. Maggie has a 'Cake Birthday' but will have that delectation at our next meeting, being nearer her actual date. Perhaps this will encourage some new members to come along and partake!

The meeting this month was chaired by our Vice Chairman, Margaret Denton, as Susan Sharrocks was otherwise occupied. Margaret presented her usual Treasurer's Report and reminded members to pay their subs promptly, then moved on to other news and forthcoming events. Reading our secretary, Marion Wood's superb minutes, I see that there were 9 items in this section of so there is no excuse for inactivity. We were also pleased to learn that the daughter of our late member, Wendy McLean, had recently visited Sedbergh and sent us her best wishes. This month's raffle winner was Barbara Leigh. Don't spend it all at once, perhaps buy a lottery ticket and hope that your luck lasts.

Our next meeting will be on Tuesday 12th April at 2-00pm in the People's Hall. Our speaker is one of our own members, Lindsay Gray, who will tell us about "Life in the Community of Scargill House". The competition is for a limerick starting, "There is a young Reverend right here..."

We look forward to seeing you.

SEDBERGH W.I.

Moira Folks

Do you remember the wild, wet weather of the named storms of February? Storm Dudley came on the 16th and Storm Eunice on the 18th: fortunately, our walking group had planned to meet on Thursday the 17th, which happened to be the calm between the storms! Anne Pitt takes up the story: 'In February the walking group managed a fair weather and mainly lane walk between the storms on a bright, cool and breezy day. The starting and end point was near Wilf's Café in Staveley. The route went up the road by the river towards Kentmere, crossing Scroggs Bridge before turning up the lane to Middle Elfhow. From there the track headed upwards to join Hall Lane where there were good views across the nearby hills and valleys and down to Morecambe Bay. Following the lane south, then west and southwestwardly, the route took the track down to Birk Field before crossing to the Levels for a lunch stop. After topping up energy levels, the track down past Side House to the Potter Fell Road was taken. Following the road westward took the group back to Staveley via Barley Bridge. Entering the village, time was taken to go into St James' Parish Church to look at the beautiful Pre-Raphaelite stained-glass windows by Morris & Co, based on designs by Edward Burne-Jones. The visit coincided with a fine array of snowdrops and crocuses in the sunny churchyard. The walkers finished off by going into Wilf's Café

to enjoy some welcome refreshments before returning home.'

Ten members of the lunch club gathered at the Marton Arms, Thornton in Lonsdale, on February 24th – a pub which several people had visited and enjoyed before. On this occasion the slow service and rather chilly atmosphere were a bit disappointing but were perhaps the result of staff shortages and the need to turn down the thermostat in view of fuel price rises. Nonetheless, they enjoyed lots of chatter!

Valerie's Craft and Chat group met on March 3rd at her house. Since March 8th was International Women's Day, she had templates, glue and coloured card available for us to make cards with a floral design to send to friends or family members to celebrate Women's Day. Lynda, who had missed learning to crochet in February, had a go at crochet, and Ellen spent some time on her cross-stitch sampler. Tea and cakes and chat rounded off the afternoon nicely!

We welcomed Karen Bruce Lockhart to our main meeting on March 9th to help us delve into Sedbergh's Past and compare it with Sedbergh Present. Sedbergh History

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Society has an amazing collection of photos dating back to the late 19th century, some of which Karen shared with us. I'll just mention a few photos which caused particular interest: the market place with horse-drawn wagons outside St Andrew's Church gate and bounded by the upstairs Reading Room and butter market below, its iron bars making it look like a cage and giving it the nickname of 'Monkey House' (the whole of the improved building is now Sedbergh Library); crowds in the market place for the Proclamation of George V's accession in 1910, and celebrating the coronation of George VI in 1937; Sedbergh Station in about 1910 (now Dawsons Yard) – the line was closed in 1964 thanks to Beeching's rail cuts; the octagonal Methodist Church in New Street which was replaced by the larger building which still stands and is now known as Cornerstone Community Church; the National School – where Rosemary Mason was a pupil, which was demolished to make way for the telephone exchange; the British School on Joss Lane which is now the home of Farfield Clothing. The two photos that caused the most interest, however, involved elephants! Firstly, a decorated pair of elephants processing from Back Lane into Main Street and photographed outside what is now the Tourist Office in order to advertise that the circus was in town (no date for that, unfortunately, and we don't know whereabouts they performed!). Secondly, a single elephant was snapped, guided possibly by children, outside what is now Rycrofts: Karen wondered whether this might have been

something to do with the visit of the Sultan of Zanzibar, a suggestion which caused hoots of laughter from our audience because it seemed so improbable. I googled this person and discovered from an article in The Guardian in 2020 that when the Sultan of Zanzibar was ousted from his island home in the Indian Ocean in 1964, he sought refuge in Britain and lived in Hampshire till 2020 (when he was 91!) and then retired to Oman. If anyone can enlighten me about the Sultan's visit to Sedbergh, I would be very grateful (*see article on page 67!*). Lesley McCririe thanked Karen on our behalf for a very entertaining evening.

The next day, Pam Drower hosted the book club meeting in her Farfield home, a lovely setting. The setting of the book we were discussing, however, was anything but lovely! 'The Confession of Stella Moon' by Shelley Day is a gruesome, dark tale of matricide and dysfunctional characters set in the slums of Tyneside, which none of us wanted to recommend to anyone. Although the book is well written and the characters are well defined, we just didn't want to dwell on it then, so I won't here: the overall average score was 5.7.

Our next WI meeting will take place on Wednesday 13th April in the People's Hall committee room, when Richard Evans will be talking to us about the role of the Royal Society for the Protection of Birds in the 21st century. New members and guests can be sure of a warm welcome. For further information, please contact our President, Ellen Morrison, on 07702 919745.

GABRIEL'S INTERVENTIONS

Sandra Gold-Wood

Gabriel waited in the queue outside the Waterside DHSS. The weather was fine so no one minded waiting outside. Behind him stood a kindly young woman with little boy in a push chair. The young woman was talking to her child making him laugh and giggle. Gabriel looked at his phone to see the life of the young woman and her child it was clear that the woman had many troubles. The woman and her child were homeless and they had been moving from one friend to another, but this was not a way of life that could continue. Gabriel was sad that he could not help her and, indeed, all of those needy people in the queue. Some were there because

of their own stupidity, and some through other circumstances. Some had known no other way of living. Many had dreams that would not come true. Gabriel knew that each person had its own life path and he could not help them, all his missions were always specific. It was the hardest thing about his work that he could clearly see so much need, but his hands were tied.

Inside the Waterside DHSS offices, Amy sat down behind her screen and turned the light on to indicate that she was ready to receive a claimant. Gary Pearson stepped forward. Oh, no thought Amy as he sat down at her station. Gary was well known to all the staff at the Waterside as he was there every week. A likeable

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intelligent person, attractive in appearance, with eyes of the deepest blue; his trouble was that his approach to work was unrealistic. None of the jobs offered to him had ever suited him. Amy knew that Gary liked to watch wild life, from the ducks and birds in the park to spending hours patiently waiting by the river to glimpse an otter, at dawn on farmland filming a hare, or in woodlands trying to catch the perfect shot of an owl or deer. Gary spent all his time and the little money he had doing this.

'Hello Gary, what can we do for you today'.

'Oh, nothing really I just like to come and say hello really, I didn't want you to start missing me, oh yes,

and do you have any jobs?' Gary smiled as he said this. Amy thought he had such an engaging smile and she wished he'd settle himself into some steady job, instead of his pie in the sky ideas.

The smile was followed up by the usual Gary question; 'What, I'd really like is to be a wildlife camera man.'

Amy sighed, 'Yes, I know. Gary, but we don't have any vacancies of that type.'

That set Gary off explaining how he was perfect for the job. Producing his phone he held it up so Amy could view his photographs. They were very good friends, and she told Gary so while making suggestions as to what he might do to achieve his goal. Looking at his face she could see he was no longer listening, he like Amy, was suddenly distracted by an elderly man with a kind face, who was standing behind Gary. Where had he come from she wondered. The man tapped Gary on the shoulder, smiled, and said that he had just the job for him. Alarmed by this Amy came out from behind her desk, and called to the man. However, it was Gary who answered,

'Don't worry Miss Jacob, this is the man I have been waiting for.'

Amy was a little taken back but the smile on both their faces reassured her, in some deep way, that she could not explain. In the next moment she found herself back at her desk with a new claimant. 'What can we do for you?' she asked on automatic pilot still trying to work out what had just happened. The work day drifted by and she soon forgot Gary and the mysterious man.

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In her car on the way home Amy remembered the man who had left with Gary. There was just something different about him. Stopping off at the supermarket she wandered, absent mindedly picking up this and that, and trying to think why the old man had made such an impression on her. Back in the car and driving toward home Amy hoped that Jeff would be in and that they could share a nice meal together. Jeff was off to Scotland with his firm the next morning so she really wanted tonight to be good for them. Things had been a bit rough lately and they'd had quite a few arguments, usually about money. It wasn't that they were hard up, but they had spent so much on IVF treatment, that all their savings

had gone. That was why Jeff was going to be working away from home on a special job and that paid very well he'd said. Amy thought it might be good for them to be apart for awhile, and so she didn't make a fuss. All those years they had spent chasing the chance to have a child of their own had stretched their relationship to the edge. All the disappointment and the stress had left a hole inside her, and Jeff wouldn't even talk about adoption. Wiping a tear from her cheek as she pulled up outside her house she noticed Jeff's van wasn't there. Amy didn't mind as it would give her time to shower and change before preparing their meal. Struggling with shopping bags she found it hard to

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get the key in the back door and she almost fell into the kitchen when the key bit and the door fell open. Dumping the shopping on the table she popped some things into fridge or freezer and then left the rest on the table. Running up the stairs to the bathroom Amy stripped off her work clothes and stepped gratefully into a nice warm shower. Feeling refreshed she put on her favourite soft lounge trousers and matching top.

'Time to get cooking,' she said to no one as she went down stairs wondering where Jeff could be, as it was now almost 6.00pm and he was not usually late home, still, she thought he could be stuck in traffic as it was Friday after all. Amy set about putting the rest of the shopping away,

while thinking about the sea food stir-fry she was going to make. Screwing up the carrier bag she had just emptied she noticed an envelope flutter to the floor, 'Where has this come from?' she asked herself as she bent to pick it up. It had her name on the front, 'how odd'. Lifting the flap, she began to feel something was wrong. The letter was in Jeff's hand writing.

Amy,

I can no longer live a lie. By the time you read this I will be far away. Please don't try to find me as I am changing everything including my name. My love for you got lost somewhere amongst all those hospital visits, and the stress of trying for a child. I am going to do

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something else with my life now. I am truly sorry but I had to leave. I just couldn't keep on going through the motions.

Good bye and good luck, Jeff.

PS I have transferred what was left of my saving to your account so you'll be alright for money for a while.

Clasping her hand to her mouth she dropped into the chair and tried to get her head around the contents of the letter. The first thing that stuck her was he hadn't even written; 'Dear Amy'.

