

Sedbergh & District

# LOOKAROUND

July 2022

Issue 411

Donation £1

Lookaround would like to second the Parish Council (see page 17) in thanking Roger Sedgwick and family for all their work on the Queens Jubilee Beacon.

And thanks also go to the organisers of the Sedbergh Music Festival which is finishing as I write this. Please send us reviews of any concerts you've enjoyed! *Ed.*

St Andrew's Church  
Sedbergh

Craft Fair  
Bouncy Castle  
Children's  
Entertainment  
Musical Items

Summer  
Fair

Family Fun  
Sideshow  
Stalls  
Tea & Coffee  
Lunches

Saturday 23rd July  
10.00am until 4.00pm

**CLOSING DATE: 15th of every month for everything**  
S & D Lookaround 72 Main Street, Sedbergh LA10 5AD  
Mobile: 07464 - 895425

e-mail: [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

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*Ian McPherson*

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## LOOKAROUND

### DIARY

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

## Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 6th July - Royal British Legion

Wed 13th July - St Andrews

Wed 20th July- St Andrews

Wed 27th July - St Andrews

Groups who would like to run a Coffee Morning

please call Lynda Briggs on 07904 055 259

or email [lebriggs@hotmail.co.uk](mailto:lebriggs@hotmail.co.uk)

# ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

## Advertising Rates

Single Column 2.56" x 2"	=£10.00
Single Column 2.56" x 3"	=£12.50
Single Column 2.56" x 4"	=£15.00
Single Column 2.56" x 5"	=£17.50
Single Column 2.56" x 7.5"	=£25.00
Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

## CONTACT INFORMATION

*Email:*

**editor@sedberghlookaround.org.uk**

*Phone:*

**07464 895425**

*Address:*

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

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

## PAYMENT INFORMATION

**CHEQUE**

*Cheques Payable to :*

**Sedbergh & District Lookaround  
BACS**

*Account:*

**Sedbergh and District Lookaround**

*Account Number:*

**23388557**

*Sort Code:*

**20-55-41**

*Reference:*

**Invoice Number and your name or reference.**

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

## BEREAVEMENT

*Chris Clowes*

The definition of bereavement is the state of having lost a relative or close friend because they have died.

I am recently bereaved, as are many of you reading this.

I now realise that bereavement does not mean yesterday or last week or even last month it means always.

I have no fear or regret in moving on – only the sadness of being unable to share my daily events. I want to take a photograph as a reminder but who do I share it with? I want to chat about the mundane events of the day. Who will listen?

Advice and guidance detailing various problems which occur are helpful. I remember when our dear friend Richard Ellis died and Susa wrote a most helpful article in Lookaround which detailed the problems regarding tax and insurance of vehicles and credit card problems which we dealt with thanks to that.

But my problem is none of the above,

I am not overly religious, I am comforted by my own thoughts. BUT - and I'm not sure what that — BUT is: I feel Alan Clowes is with me constantly – guiding, advising,

## Laura Clare – Yoga Therapy

Personal sessions in a dedicated healing space in my home in Dentdale and tailored to your individual physical, mental, emotional and spiritual needs.

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Prices are genuinely flexible according to your means and skills swaps and goods exchange are also considered.

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[lauraclareyoga@gmail.com](mailto:lauraclareyoga@gmail.com)

I look forward to being a part of your healing journey

criticising. So is that his lasting strength or my remembrance of doing what he wanted. Who is in control? Surely, I have to be that person for now - Isn't it odd, I am one if the most grounded people you could know and yet Alan Clowes is hanging on and advising me of my every move

Surely I am the manager - but who knows?

**Happy 5th Birthday to**  
**Rachel Park**  
**on the 15th July!**

## HOORAY

*Garth Steadman*

Today 14/06 2022 our defibrillator has appeared in the telephone box at Millthrop

It has been a long hard slog which started in 2021 when the residents of our hamlet got their hands in their pockets and raised the required funds to purchase the appliance

Since then we have encountered various problems in getting it installed but at long last we have succeeded. We have already got a group of residents who have been trained to use it and on behalf of our residents I must thank them for giving up their time. The Sedbergh First Responders especially Andrew Cobb and Myles Ripley have been most helpful and thanks are due to Steve Longlands for his expertise. We would like to thank the Parish Council and the Community fund for their support of this project. Anyone who wants training in using a defibrillator is welcome to contact the Sedbergh First Responders - phone 21101.

## SPELLBOUND THEATRE

*Heather Pakeman*

After our successful production of 'Hercules- the Panto' back in December 2021 we are very excited to announce our next production which will be in February 2023 with performances in the week beginning 5th February. It may seem a long way off now but time flies. We really want to know if you would like to be involved either on stage or back stage. The more the merrier.

We are especially looking for people who would like to help with making and designing costumes but we also need actors, stage hands and anyone who fancies meeting new people and having some fun. Rehearsals will start in November 2022 on Thursday evenings and Sunday afternoons.

Hope you are feeling inspired and intrigued about our next production and eager to get involved. We need you.....

Please contact Heather on (015396) 21279 if you would like to be involved in any capacity.



**Struggling with the cost of living?**

Visit [cumbria.gov.uk/costofliving](https://www.cumbria.gov.uk/costofliving)

## DENTDALE HEAD TO FOOT

*Mike Steele, Secretary, DDHF*

Our first meeting for two and a half years was the much enjoyed Fizz & Fruits afternoon, when a good turnout of Dentsdalian had two hours of chat interspersed by chocolate, and all types of fruits and fizz.

The next meeting will be the Annual outing on July 8th to Masham a Jervaulx Abbey (the Western Dales bus is already full!) and we are hoping for good weather.

As per usual there is no meeting in August and we start again on September 8th with a presentation by the Shepherdess, Alison O'Neil at 2:00 p.m. in the Memorial Hall. All proceeds from this are being sent to Ukraine via the DEC Appeal and Alison will match what we raise that afternoon, so please do come along and support us and a very worthy cause.

015396-25054

07813-806209

[mds@hallbankcott.co.uk](mailto:mds@hallbankcott.co.uk)

---

## FRIENDS OF FARFIELD

*Anne Mackinnon*

The Friends of Farfield have been very busy over the past few months, sewing seeds, taking cuttings, and potting on plants, which meant our Plant Sale over the weekend of May 21st and 22nd was a great success. We raised over £600 for the Mill.

There were vegetables of every variety as well as seedlings and more established plants. and there were experts on hand to give advice on how to nurture them.

**farfieldmill**



We would like to thank all the Friends who donated plants and of course, those who came along to buy plants and support us.

We hope to hold another sale next May.

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## TALKING LOOKAROUND

*Rosemary Handley*

I am appealing for more listeners to our monthly production of an audio version of The Lookaround. As you would read in last month's printed copy we are hoping to recommence live recording at 72 Main Street in the near future. At the moment the numbers of recipients is very small and the effort put in to producing the audio version involves a whole team of volunteers, so we really do want to invite anyone who knows someone with sight impairment, who might like to receive the Talking Lookaround to come forward. We provide the speaker and deliver the memory sticks at the beginning of the month so that you do not miss out on all that is going on in our vibrant community.

Please get in touch with Rosemary Handley on Sedbergh 20540 or Colin Cowperthwaite on 20659.

## B4RN

*Douglas Thomson*

There is still steady progress with the planning for B4RN's service to be available in Sedbergh though it is painfully slow. This is much due to the extra complexities that a town presents as opposed to the countryside

## THANK YOU FROM CHRISTIAN AID

*Anne Pitt*

On behalf of the Committee for Sedbergh and District.

Many thanks for all who generously supported us through Christian Aid Week in May. The Coffee Morning brought in £260 and the Christian Aid envelopes this year total including provisional Gift Aid is £2104.57, a slight increase on last year! An excellent result and a testament to the caring nature of our community especially in these times of economic hardships for so many.

## ROYAL BRITISH LEGION PROMOTIONAL EVENTS

*David Parratt*

The Sedbergh & District branch will be manning a stand on Saturday 30th July during the Artisan Market in the Main Street from 0930 – 1200. Do come along and see us and find out what the branch does and how we can support veterans and their families who may need help. Our local branch needs new members in order to keep up its good work. We look forward to seeing you. We will be holding a further event on Saturday 27th August.

## ELECTRIC BIKES FOR HIRE

In the beautiful Howgills  
KTM Hybrid bikes with helmets and  
panniers - collect from near Sedbergh

FULL DAY FOR 2 BIKES **£50**

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Contact Rachael on **07969663881**

rachaelmellor@hotmail.com

T & C's apply



Cyclewithrachael



## CYCLE WITH RACHAEL

*Rachael Mellor*

Cyclewithrachael also does Guided Rides on the e bikes. We can offer lovely, leisurely rides around the beautiful Yorkshire Dales National park & local area, with or without a coffee stop OR we can offer 'improve your cycling confidence' rides (Bikeability) as I am a Bikeability instructor. This can help your confidence when cycling on local roads.

Cost for 2 hours is £50 which includes using an e bike. DM me for more info; text or call. 07969663881  
Happy Cycling

## PEOPLE'S HALL

*Dr Gina Barney*

We are gradually getting back to normal, and bookings are picking up. We seem to attract runners and cyclists on races. It would be good to increase our occupancy levels as we have exhausted our reserves putting



in the new heating system. When we get up to speed, we will continue with other improvements.

Meanwhile most of us have difficulty bending and kneeling. We are looking for a volunteer of someone we can pay to do two or three hours a month weeding and cutting back the Hall's front garden. If you can help, please phone 20790.

### **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

### **POLICE REPORT (MAY)**

*South Lakes Police*

An incident of criminal damage was recorded on Birks Lane in Sedbergh on 11/05/22. It was noticed on 11 May that windows were smashed at a property. It did not appear that entry was gained to the house. If you have any information relating to this incident, please report quoting log 108 of 11th May.

On the evening of 13/05/22, a car parked in Loftus Hill car park in Sedbergh had its front windscreen smashed. The owner had returned to the vehicle a few hours after leaving it parked there and came across the damage. He then contacted police. If you have any information relating to this incident, please report quoting log 255 of 13th May.

During daytime hours on 14/05/22, a residential property on Rawthey Gardens in Sedbergh was burgled. During this incident, the resident's car was stolen. Fortunately, the vehicle was abandoned in Loftus Hill car park and located on 15/05/22. If you have any information relating to this incident, please report quoting log 129 of 14th May.

Between 13/05/22-14/05/22, a property on Joss Lane in Sedbergh

\*\*\*\*\*

### **SEDBERGH SWIMMING CLUB ANNUAL GENERAL MEETING**

**7TH July 7pm**

**Sedbergh Peoples' Hall**

**Sedberghswimmingclub@gmail.com**

**If you wish to come**



was burgled. Forced entry was gained and an untidy search of the property was made. If you have any information relating to this incident, please report quoting log 156 of 14th May.

Sedbergh primary school talk on bullying. On 17th May, Rural PCSOs Kathryn and Hayley visited Sedbergh primary school and delivered a lesson on bullying to Year 5 pupils. This included bullying by name calling, physical violence and online bullying. The class listened extremely well and we thank the school for their warm welcome.

South Lakes Police want you to report all anti-social behaviour and crime. Please report any incidents of crime or anti-social behaviour to help us keep South Lakes safe. If a crime is in progress always call 999. You can report online at <https://www.cumbria.police.uk/report-it>. Our online Live Chat function, available on the website, is a new service giving you an alternative way to communicate with a Police Officer in real time. You can also phone on 101. Alternatively you can contact Crimestoppers, anonymously, on 0800 555 111.

## **SEDBERGH SCHOOL NEWS**

*Karen Bruce Lockhart*

The School has been less active than it usually is as a great deal of time has been taken up with exams, both external and internal. And half term has happened since I last wrote. Taking up a fair bit of the month.

Winder House won the Tug of War on 26th May when the School held its Jubilee celebrations. Carus won the girls' Tug of War. There was also Cumberland wrestling.

Another first for over two years was whole school photographs at the Prep.

A Memorial Service was held in the chapel for Dr Roger Baxter, the former Headmaster, on Sunday 12th June. Dr Baxter was Headmaster from 1981 to 1995 and was Headmaster when the Queen and the Duke of Edinburgh visited the School.

A family of Kingfishers have settled into Bruce Loch.

At the Prep School plans are in hand for a Mountain bike trail on the field above the stables – weatherproof, professionally designed and with technical features which can be added to in future

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## Salary £18,661 (FTE)

Our charity may be small, but we make a big impact on the lives of around 3,000 disabled people every year through our inclusive adventure residential trips and we'd love for you to be part of our team.

We require a positive and caring person to join our team as a Domestic Assistant. Typical duties include:

Cleaning rooms, corridors, showers, toilets and other areas at our 64 bed specialist outdoor centre.

Occasionally assisting with catering arrangements at the Centre including the serving of meals.

This is a part-time position, 2-3 days per week including Mondays and Fridays. We would also like to hear from anyone who is interested in occasional work.

An application form and further details are available from:

E-mail: [vacancies@bendrigg.org.uk](mailto:vacancies@bendrigg.org.uk)

Phone: 01539 723766



In the week following half term Years 9 and 10 put on four evening performances and a matinee of Terry Pratchett's Wyrds Sisters .

Rebekah Dallas of the Prep School staff has been appointed Headmistress of Ben Madigan Prep in Belfast and will leave to take up the post at the beginning of the next calendar year.

At the end of the autumn term the School will put on a production of Jesus Christ Superstar in the Brewery Art Centre

### **Music**

The House part singing competition was won by Lupton, with Carus second and Powell third

### **Charity**

Donations collected by the school and local communities were driven out to Przemyśl on the border of Poland & Ukraine by Prep parent Joe Mycielski and his team in support of displaced Ukrainians. OS Alex duckett and OS Molly ran in the Edinburgh Marathon to raise funds for Cancer Research. Six pupils and two members of staff will in July attempt to sail to and then climb each of Snowden, Scafell Pike and Ben Nevis in the Three Peaks Race, which has not been done by any school before. They will be raising money for Young Lives v Cancer. £270 was raised for the Bendrigg Trust at the recent Sailing Open Day.

Y13 pupil Holly will be taking on the Boddy Challenge (6 mile swim, Marathon and 20 bike ride) to raise money for Cancer Research UK

### **Equestrian**

A team of four girls, Kate Sanderson, Scarlett Holden, Ella Turner and Katie Wood, came third nationally at the Royal Windsor Horse Show in a field of twenty, one of the only four teams who scored zero.

### **Crickets**

OS Harry Brook was included in the squad of thirteen to play for England against New Zealand in the test series. He scored over 750 in eight innings at the beginning of the season. There are now five OS cricketers in the first class game,

Harry Brook, George Hill and Matthew Revis (all Yorkshire), Jordan Clark (Surrey) and Jamie Harrison (Durham).

The 1st Eleven won against St Peter's York by 9 wickets on 14th May. They lost to Lancashire Royal Grammar School on 11th June by 5 wickets

The "3rd Eleven" won against Ingleton making 205 -9 and bowling Ingleton out for 82, but lost to Sedgwick by 88 runs. On 11th June they played Shireshead & Forton CC and won and against Sedgwick CC on 12th June

House matches have been taking place with a hat trick from Alister for Evans against Sedgwick. And at the



## **Prepare your Garden for Spring 2022 with essentials from Dawsons**

### **Composts**

We have a wide range of composts including Multi-Purpose Compost, Compost with John Innes, Peat Free Compost, Farmyard Manure, Grow Bags, Top Soil, Ericaceous Compost and Decorative Bark.

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Prep the first ever Girls' interhouse Cricket matches have taken place.

### **Rugby**

The school has four boys in the England U18 rugby squad to tour South Africa this summer. OS James Botham was Players' Player of the Year at Cardiff.

