

Sedbergh & District

LOOKAROUND

September 2022

Issue 413

Donation £1

There have been some changes to the times of Anglican Church Services. The Revd Andy has sent us a revised timetable, which can be

found on page 94. Otherwise there is plenty of information on upcoming events and our usual mix of articles. Thanks to all contributors. *Ed.*

NORTH WESTMORLAND ARTS

Concerts in Appleby Public Hall 2022-2023

Junior Royal Northern College of Music students

25 Sept 3pm: £10 (Children Free)

Mayor & James (mandolin & guitar)

23 Oct 7.30pm: £20

Prince Bishops Brass Ensemble

27 Nov 7.30pm: £20

Wissam Boustany (flute) Aleks Szram (piano)

29 Jan 7.30pm: £20

Budapest Café Orchestra

26 Feb 7.30pm: £20

Bradley Creswick & Friends (violin, bass, piano)

26 Mar 7.30pm: £20

Tickets at the door or online.

www.appleby-concerts.org.uk

Email: enquiries@appleby-concerts.org.uk Tel: 017684 83777

Supported by Westmorland Arts Trust, Hadfield Trust, Bryan Lancaster Trust

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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CONTENTS

Articles

Apple Day	10
B4RN	12
Back To School The Eco Way	64
Badminton Club	13
Bog In A Box	43
Boxes Of Hope Cumbria	10
Bramble	39
British School Trust	13
Changes In Sedbergh	19
Community Swifts	41
Cost Of Living Payments	68
Dentdale Choir	8
Every Life Matters	66
Family Musings.	46
Fifty Years Ago	36
From Peat To Paddling	11
Garsdale's Old Police House	31
Hardship Fund	13
Hot Stuff.....And Nonsense!	59
Information Centre	14
It Only Happens To Other People	72
July Weather	47
Milk	46
News From The Pews	22
Notes From Dent Station	25
Open House	9
People's Hall Roundup August 2022	15
Problems With The Cost Of Food	67
Roman Roads And LIDAR	30
Royal British Legion Open Day	11
Sedbergh Cinema - A Sequel	33
Sedbergh Medical Practice	6
Sedbergh Parish Council	21
Sedbergh School News	23
SENSUM	16
St Andrew's Redevelopment Plans	5
The Children's Wood And S.E.N.	61
The Hunger Winter	38
Therapeutic Yoga	58
Those Canary Girls	18
Tim's Column	20
W.I. Dentdale	48

Articles (Continued)

W.I. Howgill And Firbank	48
W.I. Killington	56
W.I. Sedbergh	53
Western Dales Bus	16
Working In The Mouth	60
World Alzheimers Day	65
Zero Waste	63

Business Adverts

Armitstead Barnett	54
Audio Lookaround	74
Bannister Physiotherapist	63
Black Bull	50
Cost of Living Help	86
Cumbria Stoves	52
Curtains	8
Cycle with Rachael	60
Dalesway Therapies	73
Dalton Burial Ground	40
Dawsons Fuels	34
Digital Dalesman	24
Duncan Law Plumber	58
Edge of the World	47
Firewood & Septic Tanks David Labatte	35
First 4 Home Improvement	33
G.J. Baines	72
Garsdale Design	46
H&M Craftsmen Kitchens	65
Helping Hand	36
Howgills Accomodation	41
Howgills Cleaning Services	12
Ian Higginbotham	43
J.J. Martin Funeral Director	39
Job Advert Bendrigg Lodge	9
Job Vacancy - Cumbria Stoves	17
K.W. Electricals	56
Kay Whittle - Chiropodist	59
Kev Scrap	22
Lakes Scaffolding	30
Land wanted for grazing	75
Lookaround Local Subscription	69
Lookaround Postal Subscription	71
Lookaround Subscription	70
M.K. Conversions Ltd	73
Marquees & Teepees Killington	55
Matthew Cook Stonemason	68
Meditation Centre	20
Multi trade Property maintenance	20

COVER PHOTOS

Morning Mist

Ann Middlemiss

CONTENTS (Continued)

Business Adverts (Continued)

Oglethorpe Sturton & Gillibrand LLP	--26
Parkin And Jackson	-----38
Pennine Outdoor Fabrics	-----21
Peoples' Hall	-----16
Powells	-----27
Red Squirrel	-----53
Robert Powell Web Design	-----10
Royal British Legion	-----61
Rycrofts	-----42
Sheila Shuttleworth Dressmaker	-----18
Stephenson And Wilson Builders	-----14
Stramongate Press	-----29
Temptations Craft Boutique	-----48
The Thirsty Rambler	-----28
Thomson Hayton Winkley Solicitors	---49
Three Hares	-----45
Tooby's Electrical	-----62
Treadwell Flooring	-----57
Under Pressure Power Washing	-----19
Wasp Control	-----67
Western Dales Bus	-----7
Wools Of Cumbria	-----51
Yoga Therapy Laura Clare	-----32

Event Adverts

Appleby Concerts (25th)	-----1
Artisan Market (17th)	-----17
Charity Bingo Night (23rd)	-----23
Coffee Morning Dent Chapel (30th)	---31
Evening Classes Settlebeck (4th Oct)	-37
Griefshare (6th/20th)	-----6
Medical Centre (14th)	-----14
Messy Church (11th)	-----11

Event Adverts (Continued)

Open House Coffee Craft (Tues)	-----5
Sedbergh Swimming Club (13th/20th)	---13
Weekly Coffee Morning (Weds)	-----3