The whole letter seemed so very callous, so she re-read it, but it didn't get any easier. What now? Her life was over, wasn't it? What could she tell their friends? What would she tell her parents and what about Jeff's

parents. Did they know? Did their friends already know? In her mind she imagined Jeff telling Ian, Ted or Vince, the husbands of their mutual how he was planning to leave. What would they have said, perhaps they congratulated him saying how they understood? With some difficulty Amy managed to get up and look for the phone book. Who would Jeff confide in, she wondered, as she ran her finger down the list of names? First one tear and, then many more, began to drop onto the page. Amy pushed the book away and gave into her tears. That night she didn't go to bed, she just sat with a glass of wine and watched TV and, somewhere between anger, sadness, sobbing and recriminations she fell asleep.

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Amy didn't go to work on Monday, or the rest of the week. By the following Monday her work colleagues were beginning to worry. Joanne who was Amy's closest friend at work called her a few times but the phone went unanswered, so Joanne decided to call round. Amy heard the door bell and froze, there was no way she was going to answer it, so she slipped in behind the sitting room door, where she knew she could not be seen from the window or the back door. Amy heard Joanne calling through the letter box, 'Amy, it's me Joanne, are you alright.' Amy was desperate to answer her but she just couldn't, she just stood still behind the door until she heard Joanne's footsteps walk back down the path. With a start Amy caught sight of herself in the hall mirror and she gasped, 'What on earth am I doing to myself', she cried. Realising that she'd hardly eaten or washed since she had read Jeff's letter nine days ago. Over the week the phone had rung many times. Amy had ignored it not wanting to speak to anyone. The thought that neither her parents or Jeff's or any of their friends knew what had happened suddenly filled her with dismay, how could she be so selfish. It was time to pick herself up. The first thing she did was have a shower and put on fresh clothes. Feeling much better she even managed a bite to eat, and a nice milky coffee. It was time now she told herself to face up to her situation, and so she picked up the phone. It was time to have those awkward conversations she'd been putting off.

Her own parents had proved very supportive and understanding, inviting her to come and stay. Her friends, of course, had been stunned but, again, full of kind invitations and supportive messages. It felt good to know that they would be there for her. However, she was uncertain as to what would come from Jeff's parents. As it turned out they knew and they were angry, and upset as they had no idea where he had gone, as they'd had a similar letter to Amy's sent to them. Jeff's mother was close to tears, and his father took over the phone saying how sorry he was that his son had behaved in this way. Amy felt sorry for them and promised to pop round to see them soon. As she replaced the receiver Amy let out a sigh that was almost a sob, slipped her coat on and went out into the freshness of an April day.

In the Park she smiled at the mother with their children, they were feeding the ducks as she had done with her own mother. Amy sat on an empty bench in a secluded part of the park. It was time to think, and the first thing she asked herself was how surprised was she at Jeff leaving? After all, hadn't the signs been obvious. Jeff had become cold towards her. Their once close and intimate relationship had faded lately, he'd barely kiss her, all he did was brush her cheek with his lips. Amy had put this down to their financial situation which meant there was no money for holidays, and Jeff really liked his ski holidays. It had been the first thing they'd given up in the pursuit of a child. Jeff's angry outbursts had become more and

more frequent. Amy recalled him phoning her at work and ranting about money among other things. Why hadn't she seen this coming? Did she still love Jeff or was it just pride she was hanging on to? One thing Amy was sure of was that she would shed no more tears over what could not be helped. Looking up she spotted an elderly man struggling toward the bench. Amy moved toward him and took his arm guiding him to the bench. The man thanked her and patted her hand gently and when she looked at his face she knew him,

'You', she said, 'I know you, you are the man who was with Gary Pearson at the Waterside DHSS, it's good to see you, and you helped Gary in some way didn't you?'

The man smiled and nodded, and asked Amy to walk with him to his home as he was feeling rather frail. Amy agreed readily and they set off. They hadn't got far when the man suggested a they stop for a coffee. Amy couldn't see any reason why not and, during the time they spent together, the man listened to her troubles as she poured them out; at times she wondered why it was so easy to talk to this man. Outside the café a car drew up at the curb and the man said he'd have to go as his lift was here. Amy helped him to the car and waved him off realising she didn't even know his name.

At home that afternoon Amy removed anything that had been Jeff's from the house or the shed, delivering it to charity shops or the dustbin. Tuesday morning found her back at work, she apologised to her



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colleagues and to her friend Joanne she explained about the letter, adding that she now realised that she and Jeff had drifted apart and there was really nothing left of what they'd once shared. Back at her desk Amy felt renewed. Each customer was treated to a smile along with a sympathetic ear for their troubles and woes. Weeks passed. Amy went out with Joanne for the occasional meal. Jeff's parents had visited her. They were so embarrassed and Amy did her best to put them at ease, telling them she understood Jeff's difficulties. Now and again she would go to the café where she had last seen the kind old man but he was never there.

It was August and four months had passed since Jeff had left and Amy was full of plans to go and visit her parents in South Africa. They had paid for her ticket and she was very excited. One morning about a week before Amy was due to go on her holiday Gary Pearson turned up. Amy was surprised to see him and even more surprised at his appearance. Gary was very smartly dressed and exuded an air of confidence. Everyone looked up from behind their desks all of them surprised at the new Gary. He made a beeline for Amy's desk.

'Hello, Miss Jacob, I am really glad I found you here, I wanted to tell you what has happened,' said Gary his smile beaming.

'Believe me Gary, I am all ears.' Amy wasn't the only one who wanted to know, all the staff at the Waterside DHSS were intrigued, and they all fell silent ready to listen to his tale.

Gary explained how the man who he had met the last time he'd seen Amy had introduced him to an agency, who were looking for people willing to go to Greenland to film Polar bears. It was so dangerous that not many people were willing to go. Gary had signed up and had the best time, even though he'd almost got attacked by an angry young polar bear. By the time he had finished telling his tales the whole office and the waiting claimants broke into spontaneous applause.

Over the next week time rather dragged for Amy until at last the day came when she set off for the airport. The taxi was on time, her luggage loaded she settled into her seat, checking her tickets and passport for the umpteenth time that morning. Looking out the window she spotted someone standing on the corner. It was him, the old man who's name she didn't know. Gabriel stood waving and smiling as he watched the taxi move away. Amy asked the driver to stop but he did not hear her and, by the time he did, they were further down the street. Amy looked back but there was no one there.

After checking in with time to spare, she wasted time wandering around the glittering shops selling everything and nothing. When at last she boarded the plane she almost cheered. Settling into her seat the face of the kind old man came to mind it was as if he knew she was going away. It was strange that she hadn't run into him in all that time and yet today he turns up. The plane was quite full, and everyone was obediently strapped in and ready for

take-off. With just minutes to go a message came over the intercom. Apparently a passenger had not arrived yet. The pilot assured everyone that the person was on their way and that the take-off would only be delayed by a few minutes. There was a sudden commotion as the late passenger arrived. Amy looked up and to her utter amazement the late comer was Gary Pearson. The empty seat beside her took on a new dimension as Gary sat down.

'Amy' he said his voice full of surprise. 'Gary' she exclaimed, equally surprised.

It was a long journey and they had plenty of time to talk. It transpired that Gary had an assignment filming the endangered penguins on Boulder's Beach, near Cape Town. Gary couldn't explain why his plane ticket had been changed from an afternoon flight to this 10 am departure. It was only by luck that he was at the airport early enough to take this flight. Neither of them could understand how that had happened, except Gabriel, the kind old man, who had watched their plane take off.

The end.

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THE POWER OF ICE CREAM

Luciana Cramer

We all have good days and bad days. We all have lived through moments of increased stress and frustration, when our patience and wisdom seem tested to the limit. And we all have developed our own coping skills on how to deal with these occasions, relieve the stress and dissipate the frustration. Some of us distance ourselves from the situation and take time off; some step up and take more control over the situation; some use prayer or meditation; others use physical exercise and social activities to minimize the stress. Most people will use a combination of techniques depending on the kind and duration of the stressors they are facing. We have the ability to select our own coping strategies. We have that power.

This changes when we develop dementia.

When a brain is affected by dementia it has diminished capabilities to process information. A person with dementia is likely to be over-whelmed by everyday activities, things that prior to the onset of dementia may have even been pleasurable. A luncheon with friends and family, replacing the gas tank on the barbeque, baking a German-chocolate cake, packing for a weekend outing, using a list to shop for groceries at the supermarket: all kinds of activities, even ones considered routine before dementia, may be stressful and frustrating now.

In addition to the increased sense of frustration generated by daily

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activities, there is also a decrease in resilience for long hours spent awake. A brain affected by dementia gets tired earlier and processing information becomes even more challenging at the end of the day. Many people show signs of sundowning as a result.

Dementia therefore causes an increase in frustration with all kinds of events. It would be great if those afflicted could notice their feelings of frustration building up and then engage in self-soothing behaviours, as most of us would, such as taking a break, meditating or taking control rather than allowing frustration to build up. They simply do not have the awareness of such feelings or the

coping skills to deal with them. Dementia has taken those coping skills away.

You will never hear a person with dementia say "I'm getting a little frustrated so I'm going for a little walk on the beach to clear my mind." This does not happen. Instead, when frustrated, a person with dementia may get angry, agitated, or cry, or pace around the home and rummage through drawers and cabinets. You, the caregiver, may not even know what the source of the frustration was, but you will notice the effects of the stressor on the person's behaviour. People with dementia cannot control their reactions to feelings of frustration, so they will

manifest in some form, most likely through a behaviour that they do not have the cognitive skills to choose.

This is the point when caregivers need to extend their own coping mechanisms to their loved ones with dementia and help them in dissipating their frustration. Those afflicted lack the initiative and insight to do it on their own. They are depending on their caregivers for stress reduction and relief. Your help is needed to mitigate the frustration and guide the person with dementia into a soothing, more joyful and relaxed state. In moments like this, it is good to remain calm and follow some basic steps.

First, try to identify and neutralize the possible source of stress. Find out what the problem is and take control. Make the environment feel like a safe place. Turn off the TV, send the kids to the other room, adjust the lighting and room temperature, stop asking the person with dementia to do something they do not want to do. Sometimes a simple adjustment can generate great relief for those with dementia. They, themselves, cannot make those adjustments even though they may yearn for them.

Don't be surprised if there is nothing occurring that could possibly be causing the frustration. Dementia itself can be the cause. The frustration may also be caused by a delusional scenario created by the afflicted person's mind, far from reality. Do not try to bring your loved one to your reality. Act as if their delusions or hallucinations were true, and react accordingly. If they see



bugs in the room, you kill the bugs. And don't expect them to always tell you what the problem is: many times they don't realize what it is. It is up to you to figure it out.