### **Athletics**

Years 7 & 8 at the Prep School won all four of the Girls' and Boys' Relay races at the NW Athletics Championships

### **Sailing**

Jan and Constantin won the national U18 championship in the 3000 class at Carsinton

### **Swimming**

The U15 swimming team took part in the inaugural World School Swim Championships at the London

Aquatics Centre, and came home with a Bronze for the 4x50 Mixed Freestyle Relay, and three individual medals.

### **Running**

The Prep School ran its answer to the Wilson Run, the Epic, on 11th June. This was first run in 2017 and was then won by a small Fraser Sproull. It is run by years 7 & 8 together with staff and parents for seven miles over Casterton Fell. 120 pupils together with staff and parents took part this year

By the time this is published the Prep will have held their Sports Day on Buskholme on 25th June.

### **Future Events**

The 1st Eleven play Durham Academy at home on 28th June,

## **COMPANY SECRETARY WANTED**

# **Western Dales Bus**

Have you experience in management, administration or the law?  
Do you want to contribute to your community, but don't have much time?  
We provide valued local bus services, and you could help us run the charity.

We are looking for a volunteer to become our Company Secretary, following the retirement of the present secretary after 10 years' service.

The role is essential for us, and includes:

- drawing up resolutions
- clerking our three-monthly Board/Trustee meetings and AGM
- keeping the register of members up to date
- completing annual returns for Companies House and the Charity Commission.

Our Board of Trustees and Directors meets every three months, with an AGM in December.

If you'd like to know more about us, see [www.westerndalesbus.co.uk](http://www.westerndalesbus.co.uk).  
To discuss the role, please contact Jock Cairns on 07989 403119  
or at [jockcairns@outlook.com](mailto:jockcairns@outlook.com)

Scarborough College away on 30th June and 1st July, and Brighton College, Oakham and Wellington College, all away, on 4th, 5th and 6th July

Year 10 will start on their trip to the Battlefields on 23rd June

The CCF will attend the Army camp on 25th June at Altcar and the CCF RN at Dartmouth and will take part in the 12 hour race and regatta at Southport

Term ends with Speech Day on 2nd July and the Leavers' Ball will follow that evening.

At the end of term 100 pupils from Year 10 will visit the battlefields of France and Belgium. This is normally an annual event, but of course has not taken place for the last two years.

The 1st Eleven will attend the BOWS festival on 4th - 6th July

Pupils will take part in the Three Peaks Yacht Race from 9th - 15th July

The School Choir will set off on a tour of Italy on 4th July

Pupils will attend the Athletics Track & Field National Championships at Manchester on 8th July

The International Summer School will run from 3 July to 13th August. The summer courses in Rugby, Hockey, Athletics, Netball, Cricket, Drama, Outdoor Adventure, Pony Camp, S.T.E.A.M, and Ultimate Adventure will run between 25th July and 11th August.

The Michaelmas term begins on Sunday 4th September and the first rugby match of the term will be that afternoon against Newport.



## NEWS FROM THE PEWS

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

The rain held off; the chill wind may have persisted, but it did not deter the chaps who gallantly manned the outside barbecue for the last of the Jubilee Celebrations at church on the Sunday lunchtime.

The barbecue itself was dragged from its hiding place where it had been quietly resting for a decade or more. Not one of the modern types but a homemade, sturdy, made to last type - it cooked the beefburgers and sausages perfectly. Puddings to die for were served inside. I am not sure many people would have felt the need to eat again after such a feast that day.

To start the weekend a service of Thanksgiving for the Queen and her dedication to our country was well attended on Friday morning. Saturday evening's quieter service of Anointing was followed on Sunday morning with a united service where

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**2022**

Thursday 14th July

Wednesday 14th Sept



the singing certainly shook the rafters.

It is a joy to see the weekly Wednesday coffee mornings well attended and used by friends to meet and chat together.

The Music Festival will be over before the end of June and this publication is printed. The organisers who put so much effort into the planning and the fine tuning of every last detail will be deserving of a rest. It is a huge achievement to bring so much variety and musical expertise to our small town and to have such a wonderful, accommodating space to hold the concerts/events in the Parish Church.

Fingers crossed for a sunny day on Saturday 23rd July when we have the Summer Fair (10am until 4pm). The craft stalls are booked, folk are being roped in to help man the bouncy castle and the games. If you are too old for the bouncy castle, come and have lunch, browse the stalls, make a day of it.

Our aim is to have a great day for everyone, young and old. Do come and be part of it.

We look forward to seeing you for a great time whatever the weather.

## TIM'S COLUMN

*Tim Farron MP*

I must confess that with the current state of politics and in particular our Government it is a bit hard to stay focused on the day job but that is what you have elected me to do and so that is what I have made sure I have been doing.

This past month has been very much taken up with the issue of housing in our area. In particular the challenges created by the growth in second home ownership and holiday lets, both of which take homes that could be for local people out of the market. This is something that comes up over and over again when I talk to people in Sedbergh and Dent. It is a problem that seems to have become much worse over the past few years and the Government is doing next to nothing to sort it out. In fact I would argue they have made things even worse with their measures like the stamp duty relaxation they introduced during lockdown which they allowed to be applied to second homes as much as first ones. And then, more recently, we have seen people with two homes receiving the £400 saving on their energy bills on both of their homes, and if they have more than two homes they will get the saving on all of them.

A month or so ago I persuaded the housing minister to come up to Cumbria to see and hear for himself about the issue (as yet no dates have appeared in my diary but let's wait and see).

But my pressure must be having some effect because when, a few weeks later in a debate on the Levelling Up Bill, when I asked him to

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consider introducing an amendment to make second homes a separate category in planning use, he agreed to look at doing this. Just to explain making second homes a separate category in planning would allow our planning committee to accept or reject new building plans based on whether they would increase the level of second homes in an area. Something they cannot do at the moment.

The other big issue that has been taking my time over the past month has been farming. I am getting more and more worried about the future of our farming industry. The government seems to not want to do anything to protect our farmers. Their new environmental protection scheme

pays farmers to retire from the industry but nothing is being done to encourage young people to pursue a career in farming. The completely unnecessary closure of Newton Rigg, leaving the county in the UK with the second largest agricultural industry with nowhere for young people to train will have done nothing to ease this problem. This is exactly the point I made during a debate on recruitment into agriculture. Let's see if the Government care enough to want to do something about the problem.

As ever if there is anything I can do to help you please drop me an email to [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or give us a call on 01539 723 403. Thanks for your support. Tim

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#### **SEDBERGH PARISH COUNCIL**

*J.Hassam, Clerk to PC*

The Council held its monthly meeting at 7.30pm on Thursday 16th June 2022, in the Committee Room, The People's Hall, Sedbergh. The next scheduled meeting is on Thursday 14th July 2022, commencing at 7.30pm

Members thanked Councillor Roger Sedgwick and his family for all their hard work in providing the beacon on Winder to celebrate the Platinum Jubilee. They commented upon how well the beacon had been appreciated and how well it had set off the celebrations for the parish on the evening of 2nd June 2022.

#### **Planned and future projects**

The Parish Council are working on several projects at the moment, including the new path at the playing

field, Howgill Lane/Havera, improved lighting for Parish Council owned street lights, Jubilee drinking fountain, Bandstand proposal at Queen's Garden and improvements to Joss Lane car park, including the consideration of reducing current recycling (now that kerb side recycling is long established) and the desire for Electric Vehicle charging at both car parks (if funding applications successful).

#### **Residential Parking Permits**

Members approved an increase to £60.00 for the annual parking permit. It was also agreed that regular movement of vehicles should be adhered to, and that storage of vehicles on the car parks (Loftus Hill and Joss Lane) was strictly prohibited. Pressure on the car parks continues and Members will further

discuss how this might be alleviated in the future, including highlighting the concerns of the Council to Yorkshire Dales National Park.

### **Other matters**

Members noted forthcoming improvement and resurfacing works on the Cautley Road, concerns raised over the number of migrating travellers seen during Appleby Horse Fair, and the slow progress on repairs to Sedbergh Cemetery (the Clerk was request to write to South Lakeland District Council). Various other matters, including the Shared Prosperity Fund, Finance, Amenities and Planning were discussed, along with Correspondence.

If you have any queries, or wish to contact Sedbergh Parish Council, please email me at [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk) As always, Members of the public are welcome to attend meetings of the Parish Council.

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](http://www.sedberghparishcouncil.org.uk)

## **CANARY GIRLS UPDATE**

*Sandra Gold-Wood*

During June the Charitable registration application is being reworked to better comply with the requirements of the Charities Commission. The trustees will be re-applying to the Charity Commission as soon as they are satisfied all is correct. The Canary Girls will be a Charity it is just a matter of time.

Speaker engagements this month took us in person to Lindale, Kirkby-in-Furness and Gamblesby; plus, a Zoom presentation to the Devils Porridge Museum itself delivered by the Trustees Sec Val Welti. On May 28 at the first of the years Artisans Market the Canary Girls Memorial Project had a stall which raised £270 for the fund. The memorial fund is growing all the time and the trustees are extremely grateful for kind donations from near and far. The fund at the time of writing stands at over £6000.

Also, in May on a very wet and blustery day, (Wed May 25) a ceremony took place in Rickerby Park Carlisle. This event had been arranged by the County Council and the Royal British Legion to commemorate the building of that Cenotaph to honour the dead of two World Wars and other conflicts around the globe. Chair of the County Council Andy Connell, spoke of those local men who gave their lives at Gallipoli and on the Western Front. In particular, the Lonsdale men who were wiped out in one day while following orders. Andy reminded those gathered at the Cenotaph that it was built one hundred years earlier



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and opened to the public on May 25, 1922. He drew our attention to the Gretna munitions factory which was the largest in the world when built in 1915. Thousands of young women from around Britain were recruited to work at the Gretna factory in the production of cordite, a dangerous explosive substance. Andy asked us to think of them and the part they played in both World Wars.

Canon John Higgins of St Cuthbert's also spoke of these young women working and living so far from their homes. Explaining that they became noticeable because of the yellowing of their skin hence the name Canary Girls. The yellowing was caused by the toxic chemicals

the girls and women worked with. The mixture of explosive materials used in shells and bullets nowadays is known widely as TNT. Almost a million women worked in this dangerous occupation during both world wars without the benefit of protective clothing or health and safety regulations as we know them. There were numerous munitions factories across Britain and workers were 85 to 90% women. Productions of munitions was vital for the war effort, indeed one of the recruitment posters stated, 'On Her Their Lives Depend', referring to the armed forces that were reliant on the work of the Canary Girls. As Chair of the Canary Girls Memorial Project



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Trustees, I had the privilege of laying a Wreath of handmade yellow poppies in memory of all the women munitions workers who sacrificed their health and gave of themselves to benefit the war effort in both wars. Just ordinary women who did such an extraordinary job for their country.

If you would like to know more about us or perhaps your group would welcome a talk from one of the Trustees, then do Email [sanddot51k@gmail.com](mailto:sanddot51k@gmail.com) or check out the website at: [Canary-Girls.com](http://Canary-Girls.com)

And now the results of the Canary Girls Food Quiz:

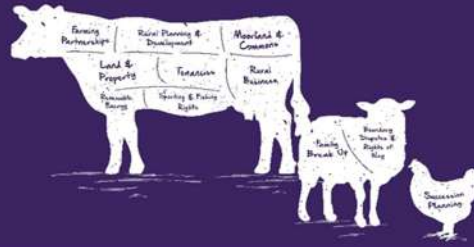
Many thanks to all the kind people who brought a sheet. I will keep you waiting no longer as I am sure you

would all like to know the answers. Well, here they are!

1. The opera singer who gave her name to a desert was Dame Nellie Melba.
2. Italian for ice-cream is gelati or (gelato but that's only one cornetto).
3. The shell with the pearl is - there are a few answers but the one we wanted in this instance is - Oyster.
4. The King who knighted a joint of beef was James, 1st of England and 6th of Scotland.
5. Scary Scottish Chef is Gordon Ramsey. Well, he scares me!
6. Cook who appeared with 'Jonny' was the wonderful Fanny Cradock.
7. Marsala is dessert wine.

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8. Enchiladas are at home in Mexico.

9. 100grams in ounces. There were many clever answers to this. The one we wanted was approximately 4oz.

10. The chemical used in Chinese food is generally known as monosodium glutamate.

11. Traditional Easter cake is Simmel cake.

12. That hot green Japanese paste was of course Wasabi.

13. No pineapples do not grow on trees.

14. The food most eaten in the world is rice.

15. Yes, you are a clever lot a tea clipper is indeed a fast and beautiful sailing ship.

16. Alisa Craig, Better Boy and Beef Steak are. Tomatoes!

17. The three most common food allergens in UK are milk, peanuts and shellfish.

Only one person got this question right. Well done with that question Margaret Fernhead.

18. The Americans call it zucchini and we call it courgette.

19. Is a Jaffa cake officially a cake or a biscuit. It's a cake! Yum yum!

20. That cartoon hero who was strong to the finish because he ate his Spinach was Popeye

And the winner is.... Quick drum roll: Janet Hornby of Briggflats! Well done!

Thanks again for all your kind support for the CGMP.

## A CAUTIONARY TALE

*Diana Meakin*

It was the late 1960's and I had just passed my Driving Test. As A teenager, on a quiet Saturday afternoon who had the use of her father's car, used for work.

I don't fully remember the route I drove then. Though in later years I tried both the 564 bus via Sedbergh Ravenstonedale and Kirkby Stephen to Brough on the A66 and the 106 bus also from Kendal Bus station on Blackhall Road via Greyrigg and Tebay to Shap A6. Nowhere as I remembered that road as the "top of the world" At the end of these events there was not a mass of huge signage as now. I left Kendal's South East by Oxenholme station and believe I must have passed over the M6 at junction 37 to Sedbergh. But where next? I have always wondered where I was when I found myself on a tarred road about 15 foot wide with grass on both sides, close cut by the road, rough up to the lightish grey stone field walls.

The road was fun. It climbed straight and long up to 20 or 30 yards, then slid downward again long and straight. But all the time

gradually height was gained. Until nothing but sky was seen beyond the near field. No sheep even nor any other living thing. No field shelter or human dwelling. After driving several rises and dips there was trouble felt through the driving wheel and I slowly steered to the side of the road. Parking partly on the grass verge in case anyone came along. But no other vehicle not even farm tractors had been seen for a while. Mid Afternoon on a Saturday was football match time on the TV.

When I drove to the side the wobble of the rear nearside wheel was clearly felt, worse. Once out of the car I looked at the tyre which didn't appear damaged in spite of its positively wrong feedback. I couldn't risk going on without changing tyres so opened the car's boot.

In those days when you first bought a new a car it came equipped with maintenance tools and a spare tyre which unlike some people my father kept in his car so all the vehicles' needs were to hand. Before I had been enjoying myself but now I was very glad I had gone to the Kendal college car maintenance class. Now I silently thanked our engineer teacher from Gilbert Gilkes and Gordons turbine works for his good instructions and practice in the class. Indeed it helped that though nervous, I felt prepared. I chose a socket from the tool set and tried it on the wheel nuts. It was correct. Pleased, I prepared myself alongside the car to turn those nuts around to release the wheel. Socket firm around the nut, I tried to turn it but it wouldn't move!

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I tried the same nut again. Not even a tremor. I tried the next nut and the next nut. None even acted as though anything had happened. All seemed as though solid metal to all. That was rather deflating. I resolved to try again. After all I was young, kept fit, walked home, did work, turning soil, moving rocks in the garden. But try as I might there was no movement felt as I tried turning the nuts again at all. It had been a dullish grey day to start with and became greyer as rain clouds were darker overhead. It started lightly to rain. Not a day to empty people out and in 1960s Britain in isolated areas no people could be expected. Either visitor or local.

Thoughts of being stranded overnight in the car were starting to creep in. Together with thoughts of my parents awaiting my return at home.

Gathering myself, head down, I tried to turn those stubborn nuts again. I never saw anyone until a quiet voice called to me only a short distance away. As I replied he came closer and I saw a strong countryman. I was being offered help. I quickly explained about the puncture and how I had been trying but been unable to shift the nuts. With thankfulness I had someone strong taking efficient charge. The socket was exchanged to another's hand and was applied but nothing happened. Not a nut turned.