Other Information

Advertising In Lookaround	-----4
Bed & Breakfast	-----83
Bus Timetables	-----87
Car Parking Charges	-----88
Diary of Events	-----81
Eat and Drink in Sedbergh	-----80
Editorial	-----76
Groups and Organisations	-----84
Lookaround Editorial Team	-----92
Lookaround Information	-----78
People's Hall Rates	-----92
Personal Messages	-----75
Public Information / Telephone Nos	---96
Puzzles	-----77
Religious Information	-----93
Train Times	-----91
Updated Church Times	-----94
Useful Telephone Numbers	-----82
Walks Around Sedbergh	-----82



Weekly Coffee Morning St Andrews Church Every Wednesday 9:30am to 11:30am

Wed 7th September - St John's Garsdale
Wed 17th September- St Andrews
Wed 24th September- Sedbergh W.I.
Wed 31st September - Canary Girls

Groups who would like to run a Coffee Morning
please call Lynda Briggs on 07904 055 259
or email 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.

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Single Column 2.56" x 2"	=£10.00
Single Column 2.56" x 3"	=£12.50
Single Column 2.56" x 4"	=£15.00
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

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editor@sedberghlookaround.org.uk

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07464 895425

Address:

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

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

PAYMENT INFORMATION

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**

ST ANDREW'S REDEVELOPMENT PLANS

Tony Reed-Screen, Churchwarden

A Public Meeting to share our vision for a new flexible space in the heart of St Andrew's Parish Church.

St Andrew's Parish church was established in the twelfth century, and throughout the years has undergone many changes and alterations to fulfil its mission of being both a place of worship and a gathering point for the community. Parish churches are living buildings which provide both continuity and innovation in order to adapt to and serve the needs of the local community.

For example, in 2009 the Sedbergh Embroideries, which tell the story of Sedbergh and are now a major

tourist attraction, were given a permanent home in the church. Ten years ago the chancel was extended to provide a raised performance area for concerts and also for an altar table in the heart of the church. The performance area is used by the Town Band and the Orchestra both for rehearsals and performances. It has been a great success and is an alteration that has helped to re-establish the church in the heart of the community.

At the other end of the church is the Parish Room which since the closure of the URC has become the home of the Wednesday coffee morning. The coffee mornings are becoming very popular, and the room is being increasingly used for events



STARTS IN SEPTEMBER!

OPEN HOUSE

Every Tuesday

Coffee, Craft & Chat

10:00am till 12:00pm

Renew Wellbeing Cafè

Cornerstone Church Sedbergh



Sedbergh
Grief Share
07498 870267

*Drop in meetings for
anyone struggling
with bereavement*

*Tuesday 6th Sept & Tuesday 20th Sept
10am - 12 mid-day*

*Cornerstone Community Church
Join us for coffee and a chat
(in the manse garden if fine)*

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

after services. There is not enough space and limited toilet facilities.

Plans have been drawn up to make the West end of the church a larger and more flexible space for a variety of uses from exhibitions to social events and receptions. The plans include the provision of a new heating system, a new entrance lobby to keep the heat in, new toilets in the body of the church, the replacement of the solid wall to the Parish Room, removal of some pews and re-location of the font to the North aisle.

We will be holding an open meeting in the church on Friday 30 September starting at 7.00 pm to present these plans to inform the community at large and receive any comments or suggestions for changes. We hope that the meeting will be well attended to ensure that everyone has the opportunity to take part in the process of continuing to make St Andrew's a focus of life in Sedbergh. There will be drinks and nibbles after the meeting to enable those present to continue the discussion informally.

UPDATE FROM SEDBERGH MEDICAL PRACTICE

Tracey Thornton

We have re-introduced open surgery every weekday morning however this is NOT walk in. Please ring the reception from 8am and if appropriate you will be booked into one of our 0830 to 1000 slots to see a senior clinician. In addition, the telephone triage system has been maintained although in a reduced amount. Hopefully this way we can provide the service required either remotely or with a face to face appointment. This also means that we can release more face to face appointments to be booked as available-improving choice if folks are happy to wait to see a specific clinician. Although continuity of care is important, the medical record is available for clinical staff so what has gone before/the discussion and current plan is usually visible and easily followed. Where appropriate we are making use of online and SMS text message contacts as this can be an efficient way of communicating for all re. Simple matters.

There is also the ability to have bloods, simple procedures, nurse reviews and doctor appointments on a Saturday morning rotating between Bentham, Kirkby Lonsdale and ourselves. These are bookable via reception and may be more convenient depending on personal circumstances. Although the staff available do not work here in Sedbergh during the week, they use our electronic record system when seeing patients registered here in

Sedbergh. This is additional to the standard out-of-hours Doctor service (Cumbria On Call). Our reception staff may well suggest a Saturday morning appointment if they think it would suit you best-or please enquire.

Finally, we are expecting most of our 22/23 seasonal flu vaccinations to arrive week commencing 12th September. We are therefore planning two walk in sessions in September/October (Saturday AM) as well as the ability to walk in during the working week. Anyone over the age of 50 (and those vulnerable at any age) qualifies this year, we only have a small number of vaccines for the 50-65 year until week commencing 24th October (when our

final supply arrives). Please check social media, our website and any messages we send you for more details. At the time of writing the details regarding the Covid 19 autumn booster vaccination are limited although anyone aged over 50 will be eligible for a covid booster and that whatever the brand/type we will be able to offer Covid 19 booster vaccination here in Sedbergh. First priority will be care homes patients and the over 80's (it must be 91 days since your last booster).