Next, you must provide reassurance; let them know it is ok. Sincerely say soothing words such as everything is all right, I'm here with you, I will help you, I love you. Smile and touch them warmly. Reassurance from a loved one is a very powerful balm for dementia patients. They need it as a respite from the dementia world, where loneliness, uncertainty and confusion rule. Your love and reassurance will make everything better. Even though the person with dementia may not be able to process logically what is going on, they are able to appreciate soothing words, behaviours and feelings.

And then, ice cream!

Yes, ice cream. It takes all of your worries away. It is soothing and delicious, and personable: everyone has a favourite flavor! Ice cream brings people with dementia to happier, warmer times when the treat was shared with friends and loved

ones at special, joyous occasions. Ice cream has the power to immediately elicit soothing feelings at the very first taste of a single spoonfull. It erases all the negative feelings related to the frustration and continues to stimulate pleasure receptors in the brain with every new scoop. And dementia (here is the best part!) allows one to fully enjoy the treat, with no concerns for calories, weight gain or dietary needs, completely guilt free! For people with dementia, ice cream is far more effective and safe than Prozac, or any other "happy" drug on the market!

If you are caring for a loved one with dementia, find out what flavour is their absolute favorite and NEVER RUN OUT OF ICE CREAM! If you have dietary concerns, use brands that observe your dietary needs. There are plenty of diabetic friendly brands available. Ice cream can also be found in low fat, low cal, sugar free and lactose free varieties. Whatever kind or flavor you use, always have plenty of it handy always. Ice cream is an essential part of your dementia care tool-kit, like a Swiss army knife that's invaluable for many occasions.

The holidays are here. With family and friends gathering for the celebrations, there may be an increased risk for dementia patients to become overwhelmed. Remember to stay calm, control the environment, provide reassurance and, don't forget, plenty of ice cream.



WHAT IS CST?

Fritz Hrynyk

From a therapist's perspective. My clients often ask, what is CST? What does it stand for? What does it do? How does it do it? The questions keep on coming.

When I first began to answer the questions I made the mistake of using technical jargon; CSF (Cerebrospinal fluid), membranes, cranial bones, spinal column etc. The look on my client's faces was telling me that maybe I was coming at this from the wrong direction.

Let me try again. CST - CranioSacral Therapy is the therapy that I practice. This therapy bridges both the bones in the head, 'Cranio', down the spine to the tail bone or

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sacrum, 'Sacral', hence CranioSacral. Both these parts have cerebrospinal fluid in common, pretty much the river using the bridge metaphor.

Everyone has a need to be able to feel as though they can relax and let the tensions of the day go but more often than not this can be difficult to achieve for many reasons; financial worries, family pressures, global problems to name a few. Coming for a CranioSacral treatment can be the start of the process of relaxing and letting go as one of its aims is to restore communication between the body and mind, building a bridge between the two. But before this can happen it is important to allow the client to have the quiet space where this renewed communication can be started. A treatment will provide this quiet space, like laying a strong foundation upon which to build a strong and resilient bridge that will enable effective passage of information.

Many solutions to the easing of the tensions held within the body can be found by the clients themselves. It takes four things; an acceptance that help is needed, a willingness to accept help, a realisation that you (as the client) just may have your own answers but need help to get to them and a small step through the treatment room door.

Who is beyond the door to help with the bridge building? We both are.

For more information or to book a treatment call me, Fritz, on 07817 665662, email daleswaytherapies@gmail.com or visit www.daleswaytherapies.co.uk.

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SEDBERGH COMMUNITY SWIFTS

Tanya Hoare

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

As we write this in March it's cheerful to hear birds singing again as they build nests and some start laying eggs. However, swifts have no song (they scream and call) and are never seen in the nest as they are hidden in eaves and crevices of buildings. Common Swifts build very rudimentary nests, collecting bits and pieces of debris and dried grass as they fly around in the air, which they

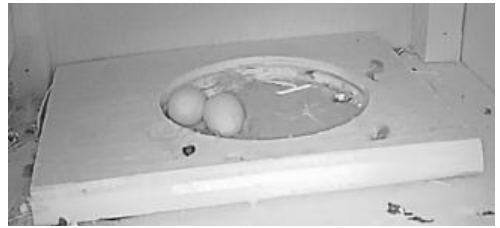
then 'glue' together with saliva. They especially like white feathers and will bring those in to add to the nest, even after eggs have been laid. We like to collect the down feathers from, say, a sparrowhawk kill and add those to a nest box cup/mould when we put up new boxes. We always put a nest cup in boxes to help stop the eggs rolling away. Originally we used a concave scooped from a block but more recently we use a piece of wood with a large nest-shaped hole drilled right through.

An established pair of swifts add more material to their nest from



previous years. The first picture (above) shows, one of the 'best' nests we've seen at Lowgill. By the end of the season the nest has become very flattened from constant compression from parents and chicks. However the following year the parents will bring in yet more material. There are worrying reports of plastic being found in some nests, although we fortunately have never seen that in our camera nest sites at Lowgill.

It is surprising that a pair of swifts breeding for the first time often lay their eggs without building any nest at all.. The 2nd picture (right above) shows 2 eggs laid in a bare nest cup



by a new pair at Lowgill last year. It was only after egg-laying that they brought in nest material, and the 3rd picture (below) taken weeks later shows the nest full of nest material. Sadly the pair had managed to knock the eggs out of the nest cup, but carried on bringing in nest material and even stayed until early August, despite having no chicks to look after.

Common Swifts only have one brood a year, and usually lay 2 or sometimes 3 eggs. This low rate of reproduction shows just how vulnerable they are. Compared with, for example, swallows that lay 4-5 eggs in a clutch and have two broods.

Have you visited our Sedbergh Community Swifts Facebook page, and given any 'likes' or comments? If you would like advice about putting up nest boxes, or integral nest bricks, don't hesitate to get in touch. We generally have a supply available.

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



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CUMBRIA WILDLIFE TRUST

Jackie Hooley

I can't sit in the house to write this. The news is too bad and its stench pervades inside. I have taken my pen and paper into the garden to find some peace. By the time you read this there will have been more destruction. Quick obliteration by bombs and slower, but no less deadly obliteration by climate change floods and fires. Russia invaded its neighbour at the same time as the IPCC reported on the latest state of the environment. Tipping points were imminent or reached in each case and yet here the Spring advances as usual. The first little yellow celandines are sprinkling the drab,

dead grasses and the wild daffodils are about to burst into life. By April, when you read this, the wood anemones will be carpeting the area by the stream, the primroses will have peeked out of hiding and the wild bluebells will be starting to show, though the wild ones are always slower than their more blowsy garden relatives.

The birds are screaming for mates and territory from the trees. A woodpecker is drumming and a dipper flies past, following the stream. Life goes on as usual for them. A wren is shouting threats at me. I have invaded its territory and it is not pleased with me. One attacked me last year for sitting too close; a



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tiny wren defending its place in the world against a giant - I will leave the metaphors to you.

The willows we planted last winter are starting to shoot. We made rings of willow withies to weave into living wigwams for our granddaughters, for their future. We also planted trees that we will never live long enough to see mature, but they will. Nature is magnificently indifferent to the tragedies of us little humans and that gives us hope.

FAMILY MUSINGS

Sarah Woof

Recently I read a Facebook post to the effect that no one should ever grumble at being asked by a parent to help them with anything computer related because the parent probably taught them to use a spoon ...my offspring are very patient with me re such matters, tho since upgrading my phone I have put it to the test..! Texts that change to messenger which I don't want, emails which vanish are just 2 problems I encounter. These days so much paperwork gets nowhere near paper but is emailed, this is fine if the receiver can open the email..and its called progress...!

Talking of progress there is some at my allotment. The plot is where we local kids used to 'hang out' in our young days, much changed but very popular with gardeners and rabbits.

Change is coming for many people and it is not always bad, if nothing ever changed where would progress be and surely we would get bored? Here in this Dale a committee is investigating how to provide houses for locals, had no 'new' houses ever been built where would our school be?

We have just welcomed back the annual Dent Run in aid of the primary school and for once we did not have to cope with snow! As I said, not all change is bad.

One highlight of my week is the Mother and Toddler group I help with, seeing the mums arriving with babies and toddlers is an absolute joy, hubby pleased to as home baking is an activity I do beforehand, he gets the misfit cakes. The grandchild who

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takes me to the group enjoys cake too, misfit or not.

Easter cometh and amongst the sweetness of bunnies and chickens, chocolates and eggs let us celebrate the real reason for the season. The living power of Jesus which is ours for the asking, Happy Easter to all.

DDCF

People often ask me what those letters mean, Dentedale Christian Fellowship is the answer. Who are they? A group of people should love God and seek to share His love. We used to meet in Dent twice a month but as people moved or became unable to reach Dent we have changed our gatherings, moving some nearer our main members in

the Carnforth area. We hold a weekend Festival in Dent every August Inc speakers, singers and musicians and children's activities and everyone is welcome, church-goers or not.

As a group we have given Advent boxes to the Dent school children, helped at a pumpkin party, given 'real' Advent calendars and in March brought 4Front Theatre group to Dent for everyone to enjoy.

We are always praying for our community and welcome prayer requests in confidence.

Do get in touch. Jn & SE Woof.
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FEBRUARY WEATHER

Brian Wright

February weather: Well, “February fill-dyke be it black be it white” certainly lived up to its promise. We had 230mm (9.05 inches) of all possible types of precipitation. We also had winds varying from gales to absolute calm. Many mornings seemed to be totally still until the sun rose. Most of the winds again from a westerly direction. Temperatures varied from sub-zero (-3C /26.6F) to pleasant 7C (44.6F). Apart from being wet it was reasonable for the time of year.

We haven’t seen or even heard the jay or owl much this month so whether they have moved on or are

calling at different times we will have to wait and see. Interestingly, the magpies have been around the garden again. The cock storm-cock (mistle thrush) has been singing his socks off. Let’s hope he stops enough to feed.

We have had a few redwings and fieldfares passing through. Despite lowish temperatures clouds of midges have been flying in small clouds. I have heard but not seen my first curlew. When I clean out the geese, they spend the whole time washing themselves in the water troughs trying to get clean. I put the 2 chickens in a cage, and they spend the whole-time eating grass!

SEDBERGH LADIES NFU

Caroline Sandys-Clarke

The speaker at our meeting on the 15th February was Marilyn Malloy, Vice Chairman and long standing Trustee of Manna House in Kendal. For those you maybe do not know , Manna House provides support and advice for homeless and vulnerable people in Kendal and the South Lakes. It is a charitable organisation which has become more widely known about recently. Started in 2002 in Kirkland, it has moved to the Stephensons Centre in Ann Street within the last three years. This has been especially designed to meet the needs of those who come in, with a 'centre skills cafe', showers, washing machines and driers as well as help and advice on a variety of issues such as benefits, new housing and how to manage finances and pay bills. Very few of the people who use Manna House are actually homeless the majority being 'sofa surfers' or vulnerable people. They can have a hot meal and chat and get advice if needed. No one stays overnight and the centre which is open 5 days a week at various times and for different groups, is mostly staffed by volunteers many of whom can offer help and advice, such as chefs, teachers, solicitors and accountants. There are only 6 paid members of staff. Money comes from a number of sources such as The National Lottery, Lloyds Bank, TSB, big Legacy companies and then there are fund raising events locally. Food is donated by Morrisons and Sainsburys as well as food banks. It was a most interesting talk. A short business meeting followed.