This was a man who looked used to heaving bales around or moving bags of cattle feed. I stood on the grass out of the way. Watching not feeling much use. So kept quiet while

the nuts were tried all around the wheel. Nothing seemed to work.

A rest, a shake of the shoulders, a gathering of deep breath perhaps. A good harder grip of the socket tool as it was put against the first wheel nut. Strong hard turn tried – nothing happened.

I was starting to worry about some strain being caused by all this hard work. Before anything was said a reset. Whole body bearing down. It moved! Hardly believable, an exchange of words. Yes it had moved, first one. Still others remained though. Hard effort again. I'd had no chance of shifting them I realised. The second nut moved, third a little but it moved too. They were all off now. This "Knight of the

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Road" went around all the wheel nuts for a second time. Two or three needed a final turn with the socket – then they were all out and the wheel nearly fell off.

It was taken to the rear corner laid flat and the new tyre swiftly and efficiently extracted. That could have stumped me, but these experienced hands had the new tyre back on before you could hardly say needed. I was glad all the tools were all there to hand. A touch of pride that they were as not always with some vehicles, left then, kept at home. The wheel was hitched on to the axle, nuts put back on and I don't know if I was the only one but a breath of relief as they slid quietly and comfortably home on to

the socket with no trouble and appeared completely secure.

A moment or two to put away the old tyre and tools into the trunk and I could relock all safely up. Then realisation that my parents ere expecting me back by now. The rain was heavy now and I needed to get back soon. A thank you again and into the driver's seat. A three point turn when never expected and I sped away.

I remember the relief I felt sliding the car into the drive, stopping the car and just, at last, relaxing to some degree. But I still had to explain my lateness. Out of the car, legs taking me to the door and into the house.

My parents were standing together in the hall looking as though discussing whether to call for help. Immediately I burst out apologising for my lateness and that I had had a puncture. I think it took till after church on the Sunday in the evening before we relaxed.

On Monday my father taking the car called in to the garage to investigate what had happened. When he came home that evening, he told me what had apparently happened. I felt justified, relieved but worried. The garage had put on the wheel nuts and tightened without checking that they were not too tight.

That my kind knight had even managed to move the nuts at all showed not only strength but a happy determination for the results gained. Thank you to him.

To this day I always travel with warm rugs, extra clothes, waterproof coat and good walking shoes! Happy safe driving to you all.

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## MY LIFE WITH DEMENTIA

Wendy 7713

Hello and welcome. On the 31st July 2014 I was diagnosed with Young onset dementia. I may not have much of a short-term memory anymore but that date is one I'll never forget.

Me – 59 years young with my wonderful daughters:)

I'm 62 years young, live happily alone in Yorkshire, have 2 daughters and I continued to work full time in the NHS until the end of March 2015, when I chose to take early retirement to enable me to enjoy being me while I'm able. I have never 'tweeted', 'blogged' or 'facebooked' in my life but since I was diagnosed, everything else in my life has changed, so why

not this. I hope you find my ramblings of interest.

I started this blog to allow me, in the first instance, to write all my thoughts before they're lost. Luckily the part of my brain that allows me to type hasn't broken yet and I find that easier than talking. I have calendars that take care of the future but this blog serves as a reminder of what I've done and said in the past – it now serves as my memory. If anyone chooses to follow my ramblings it will serve as a way of raising awareness.

It will hopefully convey the helplessness of those diagnosed with dementia, as there is no cure – the end is inevitable. However, I'm also hoping I can convey that, although we've been diagnosed, people like

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me still have a substantial contribution to make; we still have a sense of humour; we still have feelings. I'm hoping to show the reality of trying to cope on a day-to-day basis with the ever-changing environment that dementia throws at those diagnosed with the condition. Living as well as you can with dementia is all about adapting. Adapting to new ways to enable us to live better for longer with dementia.

I can type as though dementia never entered my world as that part of my brain has not yet been affected, but that often works against me as people question my diagnosis. All I can say is, live a day in my shoes and I'm sure the reality will dawn.

What I want is not sympathy. What I want is simply to raise awareness.

I'm now the proud author of the Sunday Times Best Seller, "Somebody I Used to Know", which just goes to show, you should never give up on yourself.

And now in 2022, I've released my second book (who would have thought I'd say "first" let alone 'second'?) – "What I wish people knew about dementia".

## DEALING WITH TRADESMEN

*Karen Evans  
Chief Officer South Lakes Citizens  
Advice*

I've got lots of problems with my house that I've been putting off fixing - a faulty boiler, a window that won't shut properly, broken light fittings, etc. I want to sort it out but I've had bad experiences with dodgy builders in the past. How do I find someone I can trust?

Making home improvements can be stressful, but there are a few steps you can follow to help it go smoothly. First, find a Trading Standards 'approved trader'. You can look for one in your area online or use the Government's approved trader scheme TrustMark. It's also worth checking if they're a current member of a trade body. Trade bodies have codes of practice and can help resolve problems if things go wrong. Ask who they're registered with and then check the trade body's website.

For any gas and electric fixes, only use certified traders - it's dangerous to use someone who doesn't know what they're doing. You can check the Gas Safe Register for a list of traders and use a registered electrician who can certify their own work.

It's always helpful to get references or recommendations where possible. Ask your friends, family or neighbours if they know of anyone they'd recommend. You can also ask the person you hire for examples of work they've carried out in the past. Try to avoid contractors who won't give references - it's a sign they could be dishonest.

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When you find someone, ask for a written quote - this is different to an estimate. A quote is legally binding and the tradesperson can't change it without a good reason - for example, if you ask for extra work to be done. It's worth comparing quotes from several contractors to make sure you're getting a fair price.

Next, get a written contract. This should cover exactly what you're paying for and everything you've agreed on, including timings, payments, who will pay for materials and any subcontractors if needed. When it comes to payment, it's best to opt to pay in stages rather than upfront. Try to pay by card if you can - this can give you extra safeguards if something goes wrong.

Finally, make sure your trader is fully insured. Keep copies of receipts and your written contract. These will be important as evidence if things go

wrong. It's also helpful to take photos of any problems if they arise.

If you have a problem with a contractor and you're not sure what to do, call the Citizens Advice consumer helpline 0808 223 1133 or talk to an adviser online through the Citizens Advice website.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access:

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- Adviceline: 0808 2787 984
- email advice via our submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)
- Help to Claim (Universal Support): 0800 144 8 444

## NOTES FROM DENT STATION

*John Carey*

One of the pleasures in volunteering at Dent Station is the splendid view which is no doubt one of the main attractions for our guests. I was going to add isolation but that wouldn't be quite true as we get to see plenty of folks passing through the station as they get on an off the train, and increasingly, onlookers simply wanting to step onto the highest mainline station in England. There is always somebody to talk to. After the visitors and trains have gone it is possible to forget that it is indeed a working station, at least, for



a short while.

Plans are now well advanced for the next phase of work and by the time you read this we should be well in progress with the high-level external decoration and restoration of the platform facing windows. We also await determination of our listed building application for the large west window which has been a challenge to say the least. Hopefully, we will have good news to report very soon, and we can plan for manufacture and installation in September of this year.

Of course, as readers will well know, the Friends of the Settle



Carlisle Line are, primarily, a transport user group; we are concerned with the train services on the line and indeed connecting bus services. Whilst the summer train timetable came into force on 15th May passengers will notice very little difference. We have maintained our services whereas many other lines have seen significant timetable reductions. This is, we like to think, as a result of our proactive engagement with Northern Trains, but surely, a response to the greater numbers of passengers now using the line. It would have been folly to do otherwise.

Unfortunately, we have not yet succeeded in getting the timetable improvements we have been requesting such as a better spacing of services and the replacement of

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the semi-fast services with trains stopping at all stations. We also wanted trains to be better aligned to commuter times at Leeds and Carlisle. We will now focus on the next timetable change in December 2022.

One major success, however, has been the increase in carriage formations to either 3 or 4 on all daytime services. This has already made a major difference in that the trains can more readily accommodate booked parties and there is room for all. This has generally led to a better passenger experience with full and standing crowds a thing of the past. The smaller stations are generally



limited to four carriages and so we can't realistically expect more than that without major platform improvements or the use of selective door opening.

Another issue has been the lack of printed timetables; however, we can now report that these are now in existence in abundance at the stations whilst there has been a general move to digital media and absence of printed matter on other lines. It seems that printed timetables may be fast on the road to disappearing, presumably due to cost.

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Although a resident of West Yorkshire (well only just!) I often travel to Cumbria, sometimes several times a week. Indeed, I attended a recent council promoted tourism meeting near Penrith a few days ago and had every intention of describing how I got there by public transport despite the fact that it might be somewhat challenging. However, at the last minute, I regret to say that I threw in the towel and reached for the car keys. Instead, I was able to talk about how I tried to get to the meeting by public transport and failed! Imagine anybody trying to do this on a regular basis for work or education! I think the point was made.

Indeed, I am constantly surprised that how little attention paid to how visitors might reach the tourist





destinations without their own private transport. However, even less attention is paid to the hospitality and service industry workers, many of which may not own a car, and how they might get to work. It can be little surprise that we now have labour shortages in the hospitality sector on which the economic fortunes of many parts of Cumbria depend. Of course, housing is also an issue on which heads are buried in the sand.

The much acclaimed 'Bus Back Better' initiative published in the course of the Covid pandemic has really fallen flat and there are no benefits for Cumbria. I could go on! Let us hope that the new authorities will rethink transport strategy and realise that there is a social and economic need for efficient public transport. It really needs public pressure to raise these issues with their elected members.

However, the Sedbergh area does have a number of bus services. Whilst not adequate for the daily journeys to work, these should nevertheless be embraced. A world without any public transport at all would be unthinkable. At least it is possible to reach Kendal on six days a week and, as I've too often mentioned, the Western Dales Bus

provides the key link to Dent Station on Saturdays. Indeed, it is possible to travel from Sedbergh to Leeds, Skipton, and Carlisle by bus in combination with the train (and return) for the duration of the summer bus timetable.

It was pleasing to see the Saturday bus doing many things. Not only does it collect visitors from the morning train but, as it travels along Dentdale, the visitors alight to be replaced by locals heading into Kendal. There is also healthy traffic between the campsites. All are grateful for the fact that there is a community-run bus as, in too many areas this would not exist at all.

Finally, as I always say, I would be happy to help with any transport related issue via the e mail below. We will always do our best to assist. Anyway, enough for now.

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



## FIFTY YEARS AGO

*Colin Cowperthwaite*

A selection of items taken from local newspapers dating back to July 1972.

### **Sedbergh Debt on Cinema being Cleared**

By the end of the present financial year, Sedbergh Rural Council will have paid about 8,000 off the total 10,000 pound debt it incurred five years ago when it took over the town's cinema. This was the news given by the Clerk, Mr A.G. Wilkinson, to members of the Development Committee on Wednesday evening. The council chairman, Coun. J. Dawson, described the original debt as formidable and said he was delighted

that the council, with the guidance of Mr Wilkinson, had been able to reduce the debt so quickly. Mr Wilkinson said the outstanding debt at the end of this year was 6,272 pounds, but by using balances to offset this, the figure was now in the region of 2,500 pounds. "At the end of next March I anticipate that this will be down to about 2,000 pounds", he said. Mr Wilkinson reported that at June 30th there was an estimated loss of 608 pounds on the running of the cinema compared with one of 429 at the same time last year. "This is not unusual in the cinema world at this time. I am not alarmed at this because it is only from now on that it picks up". He added that some excellent films had been booked for



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the coming season and he reminded members that the admission charges were still only 20p and 25p - and this at a time when other cinemas were charging as much as 75p for a ticket. "I think Sedbergh has something of which it ought to be proud", he said.

(Just for interest, looking back at my diary for 1972 I saw the following films at Sedbergh Cinema during that year: The Last Escape, Sabata, When Eight Bells Toll, Two Mules for Sister Sarah, and The War Wagon. CC)

#### **Ambulance Service to Sedbergh**

Voluntary ambulance service in Sedbergh over the past 25 years by Mr Edward Dinsdale was recognised at a presentation last Thursday, attended by representatives of many

local organisations. The ceremony, at which Mr J. Dawson, chairman of Sedbergh Rural District Council presided, took place in the council offices. Among the guests were members of the rural district and parish councils, local doctors, taxi proprietors and members of St John Ambulance. The chairman thanked Mr Dinsdale for his devotion to duty, which had been of such great benefit to the people of Sedbergh, often in times of real emergency. Coun. J.R.P. Turner, chairman of the Ambulance sub-committee of West Riding County Council, paid tribute to Mr Dinsdale and members of the local St John Ambulance for their work over a quarter of a century, in maintaining an ambulance service in

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Sedbergh with such dedication and efficiency. Coun. Turner then presented Mr Dinsdale with an illuminated address, from the county authority. Acknowledging the gift and the tributes, Mr Dinsdale said the success they had achieved had been due to the interest of the brigade as a whole. He expressed his appreciation for the ready co-operation received from the medical profession, taxi drivers, and voluntary helpers. Mr Dinsdale extended a welcome to the three members of the ambulance service now resident and working in the area. A bouquet was presented to Mrs Dinsdale from the county council in recognition of her part in the success.

**Garsdale and Dent 'facing death unless building is allowed'**

Claims that the villages of Garsdale and Dent will die as communities unless something is done about developing them were made at a meeting of Sedbergh Rural Council, in the presence of the West Riding Area Planning Officer. Coun. J. Henderson said that Dent was "withering like a rotten plum on a tree". If the present situation continued, all that would be left would be an empty husk. Coun. T.P. Davenport thought that Garsdale would die if more property was not built in the area. He urged the council to press on with the sewerage scheme. Otherwise, he said, people would eventually leave. "Some

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development should take place in and around the village. There is no drainage but if there was further development there would possibly be a chance of improving this situation". He could not see why all the necessary improvements - sewerage, water, and housing - could not be done together. But Coun. H. Bell said it would be stupid to agree to sewerage for Garsdale and then have the area planning committee refuse development. The planning officer, Mr N.W. Davis, said of Dent that the problem about developing it was that in adding to it, the character of the village might be destroyed. Coun. Henderson retorted that not long ago it was commented that Dent as a village was going to die. He thought that unless something was done quickly, that would happen. He offered congratulations on the way a new garage had been built in Dent and wondered why houses could not be developed in the same way. The

garage fitted in well with the surroundings; the same thing should be possible with housing. "But", he warned, "the last thing people in Dent want is ticky-tacky boxes". The planning officer thanked members and agreed to see what he could do.

### **Sedbergh Workhouse**

At the fortnightly meeting of the Board, held on Wednesday last, Mr T. Huck and Hannah his wife, of Sedbergh, were unanimously elected master and matron of the Sedbergh Workhouse, in the room of Mr and Mrs Greenwood, elected as master and matron of the Milnthorpe Workhouse. Mr and Mrs T. Punch, who have on previous occasions been candidates, offered themselves, but did not receive a vote. As a matter of course, Mr and Mrs Huck were therefore duly elected.

(This article was actually dated 6th July 1872, being reported in the Westmorland Gazette's '100 years ago' column in July 1972)

### **Strong Arm Men**

Sedbergh's unbeaten "Tug-of-War" team were pictured with their trophies during a break in a training session. From the left (back row): B. Haygarth (captain), I. R. Dinsdale, A. Wearing, B Waters and G. A. Steadman. Front: J. R. Oughton, S. Haygarth (trainer) and S. Teal.



## SEDBERGH CINEMA

*Colin Cowperthwaite*

Included in my '50 years ago' column this month is a newspaper article reporting the success of our local cinema back in 1972. Whilst searching through my old records, I came across this programme from May 1945 which must have belonged to my late father. During those days, my father and his friends, as teenagers, would travel down from Garsdale on their bicycles to watch the latest film releases. At that time, of course, they did not have televisions - indeed, it took until 1961 for electricity to reach Garsdale ! It is interesting to note the admission prices, also the assortment of films from the late stages of the Second World War, with some famous names in starring roles.