Flu Clinic – Anyone aged over 50 or anyone aged over 18 in an at-risk group only

- Saturday 17th September – 8.30am – 11am

VOLUNTEERS WANTED


Western Dales Bus

Could you help this charity provide bus services in the Sedbergh and Kirkby Stephen areas?

We are a registered charity run by volunteers, and are looking for new people to join us. We need both drivers and people to help manage the organisation.

You can decide how much time you give, and we have a friendly and committed team who will support you.

To find out more about us, go to www.westerndalesbus.co.uk. If you'd like to discuss how you could help, please contact Jock Cairns on 07989 403119, at jockcairns@outlook.com or through the contact page on our website.



**Sedbergh
Curtain Workshop**

Beautiful handsewn
Curtains & Blinds
Made to order

Lined or lined + interlined
Variety of taped or buckram
heading styles
&
Repairs and alterations

Helen Bromley
54 Bainbridge Road
Tel. 015396 20165

*Diploma in Curtain Making and Soft
Furnishing*

• Saturday 24th September –
8.30am – 11am
Walk – in service available Monday
– Friday (10.30am – 6.30pm there
could be a short wait if you attend
during lunchtime) please note the
vaccine may be administered in the
waiting room.

No appointment necessary
Please **DO NOT ATTEND** if you
have any symptoms of COVID.

Children aged 2 and 3 years old or
under 18 in an at-risk group will be
invited when we have confirmation of
delivery of nasal flu vaccines.

****Please note clinics are subject
to receiving vaccines on the
scheduled deliver dates****

**DENTDALE CHOIR
New Musical Director Appointed**

John Feltham

The Dentdale Choir is delighted to
announce the appointment of a new
Musical Director/Conductor.

For the last six years the choir has
been conducted by Dr Richard Bruce,
who drove all the way from Durham
every Tuesday night! Richard's
musical life is moving to its next
phase and so we said goodbye to
him at our annual Spring concert in
May. We wish him well. It was with
some trepidation that the choir began
the process of seeking a
replacement. Available and talented
conductors are hard to find,
especially if they need to travel to our
relatively remote dale.

But we needn't have worried! We
are absolutely delighted to announce
that our new Musical Director is Jen
Hartley, a well-known figure both in
local musical circles and beyond. Jen
is a highly accomplished musician
and music teacher, with all the skills
which the choir needs to further its
development. Jen is known to many
through her teaching at QES in



Kirkby Lonsdale and, nowadays, Sedbergh School, to name but a few. We're really looking forward to working with Jen and developing new repertoire leading to our usual participation in the Dent and Cowgill carol services and, the year's main focus, our annual Spring concert, likely to be in early May 2023.

New members are always welcome, so if you enjoy singing, why not come along to the first rehearsal of our 2022/23 season and make a start at The Dentdale Choir at the same time as Jen Hartley! There's no audition and you don't have to be able to read music.

Rehearsals begin on Tuesday 6th September in the Memorial Hall, Dent, at 7.15pm.

OPEN HOUSE

Janice Rusling

What is it? Part of a national renewal-wellbeing scheme, Open House offers two hours a week to relax, chat, drink coffee (other beverages available!) play games, pursue hobbies and generally just 'chill'. Or if you prefer to just sit and meditate or do nothing at all. We expect the format of the sessions to evolve as people share their interests and skills in a homely welcoming space. For those who need specific support a member of the Grief Share team will be present each week for those who would benefit from a private conversation.

All ages are welcome and there will be a children's play area available.

Domestic Assistant - Part-time

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

Phone: 01539 723766



Robert Powell

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Websites**

Tel: 20482

www.robpowell.co.uk

We all need an opportunity to step back from the busyness of our everyday lives and enjoy some 'me time' to recharge our batteries; Open House is designed to offer this opportunity. Nothing is compulsory, just drop in and see what is going on, free of charge.

Tuesdays 10am - 12 at Cornerstone, beginning on 6th September—see *the advert on page 5*.

BOXES OF HOPE CUMBRIA

Pam Dent

September already - time to get out the knitting needles and start scouring the charity shops (not forgetting Mary's stall on the Wednesday market) in the quest for suitable articles to make up Christmas shoe-boxes for some of Romania's neediest children. Leaflets will be available soon from the usual outlets, including the Post Office and the Information Centre; collection dates will be 1st – 12th November. If you have any queries, feel free to ring me on 20042 or visit www.boxesofhopecumbria.co.uk
Thank you.

APPLE DAY

Anne Parratt

Do you have so many apples you don't know what to do with them?

COGS (Community Orchard Group - Sedbergh) are holding their 5th Apple Day on Saturday 22nd October from 10am until 2pm at The People's Hall.

The event is free of charge but donations are very welcome.

Apple Day gives everyone an opportunity to bring along their apples, any type - eaters and cookers and in any condition, washed but not bruised – which can be juiced and taken home either to drink or freeze. All you need to bring on the day are apples and sterilised bottles.

Other activities include

- 🍎 Identification and Apple display
- 🍰 Cake stall including jams and chutneys
- 🎵 Live music by Common Ground
- 👶 Activities for children
- ☕ Tea, coffee, biscuits and soup and rolls will also be available



FROM PEAT TO PADDLING

Victoria Benn

If you are interested in debating what constitutes a healthy river 'from peat to paddling' why not attend Friends of the Dales FREE conference on 24 September at Grassington's Devonshire Institute? Guest speakers include the naturalist and biologist, Dr Amy-Jane Beer; Professor Rick Battarbee from UCL; Professor Jonathan Grey of the Wild Trout Trust; Martin Christmas, area environment manager for North Yorkshire; Charlotte Simons from the Dales to Vale Rivers Network and Tim Thom, peat programme manager for Yorkshire Wildlife Trust. All will be exploring what constitutes a healthy river, using the River Wharfe from Oughtershaw Beck to Ilkley as a case study.