A GAME OF BAD SHOTS

Adrian Braddon

One of the all-time greats of the game, the American Ben Hogan, once observed that "Golf isn't a game of good shots. It's a game of bad shots." Certainly, the game is challenging, frustrating and in the view of some people, character forming. In spite of, or perhaps because of this, Golf is tremendous fun.

Although the exercise provided is not aerobic, research seems to prove the game is beneficial to our health and fitness and can be of particular importance with advancing age. As regular readers of the Lookaround will be aware there is a vibrant Seniors Section at Sedbergh Golf Club that welcomes players of all standards to share their camaraderie and regular programme of events on Mondays and Thursdays. In addition, there are friendly groups of younger golfers and a strong Ladies' section.

★ ★

SEDBERGH SWIMMING CLUB



We are looking for a new qualified swimming teacher to join us. If you are interested in this role then please get in touch via email Sedberghswimmingclub@gmail.com

Members consider themselves fortunate to be able to play at a wonderfully attractive well-kept course and be part of a friendly club. This is a magnificent local resource and several golfers have been discussing with owner, Steve Gardner, how it may be possible to give other local residents the opportunity to experience golf at Sedbergh whether they have held a club or not.

The answer arrived at is **SEDBERGH GOLF CLUB – AN OPEN EVENING.**

This will take place from 6.30 on Thursday 12th May when we hope anyone who may be interested in playing the game will come down to the club and talk to some of the members, hit a few balls on the practice ground and maybe even play a hole or two. There will be no cost to the evening's golfing activities. Balls and clubs will be provided, and coaching will be available for the inexperienced.

So, if you want to give golf at Sedbergh Golf Club a try, the date for your diary is 12th May at 6.30.

For further details call Steve Gardner on 015396 21551 or Adrian Braddon 0330 113 8850.

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THE WILSON RUN

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The Wilson Run took place this year in perfect conditions: light cloud, warm, dry underfoot.

The race was started by Norman Berry who won it exactly 60 years ago. Norman turns up even now for almost all cross country events, and has written a new book about the race, updating his earlier one.

To add to the excitement for the Berry family, the girl expected to win the Girls' race was his grand daughter Jemima Berry

The Boys' race was won by Fraser Sproul, and as expected and hoped he broke the record handsomely – in a time of 1 hr 07min 05 sec, beating the previous record of 1.08.02 by all but 3 sec short of a minute.

And Jemima Berry did win the Girls' race to her grandfather's delight in 1 hr 32min 57 sec

173 boys and girls completed the race.

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50 YEARS AGO

Colin Cowperthwaite

A selection of news items from local newspapers dating from April 1972.

Sedbergh Changes

PC Jim Gilchrist, a familiar figure in Sedbergh for the past five years, left the district on Monday to take up another post with the West Yorkshire Constabulary at Selby. A new physical education and outdoor pursuits teacher joined the staff of Sedbergh County Secondary School this week. He is Mr David Lord, who has come to Sedbergh after teaching in a similar capacity for two years at the Outwood County Secondary School near Wakefield. He received his training at Sunderland Polytechnic. His wife is also a teacher.

Artist's Success

Sedbergh artist Mr Harry W. Bracken has two water colour paintings in the current exhibition of the Royal Institute of Painters in Watercolours at the Mall Galleries, London. They are 'Cottages at Sandwick, Ullswater' and 'Autumn Gleam, Bluecaster, near Sedbergh'.

Motorway Signs meeting a 'Surprise to Sedbergh'

A report in a national newspaper that Sedbergh Council was to be represented at a meeting to discuss the possibilities of having direction signs indicating the way to the Yorkshire Dales at motorway junctions, came as a complete surprise to members on Wednesday. The council has already pressed without success for this action to be taken and it was decided that the Clerk, Mr A.G. Wilkinson, should make inquiries about the meeting, which according to the newspaper, is due to be held at Killington on Tuesday. The Yorkshire Dales Tourist Association and Settle Rural Council are also alleged to be involved in the



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discussions. "I have no knowledge of this meeting", Mr Wilkinson told members of the Development Committee, "and neither has the Clerk to the Settle authority. So what it is all about I would not know".

Members, however, were anxious that if there was to be a meeting, the council should be represented. Coun J.T. Clough recalled that a similar plea by the council in October 1970 had been rejected by the Minister on the grounds that the Yorkshire Dales was not an 'ultimate destination'.

"There are ample signs showing motorway exits to the Lake District", he said, "and I maintain the case for the Yorkshire Dales is just as strong".

Garsdale Easter Anniversary

Anniversary services were held at Hawes Junction Methodist Chapel on Good Friday, when the chairman was Mr. G. Huddleston. The programme was provided by a party from Arkholme, who gave testimony, sang and recited. The organist was Miss A. Williamson. On Easter Sunday, the preacher was Mr B. MacKee of Endmoor, who also sang a solo at the evening service. The organists were Miss Gladys Allen and Mrs J. Thornborrow. Collections were for trust funds.

Two 'Golden Days' in Sedbergh

Two Sedbergh couples celebrated their Golden Weddings this week, within two days of each other. The first was on Monday. It recalled the fact that on April 17th, 1922, Miss

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Annie Leighton and Mr Fred Elvey were married at Sedbergh Parish Church by the assistant curate, the Rev E.K. Wicks. They celebrated the 50th anniversary with a family party at The Bull Hotel, when 15 members of the family watched them cut a cake made by their daughter-in-law. On Monday evening, Mr and Mrs

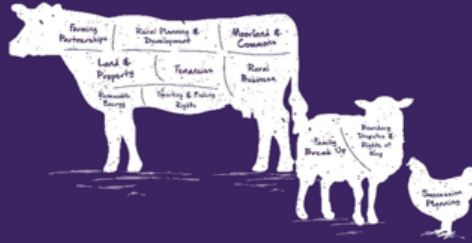


Mr and Mrs Elvey

Elvey were hosts to a party for friends and neighbours at their home, 7 Havera. Mrs Elvey met her future husband when she was 15 and working as a weaver at Farfield Mill. Mr Elvey, a native of Kendal, came to Sedbergh when aged 17, and was employed in farm service. In the 1914-18 war he served with the Liverpool Regiment, and was wounded in France on his 19th birthday. He subsequently saw service in Ireland and Russia. Following their marriage, Mr and Mrs Elvey settled in Sedbergh, where they have lived ever since. Mr Elvey was employed by the West Riding County highways department for 41 years until his retirement. He is a member of the

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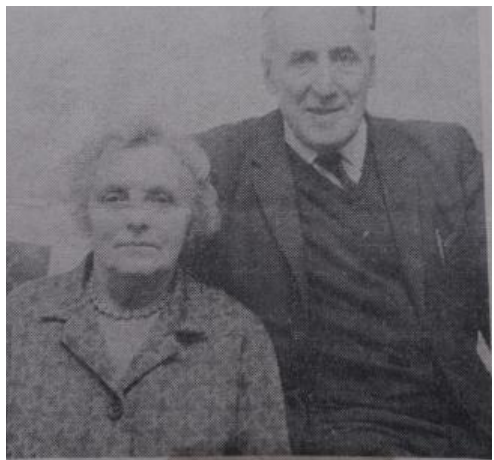
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British Legion. The couple have a son and four daughters. Both are members of the Over-60's Club, who also held a celebration to mark the event.

The other couple were Mr and Mrs J.G. Brunskill of 8 Bainbridge Road, Sedbergh, who celebrated their golden wedding on Wednesday. They were born in the Ullswater area and were married by the Rev G.W. Reece at Wordsworth Wesleyan Chapel in Penrith on April 19th 1922. Mr Brunskill has spent all his life in farming, and after marriage farmed Douthwaite Head, where he specialised in sheep, particularly Herdwicks. Later they moved to Dockray and bred Swaledales. In

1955 they moved to Beckside Farm, Killington, where they remained until retiring to Sedbergh in 1963. Both are lifelong Methodists. Mr Brunskill has



Mr and Mrs. Brunskill

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been a local preacher for 39 years and was at one time circuit steward at Penrith. Since moving to the Sedbergh area he and his wife have been active in Methodist affairs, and are committee members of the Christian Citizenship of the Methodist Guild. Mrs Brunskill is also a member of the Bright Hour. Mr Brunskill was a former member of the parish council at Matteredale, and parish clerk for 25 years. He was also a member of the Sedbergh area committee of the NFU. Mr and Mrs Brunskill have a married daughter in Kendal, and three grandchildren. They held a family celebration at their home on Wednesday.

SULTAN OF ZANZIBAR

Freda Trott

When I was talking to the Sedbergh WI I mentioned the visit of the Sultan of Zanzibar, which was greeted with some disbelief, perhaps not surprisingly. So I have looked out the story as narrated by Freda Trott – and it subsequent event - in her book *Do You Remember?*

The visit took place in June 1929, and the visitors consisted of the Sultan himself, HH Seyyid Khalifa bin Harub, his heir apparent (his son), Seyyid Abdullah, and a friend Sheikh Seif bin Suleiman and various British officers. They were visiting a boy in the school, Mark Hollis, the son of the Resident Governor of the East African Protectorate. In Freda's book there is a photograph of the occasion. The following part in quotation marks is from the Westmorland Gazette as quoted in Freda's book.

Karen Bruce Lockhart

"The party on Sunday afternoon visited Sedbergh School. They were accommodated in three cars..... There was a large assembly in the Market Place when the cars displaying the Union Jack and the sultan's Standard arrived. His Highness smilingly acknowledged the cheers of the crowd as he motored to the School House where he was received by the Headmaster, Mr G Burrell Smith. The Second Master, Mr Henning and Mr Brown(e) were presented with JE Nichol(I)s, head boy of the school. The sultan visited the classrooms, armoury and gymnasium, and he was also shown over Hart House by Mr and Mrs

Browne, and the head boy of the School. The Sultan chatted with his young friend and his masters, and was struck with the finely appointed School and impressed with its great traditions.

“His Highness was much interest in the fencing and lawn tennis. He had never seen an English Public School before, and showed great interest in all information about the curriculum and games, particularly cricket and tennis. Noting on a black board some algebraical equations, he pointed out that algebra was one of the contributions of his Arab ancestors to western civilisation. The Sultan and the Prince wore long native dresses of white cotton, embroidered with gold oover white flannel trousers. They also wore suede slippers and gold embroidered head-dresses. The distinguished visitors strolled about the School Cricket Field and were interest in the match between the School and Stoneyhurt [sic]. Cameras were much in evidence and the Sultan good humouredly posed for many photographs. The party left the school at 6 pm and were given a real Yorkshire send-off, the cheering being led by Nicholls.”