I have little information about the origins of Sedbergh's cinema, at one time named The Nuvic Cinema, although I do believe that it was operating as early as 1927, continuing under that name until at least 1962. The 300 seat cinema's location was of course at 1 Long Lane, the building from where Westwood Books currently trade, having previously been occupied by Galliot's. Again, I am unsure if there was a gap in the cinema's operation during the 1960's, but it was certainly up and running again by 1970. The following is therefore a brief personal recollection of my memories of Sedbergh's cinema.

The first record I have of visiting the cinema was in June 1970, when I watched the film 'Frankenstein Must Be Destroyed' ! I even took my first

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Thursday and Friday, May 3 and 4

Dean a Durbin and Gene Kelly in  
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Sat., May 5

Joan Blondell, John Wayne and  
Ray Middleton in a Social drama  
**LADY FOR A NIGHT**

Mon. and Tues., May 7 & 8

Paul Kelly and Anne Nagel in  
**THE SECRET CODE**  
A Spy Melodrama  
And a Charles Starrett Western Drama  
**ROLL ON**

Wednesday, May 9

Eric Portman, Sheila Simm,  
Dennis Price and Sgt. John Sweet in  
**A CANTERBURY TALE**  
A romantic drama in a Kentish village  
Be advised—Book early

Thurs. and Friday, May 10 and 11

George Raft and many Guest Stars in  
**FOLLOW THE BOYS**  
A Mammoth Parade of Variety Artists

Saturday, May 12

Tod Slaughter, Sylvia Marriott, and Hay Petrie in a murder melodrama  
**Crimes at the Dark House**  
Also John Hubbard and Rita Quigley  
in **WHISPERING FOOTSTEPS**  
Children's Matinee

Whispering Footsteps and a Western

Mon. and Tues., May 14 & 15

Another Paramount Super Production  
Dorothy Lamour, William Holden and  
Eddie Bracken in

**THE FLEET'S IN**

A rollicking musical comedy drama

Wed. May 16

Abbott and Costello, and  
Marion Hutton in a comedy with music  
**IN SOCIETY**

Thurs. and Friday, May 17 and 18

Donald O'Connor and Peggy Ryan in  
**PATRICK THE GREAT**  
Excellent light entertainment

Saturday, May 19

Barbara Mullen and Donald Stewart in  
**WELCOME MR. WASHINGTON**  
A charming British comedy-drama

Whit Monday (3 shows), & Tue. May 22  
Godfrey Tearle and Jean de Casalis in  
**Medal for the General**  
A British comedy drama

Wednesday, May 23

Robert Newton, Celia Johnson,  
John Mills and Kay Walsh in the  
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**THIS HAPPY BREED**  
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Thurs. and Friday, May 24 and 25

Dorothy Lamour and Richard Denning  
in **Beyond the Blue Horizon**  
A jungle melodrama in Technicolour

Saturday, May 26

Phyllis Calvert, Flora Robson,  
Patricia Roc, Jean Kent in an  
Internment Camp comedy drama  
**2,000 WOMEN**

Mon. and Tues., May 28 and 29

Bing Crosby, Fred Astaire,  
Marjorie Reynolds, Virginia Dale in  
**HOLIDAY INN**  
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Wed., May 30

Gail Patrick, Nancy Kelly and  
Gertrude Michael in a Social drama  
**WOMEN IN BONDAGE**  
Also The East Side Kids in  
**BLOCK BUSTERS**

girlfriend for our first date to Sedbergh Cinema, where we saw the film 'Charlotte's Web'. The film didn't stay in my memory, but I well recall that the back seats were always very popular with 'courting couples' ! During 1971 I saw, amongst other films, 'The 1000 Plane Raid', 'Dad's Army' and 'Jane Eyre'. The following year some of the films I enjoyed in Sedbergh were 'The Last Escape', 'When Eight Bells Toll', and the curiously titled 'Two Mules for Sister Sara' ! 1973 brought along 'Mister Jerico', 'Shaft's Big Score', 'Butch Cassidy and the Sundance Kid' and 'The Poseidon Adventure'.

Another very well-attended showing in Sedbergh that year was 'No Blade of Grass', some of which

was filmed around this area, local people being used as extras.

Throughout 1974 at Sedbergh Cinema I saw film classics such as 'Deliverance', 'Straw Dogs', 'The Railway Children' and 'A Fistful of Dollars'. During 1975 it was 'Magnificent Seven Ride', 'The Monk' and 'SSSSnake' !

The last film I watched at this venue was 'All Creatures Great and Small', the original Christopher Timothy and Peter Davison version. This was on October 4th 1975, after which I have no record of having paid it another visit, therefore I assume that Sedbergh Cinema finally closed its doors towards the end of 1975.

I'm sure that many others living locally will be able to provide more information to add to my memories !

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## **PARALLELS BETWEEN THE FALKLANDS ISLANDS AND GILBRALTAR**

*Edmund Hoare*

Martin Dodd's analysis (June Lookaround) of the Argentine claim to the Falkland Islands has great similarity to that of another of our colonies, namely Gibraltar, which is claimed by Spain. I have some knowledge of Gibraltar having in the past spent 10 consecutive Easters working in Gibraltar as a locum for the single resident surgeon. A popular misconception is that Gibraltar is occupied by retired British military and civilians who want an English-speaking place in the sun where beer and fish and chips are readily available. In fact, Gibraltar is a very mixed community of Spanish, Genoese, Moroccan, British and other nationalities. Indeed, English is the official language, but all speak a dialect which is a variation of Andalusian Spanish.

The 30,000 or so inhabitants, however, have developed a distinctive character and should be regarded first and foremost as Gibraltarians. In the same way as the

antagonism of Putin has helped give the Ukrainians a sense of nationhood distinct from Russia, so for Gibraltarians it has been the antagonism from Spain. General Franco, the Spanish dictator, in 1967 tried to bully Gibraltar into joining Spain, by closing the border between it and Spain. Gibraltar's isolation outlasted Franco's death in 1975, and was only reluctantly ended, after 16 years in 1983, as a prerequisite for Spain joining the European Community. This was not the end of Spain's aggression, as every time Spain perceived a problem with the British, it made crossing the border difficult resulting in long queues lasting hours. The period of isolation and continued antagonism helped forge the Gibraltarian's sense of identity.

Spain's claim to Gibraltar rests on a provision of the Treaty of Utrecht of 1711, which among other things said that if the British Crown renounced its



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claim to Gibraltar it should revert to that of Spain. In practice this means that Britain cannot grant independence to Gibraltar, as if it did so Spain would expect it to become part of Spain. A further aspect with echoes of the Falklands is that the United Nations decolonization committee regards Gibraltar as a part of Spain that has been colonised by the British.

The Gibraltarians believe that since Utrecht much has changed in the ensuing 300 years – the occupation of Spain by Napoleon (incidentally terminated by the British), the Spanish Civil wars, and two world wars. Over time Gibraltar has welded itself into a distinct nation, which is no longer British or Spanish, but

Gibraltarian. Gibraltar became subject to the Spanish Crown in 1501, and was captured by the British in 1704, so has been British for considerably longer than it was ever Spanish.

Two well audited referendums have been held to test the opinion of the population of Gibraltar. In 1967 of 12,182 votes 99.6% were resoundingly against becoming part of Spain. A further referendum in 2002 was virtually the same, 98.4% of 18,187 votes. Not surprisingly the Spanish did not recognise the results.

Despite everything the Gibraltarians have many links with the people of Andalusia. Thousands of Spaniards cross the border daily to work in Gibraltar. Many Gibraltarians

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have relatives in nearby Spain. It is generally not the local Spaniards who cause trouble, but the politicians in the distant capital of Madrid. An independent Gibraltar would flourish and benefit the people on both sides of the border.

Like the Falklands, for Gibraltar the overriding consideration should be the wishes of the people. It would be patently wrong to force the Gibraltarians to become part of Spain against their clearly demonstrated wishes.

## **MY GOOD LADY, GO HOME AND SIT STILL**

*Karen Bruce Lockhart*

Elsie Inglis was the third youngest of nine children born in India where her father was Chief Commissioner of Oudh. Her parents believed in equal education for girls and boys. Her wish to study medicine was delayed by nursing her mother and subsequently looking after her father, but in 1887 she started her studies and in 1899 achieved her MBChM from the University of Edinburgh. She became very active in the Suffragette movement. Feeling that women and children were poorly served she set up a hospital staffed by women for Edinburgh's poor, which eventually became the Elsie Inglis Maternity Hospital which existed until 1988 when the NHS closed it.

However, her real career and fame started when the First World War came, by which time she was already 50. Having been thoroughly snubbed by the Scottish Red Cross, she started a fund with her own money to set up the Scottish Women's Hospitals to work at the trenches. She was partly motivated by proving that women could do the job as well as men. She said "So much of our work is done where they [men] cannot see it. They'll see every bit of this". She approached the Royal Army Medical Corps to offer them a ready made medical unit staffed by women, and got the famous reply to go home and sit still. France, however, was not so prejudiced, and she set up a 100 bed hospital which grew to a 600 bed one, serving the wounded from many battles including



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the Somme. She said, "The need is there and too terrible to allow any haggling about who does the work". She led another one of two units to Serbia improving hygiene and reducing the outbreaks of typhus and other epidemics, and treated wounded from both sides. She was captured when she stayed behind to repatriate wounded in 1915. She herself was repatriated, but had no sooner returned to Scotland than she set about raising funds to send a Scottish Women's Hospital team to Russia. She took part in the chaos of a retreat there, and with just six other doctors and one surgeon treated 11,000 soldiers and sailors.

The Scottish Women's Hospitals eventually sent fourteen teams to

Belgium, France, Serbia and Russia to serve behind the lines. They sent over 1,500 women doctors, nurses, orderlies and drivers to the war (only 20 men in total). They set up 17 hospitals in France, Greece, Corsica, Macedonia, Romania, Serbia and Russia, besides dressing stations and satellite hospitals, and they achieved much lower death rates from disease than the more traditional military hospitals.

However, after another summer in Russia her health broke down and she returned to the United Kingdom, landing in Newcastle where she died from cancer the next day, 26th November 1916. Her body lay in state in St Giles Cathedral, Edinburgh, and her funeral was



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attended by both British and Serbian royalty as was the Memorial Service held in St Margaret's Church, Westminster.

When the NHS closed the Elsie Inglis hospital public protests demanded that the new NHS maternity unit should be named after her, but that has not happened. Her image has appeared on Scottish £50 notes and the British Residence in Belgrade is named after her. Serbia's first palliative care hospice is to be named after her. £50,000 has been raised to place her statue in the Royal Mile where her first hospital was – the only other female statue in Edinburgh is that of Queen Victoria.

## THAT HILL

*Martin Dodds*

We all know the expression 'as old as the hills'. Apparently, it comes originally from the Bible, [Job 15 v 7] where one of Job's comforters [Eliphaz the Temanite] is arguing with Job and challenges his boldness in questioning God. "Are you older than the hills?" he asks.

Many of our hills, fells and mountains, though not all of them, are made up of sedimentary remains of earlier life forms, both vegetable and animal. Geologists and palaeontologists explain this from the many and varied finds of fossils, some like ferns for example, found in coal, others, such as crinoids, being animals, often found in limestone.

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It struck me the other day, if that is the case, then those types of hills, or more accurately, the rocks from which they are formed, are younger than the beginnings of life on this planet. Since we are told all life on earth, or most of it anyway, shares a common ancestry, I find myself distantly, but literally, 'related' to the fossil bearing hills. They are not just familiar, but family!

Beyond this there are other rocks and hills, much older than the limestones. Yet others, of much newer volcanic types are still being thrown up, or poured out as you read these words. Contemporary life forms are still being deposited in lakes and seas, to become the raw materials for

future generations of sedimentary rocks and landforms, long after we shall have gone.

All these processes are derived from the material of this planet, with occasional meteor strikes and perhaps a planetary collision adding to the mix. A new understanding of the words 'star dust' is emerging. The atoms and particles from which we are made have apparently been around since the dawn of creation, so we can say 'we are made of star dust'.

So our relationship to the earth itself and indeed to the rest of the universe, is also a family relationship.

These ideas seem to me to be profoundly relevant to how we

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interact with 'mother earth'. In this age of space exploration, they also have a bearing on our attitudes and assumptions about how we should treat the Moon, Mars and other planets and features in our local solar system, and beyond. Our capacity to discard our rubbish in the environment, is already creating a problem of orbiting space 'junk'. It is also worth noting that, unlike on earth, where weather can wipe away the transient traces of human activity, foot prints and tyre tracks on the Moon, and other 'light atmosphere' destinations, may last for generations or even longer.

'Landscape' is a rich concept, with different levels and dimensions of

meaning. I will take it as including 'Townscape' and Seascape', and maybe 'Skyscape' too, including both weather and the night sky. Landscape is composed of physical, biological and historical elements. Our relationships with the landscape include the emotional, the spiritual, the aesthetic, the cultural and the practical. But our relationship is holistic, so all these aspects tend to overlap.

In Britain, I believe we have one of the most diverse ranges of landscape in a relatively small area, of anywhere in the world. This gives the British landscape a high scarcity value. A precious distinctiveness which we may be tempted to

overlook because, being privileged to live here, we just assume its rich and contrasting diversity and variety is 'standard issue'.

The diversity and complexity of the British landscape gives us a particular opportunity and responsibility to develop either constructive or destructive relationships with it. At present we have both kinds of relationship, partly by default, as we may not be fully aware of how our behaviour and attitudes influence what happens in the landscape; nor of how what happens to the landscape may eventually affect what happens to us and our descendents.

Most of us understand there is more to life than survival. But I think

there are still those who feel that any attitude to the environment which goes beyond the economic and 'practical', is at best only of secondary importance, and at worst, just 'sentimental hogwash'.

Where sentimentality about nature does not progress beyond a rather anthropomorphic 'cuddly bunny' approach, it may well hinder a balanced assessment of the environment. But for many of us, environmental understanding perhaps began with a sentimental approach, but then developed into something more rational and more profound as its fundamental importance for all life became clear, but without jettisoning the validity of its emotional significance.

Sentiment, emotion, spirituality, and aesthetic appreciation are inter-related, largely subjective, but nevertheless essential parts of human nature and a fully rounded and mature humanity. This wholeness chimes with the interconnectedness of humanity not only with other people, but also with the animal world, the plants, the landscape and the earth itself.

We are being reminded regularly now, of the benefits to mental health of outdoor activity, and of direct constructive involvement with the land, its plants and animals and its historic heritage. Not only is this beneficial to sustain everyday mental health, but there are many therapeutic applications of this relationship which can help recovery from a variety of mental illnesses. Not the least of these aspects of the great outdoors are the variety of emotional,

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spiritual and aesthetic associations and qualities available.

For some people, scenery may be 'just old grass and hills', but they value the beauty of the plants and animals, and the fresh air. For others, the detail of biodiversity in a holistic sense takes priority in their appreciation of the great outdoors. For some, it is the form and appearance of the landscape itself which means most. For others, it is the strong sense of place and its associations with personal and local identity that are strongest.

It cannot be mere coincidence that hills and mountains figure as the homes of God or the gods in so many world faiths. [Hermon, Olympus, Kailash...] There is something about the relative scale and awesome size, not to mention the impressive beauty and appearance of high ground when viewed from below, where the majority of human activity is often centred, which triggers feelings of wonder and awe in most people. These feelings, even if they may have a psychological explanation, became associated with the idea of 'powers above and beyond' from earliest times. Even relatively small hills, such as Glastonbury Tor, attracted attention in this kind of way. People who do not believe in 'God' in a traditional sense may yet respond to the 'presence' of the hills, and understand and respect how for many others, this has become associated with ideas of divinity.