The event runs from 1pm-5pm and all 16-25 year olds can claim a travel bursary of £25. To find out more visit: www.friendsofthedales.org.uk or to register your interest email: victoria.benn@friendsofthedales.org.uk

The charity is also hosting its regular programme of free digital talks again from September, featuring

one by Wild Ingleborough on 14 September and a review of Plastic Free Woodlands by the Yorkshire Dales Millenium Trust and YDNPA member and Friend of the Dales vice president, Mark Corner on 19 October. To register for either of these please email: victoria.benn@friendsofthedales.org.uk

ROYAL BRITISH LEGION OPEN DAY

David Parratt

The Sedbergh & District Branch of the RBL will be running an 'Open Day' on Saturday 3rd September between 1000 – 1300 at the White Hart Sports & Social Club in Sedbergh on the ground floor in the back room. Coffee & tea will be available.

You are very welcome to come along and see us and find out what our branch does and how we can support serving members of the armed forces, veterans and their families who may need help. Our local branch needs new members in order to keep up its good work for a very worthy cause. You do not need to have served in the armed forces to be a member. We look forward to seeing you.



NEXT SESSION SEPTEMBER 11TH 2022 4-6pm

Cornerstone Community Church Hall. New Street

Come and join in the fun. Hot meal.

Crafts, games, drama and music.

Helpers are DBS checked and safeguarding is followed.

OPEN TO EVERYONE. NO CHARGE

Further details contact Susan Raw 015396 20542. susanraw@talktalk.net

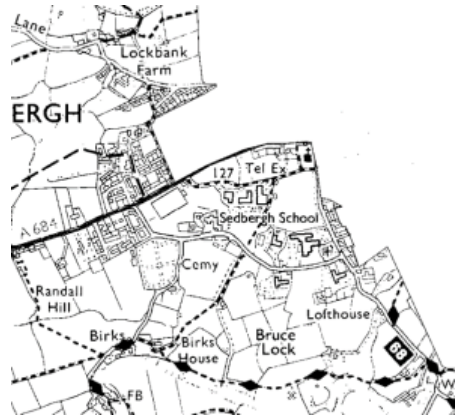
B4RN

Douglas Thomson

B4RN is now aiming to start installation of its network in the late summer/autumn in a sector in the west and south of the town. (See map). It is expected that the rest of the town will follow soon afterwards.

Sedbergh town centre will be difficult. However, we have a plan which though challenging is increasingly becoming possible, due to the help of people through which the proposed duct routes run.

This is probably the most challenging roll out that B4RN have ever done but we will succeed but with your support. If we come to you to discuss our plan with you please



be helpful even if you do not want the service yourself.

I know I have said it before but the light at the end of the tunnel is definitely getting brighter and I am sure it is not an oncoming train!



Howgills Cleaning Services are based in Sedbergh. We are dedicated to giving our customers an exceptional property cleaning service. With over 15 years of experience, in a variety of settings, including private homes, boutique hotels, airbnb holiday homes, private housekeeping management on a country estate, we have built up a reputation for excellent customer satisfaction.

Domestic & Commercial Cleaning | Holiday Let Changeovers | Airbnb | Second homes
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Email: howgillscleaningservices@gmail.com

www.howgillscleaningservices.co.uk

SEDBERGH BADMINTON CLUB

Helen Reynolds

Our new season starts on Monday 5 September in Sedbergh School sports hall (the old one, next to Queen's Hall).

Juniors (8-16 years) 7 - 8pm

Adults 7 - 9pm

All abilities welcome - come along and try it out!

Ring David 07816437500 for any further details

BRITISH SCHOOL TRUST

Jean Cope (Hon Secretary)

The Trustees will meet on Wednesday 14th September 2022 to consider GRANT APPLICATIONS from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

APPLICATIONS should be in writing and addressed to:

The Honorary Secretary of the Trust

14 Guldrey Fold,
Sedbergh,
Cumbria,
LA10 5DY

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



Sedbergh Swimming Club

Sessions and lessons will commence on 20th
September 2022

Enrolment Night 6:30 - 7:30 pm 13th September 2022
in the People's Hall

If you wish to become a teacher please get in touch
E: Sedberghswimmingclub@gmail.com

SEDBERGH INFORMATION CENTRE & HOWGILLS BOOKSHOP

Debbie Wilson

The Car Park Permits which begin on September 1st are now available at the Centre, priced at £60 for Residents and £100 for Holiday Let Owners. They are valid in both Joss Lane and Loftus Hill Car parks. Application Forms are available at the Centre and also online at www.sedberghparishcouncil.org.uk. The Centre is open seven days a week between 10am & 4pm, staffed by our wonderful volunteers.

The Centre stocks a wide range of walking books and maps, along with a range of gifts and local products. We also have a vast array of second hand books selected by local dealers.

The Artisan Markets have again been a feature of the summer and we have seen a variety of stallholders travelling to Sedbergh, with new stallholders at every market. I know they have all enjoyed the friendly atmosphere. The weather has been quite challenging at times for both the stallholders and



Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

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Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

especially for the fantastic team who set ups and dismantle the stalls. Hopefully we will have good weather for the last market of the year which is September 17th.