Freda goes on to relate a subsequent event:

This visit to Sedbergh was certainly no hoax! But maybe it became confused through the mists of time with an event which took place in 1933. To mark the end of term, Sedbergh School held a Grand Gala Fete, to raise money for the Bradford Boys' Club. It was held on the football field opposite Lupton House.

It was to be opened ceremoniously by His Exalted Highness the Maharajah of Bong. The Maharajah and his suite, which included three ravishing female “attendants” duly arrived at Low Gill station on the morning of the day to board the train there for Sedbergh where they were to be met with due ceremony. As the train pulled into Low Gill, the Maharajah walked up to the engine drive commending the lives of his company to his care, and also shook hands with the guard. All of this delayed the train some minutes and caused no little amazement to the other passengers.

Meanwhile a vast procession of Sedberghians had gather at Sedbergh station to welcome the visitor and lead him to the town.

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LOOKAROUND

DIARY

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When the train arrived at Sedbergh the Maharajah first delivered a speech from the carriage window, then proceeded up to the engine to congratulate the driver and present him with a small token of the occasion. The processions then wound it way along the mile route to town, with which the police co-operated by closing the road to all other traffic.

A harmonium, strapped to the back of a car, was merrily played! The Maharajah arrived at Sedbergh and was received with glad greetings by "the Mayor", played by the Right Worshipful Ivan Christopherson, with an appropriate speech, to which His Exalted Highness replied in Bongese, to be interpreted by someone into broad Yorkshire "In case you doan't oonderstand the lingo 'e says 'opes you'll all 'ave a reet good do".

SEDBERGH ROYAL BRITISH LEGION HISTORY W.W.2.

Keith Wood.

Presented with the minutes for the RBL club I was tasked to see if anything could be learned to increase RBL membership locally.

Luckily for me I got to examine the minutes from 1938 to 1947. Some names on the committee here may be recognizable to many a Sedbergh family.

In 1938 Mr A.S Kay was elected President along with General Spencer, Captain Bruce Lockhart, H.A. Phillips as Vice Presidents, J.M. Eagles as Treasurer. Elected to committee were J Smith. L.V. Staunton. J.H. Staunton. W. Cragg. J.M Sedgwick. S. Braithwaite. J. Arkwright. W.J. Hunter. F. Parrington. J.M. Coldham.T.W. Sloman. R. Atkinson. N. Greenbank. H. Bainbridge. J. Wadeson. Mr J.V. Staunton was elected games secretary.

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As the years go by some interesting topics are carefully discussed despite the height of the perils of wartime Britain.

In October 1940 it was decided that the steward should no longer serve drinks in the billiard room unless a committee man was present. 'Keep calm and carry on' springs to mind.

There was also that same year concern over the expected disorderly conduct of troops shortly to be expected in Sedbergh and it was decided that a letter should be sent to the commanding officer to explain the rules of the club and then see how the troops behaved themselves (some mixed results reported later!).

In April 1941 a discussion was held as to the election of 3 more members onto the committee. J.Woolcock. R Waring and R Pattison. Woolcock and Waring duly elected but not poor Mr Pattison who was declared a 'stranger' until more could be learnt about him'.

As the war years go by more names crop up on the committee, for example A.W. Arthur. E. Mason. J. Bell. W.F Lee. T. Harper. G. Law. T.Tebay. F. Fleming. H. Dix. E. Breaks. T. Garnett. T.Waters.

In January 1942 just as the Sedbergh lads are chasing Rommel across the desert, the committee note that the card players are becoming a nuisance by taking all the

room up in the bar. They will in future be 'confined to playing cards upstairs". Rummy, bragg, pontoon and other high stakes games were later banned.

Again in 1942 there is a report of a beer shortage. Unsurprisingly the committee took swift action on this and decreed that no more members be proposed except local men. The brewery having cut the club's beer ration by 2 barrels per week to only 6 barrels. There was some discussion about banning the troops from supping the stuff but this idea (wisely I think) was vetoed.

The matter was resolved by simply opening later and closing when that day's barrel was finished

These minutes are a chance to look back at the attitudes and culture of those days. For example what about the women? They seem to be all blokes, except for a Mrs Baines who in 1943 has 'stepped into the breach' as cleaner'.

If you recognize your Grandads, Dads, Uncles, family friends then you have a personal reason to join the Royal British Legion. You won't need to become a committee member or attend meetings. The cost is just £19 per year. You can do this on line or contact our secretary Nigel Whiting on 21358 or nigelwhiting306@gmail.com.

The historians among us will know that the club in those days was in the building at the back of the Bull Hotel. It transferred at some point (can't figure out exactly when) to, and became a part of, The White Hart Club.

A CENTURY AGO

Colin Cowperthwaite

In my possession are two copies of local guides to our area. One is dated 1925 and was written by Rev. W. Thompson M.A.; the other, written by Frederic Riley, is undated but was probably published in a similar era. Here are a few excerpts from these booklets:

A local tradition relates that two men were once endeavouring to astonish an audience of rustics by the magnitude of their travels. "I've been to Middlesex, Surrey, and Kent" said one; and "I've been to Sedbergh, Garsdale, and Dent" promptly rejoined the other. The yokels were fairly aghast at the extent of these peregrinations, and were quite unable to decide whether of the two great explorers had surpassed the other.

To the town dweller contemplating a holiday after months of exacting toil, a week or longer spent in exploring Dentdale and Garsdale can with confidence be suggested as likely to provide a beneficial change. Moreover, not the least enjoyable part of a holiday spent amid these hills and dales is the opportunity it

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affords for making acquaintance with the people whose lives are passed, for the most part, away from the stress and turmoil of town and city life. The town dweller who is apt to look upon all life outside the crowd as narrow and stultified, is gravely mistaken. That isolation, with its fewer opportunities for social intercourse and limited educational facilities, has many drawbacks is obvious; but strong, virile character is moulded, and youthful genius is often nurtured in many a little known corner amid the solitude of the hills.

Sedbergh, Sedburgh. Sedberwe, Sadborough, Sadber, Sedber - all of which are met with in manuscript or printed matter - show a reasonable amount of elasticity in the form of the name; and even Sebber - the ultimate residuum of indolent articulation - is occasionally heard from native lips. But predominant usage having at length settled the orthography as Sedbergh, the next problem which confronts the stranger is how to pronounce the word. He generally exhibits a prejudice in favour of an unmistakeable enunciation of the g, and it is not until

a considerable experience of the native pronunciation has produced its due effect, that he consents to consign the perplexing guttural "to dumb forgetfulness a prey". Perhaps it may diminish the hesitation of our supposed visitor if we remind him that a silent gh in English words is no infrequent occurrence. Nobody thinks of pronouncing the guttural in Mansergh and Sizergh; why should it be imperative to do so in 'Sedbergh'? And have we not numbers of words like light, daughter, through, in which the g is not heard? The fact seems to be that h was itself a guttural in Anglo-Saxon; and when people began to be oblivious of this circumstance, g was inserted as a crutch to reinforce the enfeebled sound, and beorh was written bergh accordingly. But all in vain. Englishmen found out more agreeable uses for the throat than the production of difficult sounds. The invalid and its crutch - the h and the g - came to be alike disregarded, and now survive only as shadowy phantoms from which all resonant vitality has escaped. But this, to speak in reproachful Carlylese, is "gentle Dulness taking a turn at etymology". I can only plead in excuse my desire to establish three things, which are not usually present to everyone's mind at the same time: - that the name of our little town should be Sedberg to the eye, Sedber to the ear, and Sedda's bergh, or hill-fort, to the understanding.



A NIGHT TO REMEMBER

Karen Bruce Lockhart

Hallsand was a small fishing village nestling against the cliffs above a pebble beach in Devon. It literally sat on the cliffs on a ledge, not above the cliffs. It consisted of one street with buildings on both sides, and about 29 houses with 128 inhabitants. In the 1891 census there was a 100 year old inn or pub, a spring, a bakery, and a greengrocer. The village was dependant on fishing for a living and it had been a hard living, particularly after byelaws curtailed certain types of fishing in the mid 1890s. Many fishermen had other jobs such as smith, tailor and carpenter. The village was protected from the harsh

westerlies by a pebble bank left as the ice retreated after the ice age.

In 1895 the Admiralty decided that the Devonport dockyard at Plymouth should be extended to accommodate the large warships now being built. In order to do so they obtained a licence from the Board of Trade to extract sand and gravel from below the low water mark further up the beach from Hallsands. Over the four years from 1897 when dredging began 660,000 tons of sand and gravel were extracted. The hollows created by the dredging filled from the beaches in front of the several villages along the beach. Numerous complaints and protests finally stopped the dredging five years later, and in 1900 the hightides which had reached within

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70-80 yards of the village were reaching within 3 feet of the cottages. A sea wall was strengthened but was undermined and cracks appeared in houses. In 1902 the licence was revoked, and a stronger sea wall was built. The villagers over the next 15 years felt comparatively safe.

In 1917, in the middle of the 1st World War, on the 26th January a violent storm blew up and the villagers, expecting a high tide, battened down their houses and boats. The storm was unusual in that the wind came from the north east, not the usual westerly. At high tide about 8 pm the waves were breaking over the houses (water coming down the chimneys was noted) and the children were evacuated. By low tide in the morning four houses had collapsed into the sea and all the houses had been damaged. The villagers feared for their lives at the next high tide. At low tide they fled for safety.

However, the sea wall had held, otherwise there might have been lives lost. Nevertheless, the villagers' fears were all too correct. At the next high tide on 27th January the sea wall broke and all the houses were

destroyed, apart from one higher up the cliff on the approach road. An old lady continued to live there until her death in 1964. Astonishingly no lives were lost.

A new village was built after a long fight for compensation over 7 years but high above the cliffs. The beach below Hallstands no longer exists. Huge defensive walls have been built in recent years to attempt to protect two other villages and the coastal road which slipped into the sea in 2001 and 2018.

The local paper on 28th January 1917 led with the headline The beach went to Devonport and the cottages went to the sea.

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Who do you think you are?**

Julie Leigh

Gill Blanchard, our speaker, introduced herself as a professional researcher with a career in adult education. Her experiences as a researcher for the production of the television programme *Who do you think you are?* provided the topic of her talk. *Who do you think you are?* became one of the most popular programmes on television and a measure of how quickly the programme had grown in appeal was the speed with which it was elevated to prime time on BBC, becoming the most popular non-fiction TV show. Subsequently, it was shown in every English speaking country in the world. She compared it to another well liked programme – *A House In Time*. Each of them, she felt 'touched people's imagination'.

Although she thought that the celebrity status of the participants was not an important consideration for the programme makers, she felt that the famous faces were a factor in the huge audience reaction.

Furthermore, it was clear that some of the people who were chosen had recently been in the public eye e.g. as competitors in Strictly Come Dancing.

Gill identified some of the common and differing components in the making of the individual programmes. A large amount of research was often conducted in preparation but, in some cases, much of it was excluded from the final version. Although all aspects of people's ancestries are interesting, producers differed in their

choices of what to include and what to leave out. However, an expression of genuine surprise on the part of the celebrity (for example tears, exclamations, gasps of disbelief) to the archivist's revelations was usually a desirable reaction. Great secrecy surrounded the making of every programme each of which had its own production team. The celebrities themselves were prepared for their involvement, and they were sometimes asked to consider what they would like to discover about their predecessors.