But it is not just hill country that can elicit these feelings of awe and wonder. The wide skies of the Pampas, the immensity of the

oceans, the power of mighty rivers, the sheer intricate complexity of life in all its forms as increasingly revealed by science, all also displaying a variety of aspects of beauty, can likewise stimulate a positive emotional reaction, increasingly tinged with reverence, the more we learn.

In an age of cultural diversity, we are learning to accept that we are not all alike in our thinking and our preferences, and that respecting different emphases and feelings is not only an enriching factor in our relationships with each other, but also contributes to a better-informed appreciation of the environment on which we depend for so many different kinds of sustenance.

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There is quite rightly much attention being given today to the threats created by human activity to biodiversity and habitats, and to climate change. If we react to these crises in a piecemeal 'specialist' way, with sharp focus on solving individual problems, I fear there is a risk of missing the bigger, and ultimately more important picture.

Solutions, such as 'rewilding', and perhaps even 'carbon-offsetting' may have a role to play. But if success is measured only in terms of the benefits to wildlife, or the potential compensation of some carbon emissions, there is a significant chance that other negative side effects will be ignored or underplayed. One of these at some risk, is the intrinsic value of the current landscape itself, with its blend of natural, historic, emotional, spiritual, aesthetic and biodiverse characteristics, and its fundamental place in enabling not just life, but 'life in all its fullness'. Our relationship with and care for the landscape needs to balance all the various elements and values with which it is associated.

**SEDBERGH COMMUNITY  
SWIFTS**

*Tanya & Edmund Hoare*

July is a peak time to watch swifts, with the breeding swifts being at their most active in feeding their chicks, together with the non-breeding swifts (those aged 1 to 4 years) flying around too. At Lowgill our first chicks hatched on 10th June, which is the earliest we've ever had and over the next three days almost half the chicks in our camera nests had hatched. Usually this is much more spread out. Chicks will spend the next 40 days in the nest being fed by both parents. It is not until the end of July or early August that newly fledged chicks join the adults in the sky.

For a couple of days in mid-June the weather was extremely windy, which one would imagine is not good conditions for birds that have to rely on catching insects for food. Yet we saw many swifts still hurtling around, almost as if they relished the roller coaster of the gusts. Otherwise the first two weeks of June were rather quiet for seeing swifts flying around.

July is also when you may see screaming parties of 'bangers', so-called because they fly up to existing

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nests and often bang against the woodwork of fascias and gables. They are attracted by the screaming of the breeders in the nest sites, and often even cling on for a few moments. Swifts are colonial birds and these bangers are non-breeding swifts that are prospecting for nest sites in the future, often following breeders as they dart into their nest holes.

If you find a grounded adult swift, pick it up and let it rest in a box in the dark. Then take it to a nearby open area, place in the palm of your hand, raised as high as you can, and let it take off in its own time. Don't throw it into the air. If it doesn't fly, then give it more rest and some water if you can, then try to fly it again. (Soak a cotton bud in water and rub it along its beak). Don't feed it. Our details are below for more help. Chicks sometimes fall from the nest and if you find one, please get in touch as they need specialist care from rehab experts. We may be able to foster them if we have a nest at Lowgill with chicks of a similar age. We have done this successfully several times and it is definitely the best way to rear fallen chicks if possible.

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

We were pleased to learn that more of the boxes in Guldrey Lane and Havera have been occupied this year which is very good news. We need to hear from you about whether or not your boxes have swifts, it's the only way we can try and get an estimate of what's happening. Last year we did an ad hoc survey of Sedbergh and found that 46% of the boxes we managed to watch were occupied, a surprisingly good result.

At the end of May we travelled to Segovia, central Spain, for the 6th International Common Swift



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conference. There were some great talks with the latest results from geolocator studies on both common and pallid swifts. At the other end of the spectrum was hearing the dedication that some speakers had put in to developing swift awareness and saving swift sites in their towns in Italy. Segovia, with 2,000 breeding pairs, can't be bettered for watching swifts. The amazing Roman aquaduct (pictured) has hundreds nesting, and we spent every evening marvelling as they whizzed around filling the sky and screaming parties of 50+ hurtled past. Truly magical.

Swift Awareness week is 2nd to 10th July this year when groups all over the country will be putting on events and hopefully getting press coverage for these wonderful but endangered birds. We will be hosting swift watching at Lowgill on Friday 8th July, all are very welcome but booking is essential.

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

Contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043

## SWINDALE BECK A River Restored

*RSPB*

Tucked away in a remote valley on the eastern side of the Lake District National Park lies Swindale Beck near Shap. At first glance, there's nothing particularly remarkable about it, but this is a river that has been utterly transformed – for the benefit of both nature and people. So what's been going on, and why?

### **Taming nature**

Today, the Lake District lures thousands of holidaymakers every year with the promise of beautiful landscapes and cake-filled tearooms, but for the people who lived here hundreds of years ago, life was tough. The terrain is steep and the weather unforgiving, and all that famous Lake District rain meant that the valleys would often flood.

All in all, it's not exactly prime land for growing things. But for the locals, making a living from the land was a matter of life and death, so they set about trying to tame nature.

At least 200 years ago, the community of Swindale embarked on a hugely ambitious project to straighten a section of the beck

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running along the valley bottom, with the aim of speeding the flow of water through the valley and increasing the amount of farmland.

Huge boulders were moved into place along both banks and a section about a mile long was deepened and widened. Given the limited equipment available at the time, it was an astonishing feat – but it had unintended consequences.

### **Danger downstream**

No longer slowed by the river's original curvaceous course, water could now shoot down the straightened channel in a torrent, increasing the risk of flooding for people living downstream. The water's increased power also scoured away the natural gravel banks that are so important for wildlife, including salmon.

So in 2012, when the RSPB took on the management of more than 3,000 hectares of land at Haweswater, including the valleys of Naddle and Swindale, we inherited a river that was crying out to be restored.

### **Wonderful wiggles**

Together with landowners United Utilities, as well as Natural England and the Environment Agency, we began work to 'rewiggle' the river in 2016. Thankfully, technology has advanced in the last 200 years, so



instead of relying on backbreaking manual labour, we enlisted a team of contractors in diggers who swiftly carved out a new, curvy channel that was 180 metres longer than the poker-straight one we started with.

After rescuing salmon, trout, eels and other fish from the now-redundant straight channel and transferring them to their new home, our job was complete. Now all we had to do was sit back and let nature take over.

### **Benefits for nature and people**

With many conservation projects it can take years, even decades, for the benefits to be seen. But in Swindale the improvements were obvious almost immediately.

Instead of hurtling through the valley at high speed, the river's water was slowed by the twists and turns of its new route, helping to reduce the risk of flooding downstream and allowing pools, riffles and gravel banks to form.

Just a few months after work was completed, salmon were able to spawn on these banks, for the first time in centuries. The increased diversity of habitats now supports a much wider range of invertebrates, which in turn provide vital food for fish and birds, like dippers. Otters have even been seen hunting along the river's new course.

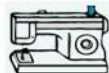


## Marvellous meadows

Freed from the straitjacket of rock-armoured banks, the water can also now spill out onto the surrounding hay meadows during periods of high rainfall, and then trickle back in again as the water level drops. This means that the land can act as a sponge, soaking up excess water and preventing it from inundating places like Carlisle further downriver.

Nectar-rich wildflowers, like marsh marigold, are now thriving, providing much-needed food for pollinators in the meadows, while newly-planted trees are beginning to stabilise the banks and provide shade, keeping the water cool for fish. As they grow, they'll create homes for red squirrels and birds, like spotted flycatchers.

The transformation of Swindale Beck has been remarkable and demonstrates how, by working with nature rather than fighting against it, we can benefit not only wildlife but people too.



## Temptations Craft Boutique

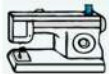
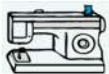
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## NEW PODCAST EPISODES: 'Our Ingleborough'

*Andrew Fagg*

The Dales Countryside Museum has published six new Voices From The Dales podcasts starring people from the mountainous heart of the Yorkshire Dales National Park, as part of the 'Wild Ingleborough' nature recovery project.

Podcast characters include Muslim hikers, a builder, a farmer, an access campaigner, a guide known as the 'Dales Dipper', and the man at the helm of England's most remote signalbox.

They share their personal stories and visions for the landscape across six 15-minute Voices From The Dales episodes, presented from the Ingleborough National Nature Reserve by oral historian Anna Greenwood and Andrew Fagg, from the nearby town of Hawes.

Commissioned by Wild Ingleborough, the podcasts have been produced as part of a wider community arts project called 'Our Ingleborough', which culminates this week with a festival at venues in Ribbleshead, Clapham, Ingleton and Settle.

The Ingleborough area covers around 100 square kilometres of the Craven district of North Yorkshire, known by some as the Yorkshire Three Peaks.

Voices From The Dales is available on all podcast platforms.

Wild Ingleborough lead, Jono Leadley, said: "As part of nature's recovery, it's vital that we listen to the voices of local people and their visions for future. This series of

podcasts highlights the importance of Ingleborough for people, nature and livelihoods and the complex demands placed on our natural environment”.

Oral Historian Anna Greenwood, from Nidderdale, said: “The beauty of oral history is that it capture’s people’s thoughts, beliefs and perceptions in their own words and using their own expressions. It brings us closer to each other and expands our understanding in ways that written history cannot.

“What I realised from meeting the people who contributed to these podcasts is how varied their use, enjoyment and understanding of the land is.”

Kevin Frea, who is Member Champion for Promoting

Understanding at the Yorkshire Dales National Park Authority, which runs the Dales Countryside Museum, said: “Our mission is to share the stories of the people and places of the Yorkshire Dales National Park. Wild Ingleborough’s contribution to the Voices From The Dales podcasts fulfils that mission beautifully.

“In the podcasts farmer John Dawson makes a powerful demand: ‘We must be heard’. Many, many people and organisations have a care for the Ingleborough area of the National Park and it is our pleasure to promote the voices of those who know it best.”

**Episode Descriptions:**

- Voices From The Dales episode. 9, ‘Our Ingleborough pt.1’: Farming

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Ingleborough is mostly a farmed landscape and in Part One, commoner and dairyman John Dawson explains hill farming practices. 'Our mark is a red arse,' he says, referring to his sheep, before developing the argument that 'everything is fine as long as you walk hand in hand with nature'.

- Voices From The Dales ep. 10, 'Our Ingleborough pt.2': Ribblesdale

Ribblesdale is the main valley in the Ingleborough area and is renowned for its quarries. In Part Two, local farmer and former quarryman Winston White reflects honestly on his career. 'If they had the chance they'd knock your house down and crush that up as well,' he says. Ribblesdale has also become

home to printmaker Hester Cox. She has become so well known for using natural materials in her work that she receives unusual gifts. 'People give me little boxes with dead birds in,' she says.

- Voices From The Dales ep. 11, 'Our Ingleborough pt.3': Recreation  
Thousands of people, often from the towns and cities of Lancashire and West Yorkshire, travel each week to the Ingleborough area for recreation. In Part Three, hear two men from a Muslim hikers group. Group leader Sham Ali proudly declares that he is from 'Bradford, born and bred as a Yorkshireman,' while teacher Tariq Shiraz shares his admiration for the way people try to keep the area free from litter. 'People



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walk with bin liners,' he says. Also in Part Three, Anna Greenwood goes for a dip with Les Peebles. 'It quite clearly puts me into the present moment,' says the all-year-round outdoor swimmer known as the 'Dales Dipper'.

- Voices From The Dales ep. 12, 'Our Ingleborough pt.4': Campaigners

People have visions for the future of Ingleborough. For many, the hope is that it will become a wilder, even more species-rich environment. In Part Four, hear how Rachel Benson, who runs a bunk barn, has been making the vision a reality. 'Now it is very flowery,' she says of a restored hay meadow. Also hear the voice of an activist, Amy-Jane Beer. 'It's my place to go out to roam at will,' she says.

- Voices From The Dales ep. 13, 'Our Ingleborough pt.5': Caving

Ingleborough is limestone – or karst – country. It is world famous for its caves. Part Five features Avelina Wright from the local Cave Rescue Organisation. 'We don't only pull humans out of holes,' she says. Such was the pull of the caves for Lincolnshire woman Leann Rennie,

she upped sticks and moved to the area. 'There's everything here that adventurous people like,' she says. Her husband, Tam Rennie, also speaks of caving, while also giving an insight into his day job as signalman at Blea Moor on the Settle-Carlisle railway. 'You don't have to talk to anyone, it's just bells,' he says, glorying in the isolation.

- Voices From The Dales ep. 14, 'Our Ingleborough pt.6': Classic Oral History

In Part Six, hear children from nearby Settle Primary School interview their grandparents. 93 year old Edna Thornton, from the village of Austwick to the south of Ingleborough mountain, remembers the days when the milkman delivered milk directly into a jug on her doorstep each morning. Two granddads from Settle are asked about the changes they have seen in the natural environment. Meanwhile builder Kevin Woods, who from his home looks at Ingleborough's peak, reflects on a lifetime of restoring traditional buildings in a way which doesn't rob birds of their nest sites. 'We'll do owt we can for nature,' he says.

## **SEDBERGH LADIES N.F.U.**

*Caroline Sandys Clarke*

For our March, April and May meetings we had a wonderfully diverse collection of speakers. In March Charlotte Astley, a farmer's wife from Bolton near Appleby, gave an inspirational talk about how she started to do needle felting, using left over wool from their farm. Some she dyes and some she leaves in its natural colour. She had brought wool, thick cushions of foam, needles and fabric and set us all to work, felting our own pictures of a bee. There were some very excellent results and not many pricked fingers! While we worked she talked and told us that what had started as a hobby has turned into a business and she now does animal portraits from photographs. She brought two portraits with her .... one of her favourite sheep's head and one of a dog's head, which was heading off to America. They were stunning and the detail on each absolutely amazing. She very generously donated her fee to the Ukraine appeal.

For April's meeting we were entertained by Jim Bownass and Andrew Leitch with some of their

wonderful collections of old films of Cumbria life. Going back to the earliest Victorian and Edwardian cine films we saw a circus going through town in 1901 and a ship launch in Barrow in 1903. Another film centred around Whitehaven coal mining. A visit of the Queen and Duke of Edinburgh in 1956 visiting Appleby, Kendal and Arnside followed and Princess Alexandra opening Kendal College in 1971. A lovely trip back in time!

May saw us being given a very interesting talk about Age UK by Pam Lewis. There are four Age UK groups in Cumbria and obviously many spread across the country. Each works independently and some offer slightly different services. Pam said it is very difficult to work with the health services and county and district councils in Cumbria! As with all charities at present, grant funding has dried up. The Age UK shops (there is one in Finkle Street in Kendal) are a great help in fund raising. There are many officers who are well trained to sit, listen and chat to the person who has called them and indeed find it helpful to visit the person at home to get more of an idea of what is really needed by way of help. From the first phone call to the helpline the person at the end of the phone will try and find out what is the real reason for the call ... it might be bereavement or illness, and then will try to book a visit to the home of the caller by a trained officer. The officers can help to outsource help such as sight advice, Parkinson's and dementia, or help from a solicitor or help with housing or finances, but

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often it can be just help in the garden or with transport. By visiting the person at home they can often get a better idea of what that caller's situation is. Their phone number in Kendal is 01539728118.

Our May coffee morning raised a wonderful £330 for NW Cancer Research.

Our summer outing in June is to Levens Hall and Gardens.

Our next meeting is on September 20th when we will have a talk from Penningtons Tea and Coffee merchants. Visitors are always welcome to our meetings, which are at 7.30 in the committee room of the People's Hall on the 3rd Tuesday of the month

### **FAMILY MUSINGS**

*Sarah Woolf*

The house smells delicious and first batch of Elderflower cordial is on its way to being made. Then it will be Mint cordial and then perhaps the Gooseberries will be ready for crumbles. Oh how I love my food, I just wish that putting on weight was as hard as I used to find mathematics at school!