Our Sedbergh Calendar for 2023 is

in stock and has proved popular with the many visitors to the shop over the Summer, so be sure to pick one up when you are updating your permit and start your Christmas shopping early!

Speaking of Christmas this year's Late Night Opening will be organised by the CIC who run the Information Centre, as the Sedbergh Chamber of Trade is no longer operating. The Parish Council will again be providing and installing the Christmas festoon lights at Main Street and the lights for the tree at the Fire Station. It would be remiss of me at this point not to thank the Sedbergh and District CIO for stepping in last year to arrange the event. Please do look out for information about how you can be involved this year and help support this popular part of the Sedbergh year.


**SEDBERGH
MEDICAL CENTRE**

*will be closed for Training Purposes
at 1pm on the following afternoons:-*

2022

Wednesday 14th Sept
Thursday 13th Oct
Wednesday 16th Nov



PEOPLE'S HALL ROUNDUP AUGUST 2022

Sandra Gold Wood

So far things are going very well. Despite all the difficulties with lock down the PH is back on track and in the black - income for July/August £1,338 Outgoings £842.60.

It is good to see the PH in full use again, with dance classes, meetings, christenings, and the Holiday Club was back this year.

The PH committee were contacted by the SENSUM Project run by the University of Exeter. They sent a team who visited on 10 August to set up and fit their flume instruments and which will use a relay (4G) station at the Hall (see below for more on what SENSUM is).

The dispute over the Foul overflow has been traced, and it is the

responsibility of United Utilities, which is a relief.

Those of you who have used the PH recently will know that we now have central heating. What a blessing that will be when winter weather comes.

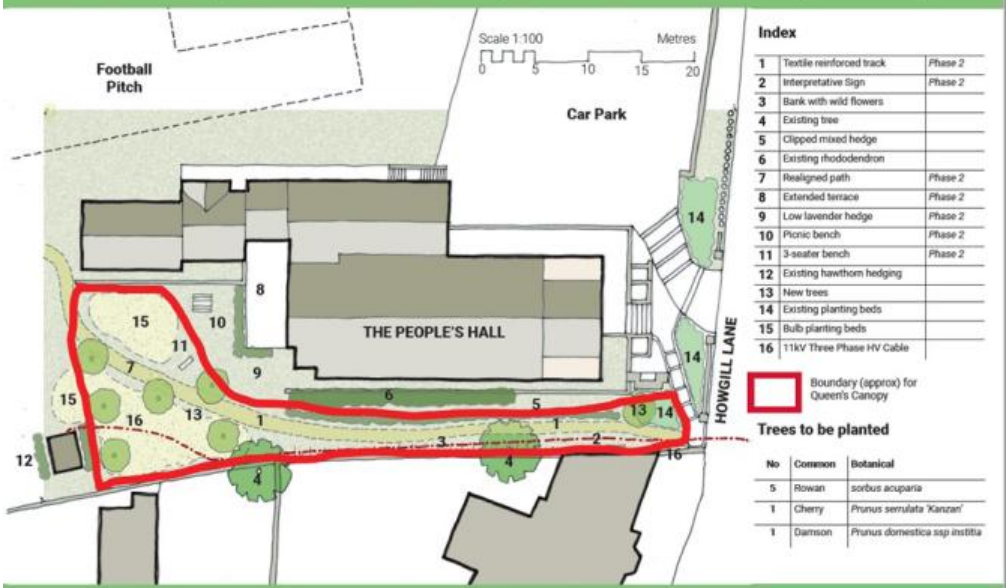
The PH is Landlord of the Gym and as such will be undertaking the painting of the outside windows. Everything inside is the responsibility of the Gym management. The PH and the gym are quite separate entities; the gym rents the building for the PH. While we are at it, we will paint the back wall of the stage.

Queen's Canopy, is a tree planting project launched around the Country as part of the Platinum Jubilee celebrations. The Sedbergh Environmental Network are submitting a bid to the Community



Queen's Canopy Garden at The People's Hall

Proposed Layout



Fund for support of the project. The PH committee have offered its support for the idea. Trees will be planted between the side of the hall and Highfield Road and the PH have helped to provide a Wayfinding and Information Board to be situated on the site.

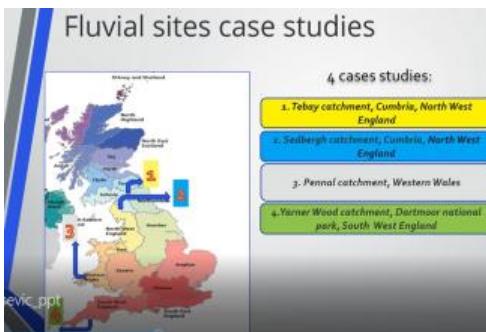
Of course there is lots more going on. Check the PH online.

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Did you get that? Good. Well I spent some time trying to work out what it means, and as far as I can see they are putting a load of little devices on wood and rock debris dotted around the landscape, and monitoring how it all moves when the rains come. Then using the results to work out what might happen on a wider basis. Could be wrong!



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WESTERN DALES BUS – JOIN OUR FRIENDLY VOLUNTEERS!