Gill had chosen to speak about her investigation into the ancestries of Mary Berry, Ed Balls and Jonnie Peacock. She conducted copious research into the family of Mary

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Thomson Hayton Winkley



Berry, much of which was not used. Mary was especially interested in the trade and business backgrounds of some of her Norfolk ancestors. Gill discovered that one of them, Robert Houghton, was a baker who lived on Ber Street in Norwich. Ber Street had been a traditional trade route into the city and was well known for its large number of butchers' shops with their adjoining abattoirs.

Houghton provided bread to the city workhouse and records showed that at one point the inmates had refused to eat it because it had been adulterated. Gill described how it had taken several months to discover the home of Robert Houghton on Ber Street by plotting measurements between landmarks, and known details of other residents. She was also able to say with certainty that the home of Mary Berry, another ancestor, and the mother of two illegitimate children, was on Pottergate Street.

Gill had also discovered that another of Mary's forbears in Norwich, Christopher Berry, was a bankrupt and when this was revealed, a financial expert joined the programme to provide background

information. Gill's searches had also revealed his address as 13 Dove Lane. She mentioned that the many trade directories which were produced in the nineteenth century were often a useful source of information about people's addresses. However, these details could sometimes be inaccurate as the numbering of properties often underwent changes over the years. She added that the enumerators who listed the names and homes of people in nineteenth century censuses often provided very useful and accurate addresses.

Although Gill was not directly responsible for the chronological research that was used in the revelations about Jonnie Peacock's ancestors she was brought into the programme in a consultation about illegitimacy. The topic was central to the investigation because Jonnie's four times unmarried great-grandmother, Louisa Voss, was the mother of four illegitimate children. In the 1840s Cambridgeshire village of Warboys, where she had lived and worked in the local pub, she was accused of drunkenness, playing loud music and fornicating. It was revealed that she had also worked in a violent agricultural gang before ending up in a workhouse with her children. Jonnie was impressed by her strength of character, when she confronted the men who had abused her in court. Research into his more recent family provided Jonnie with the very welcome information that his maternal grandfather, Johnnie, had been a very talented amateur footballer.



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Gill had discovered a lot of information about the ancestry of Ed Balls but her participation in the programme about his forbears was affected by the coronavirus lockdowns. The family story that an ancestor, William Dunbar had served as a surgeon on the Victory proved to be true, but research had shown that his period of service was long after the time when Lord Nelson had died at the Battle of Trafalgar. Ed was dismayed to hear about a newspaper article in which William as the surgeon in a workhouse, had been jointly accused with the workhouse master of the manslaughter of two paupers, due to neglect. The two men had been exonerated. However, William was ultimately forced to resign from his post when he had admitted taking 'improper liberties' with the 16-year-old daughter of the workhouse master.

Although Ed could not defend William in this instance, he had more sympathy for his four times great grandfather, Christopher Green, who was sentenced to a year in prison for destroying a threshing machine and later arrested for setting fire to farm buildings in Norfolk. At this time, many impoverished agricultural workers smashed machines which they saw as threats to their jobs.

Gill's coverage of the procedures involved in the construction of such a popular TV programme, the revelations that had been uncovered by professional archivists and the reactions of the three celebrities to the findings all contributed to a fascinating talk.

BEHIND THE SCENES: WHO DO YOU THINK YOU ARE?

Karen Bruce Lockhart

On 3rd March over 40 people, both members of the History Society and non members, were entertained by a Zoom talk by Gill Blanchard about her experiences working as a researcher for the BBC series Who Do You Think You Are? Unfortunately the live talk on Ulverston scheduled for the night before had had to be cancelled for reasons outside the Society's control, and Gill Blanchard kindly stepped in at short notice

She told us that the series had started as a one-off, but had surprised everyone including the BBC, by its success and it was now featured in every English speaking

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PEOPLES' HALL HIRE RATES

Main Hall

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

Committee Room

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

country in the world. It was the most popular non-fiction historical programme ever made and had touched the imagination. She said that people often asked why celebrities? And the answer was simply that celebrities sell. Had we ever noticed how many of those featured had appeared on Strictly Come Dancing?

Surprise was an essential part of the production. Much research was put into finding something the celebrity didn't know, and secrecy in regard to that was absolute as the Wow! moment had to be done in one take. It wasn't possible to retake the scene as genuine surprise was impossible to replicate. So this was

the main reason for absolute secrecy, particularly from the subject his or herself. If the secret leaked to the celebrity that part of the investigation would be abandoned. Each episode had its own production team It was filmed over quite a long period and one could tell this if you watched carefully as the background of scenes would vary with the time of year it had been filmed - also the clothes changed.

The subject is usually someone in the public eye, but if , after discussing matters with the family and carrying out preliminary research, nothing particularly interesting emerges then the project will be abandoned. Boris Johnston's episode was delayed

LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman	Jane Fisher (T)	Proofreading
Susa Ellis (T)	Treasurer	Katie Wood	Proofreading
Philip Johns (T)	Secretary	Ed Welti (T)	Compilation and Vice Chairman
Elsbeth Griffiths	Proofreading	Valerie Welti (T)	Advertising Administration
Karen Bruce Lockhart	Proofreading	Eileen Bartlett	Advert Design and Compilation

Editorial Team members annotated with (T) are also Trustees.
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

because it was going to coincide with his candidacy for the election as Mayor of London

The researchers could spend months on researching a particular aspect. They usually did not know who they were researching - great grandfather on the maternal side would probably have a quite different name. They might not know if more research had been done by someone else, and they might not know if their own research had been used until the episode was screened.

When researching Mary Berry, she expressed an interest in finding out if any ancestor was a baker, and one, Robert Houghton (local pronunciation "Howton" not "Hawton") was found to have been a baker, and Gill Blanchard was asked to find the precise house where he lived Medieval Norwich had 33 churches and a pub for every day of the year. By research and taking measurement from the pubs and churches she managed to find where the bakery was. But when they took Mary Berry to a café across the street for coffee, she was after all not told which property as it was an entirely modern building! Gill Blanchard did find a scandal involving Houghton – he had been supplying the local prison and workhouse with adulterated bread and using his connections to keep

the contract, even after going bankrupt. Another lengthy research found a building where now there was a car park, at which point the production team lost interest

When she appeared in Jonnie Peacock's episode she spent longer on screen but did not do the research One daughter had had several illegitimate children and the task was to trace the fathers – one help usually with this was a habit of giving the child the father's surname as a middle name, enabling them later to drop the mother's surname if they wanted to. Episodes such as this involved but two or three minutes on screen could take hours to film due, as in this case, to being set by a riverside with passing boats, ducks quacking and so on.

Her last project had been Ed Balls which had four or five months on and off research and she had expected to take part in the filming but Lockdown had intervened. She had in this case spent a considerable time trying to trace a father but as the child's middle name was Smith had not got anywhere. One ancestor involved in political activities such as riot and machine breaking had been found, and another who had been a parish councillor (conservative! – possibly why it was not shown).

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

PERSONAL MESSAGES

FOR SALE

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Small plot of land, woodland or rough ground wanted for livestock. Preferably as close to Sedburgh as possible. Willing to buy or rent. Please call 07989 564837 if you have anything available.

EDITORIAL

In the warm sun of the first lockdown I was sitting in the Spring sunshine at the top of Ashbeck Gill thinking how hard it was to imagine that there was much wrong in the world. Yesterday I was at the Lookaround table in the Spring Show with the sun shining in again, thinking much the same thing and knowing how wrong I was.

In order to sustain the illusion for a little while longer I decided to reprint an article and ad from 1996, about the revived show which restarted that year. You can see them below and on the following pages. *Ed.*

SEDBERGH & DISTRICT

SPRING SHOW

The People's Hall and Masonic Hall

Saturday 30th March 1996

Admission 50 Pence (Children Free)

OFFICIAL OPENING AT 2PM BY

The Rt Hon. The Viscount Whitelaw, KT., CH., MC.

4.00pm: Presentation of Prizes After Judging

4.30pm: Collection or Sale of Exhibits

FOR SETTING UP PURPOSES ONLY

The People's Hall will be open on Friday 29th March between 7 & 9pm

The People's Hall & Masonic Hall will be open between 8.30 & 10am on the day

ALL ENTRIES TO BE ON THE OFFICIAL ENTRY FORM FOUND IN THE FEBRUARY LOOKAROUND OR FROM SEDBERGH COMMUNITY OFFICE

AND SUBMITTED TO THE SHOW SECRETARY

BY 8pm SATURDAY 23rd MARCH 1996

Advert for the 1996 Spring Show.

SEDBERGH SHOW

30th March 1996

Held at the Peoples Hall and the Masonic Hall, Sedbergh and opened by Lord Whitelaw.

Fantastic! Amazing! Extraordinary! These were the words repeated over and over again by Lord Whitelaw at Sedbergh's newly revived Show, as he walked amongst the jostling crowds of people thronging the two Halls. All of Sedbergh, Garsdale and Dent seemed to have turned out to meet him as well as to view for themselves the great variety of talent displayed at the Show.

The Show had ceased nearly 20 years ago because of difficulties in organisation and a declining lack of interest and the organisers, the Sedbergh and District Buildings Preservation Trust wondered whether there would be enough interest to make a revival possible. The results exceeded all expectations. Not only was the number of entries, over 800, far greater than in earlier years, but the



standard of entry clearly showed the hidden talent of the people of the area. Because of the time of year, the Show concentrated on indoor, rather than outdoor activities; tapestry, patchwork, photography, art, cooking, lace making, weaving, knitting, toy making, flower arranging all produced exhibits of the very highest quality. While music was not competitive, the musical talent of local

people was demonstrated during the afternoon through an impromptu performance that enlivened the atmosphere of the event.

A very large number of excellent entries came for the children who displayed paintings, pottery, toys,

photographs, handwriting, computer graphics and poetry writing.

In the Masonic Hall were stands mounted and manned by local organisations, which ranged from a Patchwork Group to the British Legion, from the local branch of the Cumbria Wildlife Trust to a charity raising funds to help Tibetan Refugees. The displays

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Spring Show report from the May 1996 Edition of Lookaround.

quite spectacular, with the Committee for the Cumbria in Bloom competition and the Sedbergh Gala Committee giving a taste of what Sedbergh can expect this summer, and the Parish Council, the Community Office and LETS showing what they have to offer and how they are there to help. The Young Farmers mounted an excellent display and a lot of interest was shown in the stands of the local History Society and the W.I. Market.