Back in 2019 we, hubby and I, decided to bring a long held dream to fruition, and go to Oberammergau in Bavaria to see the Passion Play. We all know what stopped that in 2020, but last week we saw it as part of a wonderful holiday to Austria and Oberammergau. The weather was

wet and warm, sunny, warm and hot, the scenery beautiful and the play just awesome. We travelled through France, Belgium, Germany and to Austria, then to Oberammergau and back via France, Germany, Luxembourg and Belgium. Hubby was fascinated by the little farms, the strips of crops and the muck middens near the houses. Most cows seem to live inside but we did see a few with bells around their neck further up the mountains.

There were patches of snow visible on the mountain tops and where we stayed will be very busy with skiers in the winter.

Lovely people on the trip and marvellous couriers/drivers helped make the holiday just wonderful. Many were pleased to meet a real live farmer as opposed to just watching one on the tele, and he would often be asked questions about the breed of cattle we travelled past. Truly a memorable holiday for all the right reasons.

We just glad to not be coach travelling for a while, the journey from home to first hotel was 18 hrs.. granted not travelling every moment but still a lot of sitting..and groaning..and aches and pains.

The whole experience will live with us for the rest of our lives and we will keep talking about it for years to come, you have been warned! Now, the gardening.. which in Austria was much more developed than here, must be the climate. Enjoy the sunshine.



## MAY WEATHER

*Brian Wright*

Temperatures start to rise as the days lengthen and we look forward to improved weather. Generally, that has been the case with a maximum temperature reaching a high of 22.4C (72.3F). The minimum temperature was 1C (33.8F) overnight. Winds averaged 31.1mph(50.5kph) with a maximum gust of 39.4mph (63.4kph). May is generally one of the drier months and this year we only recorded 69.5mm (2.74") of precipitation.

As the trees truly burst into leaf everywhere looks green and fresh. The May blossom puts on its annual display. We appear to have 2 varieties as one blossoms a week or



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two earlier than the other. If all the blossom is converted into berries there should be a good crop this winter for the birds. The birds, in particular sparrows, are back in numbers at the feeders. We don't seem to have numbers of young fluttering to try to get food from parents. This would suggest they haven't done so well breeding this year. These sparrows have taken over the nest boxes put up for the swifts once again. In fact, I have seen very few signs of any swifts, swallows, or house-martins around us this year.

The lambs seem to be progressing nicely. I shall have to get some sheep clipping done ready for sales in the autumn.

## HOWGILL AND FIRBANK W.I.

*Audrey Hoggarth*

During the May meeting we discussed and voted on the one resolution to be put forward to the A.G M in Liverpool on June 11th. The result was unanimous in support, the W.I. office was informed. Apologies on my behalf for omitting this important issue.

On 19th. May honorary federation president Mrs Olive Clarke celebrated her 100th birthday, we sent our best wishes on her special day.

Five members attended the group meeting, hostesses being Barbon W.I. We were entertained by Joan Bentley who at the same time can arrange flowers. She explained

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she hadn't spent a fortune and used some flowers from her own garden, her creations were much admired and were later to be put in the raffle.

The competition to design a poster for the Queens 70th Jubilee. Our entry focused on the Queens love of horses and featured the two white fell ponies from Orton in Cumbria pictured with the Queen. We were placed third. Barbon W.I were competition winners with Dentdale second. Thanks to Pauline and Ann for putting together our entry. A lovely buffet supper was enjoyed. Thanks to the Barbon ladies for a great evening.

Members met on 2<sup>nd</sup> June at Firbank. We had a different format with speaker first and business later. Sarah introduced our speaker Jean Scott-Smith secretary of the Lakeland dialect society which was founded in 1939 and has flourished for eighty years,

Jean recited poetry in dialect used in Cumbria and the Northwest, being Country folk we are familiar with dialect having had it passed down from grandparents and parents.

Liz Moore thanked Jean for our own mek, a talk. The competition for a favourite dialect word was won by Liz.

Jean was thanked for a most entertaining evening.

On the 18<sup>th</sup> June we are hosting a federation walk setting off from Howgill Village Hall at 10 am. With afternoon tea in the hall, we hope the weather is kind to us.

We meet on July 2<sup>nd</sup> at Howgill Village Hall, Ross Boyer is to be our speaker - Survival / Bush Craft.

Visitors and new members Welcome.

## SEDBERGH W.I.

*Moira Folks*

On Tuesday 17th May, Valerie, Marjorie, Sandra Gold-Wood and I attended the annual Lune Valley W.I Group Meeting held this time at Barbon Village Hall, to which about eight W.I groups in our area were invited. A short business meeting was followed by an excellent flower arranging demonstration by Joan Bentley, her floral expertise accompanied by her chatty anecdotes about life in general, and flower care hints in particular: a very therapeutic way to spend an evening! Her beautiful creations were raffled later so several lucky ladies went home with a memento of the evening. The competition designated for this meeting was to represent the Queen's Platinum Jubilee in poster form. The winner was Barbon W.I, Dentdale came second and Howgill came third. Our own Angela Dixon entered a poster on our behalf which cleverly included pictorial historical references to each of the seven decades of the Queen's reign. Well done, Angela!

In May our walking group finished off a trio of walks this year, linking

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walks in the Kent Valley from the area around Staveley down to Burneside. The starting point was Staveley and took in Potters Tarn, Bowston and back to Staveley on the western side of the river valley. The weather was kind and once again the walk ended up with a well-earned pot of tea and cake at Wilf's Café – but this time outside in the sunshine! (Thanks to Anne Pitt for providing this information.)

Anne Symons organised the lunch group on 26th May with a visit to Beetham Nurseries and lunch at The Wheatsheaf: a happy occasion, I'm sure!

Eleven of us set off up the M6 towards Penrith in the pouring rain on Wednesday 8th June for our summer outing, bemoaning the weather as the day before had been just glorious! A brisk walk from the car park at Hutton-in-the-Forest took us to the Cloisters Tearoom where a welcome cup of coffee restored our equilibrium and energy to tackle our guided tour round the historic house. We started in the oldest part, the Pele Tower, dating from around 1350, built to ward off attacks from the dastardly Scots who made frequent forays south of the border in search of cattle and goods. (Our excellent guide assured us that the English



were just as likely to go north and attack the Scots!) Over the centuries successive owners at Hutton-in-the-Forest have extended the original Pele Tower. First, in the 1630s a Long Gallery for indoor activities and exercise was built over the roofed but open-sided Cloisters (now glazed and enclosed as a tearoom). In the 1680s, a delicate classical extension in paler stone was added to the Pele Tower on the east front. In the 1820s, an impressive Southeast Tower in the local pink stone completed the east front. The Fletcher-Vane family still reside in the south side of the building, which overlooks part-mown wildflower meadows which stretch to the lake. The house is beautifully furnished in different historical periods. We loved the house! We loved our sandwich, cream scones and chocolate brownie lunch back in the Cloisters too! The rain had dried up by then, so we were able to walk down to the lake and around the walled garden, enjoying the lovely herbaceous borders until drizzle set in again and we found shelter in our shared cars for the journey home. Many thanks go to Ellen Morrison who chose the venue and organised the trip. It was an excellent day out. Anyone whose interest is whetted by my account is advised to search Hutton-in-the-Forest online for the restricted opening days and times, house tours (private viewing is not allowed), and if you just want photos of the house, search Hutton-in-the-Forest/Architecture.

Sandra Gold-Wood and Valerie Welti have been even further afield on WI business in June, attending the

WI National Annual Meeting in Liverpool to represent our local WIs in Sedbergh, Killington, Dentdale and Old Hutton, Sandra as Delegate and Valerie as Observer, as part of the team representing the Cumbria-Westmorland Federation of WIs. It was an enjoyable and interesting experience. Sandra will be reporting back in full to the WIs she and Valerie represented.

Our next meeting in the People's Hall will be held on Wednesday 13th July at 7.30pm in the committee room. We'll be treated to a Flower Demonstration by Joan Bentley entitled 'Summer Splendour', which promises to be a very colourful affair! Visitors, guests and new members are always welcome. For further details, please contact our President, Ellen Morrison, on 07702 919745.

### **KILLINGTON W.I.**

#### **The Afternoon WI for the Entire District**

*Wendy Fraser-Urquhart*

Here we go again! but quickly today! I have been home from our meeting for a couple of hours now. Tomorrow, the 15th of the month, is deadline day for Lookaround and tomorrow I am busy. One of my favourite lines from, "Pride and Prejudice", is spoken by Elizabeth Bennett when accepting an invitation to a future happening. "Thank you. We have no fixed engagements". How elegant! But tomorrow, I do have fixed engagements!! so I had better get on.

Quite a few of our members were unable to be with us today. holidays, visitors, illness - the dreaded covid

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again, and who knows what else. We hope to see you all, hale and hearty, back with us next month. You missed a splendid talk today. Our speaker was Sue Millard of Tebay, a leader of the Fell Pony Society which was founded in 1922. Sue led us through the development of the Fell Pony from the earliest times when a tablet at Vindolanda on Hadrian's Wall records the introduction of the first equines to Britain. By the 11th & 12th centuries ponies were widely used as pack horses on the rough tracks throughout the country. By 1800 the journey from Dent to London carrying wool, fleeces, minerals took 2 weeks. The return cargoes of silk, food, and many other exotic items completed the cycle. Clearly, a sure footed, stocky, hardy animal was the best for this work. The Fell Pony developed from "the Galloway Nag" a small horse from southern Scotland and the north of England, crossed with

oriental horses. The Galloway nag provided the speed and the oriental horse provided the stamina. The Fell Pony which evolved was a stocky, vigorous, intelligent pony, able to survive on the rough vegetation of the fells and even fend off attacks by wolves.

The "Fell Pony" name first appeared in print in the Westmorland Gazette in 1853. Where else?!! Today there are 6500 Fell Ponies in Britain. There are half a million race horses. Fell ponies have many jobs. They can be ridden or driven. They are used for endurance rides. They do dressage. Forestry, farming, mending paths on the high fells are all within their capabilities. Perhaps they are at their

best as much-loved ponies for both adults and children. Sue's talk was enjoyed and appreciated by us all and she was enthusiastically thanked.

Then it was party time again, cups of tea, fresh scones, mouth-watering cakes! Sorry. No champagne today! Our own Susan [president Sharrocks] then conducted us through the business meeting - no secretary or treasurer to help her today. Firstly, congrats to our team of members who turned out to honour the Queen in the Gala parade. What a scene of glory they created! And they won a prize. Sarah Woof won our raffle today and the competition for 'something with an equine

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connection', was won by Joan Perkins with a beautiful statuette of a mare and foal. We had enjoyed our visit to Barbon WI to watch an inspiring flower demonstration and a super supper. We are looking forward to visiting Howgill WI who are hosting walks and eats. On July 7th we shall have our own annual outing to Bowness. Our next meeting will be at the People's Hall, at 2-00pm, on Tuesday 12th July, when we shall learn all about "Buttons", except perhaps about how to sew them on!

As I was writing this report, I received the sad news of the death of one of our long-standing members, Marjorie Bramley. Although Marjorie was 97 her death, following a fall, was unexpected. She had been a resident in Summerhill Care Home for a while, and we were pleased that she had settled happily. Marjorie always enjoyed fun and an adventure, and added joy to any company of which she was a part. One of my brightest memories of her was paddling in the waters of Morecambe Bay with Sue Sharrocks. We send our sympathy to her son, Jim, and all the rest of her family, in whom she always took great pride and delight.

## A TRANSPORT OF DELIGHT?

*Adrian Braddon*

Londoners were once fond of saying of their buses that "you wait for one for ages . . . then three come along at once". Much the same could be said of holes-in-one by Sedbergh Golf Club's Seniors' Section which has had three such within a four-week period.

Peter Weiss and Adrian Braddon both holed tee shots at the 109-yard second hole over the River Dee whilst Millthrop's Matt Metcalfe secured his impressive ace at the 160 yard uphill sixteenth.

Many golfers can play the game for decades but never manage a hole-in-one. The odds are tens of thousands to one but as the Sedbergh "oldsters" seem to have at least confirmed, the statistics may not lie when they tell us that most holes in one are achieved by players over fifty years of age.

Under its 2022 Captain, Steve Ockerby, the Seniors' group remains vibrant and welcoming to golfers of all abilities. A Wednesday group caters for those who enjoy a socially minded, relaxed round and aims to accommodate those new to the game. Thursdays sees some friendly competitive events whilst Monday fits somewhere in between.

In other news, the group, assisted by the Ladies' section recently raised £150-00 for the British Heart Foundation playing for a trophy in memory of a former member from Wensleydale. The John Lambert Trophy was won by Eric Ryder.

As is proven, there are discernible health benefits from golf and here, on our doorsteps, we have a beautiful

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well maintained golf course on which to play and a friendly, supportive, and good-humoured bunch have considerable fun giving it their best shot!

For more details of the Seniors' Section or other aspects of the Club or Restaurant call Steve Gardner on 015396 21551.

**STOP PRESS** Since this article was submitted, the Editors have been notified of a fourth Seniors' Section ace at Sedbergh; again, at the second hole by David Spicer. One swallow may not make a summer of course but surely four holes-in-one must do . . . or do they? Maybe there are more to come?

---

## **SEDBERGH BOWLING CLUB**

*Philip Johns*

After a break for 2 years, thanks to COVID, Sedbergh Bowling Club was able to hold its popular Open Pairs Competition on a blustery May bank holiday Sunday, this year.

'Open' means that anyone who is registered at the British Crown Green Bowling Association is eligible to play and 'Pairs' means a team of 2, male, female or other in any combination, irrespective of ability. In the event, Sedbergh played host to 28 teams from a variety of clubs, mainly from Cumbria but with a few 'special guests'.

With an early 9.30am start and a late afternoon finish, with a total of 5 rounds and matches usually lasting over an hour, it was wall to wall bowling, all day. The event has proved popular for many years with bowlers and spectators, not just for the cash prizes, but for the slick organisation, the superb condition of

the green and, also, the beautiful setting with extensive views of The Howgills. Also popular is the very well stocked running buffet, provided by the members of Sedbergh Bowling Club, sales of which help to boost club funds. There was also a huge raffle to have a go at too!

The eventual winners of the competition were Tony Dixon and Sue Hogarth from Netherfield BC, beating Chris Wyatt and Sue Hillbeck from Victoria BC in a nail biting, tense game. Tony and Sue finally eased over the line, winning by 2 points, 21-19. Cash prizes were awarded to the finalists, losing semi-finalists and losing quarter finalists.

Sedbergh Bowling Club is situated behind Queen's Gardens, accessible by walking through the garden or by car off Queens Drive via a narrow entrance just before the last house. Annual subscription fees are just £30 and playing, either casually or in the leagues, is free all year. Bowls are available at the club for use by anyone wishing to give it a go, also free of charge. Contact any member of the club, who will be willing to show you the ropes, or me, the secretary, Phil Johns, on 07807 909860 or [ps.johns@btinternet.com](mailto:ps.johns@btinternet.com).

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## BRIEF HISTORY OF EARLY BOWLING IN SEDBERGH

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There is a fuller article in the May 1911 edition of Lookaround when the Bowling Club achieved its Centenary, and when the new gates arrived.


There was a bowling green in Sedbergh in 1727; it was situated in what is now known as Footer View Gardens. Most market towns, including Kendal, had bowling greens from Tudor times onwards, though they tended to disappear from the

late 1700s, as populations started to rise more rapidly with processes of urban industrialisation and the town spaces were used for building.

The first recorded mention of forming the present club dates from a Parish Council meeting of 14 April 1906 when Warwick Pearson Boustead proposed, and John Staveley seconded, that Messrs W Gordon Bathgate, Thomas Punch and John Bowness be appointed to a committee for the 'proposed bowling green'. Mrs Upton Cottrell Dormer was approached about situating it in the Queen's Garden; she was said to be 'quite in favour of this' and would assist the council. By the end of October, no tender had been received but 'Mr Mawson or one of his men had been looking at the place'. Thomas Hayton Mawson was a British garden designer, landscape architect, and town planner. He and his firm did a plan for the Queen's Garden and History Society has a copy of this.