Jock Cairns

The Western Dales Community Bus was founded ten years ago by a group of volunteers to provide much needed local bus transport at a time when subsidies were being reduced and services were being withdrawn. Today, we run five regular weekly services: the S1 Kendal Shuttle on Saturdays, the S3 Hawes Hopper on Wednesdays, the S4 Kirkby Stephen Connect on Fridays, the S5 Kirkby Stephen Shopper on Thursdays and the S6 Eden Shopper on Tuesdays. We are lucky to have a great team of dedicated and talented drivers and administrators to do this, but we are always looking for more help!

Surveys of both our passengers and our volunteers have shown not only how much local communities value the transport links we provide, but also highlight the enormous benefits there are to the volunteers who work together to provide it. Among the remarks made by volunteers were:

Having only moved into the area three years ago, volunteering has

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helped me to get to know people in the community and to become known by them.

I enjoy meeting our passengers and I love driving around the Dales.

A feel good factor in helping both locals and visitors alike. It is well known that volunteering is good for mental health so I guess I benefit from that too.

Have had excellent training and a very positive welcome to the team. Feel able to ask for help at any time and it has been a pleasure to be involved.

So why not think about joining us? However much or little time you have to offer, your help as a volunteer would be warmly welcomed.

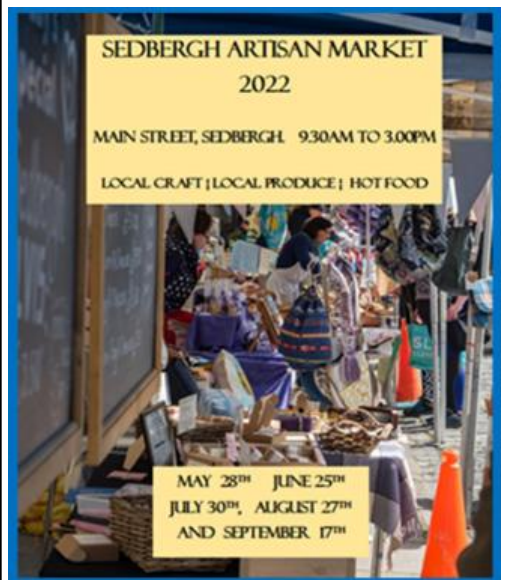
To become a driver, you need a current driving licence which includes permission to drive vehicles with up to 16 seats (Category D1). You will be given training - a driver awareness course (MIDAS) and an advanced driving course which teaches skills required to drive a mini-bus on rural roads.

If you'd like to help us without driving, we can find a role that matches both your skills and

commitments. You could help with marketing and public relations, or with the fundraising work we do to keep our finances healthy. If you have IT skills, you could help maintain the IT systems we use both on our vehicles and within the company. If you have social media skills, you could help us develop our presence there. You might have a good understanding of how vehicles work, and could help us to make sure our vehicles are always in good condition. If you have people skills, you could help plan volunteers' meetings and social events.

Further information about us can be found on our website www.westerndalesbus.co.uk . If you would like to find out more about what volunteering would involve, please contact Jock Cairns on 07989 403119, at jockcairns@outlook.com , or though the contact page on the website.

See the advertisement on page 7.



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THOSE CANARY GIRLS

Sandra Gold-Wood
Chair of Trustees.
sanddot51k@gmail.com

The Charity Commission have failed us again. They say we are not providing anything to help people. However disappointing this is, it is not the end and the Trustees will be looking into other ways to achieve our goal. Hope springs eternal.

Meanwhile more speaker dates are coming in for this year, and next. In fact, I am off to Essex to deliver one this very month. The word is spreading and in August we were contacted by The One Show, they had looked at www.Canary-Girls.com. I can't tell you how excited I was thinking they wanted to do an interview. No, what they wanted was to come and film the Canary Girls Memorial. Of course that would have been great but, as yet, it is not built. Then he asked if I could put him in touch with any women who had been munitions workers i.e. actual Canary Girls that he could interview. I restrained myself from suggesting a séance and reminded him that it is 77 years since the end of WW2 and the

likelihood of there being any one left to interview is small. We suggested that they ask the viewers of The One Show.

Some of you may have been watching Walking Wartime Britain on Channel 5. A very interesting and well-presented programme. Unfortunately, there was no mention of our Canary Girls and the work they did. An email has been sent to the company that produced the programme suggesting what a good programme the Canaries would make. As some of you will know many of the munitions factories had women's football teams, with some famously talented players. As the Lionesses had won the European Cup it was also suggested to the production company that this too would make a good programme. I doubt we will hear from them but you never know.

Two dates for your diary;

Firstly: There will be a Coffee morning for the Canary Girls Memorial project at St Andrews Church 9.30am to 11.30am on Wednesday September 28. Cakes, a raffle, yellow poppies and Quiz sheets will be on sale along with plenty of good company as always.

Secondly: A play entitled 'Forgotten Heroines' (working title) will be staged at the People's Hall on Sunday October 23. There will be two (maybe three) performances of this short play. The play follows the lives of four women and how they become munitions workers. The play is augmented with film of the time and music of course. Look out for posters nearer the time.

CHANGES IN SEDBERGH

Maureen Lamb

I cannot claim Yorkshire ancestry and my husband came from Westmorland, but I have lived in Killington for forty years, a large part of my life so I can speak with some knowledge of how things have changed in the town (definitely a town) over the last forty years, far more I guess than over any similar period in the past.