Competition was fierce and an age old rivalry was revived. Betty Hartley from Dent, who is now well over eighty, and Margaret Milburn from Millthrop had competed for many years, one or other of them often winning the 'Most Points in Show' trophy. They both helped with the revival showing the new organisers how to avoid pitfalls and difficulties. Betty Hartley herself had donated one of the section trophies, together with

Barclays Bank, Garth Steadman, the NatWest Bank and Halifax Property Services, also Croppers. At the Trophy presentation, which was shared by Lord Whitelaw with Alan Pratt Chairman of Sedbergh Parish Council and Robert Dobson of Dent Parish Council, there was

a hushed silence as it was announced there was just one point between the two competitors for the 'Best in Show' trophy given by Sedbergh and District Chamber of Trade. The winner turned out to be Margaret Milburn and the runner-up, Betty Hartley.

The Sedbergh and District Buildings Preservation Trust would like to thank everyone who had a part to play in the

event, particularly the judges, the wonderful lunch provided by the Ladies of the local branch of the NFU and the refreshments efficiently organised by the Women's Institute. It was a great opportunity for the Trust to show its interest in promoting local art and craft, in connection with its attempt to open the buildings at Farfield Mills as a Centre of excellence for artistic skills, particularly those connected with textiles. The Trust was particularly

pleased with the support given to the Show by Cumbria County Council, with a cheque being presented by Councillor Nicholson, the Rural Projects Fund of Voluntary Action Cumbria and Sedbergh Parish Council. It was a wonderful community effort.

The results appear on page 22. □

JOSHUA PLUMTREE

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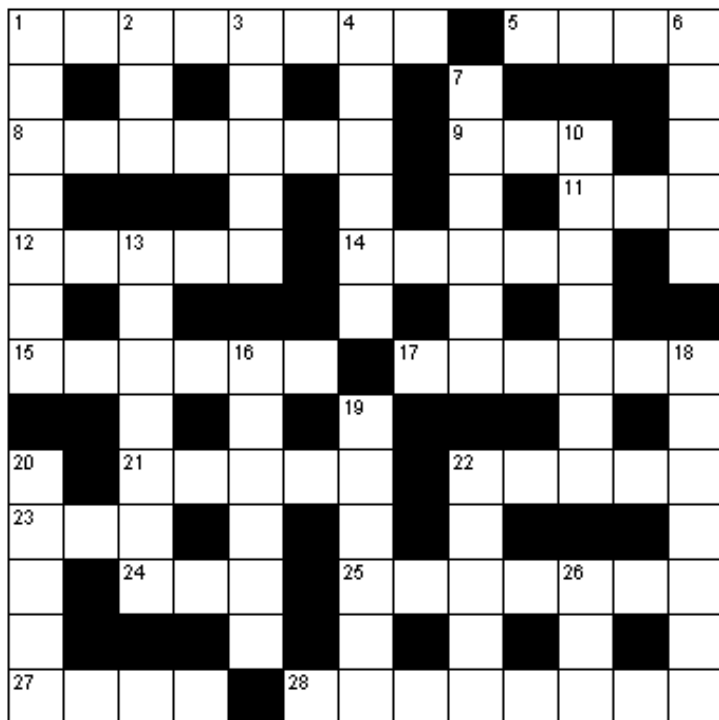
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Spring Show report from the May 1996 Edition of Lookaround.

PUZZLE (SOLUTION ON PAGE 96)



Across

1. Precious aquatic creature? (8)
5. Taxi charge sounds reasonable (4)
8. Garble a mixture of mathematics (7)
9. Pinch some turnips (3)
11. Hanker for Japanese currency (3)
12. Rodent computer accessory (5)
14. Keen to agree for a change (5)
15. Robber in camera ID error (6)
17. Essential nuclear potato microbe (6)
21. Overweight in wardrobe selection (5)
22. Found shelf in jumbled gear (5)
23. Paddle found in cupboard (3)
24. ___ West, actress and lifesaver (3)
25. Slang is put another way for communications (7)
27. Strongbox sounds secure (4)
28. Set apart confused lost idea (8)

Down

1. Structure of language in diagram margin (7)
2. Found written record in Cologne (3)
3. Initially replaced kind of square furniture item with French story (5)
4. Measuring devices found on fish (6)
6. Occurrence, not odd, end of August (5)
7. Sounds noble but not as a day job (6)
10. Dry map I exchanged for Egyptian tomb (7)
13. Always the same distinctive clothing (7)
16. Less than a dozen in ukulele venture (6)
18. Crumpled as a result of buckled red case (7)
19. Creatures found in direction between British capital and head of state (6)
20. Parts of skeleton in carbon estimate (5)
22. Marble galleries are within the law, essentially (5)
26. Small creature found in pantry (3)

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 £30.00 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 14/12/2022
 Dates in **BOLD** are start & finish events.
 Numbers in Brackets indicate Advert/Article on a Page.
 Month in Bracket relates to issue that details last appeared.

APRIL 2022

01	Kev Kendal	WHC
02	1600 Frankie Cowin Darts Tournament	WHC
03	1930 Concert Meliora Collective (Oct)	Appleby Ha
04	Easter Courses - Prep and Senior	SS
04	1930 Peoples' Hall AGM	PH
05	1000 Grief Share (22)	CCCN
06	Loving Earth Art Project (Mar)	FM
06	1030 The Loving Earth	FM
07	Easter Courses - Prep and Senior	SS
07	1930 Howgill & Firbank WI sign language	FCH
08	External Group Visitors	SS
09	900 Friends Club Coffee Morning (10) - Unitarian Ch	SS
10	External Group Visitors	SS
10	1600 Messy Church (Oct)	CCCN
12	1400 WIK - Scargill House Talk (39)	PH
12	1930 Domino Drive	FCH
13	Lenten Lunches (Mar)	StAS
13	930 Howgill/Firbank WI Coffee Morning	StAS
13	1915 Dent WI Breaking News	DMH
13	1930 Sedbergh WI 21st Century RSPB	PH
14	1400 Tea at Two	DMC
15	Hush Party Band	WHC
15	2000 Karaoke Night	Red Lion
16	1000 Dentdale methodist coffee morning	DMC
16	1000 Photographic exhibition (1)	StJCC
17	Easter Disco	WHC
19	Summer Term Begins	SS
19	1000 Grief Share (22)	CCCN
20	1300 SMC Training - Closed (21)	TBA
24	1530 Cautley Songs of Praise (24)	StMC
28	1400 Tea at Two	DMC

MAY 2022

02	6th From Open Morning	SS
05	1930 Howgill & Firbank WI Five boxes	HVH
06	1845 BBQ	FCH
07	1000 National Mills Open Weekend	FM
07	1930 Dentdale Choir Spring Concert (28,38)	StAD
08	National Mills Open Weekend	FM
08	1600 Messy Church (Oct)	CCCN
10	1930 Domino Drive	FCH
11	1915 Dent WI Grandma's attic	DMH
11	1930 Sedbergh WI Resolutions meeting	PH
12	1400 Tea at Two	DMC
13	1900 Royal British Legion Annual Dinner (44)	GC
15	Breath exhibition by Maggie Ayres	FM
15	Christian Aid Week (Feb)	TBA
17	1930 WI Lune Valley Group Meeting	BVH
18	930 Christian Aid Coffee Morning (Feb)	StAS
19	1030 Hellreaf4	FM

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

DIARY KEY

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

EAT OR DRINK IN SEDBERGH

AL FORNO ITALIAN KITCHEN

MAIN STREET - 015396 34040

Delicious oven baked pizza and pasta for eating in or takeaway.

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

Nationally recognised and award winning restaurant. Also has 'The Meadow' outdoor bar and kitchen in the garden for sunny days and evenings.

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

The restaurant serves modern 'traditional' cuisine using local producers. There's a welcoming fire and plenty of real ales, lagers and gins in the bar.

HADDOCK PADDOCK

MAIN STREET - 015396 20468

Excellent Fish and Chips, if you're visiting have some before you leave.

ON A ROLL

MAIN STREET - 07775 893354

Baguettes with a variety of fillings. Just what you need if you're going for a day in the fells.

THE RED LION

FINKLE STREET - 015396 20433

A lovely traditional pub serving local ales and wholesome food. Just what you need when you've come down from the fells.

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SMATTS DUO

MAIN STREET - 015396 20552

If you fancy a full English breakfast, lunch or afternoon tea this is the place for you.

THIRSTY RAMBLER

MAIN STREET - 07874 838816

Thirsty after rambling? This micro bar is just the place for a relaxing drink.

THREE HARES DELI

MAIN STREET - 014396 21058

Bakery and deli also serving takeaway coffee, sandwiches, soup, scones and awesome sausage rolls.

WAFFLE CONE

MAIN STREET

Ice creams, waffles and drinks. Eat them inside in the seating area, or take them away for home or al fresco consumption.

WEAVERS CAFÉ

FARFIELD MILL, HAWES RD - 015396 21958

Walk to the Mill and have lunch or tea in the café. Sit outside by the river on a fine day.

PLACES OF INTEREST TO VISIT IN THE AREA

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

SOME WALKS AROUND SEDBERGH

WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs

Sedbergh's own little Matterhorn with great views of the surrounding fells and dales. *(Walk 1)*

THE CALF 8 miles 2600ft 4-5 hrs

A bracing ridge walk over Arant Haw and Calder to the highest point in the Howgills. *(Walk 1)*

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs

Fairly flat walk partly by the riverside, with the added advantage of the Farfield Café half way around. *(Walk 2)*

AKAY WOODS 2.3 miles 1 - 1.5 hrs

Lovely riverside stretches, past the restored Pepperpot, then through woods above the river, with vestigial remains of Akay House. *(Walk 3)*

SEDBERGH SCHOOL 45 mins

A stroll to see the sights of Sedbergh School *(Walk 4)*.

FELL WALL 2.2 miles 1 - 1.3 hrs

Elevated promenade above Sedbergh Town, not as energetic as going to Winder top, but still out onto the edge of the open country. *(Walk 6)*

BRIGGFLATTS 4.2 miles 2- 3 hrs.

Along the Rawthey to the peaceful and historic Quaker Meeting House, then back through the fields. *(Walk 7)*

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs

Across the wild (and possibly wet) Long Moor to Dent then back by Dentdale and the River Dee. *(Walk 8)*

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs

A stroll across open country to the bottom of Cautley Spout. Some would say this is the second highest waterfall in Britain. *(Walk 9)*

CAUTLEY SPOUT AND BACK 10 miles 3150 feet 4.5 - 6.5 hours

Gorgeous walk up the dale to the Spout, with a return over the tops for the adventurous. *(Walk 9)*

MILLTHROP AND ABBOT HOLME 5.1 miles

920ft 2.5 - 3 hours. Up over Frostrow, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. *(Walk 10)*

DALES WAY AND CRAGGSTONES. 7.5 miles 1165 ft 3 - 4 hrs. Follow the Dales Way beside the Rawthey and the Lune, then ascend past the waterfalls in Craggstones Wood, before a final stroll across the base of Winder. *(Walk 11)*

For further details of these numbered walks see the Sedbergh Town website. Leaflets describing the walks can also be obtained from Sedbergh Tourist Information Centre for a small donation to cover printing costs.