In a letter of 22 February 1909 Mr Upton wrote to the Council, 'For the purpose of forming a club and making a Bowling Green I shall be pleased to give a piece of land at the back of the Queen's Garden - 40 yards long by 21 yards wide', and he would remove and re-erect the boundary wall round the additional ground, free of cost. The Chairman thought this a most generous offer and thought, if the people of Sedbergh wanted a bowling green, now was the time, as it was unlikely such an offer would occur again.

On 8 March a public meeting was held, and it was unanimously decided



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that a Club be formed. It was reported that 95 names had been collected of those willing to join and ordinary subscriptions were not to exceed 5s a year. It was unanimously resolved that Mr Upton's offer be accepted.

At the first meeting of the new committee on 29 March 1909 it was resolved that the green should be made a 'crown green' of 9 inches. It was reported, at the end of September 1909, that the ground had been sown with best lawn seed. Circulars had been sent asking for subscriptions and they had received £47-11-6, and expenses to date were £60-4-6. In January 1911, it was proposed that a notice board be put up at edge of the Green with regard to willful damage as it was reported that some boys had been playing football on it.

On 25 September 1911 it was resolved that the Club be allowed to erect a shed in Queen's Gardens, and

on 25 November 1912 water was laid to the green.

The formal conveyance of the Bowling Green was not confirmed until 15 September 1913 between John Upton and the Parish Council; it recited the earlier deed of 1909, and it was now confirmed. A copy of this is in the History Room.

A right of way was granted the Club in 1915.

The Great War affected the Club and, in 1915 they reported that, like almost every other club, it had been affected by the war. No less than thirteen had offered their services, and, of that number, nine were now

serving their country. The Club was hoping that each one would return safely and that before long ... 'and they might see them again merrily trundling their woods across the green.' By March 1917, 14 members had gone to war and one to munitions works; two members had fallen, Sergeant Mason and Corporal Park, who was a keen player and a regular attendant at the green. In a roll of honour for the Club Major Upton, Lieutenant Hague, Lieutenant C E Taylor, Sergeant B Horsfield, Privates H Bainbridge, G Bainbridge, T Cragg, TE Dakres, E Pennington, C Sellers, A Tedcastle, of whom Thomas Cragg and Thomas Ellwood Dacres gave their lives on active service.

At the AGM on 16 April 1917 a letter was read from the General Meeting of the Bowling Club asking Council's views on question of Sunday bowling. It was unanimously decided that no Sunday bowling be

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allowed. Then, in May 1919, Mr Hall  
proposed, and it was seconded that  
the question of Sunday bowling be  
put to the Council; this was opposed  
by 'the whole of the members  
present' except Messrs Shepherd  
and Hall.

In 1965 there was an article with  
the announcement there would be a  
public meeting about future of the  
Club.

It would be very helpful if anybody  
can add to more the recent history of  
Sedbergh Bowling Club from 1919.



## HAVE AN ECO SUMMER HOLIDAY

*Kim Bradshaw*

With summer fast approaching our  
thoughts turn to beaches, hot sun  
and holidays. Whether these be  
abroad or in the sunny UK we all end  
up taking a multitude of equipment  
with us from shampoo, deodorant  
and creams to laundry cleaner,  
washing up brushes etc for camping.  
I have put together a few  
environmentally friendly alternatives  
that will not only give you more space  
in your suitcases but are also more  
caring to the planet at the same time:

1. Natural Deodorant - this is a  
game changer! The cream deodorant  
is applied with your fingertips or in

some cases does come in a push up cardboard tube. As it is not a liquid it does not have to be presented when passing through airport security. The deodorant itself works great - doesn't feel like you are wearing deodorant, is 100% natural, aluminium free and offers 24-hour protection. Also available in small trial size tins which are perfect for holidays!

2. Laundry sheets - if you plan on camping or going self-contained this year this is a must have. These powerful laundry sheets are completely non-toxic and biodegradable (paraben free, dye free, phosphate free, bleach free). They save space, no mess, easy to travel with and are hypoallergenic and kind to sensitive skin. No more

spilled liquid or powder enroute to your holiday destination and again, no liquid = no security check at the airport.

3. Bamboo/Wooden toothbrush - we all need to brush our teeth so let's do it with an eco-conscious heart. Every plastic toothbrush ever made is still on the planet today - SHOCKING!! With a bamboo or wooden toothbrush, after removing the bristles, you can dispose of these in your compost, burn them, put them in the bin or just plant them in the garden.

4. Toothpaste tablets - why take a whole tube of paste when you can take the exact amount of toothpaste tablets needed. Just chew one of these little tablets and brush your



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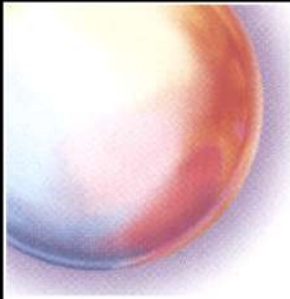
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teeth as normal, rinse and spit - all done. And because it is not a liquid - yep, you guessed it - no security at the airport!

5. All in one cleansing bar - OMG why did I not have this when I was backpacking around the world? Another no brainer! Primal Suds have brought out an all-in-one cleansing bar - shampoo, conditioner, wash and shave all with one bar. No more multitude of bottles taking up loads of space, just use this one bar to do everything. And again - no security checks (are you catching on to a theme here?).

6. Moisturising - did you know that you can get moisturiser as a solid bar? We stock a local brand called Snow Goose Soaps who make the most amazing body butter bars. The deeply moisturising, all-natural solid body butter melts into your skin leaving it deliciously soft. Made from beeswax, this leaves a protective barrier on your skin, locking in moisture and reducing dryness.

7. Dry Shampoo - now if you are anything like me dry shampoo whilst on holiday is a must. But did you know you can get it in a powder? Primal Suds have made three different dry shampoos which you can purchase to whatever quantity you would like in store - perfect for that summer getaway. Just sprinkle onto the hair roots and shake hair - model perfect in no time!

8. Eco Camping/Festivals - if camping/festivals is your thing this summer then do your utmost to bring all your rubbish away with you or dispose of it properly. This includes tents and all equipment. PLEASE leave the space as you find it, which

is hopefully clean and devoid of all rubbish - otherwise why would you stay there! Try to think about taking reusable plates, cutlery and equipment that can be washed and reused.

9. Sunscreen - there is natural sunscreen out there which is made using an all-natural formula. Many sunscreens rely on harsh chemicals to block the sun's rays but this can have an impact on your skin. Try to select a sunscreen that is free from alcohol, petrochemicals, triclosans, microbeads (plastic) and palm oil. Also look for ones that are septic tank friendly, especially if travelling abroad or into local rural areas. DID YOU KNOW that the number of the sunscreen isn't the strength of the cream it is the time between applications.

10. Clothing - many of us purchase a new wardrobe every summer for our holidays. Clothing is cheap and it makes some of us feel great - however, there is an impact on the environment with all this clothing. With cotton being one of the thirstiest plants on the planet it takes 2,720 litres just to make one t-shirt (the average person only drinks 5 litres a day). So next time you purchase ANOTHER bikini, t-shirt or shorts think about a) do you need it and b) can I get it second hand (Ebay, Vinted, etc).

Hopefully some of the tips above will help you over the summer months and make your holidays even more enjoyable knowing you are doing your bit for the planet. Have a great time and enjoy the rest and relaxation.

## ZERO WASTE

*Claire Moor*

On Thursday 2nd June Zero Waste Sedbergh held a Picnic with the 'Queen' in the garden at Corner Stone Church on New Street. The picnic was open to the whole community and was very well attended. The weather was a beautiful mix of sunshine, cloud and a welcome breeze. We enjoyed an array of food some provided by Zero Waste Sedbergh and some donated from people who attended. Crafts for children were held in the Church Hall including plant pot decorating, bead bracelet making, pom-pom making and Jubilee themed colouring. In the garden we had music, bubbles, thrown decorating and a chance to dress up and have your photo taken with the 'Queen'. As she was a little busy that weekend, we had to make do with a cardboard cut out but this was thoroughly enjoyed by everyone! A huge thank you to Suzie for

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organizing this event and the Volunteers who made it possible.

Hopefully more events like this will follow.

As always we'd like to remind everyone that Sedbergh community cupboard is available for anyone who is facing financial hardship by providing those who are in financially hard times with meal kits and toiletries. This is often just for a week or so but sometimes for a bit longer.

If you or anyone you know is struggling to put food on the table due to financial hardship please do get in touch. The service is discreet and confidential, and it is not means tested. All information given will be treated in confidence.

To register for a food pack please go to [www.ZeroWasteSedbergh.com](http://www.ZeroWasteSedbergh.com) and fill in the community cupboard registration form, or call - 07833534710.

## **BRENDAN PRICE DETECTIVE; PART 2**

*Sandra Gold-Wood*

Last month we left Detective Sergeant Brendan Prince at Police HQ waiting to see the languages man Ed Larkin. Brendan wanted to show him the diary of the murder victim, Alison St John, which had been written in some kind of code. Ed came out of his office with a tall well-dressed man and shook his hand. When the man turned to leave, Brendan saw his face. Without a doubt he was the man in the drawing in murder victim Alison St John's diary. Careful not to let his composure slip as the man passed

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him he greeted Ed, and followed him into his office.

'Who was that man?' asked Brendan.

'Oh, it's nice to see you too Brendan.'

'Sorry Ed but this is urgent, it concerns the murdered teacher, explained Brendan taking Alison St John's diary from his pocket and folding it open at the page with the drawing on, what do you make of that?'

'What the blazes, how could?' Exclaimed Ed obviously shocked. 'I mean this man has just offered his services to the force, he is here from Iran where he worked on the French Ambassadors staff, he speaks four

Arabic dialects as well as French, Russian and Farsi, he's a real find.'

I bet he is, thought Brendan, 'That may be so, but what can you tell me about him other than his impressive credentials all of which could be fake, what's his name?'

'It's Zacharias Constantine.'

'How much checking have you done?' The answer was as Brendan expected, none. The man had written offering his services and his credentials were written on expensive French Embassy paper with that country's emblem clearly visible. Why would anyone doubt him? Before he left Ed's office Brendan asked what the word 'Alqatil', which was written under the drawing meant, as it certainly was not the man's name. Ed

said he'd look it up and let him know. Brendan left Ed's office taking with him copies of the mysterious Zacharias Constantine credentials; he was going to give them a thorough going over. Trouble was where to start; it was unlikely that this man was known to the police. Never the less he passed a copy of the drawing and the man's name onto the criminal records office to see if they could come up with anything. Then he called his friend and army buddy Jerry Finch in Special Branch. Jerry was very interested in Zacharias Constantine and told Brendan the man was on SB's radar.

'I'll meet you in the usual spot in a couple of hours, I really want a look at that diary.'

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And so later that afternoon Brendan was sitting in the British Museum library looking at first issue stamps. Jerry found him there. Brendan passed the diary over and watched as Jerry raised his eyebrows and hissed quietly with surprise.

'Yes, said Brendan, it's quite something, can you understand any of it?'

Jerry shook his head, 'Not really, but I'll tell you this my friend, the word Alqatil means Assassin or murderer, so it looks like we've got our man.'

'Yes, but it just isn't going to be possible to arrest him is it?'

Jerry agreed and went on to fill Brendan in on Zacharias Constantine. The man had diplomatic immunity, he was supported by many

powerful people such as the Saudi Royals, some well know oligarchs, heads of state and even had links to the CIA. This man was the go to Alqatil, assassin if you had the money and the right connections should someone need someone eliminated.

'We've had him in our sights a few times, but he has always managed to escape somehow.'

'Maybe this diary will help, but Jerry I can't understand why he killed Alison St John?'

'Thought you might have guessed, Alison worked for us undercover and I tell you we are all keen to get this man, best if I get this to our code breakers as soon as and let's hope that it contains just what we need to nail Mr Constantine.'

The conversation ended with Jerry trying once again to get Brendan to apply to Special Branch, telling him he was wasted in Walton and District Police. They both laughed as they parted company remembering their time together in the army the fun and the scrapes they shared. Brendan watched Jerry from the museums steps get into a taxi. After a while Brendan headed for the tube back to Walton.

Coming up into the street from the tube Brendan was deep in thought and looking at his feet, because of this he bumped into a woman almost knocking her backwards. He grabbed at the woman and managed to keep her upright.

'Oh, not you again, I have had just about enough of you.'

Brendan realised that the person he had almost knocked over was



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Frances Wilson and he supposed she had every right to be angry, but what could he say, I was just doing my job Miss Wilson. This did not seem appropriate Brendan couldn't help thinking he'd like to do something to make it up to her in some way.

'Look Miss Wilson, I am really sorry about yesterday, but,' Brendan spread his hands in a gesture of helplessness and with a contrite smile he looked directly into her eyes.

Frances, felt his presence and his eyes, yes, they were the same soft brown as her fathers. Such familiar eyes it was hard for her to be angry with him.

'That's better, look Frances, if I can call you that, I would really like to make it up to you.'

'Well, in that case you can sack WPC Banks, I really do think she enjoys humiliating people.'

'It's a thought, but how about I take you for a meal, I'm starving, where were you going?'

Frances told him she was on her way to the chip shop to get something. Brendan said he had a better idea and so they ended up in the newly open Berni Inn. The waiter settled them at a table for two in a quiet corner which made them laugh because he was treating them as a couple. Brendan did not mind this he found Frances extremely attractive.

For her part Frances was giving Brendan the once over watching him over the top of her oversized menu, noticing how well his shirt fitted him, the muscles in his arms looked toned and powerful. DS Brendan Prince certainly had the kind of dark good

looks that women liked. Still she was pretty sure he was not the sort to take advantage of his good looks the way some men did.

Frances and Brendan both ordered steak, chips, and all the trimmings, laughing easily together. Frances excused herself and went to the ladies feeling she had better check her appearance as she would rather like DS Brendan Prince to maybe ask her on a proper date. For his part Brendan watched her walk across the room and enjoyed the view, noticing he wasn't the only man who was watching. Frances was 5ft 5f with golden brown shoulder length hair, that swayed pleasingly as she walked. The more Brendan looked the more he liked Frances Wilson.



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Brendan dropped Frances at her home at around 11pm after a very enjoyable evening. As he drove back past the school he caught sight of someone watching the school. A person half hidden in the shrubbery beside the bus shelter. It could have been the call of nature but Brendan was suspicious and so he turned at the first corner and parked. Killing the lights, he moved toward the shelter sticking to the shadows. Catching the man unawares he pushed his arm up his back. It was the school caretaker.

'What do you think you're doing, asked Brendan holding him fast.

'Let go will you you're hurting me, I'm just keeping an eye on the school, all those people walking on my clean floors, besides I need to get in and put a new coat of varnish on the hall floor while the little 'darlings' are away.'

Brendan let go of the man's arm and told him to clear off making a mental note to check his alibi thoroughly. Back in his car Brendan decided it would do no harm to drive by Frances' house it was early, perhaps she'd like to go for a drink admitting to himself that he just wanted to see her. As he approached the house he had a sense that something wasn't quite as it should be and he couldn't shake it off. 'Best to go and check' he said to no one driving slowly around to Cumberland Way and parking where there was no street light. Scanning around him he could see that Frances' house was all in darkness and yet hadn't she said that she never turned all the lights out. Brendan pulled up and almost leaped out of the car. Dashing around

the back where he cautiously tried the back door. Now he really was worried the door was unlocked! Certain that Frances would not have left the door unlocked he slipped quietly inside. Alert to every sound, he could hear a scuffle followed by footsteps. He flattened himself behind the kitchen door just as Constantine, half dragged and half carried Frances into the kitchen, she was gagged and struggling but the man was not at all bothered by her efforts as he moved toward the back door. Seizing the first thing that came to hand he hit the man as hard as he could on the back of the head. It was clear that the blow had hit home as the man's knees buckled and yet somehow he managed to swing round pulling Frances with him and pushing her hard into Brendan using her as a weapon and trapping him against the wall with her body. The eyes that stared up at him were filled with terror as the man pushed and pushed. Brendan tried to think while attempting to convey an 'it'll be alright' expression to Frances.