Many people now have cars of course and a visit to Kendal is no longer a day's outing riding on horseback or in a horse and cart. The weekly market is no longer essential for supplying the local population with fresh food and it has dwindled over the years but, so too, has the variety of shops. In 1982 I remember 5 grocery shops now reduced to one. There were two chemists I think, one in Main Street and one in Finkle Street, now we have just one. There was at least one dress shop where you could go and try on new clothes. Now there are none unless you happen to want a Sedbergh School uniform. Perhaps most annoying of all is that the three banks I remember have completely disappeared. You might be able to get some cash from an ATM machine, but you can no longer discuss your financial affairs with a bank manager.

Kendal or Kirkby Lonsdale are only half an hour away, if you still have a car and if you can drive; and if you can find somewhere in Kendal or Kirkby near enough to your bank to park your car. As the population ages, is it perhaps time that businesses and local government look at adapting to the needs of what



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is now becoming the majority of the local population? As you age and stay reasonably fit, you do not want to have to rely on other people to do many of those things you could do for yourself if local facilities had caught up with the need. Give us back a full time bank, a clothes shop, another grocery store. The appeal will no doubt go on deaf ears as the profit motive for many people now dominates their lives. Aspiration is good. Contentment with what you have is out of date. Sedbergh was never in the forefront of change, but this philosophy it would seem has even tainted Sedbergh.

I will have to learn to use a bank card and how to order on-line.

TIM'S COLUMN

Tim Farron

August is one of the months I most enjoy during the year. I don't have to travel down to London every week. Better than that I get to enjoy travelling around the constituency meeting people on my Summer Tour. If you came along to see me in Sedbergh or Dent thanks very much indeed.

As if that was not enough I am currently getting ready for the Great North Run in September (and indeed the London Marathon in October) so I have been enjoying a bit better scenery (and a few bigger hills) on my training runs than when I run in London. I am one of five people doing the Great North Run to raise money Carer Support South Lakes. There are about 12,000 unpaid carers in our part of the world and Carer Support South Lakes are a rather brilliant organisation that does what it can to support these selfless folk, by looking after their health and wellbeing while they devote so much of their own time to supporting others. If you would like to donate a few quid to this great cause all you need to do is go to the Just Giving

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One of the themes that has been emerging at my stops in the Summer Tour has been what wonderful communities we are all lucky enough to live in around here. As I write this I have only done a couple of days of the tour (Sedbergh and Dent is yet to come) and I have already met so many amazing people who are doing so much to support the places they live in. It has really made me even prouder to be your MP and also very hopeful for the future. It has also really made me to think hard about what I can actually do to support our communities and the infrastructure that they rely on.

Whilst I think about it, I know that running my Summer Tour during the daytime makes it a bit hard for people at work to come along but if you want to meet up with me then we run

surgeries across the constituency on many Saturdays during the year and since COVID we have started to also run surgeries by phone.

Before the House of Commons broke up for its summer holidays I took the opportunity of a debate on access to NHS dentistry to tell the minister that under half of children in Cumbria have seen a dentist in the last twelve months and only a third of adults have seen an NHS dentist during that time. In reply he promised me a statement but to be frank I have so little hope for the Government to do anything about this. They have been in charge of our healthcare for over twelve years now and in that time the NHS dental treatment has got so much worse so why should any of us have any faith in things changing. But don't worry I won't give up I will keep pressing on this issue until instead of statements we see something actually being done about it.

As ever if there is anything I can do to help you please do get in touch, either by emailing tim@timfarron.co.uk or calling on 01539 723403.

Thanks for your support



SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk

The Council held its monthly meeting at 7.00pm on Thursday 11th August 2022, in the Committee Room, The People's Hall, Sedbergh. The next scheduled meeting is on Thursday 8th September 2022, commencing at 7.30pm

Members welcomed the new Secretary of State (Parish Member) for the Yorkshire Dales National Park, Libby Batemen, who will represent 29 Parishes across the area.

Planned and future projects

The Parish Council continue to work on various projects, including those highlighted last month, with progress being made where possible on improved street lighting and electric vehicle parking. Members also discussed the need to consider reserves for the play area at Howgill Lane, with a potential plan to extend parking provision in the future.

Other matters

Included the Yorkshire Dales National Park Local Plan –



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Consultation No.5 'Preferred options', the proposed Bandstand at Queen's Garden (and current funding shortfall), support for a replacement footbridge at Cautley Spout (YDNPA), where an accessible bridleway bridge is now proposed, and conduct at the recent Sedbergh Economic Partnership meeting. Various other matters, including Finance, Amenities and Planning were also discussed, along with general Correspondence, Festive lights for 2022, the memorial plaque proposed for Antoni Gosiewski and the Sedbergh Environment Network/ future partner market stall to help promote the Big Green Week and Dark Skies (including Parish lighting).

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

www.sedberghparishcouncil.org.uk
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



NEWS FROM THE PEWS

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

Like many others we at St Andrew's are playing "catch up" following the cessation of many services when the Coronavirus was wreaking havoc with normal life.

We have had lots of wonderful baptisms, some during the Sunday morning services, other families have chosen to have a private service, but all have been delightful. The memory of one little girl, in particular, brings a smile remembering how she was caught in the nick of time heading for the outside door when she was needed at the font for her baptism to take place.

Thankfully the Summer Fair did not happen on a swelteringly hot day but on a "normal" type of summer day. All went well and a good day seemed to be had by all. We should like to thank all the people who gave their time to help, donated food or raffle prizes. Also, Rawthey Rhythm who kept our toes tapping, Tom for organising the Coconut Shy and Dean from the White Hart for his generous support. We could not have done it without any of you.

Just have to add that the inside the church building has been a haven of cool whilst the temperatures outside have been breaking records!