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

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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



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
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	04/22	Kris Baldock	07730659413	
Cumbria Wildlife Trust	03/22	TBA		
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
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Giffellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/22	TBA		
Lunch Club	03/18	Mrs I'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	04/22	Nicola Cann—drnicolacann@outlook.com		
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	03/22	Sedberghswimmingclub@gmail.com		
Swimming Group for Over 50's	12/21	Linda Greensmith	07919	152526
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	04/22	Garth Steadman	07796164066	
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.

BUS SERVICES

S3 Wednesdays - Hawes Hopper Western Dales Bus Dent - Sedbergh - Garsdale - Hawes

From 28th March 2022—during British Summer Time only

Dent Village	..	0942	1146	1425
Sedbergh Spar	..	0958	1202	1441
Sedbergh Post Office	..	0959	1203	1442
Sedbergh Maryfell	..	1001	1205	1444
Farfield Mill entrance	..	1003	1207	1446
Garsdale Street	..	1013	1217	1456
Coal Road (Garsdale Station turning)	..	1019	1223	1502
<i>Trains to Carlisle</i>		<i>1054</i>	<i>1222</i>	<i>1448</i>
<i>Trains to Leeds</i>			<i>1208</i>	
Moorcock Inn	..	1020	1224	1503
Hawes Creamery	..	1030	1234	1513
Hawes Market Place	..	1032	1236	1515
Hawes Dales Countryside Museum	..	1034	1238	1517
Hawes Dales Countryside Museum	..	1044	1323	1527
Hawes Market Place	..	1046	1325	1529
Hawes Creamery	..	1048	1327	1531
Moorcock Inn	..	1058	1337	1541
Coal Road (Garsdale Station turning)	..	1059	1338	1542
<i>Trains to Carlisle</i>		<i>1054</i>		
<i>Trains to Leeds</i>				<i>1559</i>
Garsdale Street	..	1105	1344	1548
Farfield Mill entrance	..	1115	1354	1558
Sedbergh Maryfell	..	1117	1356	1600
Sedbergh Library	0915	1119	1358	1602
Sedbergh opp. Morphets	0916	1120	1359	..
Dent Village	0932	1136	1415	..

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	..	1450
Sedbergh Spar	1033	1258	1506
Sedbergh Post Office	0914	0900	..	1034	1259	1507
Sedbergh Maryfell	0916	0902	..	1036	1301	1509
Cautley, Cross Keys	0924	0910	..	1043	1308	1516
Fat Lamb	0932	0918	..	1050	1315	1523
Kirkby Stephen Station arr	0938	0924	..	1057	1322	1530
<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	1322	1530
Kirkby Stephen Pennine Hotel	0945	0929	..	1111	1327	1535
Kirkby Stephen Co-op	0946	0935	..	1112	1328	1536
Brough Clock	0954	1120	1336	1544
Brough Clock	1607	1130	1346	1554
Kirkby Stephen Co-op	1615	1623	..	1138	1354	1402
Kirkby Stephen Social Club	1616	1624	..	1139	1355	1603
Kirkby Stephen Station arr	1621	1629	..	1144	1400	1608
<i>Trains to Carlisle</i>	..	1704		1106		1501
<i>Trains to Leeds</i>	..	1714		1146		1546
Kirkby Stephen Station dep	1621	1634	..	1149	1400	1608
Fat Lamb	1627	1641	..	1156	1407	1615
Cautley, Cross Keys	1635	1642	..	1203	1414	1622
Sedbergh Maryfell	1643	1650	..	1210	1421	1629
Sedbergh Library	1645	1652	0950	1212	1423	1631
Sedbergh opp. Morphets	0951	1213	1424	..
Dent Village	1007	..	1440	..

S6 Tuesdays - Kirkby Stephen—Penrith Western Dales Bus

Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith

Sedbergh Post Office (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 (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfell (pick up only)	1055	1333	1536
A66 Bridge End Inn (pick up only)	1100	1338	1541
Appleby, The Sands (pick up only)	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

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)	0909
Kirkby Stephen Station entrance (as S4)	0923
Kirkby Stephen, Pennine Hotel (as S4)	0928
Kirkby Stephen Co-op	0935	1139	1428
Kirkby Stephen Social Club	0936	1140	1429
Kirkby Stephen Station entrance	0941	1145	1434
<i>Trains to Carlisle</i>	0934	1106	1501
<i>Trains to Leeds</i>	0920	1146	1455
Ravenstonedale Kings Head	0947	1151	1440
Newbiggin on Lune	0950	1254	1443
Tebay Roundabout	0958	1202	1451
Killington M6 bridge	1008	1212	1501
Kendal Castle Green	1017	1221	1510
Kendal Bus Station	1022	1226	1515
Kendal Morrisons	1027	1231	1520
Kendal Morrisons	1037	1326	1530
Kendal Blackhall Road	1042	1331	1535
Kendal Castle Green	1047	1336	1540
Killington M6 Bridge	1056	1345	1549
Tebay Roundabout	1106	1355	1659
Newbiggin on Lune	1114	1403	1607
Ravenstonedale Kings Head	1117	1406	1610
Kirkby Stephen Station entrance	1123	1412	1616
<i>Trains to Carlisle</i>	1106	1501	1703
<i>Trains to Leeds</i>	1146	1455	1717
Kirkby Stephen Pennine Hotel	1128	1417	1621
Kirkby Stephen Co-op	1129	1418	1623
Kirkby Stephen Social Club (as S4)	1624
Kirkby Stephen Station entrance(as S4)	1629
Cautley Cross Keys (as S4)	1643
Sedbergh, Library (as S4)	1652

DENT RAILWAY STATION TIMETABLE

Valid from January 2022

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
06.50	07.54	10.34	07.03	09.08	10.40
09.16	09.16	14.01	09.38	10.41	13.38
10.48	10.48	15.53	12.13	12.13	16.33 (N)
12.17	12.17	17.48	16.04	16.04	18.41
14.43	14.43	20.20	17.32	17.32	20.26
16.46	16.46		19.38	19.38	
18.15	18.15				
19.44	19.44				

(N) Through train to Leeds, Sheffield and Nottingham

Because of difficulties caused by Covid, cancellations are possible, so please check before travelling: National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)

PUZZLE SOLUTION

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

Sedbergh and Dent
St. Andrew's Parish Church
Sunday 10.30
Wednesday 12.00

Vicar of Sedbergh and Dent
Rev. Andy Burgess Tel: 20018
andy.burgess@westerndales.org.uk

Church Wardens:

Sedbergh: Tony Reed Screen 21081
& Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican
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: Inquiries -Tony Reed Screen
21081

Dent & Cowgill

Rev. Christine Brown Tel: 25418
Email: christinelucy2014@gmail.com

Church Wardens:

Dent: Janet Skublics 25296
Cowgill: Janice Moorby 07815438662
and Heather Fraser 25727

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00

Parish Priest Kendal
Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30
Rev. David Crouchley Tel: 20329

SOCIETY OF FRIENDS - QUAKERS

Brigflatts
Sunday 10.30

Janet Chetwood (Comms Clerk)
Tel: 21715
Sally Ingham (Business Clerk)
Tel: 07939 569559

DENTDALE CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ
Every 4th Sunday 1900
Sarah Woof Tel: 25212

METHODIST CHURCH

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

PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

Becca Gilbert
Email: becgilb@gmail.com

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Amanda Reynolds Tel: 07545 375721

Holy Week and Easter

Palm Sunday (10 April)

- 8am** BCP Holy Communion, St Andrew's, Sedbergh
- 10.30am** The Liturgy of Palm Sunday, St Andrew's, Sedbergh
- 10.30am** Cornerstone Community Church, Sedbergh
- 10.30am United Service** at St Andrew's, Dent
- 2pm** St John's, Firbank
- 6pm Choral Evensong**, St Andrew's, Sedbergh

Holy Monday (11 April)

- 9.30am** Morning Prayer, St Andrew's, Sedbergh
- 12pm** Midday Prayers, All Saints, Killington
- 7pm** Compline, St Andrew's, Sedbergh

Holy Tuesday (12 April)

- 9.30am** Morning Prayer, St Andrew's Dent
- 12pm** Midday Prayers, St Mark's, Cautley
- 7pm Compline**, St Andrew's, Sedbergh

Holy Wednesday (13 April)

- 12pm** Midday Prayers, St John's, Garsdale
- 7pm Compline**, St Andrew's, Sedbergh

Maundy Thursday (14 April)

- 4pm** The Liturgy of Maundy Thursday, St Andrew's, Dent
- 7pm** The Liturgy of Maundy Thursday, St Andrew's, Sedbergh

Good Friday (15 April)

- 10.30am** Good Friday Meditation, St Andrew's, Dent
- 11am** Ecumenical Walk of Witness, gather at St Andrew's Sedbergh
- 3pm** The Liturgy of Good Friday, St Andrew's, Sedbergh

Holy Saturday (16 April)

- 10.30am** Kids Club Lambing Live (St John the Evangelist, Cowgill)

Easter Day (17 April)

- 6am** The Dawn Service, gather on the summit of Winder
- 9.30am** Holy Communion by Extension, St Mark's Cautley
- 10am** Holy Communion, St John's Garsdale
- 10.30am** Holy Communion, St Andrew's Sedbergh
- 10.30am** Communion Service, Cornerstone Community Church
- 10.30am** Holy Communion, St Andrew's Dent
- 10.30am** Holy Communion, Holy Trinity Howgill
- 2.30pm** Holy Communion, St John's Cowgill
- 6.30pm** Communion Service, Dentdale Methodist Church

Combined plans for Western Dales Mission Community - April 2022

	Time	3 rd	10 th	17 th Easter Day	24 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP		HC-BCP
	10.30am	HC	The Liturgy of Palm Sunday 6pm Choral Evensong	HC	HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Contemporary worship	Service 4pm- Messy Church	HC	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am HCx	3.30pm Songs of Praise celebrating 175 years of St. Mark's
St. John's, Garsdale LA10	10am	HC		HC	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service
All Saints, Killington LA6 2HA	2pm				
Holy Trinity Howgill LA10 5JD	10.30am			HC	
St. John's Firbank LA10 5EF	2pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC United Service	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		HC	
Dentdale Methodist Chapel LA10 5QJ		2pm Service	6.30pm Service	6.30pm Service	6.30pm Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Wednesday	6th	13th	20th	27th
St. Andrew's, Sedbergh LA10 5BZ	12 noon	11.15am HC-BCP	11.15am HC-BCP	HC-BCP	HC-BCP
Quakers	19:30	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.
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		
To be covid safe on numbers at Brigflatts Meeting House please contact correspondence clerk 015396 21715, and for Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063,					

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 Defribs are supplied
on contacting Ambulance Control on 999*

POLICE

101 or 999
Crimestoppers 0800 555 111
Community Officer
Kathryn Taylor
Telephone: 101
Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,
and Anna Kayani

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

[https://www.cumbria.gov.uk/libraries/locations/
sed_lib.asp](https://www.cumbria.gov.uk/libraries/locations/sed_lib.asp)

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

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:

April 2022