Suddenly there was a screaming noise and something jumped out of nowhere on to the man. It had the desired effect of making him lose his grip on Frances. Brendan acted quickly taking full advantage, the cast iron pan that he had hit the man with the first time was still in his hand. As the man fought with the angry cat that had landed on his face, Frances wriggled down toward the floor and Brendan was able to raise his hand. This time he brought the heavy pan down on to the man's head with great force following up the first blow with

another, making sure he didn't up. The cat fled out the back door while Brendan knelt on the man's back quickly putting hand cuffs on the half conscious Constantine. Then he gathered Frances into his arms and held her while she sobbed.

Uniform were there in less than 15 minutes and happily took the man away although whether any charges could be brought was still debatable. They would hold him for as long as they could get away with it. While Special Branch investigated the information in Alison St John's diary. Jerry, Brendan's friend in SB told him it was beginning to yield its secrets saying, 'It's pure gold my friend'.

As for Frances and Brendan they began to spend a good deal of their time together.

*The End.*

Brendan Price Detective  
will return.

## PERSONAL MESSAGES

### WANTED

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

=====

### GEORGINA

Happy Birthday Georgina – June 19<sup>th</sup>

=====

### HELP NEEDED

Lady with difficulty bending and kneeling seeks a person to help weeding and cutting back. About six hours a month. Telephone 20790 for details.

## 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

## 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](http://www.lookaround.org)

Items for the 'Lookaround' should be emailed to: [editor@sedberghlookaround.org.uk](mailto: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 24/06/2023  
 Dates in **BOLD** are start & finish events.  
 Numbers in Brackets indicate Advert/Article on a Page.  
 Month in Bracket relates to issue that details last  
 appeared.

### JULY 2022

02	Speech Day & End of Term	SS
02 1000	WIHF Survival / Bush Craft (57)	HVH
02 1030	The Big Art Competition	FM
06 1530	FRIENDS CLUB MAKATON	LA9 6BD
07	WIHF Horseback tour	HVH
07 1900	Sedbergh Swimming club AGM (9)	PH
08	DHTF - Jervaulx and Masham Trip (May)	TBA
09	C2C Cycle Ride	TBA
09 900	Barbon Antiques Fair	Barbon VH
09 1400	Ukraine Jumble Sale (Jun)	PH
11	Tour of Sedbergh School	TBA
12 1400	WIK - Buttons (60)	PH
12 1930	Domino Drive	FCH
13 1530	FRIENDS CLUB	LA9 6BD
13 1915	Dent WI Animal Rescue	DMH
13 1930	Sedbergh WI Summer Splendour	PH
14 1300	Medical Centre Early Closing (14)	MC
15	Katie Keeling	WHC
20 1530	FRIENDS CLUB ARTS	LA9 6BD
23 1000	Dentdale methodist coffee morning	DMC
23 1000	Summer Fair St Andrews (1)	STAS
23 1200	Finkle Street Party	Finkle St
25	Summer Courses	SS
25 1000	Holiday Club (25)	PH
27	The Quaker Trail Hist Soc	Zoom
27 1530	FRIENDS CLUB ABBA DISCO	LA9 6BD
29	Holiday Club (25)	PH
30 930	Artisan Market	Main St

### AUGUST 2022

02	Cricknet Lanc v Essex	SS
04 1930	Howgill & Firbank WI Crafts	FCH
05	DDCF Festival at Rhumes (Jun)	Rhumes
06	Football Club Event	WHC
08	DDCF Festival at Rhumes (Jun)	Rhumes
09 1930	DominonDrive	FCH
10 1915	Dent WI First Responders	DMH
10 1930	Sedbergh WI Musical Memories	PH
11	Summer Courses	TBA
20 1000	Dentdale methodist coffee morning	DMC
21 1430	Songs of Praise	Hawes Junc
26	Mikey T	WHC
27	"King of Britain" Niall Southall	WHC
27	Elvis!	WHC
27 930	Artisan Market	Main St
29	Dent Gala (May)	MillbeckFm

### SEPTEMBER 2022

01 1930	Howgill & Firbank Nepal & Tibet	HVH
03 1000	British Legion Open Day	WHC
03 1930	Harvest Fest Concert	Hawes Junc
04	Moorcock Show	Thwaite Br
04	Sedbergh School Term Starts (10)	SS
08	DHTF - Alison O'Neil	DMH

08	Westmorland County Show	TBA
09 1000	Heritage Open Days - Farfield Mill	FM
10 900	Barbon Antiques Fair	Barbon VH
11	Heritage Open Days - Farfield Mill	FM
13 1930	Domino Drive	FCH
14 1000	Heritage Open Days - Farfield Mill	FM
14 1915	Dent WI Open Meeting	DMH
14 1930	Sedbergh WI Rag Rugging demo	PH
17 930	Artisan Market	Main St
17 1000	Dentdale methodist coffee morning	DMC
18	Heritage Open Days - Farfield Mill	TBA
20 1930	Penningtons Talk - Ladies NFU (54)	PH
30	Colette	WHC

### OCTOBER 2022

06 1930	Howgill & Firbank WI AGM	FCH
08 900	Barbon Antiques Fair	Barbon VH
11 1930	Domino Drive	FCH
12 1915	Dent WI 25 yrs in Prison	DMH
12 1930	Sedbergh WI Kendal MRT	PH
14 1930	Italian Evening, Bingo	FCH
22	Apple Day	PH
22 1000	Dentdale Methodist coffee morning	DMC
28 1930	Meetwood Flac	PH

### NOVEMBER 2022

03 1930	Howgill & Firbank WI Xmas Wreath	HVH
08 1930	Domino Drive	FCH
09 1915	Dent WI AGM	DMH
09 1930	WIS Cancer signs & symptoms	PH
12 900	Barbon Antiques Fair	Barbon VH
19 1000	Dentdale Methodist coffee morning	DMC
26 1030	Festive Farfield	FM
27	Festive Farfield	FM

### DECEMBER 2022

01 1900	Howgill & Firbank WI Xmas Party	TBA
02	DHTF - Xmas Jacob's Join (May)	DMH
02 1930	Christmas Celebration	FCH
10	DHTF Over 60's Xmas Lunch (May)	DMH
10 900	Barbon Antiques Fair	Barbon VH
10 1000	Dentdale methodist coffee morning	DMC
13 1930	Domino drive and mince pies	FCH
14	Dent WI Christmas meal	TBA
14 1930	Sedbergh WI Christmas Dinner	PH

### JANUARY 2023

10 1930	Domino Drive	FCH
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### FEBRUARY 2023

14 1930	Domino Drive	FCH
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### MARCH 2023

14 1930	Domino Drive	FCH
25 1300	Sedbergh Spring Show	PH

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	
TR	Thirsty Rambler	
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.

## 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

<b>Proprietor</b>	<b>Address</b>	<b>Phone (015396)</b>
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:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	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: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: <a href="mailto:Daleslea@outlook.com">Daleslea@outlook.com</a>	21789

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## 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: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> website: <a href="http://www.scrogghouse.farm">www.scrogghouse.farm</a>	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: <a href="mailto:ed_welti@btinternet.com">ed_welti@btinternet.com</a>	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6</i> e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	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: <a href="mailto:hello@killingtontower.co.uk">hello@killingtontower.co.uk</a> website: <a href="http://www.killingtontower.co.uk">www.killingtontower.co.uk</a>	45845
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: <a href="mailto:booking@theroostcottage.co.uk">booking@theroostcottage.co.uk</a> website: <a href="http://www.theroostcottage.co.uk">www.theroostcottage.co.uk</a>	07927 295262

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### 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

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
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	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	06/22	Bel Charlesworth	07775920079	
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
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	04/22	reception@farfieldmill.org /	015396	
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
Friends of Farfield Mill	04/22	Anne Mackinnon	friends@farfieldmill.org	
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	07/22	Dr Gina Barney	Sed:	20790
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	06/22	Laura	07779	415644
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

## Woofs

From November 2021

Sedbergh Library to Blackhall Rd, Kendal via Oxenholme				Blackhall Rd, Kendal to Sedbergh Library via Oxenholme			
Depart	Arrive	Day	Service	Depart	Arrive	Day	Service
0940	1010	M - F	W1	1030	1056	M - F	W1
1240	1310	M - F	W1	1330	1356	M - F	W1

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

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

## Western Dales Bus

### S1 Saturdays - Kendal Shuttle

#### Dent Station - Dent - Sedbergh - Oxenholme - Kendal

From 28th March 2022

**S - Services run during Summer Time Only**

Trains to Carlisle	..	..	1048	..	..	1815	1944
Trains to Leeds	..	..	1041	..	..	1732	1938
Dent Station	..	..	1053	..	..	1737	1947S
Dent Village	..	0820	1108	..	1505	1752	2002S
Sedbergh Maryfell	..	0835	1123	1315	1520	1807	2017S
Sedbergh Library	..	0837	1125	1317	1522	1809	2019S
Sedbergh opp. Morphets	..	0839	1127	1319	1524	..	..
Killington M6 Bridge	..	0847	1135	1327	1532	..	..
Oxenholme Station	..	0857	1145	1337	1542	..	..
Kendal K Village	..	0902	1150	1342	1547	..	..
Kendal Bus Station	..	0908	1156	1348	1553	..	..
Kendal Morrisons	..	0913	1201	1353	1558	..	..
Kendal Morrisons	..	0923	1223	1403	1608	..	..
Kendal Bus Station	..	0928	1228	1408	1613	..	..
Kendal K Village	..	0933	1233	1413	1618	..	..
Oxenholme Station	..	0938	1238	1418	1623	..	..
Killington M6 Bridge	..	0948	1248	1428	1633	..	..
Sedbergh Spar	..	0956	1256	1436	1641	..	..
Sedbergh Post Office	0800	0958	1258	1438	1643	1855S	..
Sedbergh Maryfell	..	1000	1300	1440	1645	1857S	..
Dent Village	0815	1015	..	1455	1700	1912S	..
Dent Station	..	1030	..	..	1715	1927S	..
Trains to Carlisle	..	1048	..	..	1815	1944	
Trains to Leeds	..	1041	..	..	1732	1938	

# BUS SERVICES

## Western Dales Bus

**S3 Wednesdays - Hawes Hopper  
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
Trains to Carlisle	..	1054	1222	1448
Trains to Leeds	..	..	1208	..
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
Trains to Carlisle	..	1054	..	..
Trains to Leeds	..	..	..	1559
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	..

## JOSS LANE & LOFTUS HILL CAR PARKING CHARGES

30 minutes = £0.50	3 hours = £3.20
1 hour = £1.20	5 hours = £5.00
2 hours = £2.20	All day (9 hours) = £6.00
Maximum stay = 24 hours	Annual Resident Permit = £50

Both available from the Information Centre only,  
renewable annually on 1<sup>st</sup> September.

# **BUS SERVICES**

## **Western Dales Bus**

**S4 Tuesday, Thursday, Friday - Kirkby Stephen Connect  
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
Trains to Carlisle	0934	0934		1106		1501
Trains to Leeds	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
Trains to Carlisle	..	1704		1106		1501
Trains to Leeds	..	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	..

# **BUS SERVICES**

## **Western Dales Bus**

**S5 Thursdays - Kirkby Stephen Shopper  
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
Trains to Carlisle	0934	1106	1501
Trains to Leeds	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
Trains to Carlisle	1106	1501	1703
Trains to Leeds	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

# BUS SERVICES

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

Sedbergh Post Office (see S4 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	..	..	1645

## DENT RAILWAY STATION TIMETABLE

*Valid from January 2022*

(N) Through train to Leeds, Sheffield and Nottingham  
(B) To Blackpool

*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)*

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	11.04	09.38	10.41	13.38
10.48	10.48	14.01	12.13	12.13	16.33 (N)
12.17	12.17	15.53	16.04	16.04	18.03 (B)
14.43	14.43	17.48	17.32	17.32	18.41
16.46	16.46	20.20	19.38	19.38	20.26
18.15	18.15	..	..	..	..
19.44	19.44	..	..	..	..



## PEOPLES' HALL HIRE RATES

From 1 <sup>st</sup> July 2022	Main Hall Fees					Committee Room Fees			
Time From	07:00	09:00	13:00	17:00	19:00	09:00	13:00	17:00	19:00
Time To	09:00	13:00	17:00	19:00	01:00 (Sun 23:45)	13:00	17:00	19:00	01:00 (Sun 23:45)
Rate 1	£12.00	£22.50	£22.50	£17.50	£42.50	£17.50	£17.50	£12.00	£17.50
Rate 2	£18.00	£33.75	£33.75	£26.25	£63.75	£26.25	£26.25	£18.00	£26.25
Rate 3	£24.00	£45.00	£45.00	£35.00	£85.00	£35.00	£35.00	£24.00	£35.00
	Changing Room A Fees					Changing Room B Fees			
Rate 1	£9.00	£17.50	£17.50	£12.50	£17.50	£12.50	£12.50	£10.50	£12.50
Rate 2	£13.50	£26.50	£26.50	£19.50	£26.50	£19.50	£19.50	£16.00	£19.50
Rate 3	£18.00	£35.00	£35.00	£25.00	£35.00	£25.00	£25.00	£21.00	£25.00
<b>Alcohol Licence: £30.00 + £100 damage deposit</b>									
Rate 1	Private individuals, community groups, clubs etc based in: LA10, Firbank, Howgill or Killington								
Rate 2	Businesses based in LA10, Firbank, Howgill or Killington OR Private individuals, community groups, clubs etc not in Rate 1								
Rate 3	Businesses outside local area OR Statutory organisations								

## LOOKAROUND EDITORIAL TEAM

<b>Myles Ripley (T)</b>	<b>Team Leader and Chairman</b>	<b>Jane Fisher (T)</b>	<b>Proofreading</b>
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<b>Karen Bruce Lockhart</b>	<b>Proofreading</b>	<b>Eileen Bartlett</b>	<b>Advert Design and Compilation</b>

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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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](http://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**

## Combined plans for Western Dales Mission Community - July 2022

	Time	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	31 <sup>st</sup>
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	HC	Morning Service with Baptism	HC	FS 6pm-Confirmation Service	Holiday Club Service at People's Hall
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Contemporary Worship Service	Service	Service	Service	Holiday Club Service at People's Hall
St. Mark's, Cautley LA10 5LZ		2.30pm HCx		9.30am MP		2.30pm Taize
St. John's, Garsdale LA10	10am	HCx		MP		MP
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service	Service
All Saints, Killington LA6 2HA	2pm					
Holy Trinity Howgill LA10 5JD	10.30am		HC			
St. John's Firbank LA10 5EF	2pm					
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP		
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	Service	Service	Service	HC
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	<b>Wednesday</b>	<b>6<sup>th</sup></b>	<b>13<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b>27<sup>th</sup></b>	
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	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			
<b>Contacts- Brigflatts Meeting House please contact correspondence clerk 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063</b>						

# 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](http://www.sedberghmp.nhs.uk)**  
for further details.

## Bridging the Gap

*First Monday - 1400 - 1600*  
Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street  
People's Hall, Howgill Lane  
Fire Station, Long Lane  
*Access Codes to the Defribrs are supplied  
on contacting Ambulance Control on 999*

## **POLICE**

101 or 999  
Crimestoppers 0800 555 111

### Community Officer

Kathryn Taylor  
Telephone: 101  
Email: [101@cumbria.police.uk](mailto: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)

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230 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 seven days a week 1000 - 1600

e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125

[www.sedbergh.org.uk](http://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](mailto: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

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July 2022