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The chapel choir return from their tour of Italy having given 6 performances between Milan and Venice, with the high light being singing to a packed Milan cathedral, one of the biggest in the world, the tickets having sold out. It was the first of a new initiative by the Cathedral to reach out to Christians across Europe, which came as a surprise to the choir.

Brown's of Sedbergh, the School Uniform shop, closed at the end of June, and the School uniform is now bought on line.

Lower Sixth pupils, Sam and Joe, and Mr Seddon-Roberts, supported local pair Kirk Wadsworth and Tim Jenner on their aim to complete "The Cumbrian" – swimming, running and cycling 220 miles in under 57 hours. Tim had to withdraw due to injury, but Kirk completed the challenge, raising money for Jigsaw Cumbria's Children's Hospice, Keswick Mountain Rescue and Brathay.

The Sedbergh Shooting team came second in the Ashburton Shield at Bisley.

The Headmaster has introduced a new watchword for the School – HARK (Humility, Ambition, Resilience and Kindness, the greatest of these being Kindness).

The Foundation and the OS Club held a dinner in Lincoln's Inn to launch the campaign for the School's 500 Anniversary in three year's time, which was well attended despite disruption for travel arrangements caused by industrial action.

The two Lancashire cricket matches during the summer holidays

were affected by bad weather. The first on Sunday, 30th July, Lancashire v Cumbria, did manage to get going at about 3 pm for a 20 over game. Cumbria put up a good fight but lost. The School ground looked just as an English cricket game should. However, the weather did its worst for the more important London Cup match the following Tuesday. Although the rain stopped during the morning it became clear that the out field would never dry sufficiently and the match was abandoned at 2.30 pm. Very sad for those who had travelled long distances to see it, especially as both the coffee shops in the town had chosen to be closed that week!

Harry Brook OS scored 758 runs in eight County Championship games this summer. And 140 for England against South Africa.

Marcus Baker OS and Robert Buchanan OS completed the legendary Marathon des Sables (six marathons in six days across the scorching Sahara, carrying their equipment and sleeping on the desert floor). They have so far raised £19,030 for Walking with the Wounded and Veterans' Aid. Anna

CHARITY BINGO NIGHT

Friday 23rd September 2022

@ The White Hart Sports and
Social Club in Sedbergh

Eyes down @ 7:30pm

Raising funds for Brain Research UK

Bidgood OS has won a Fulbright Scholarship to study metals at the Carnegie Institute for Science in Washington DC. James Gray OS completed the Across the States in 39 Days on his bicycle raising money for the OldBalls Foundation in support of Testicular Cancer Awareness.

Future Events

The First XV will start their year with a game against Newport (Salop) at home on 3rd September at 12.30 pm.

Year 9 pupils will arrive on Saturday 3rd September ascending Winder in the afternoon. The rest of the School will arrive by 7 pm on Sunday 4th September to begin the Michaelmas term.

Year 11 will go on their Battlefields trip, which they missed as Year 10 at the end of last term due to travel difficulties, on 9th September.

There will be an Open Weekend for pupils wishing to join the School in Year 12 on 17th September.

The second Nick Duntall Golf Cup competition will take place on 2nd October.

OS weekend will take place on 8th and 9th October and will include, beside a lunch in the Hirst Centre, matches of hockey, rugby, running, shooting, golf and netball.

The First XV home matches during September, besides Newport above, are against Whitgift on 11th September at 1 pm and against Ipswich on 1st October at 1 pm.



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NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

john.carey@settle-carlisle.com

Well, we've finished another 6-week long phase of restoration at the station with the scaffolding being dismantled on the very last day. I can now get my life back, at least for a few weeks anyway. However, it really has been a delight working with 1st class local tradesman and, in particular, thanks go out to Phil and Edwin Middleton and Steven Alderson. They really went beyond the call. The results are there to be



seen and not only have we completed the awkward repair and redecoration of the high-level roof joinery but the 3 platform facing windows have been fully restored retaining most of the delicate original timber elements. In fact, all of the glass was carefully removed and re fixed without breakage.

The other good news is that we have finally succeeded in our listed building application for replacement of the west facing window. This has certainly been a challenging process and has gone through various twists and turns over a 15-month period.



For a volunteer organisation this has stretched our resources. But the fact that we are now there is largely thanks to support from Nick Cotton, the local county councillor. We acquired the property with the express intention of restoration to heritage standards and, above all else, this remains our aim. It seems somewhat bizarre that so many hurdles are thrown in the way although we do entirely support the need for listed building controls without which our national heritage could be at risk.

The next phase of work will start in September during which time we will be able to replace the large window previously mentioned, complete the external redecoration and attend to other outstanding jobs. Next year we hope to undertake the repointing in traditional lime mortar, in doing so,



removing more recent cement pointing, unsuitable for this type of building. At the end of this the building will be in better shape than it has been for many years. We will then need to ensure that we keep it up to scratch. This is indeed an iconic building worthy of our attention and yet so easily could have become yet another second home.

Now that the wild flowers are beginning to die back we will be able to cut back the undergrowth which can take over on the area directly above Monkey Beck. This policy would seem to have reaped dividends this year with the vast number of flowers which found their way through. The grounds look much tidier with the hedges trimmed and

fences and gates painted. Much of the credit must go to Ken McClurg from Dent. One continual irritation however is the leaning 'gas light' in the car park which is in poor repair. Incidentally, the station never had a mains gas supply and it will be no surprise that this was in fact architectural salvage converted to electricity. Indeed, it is a typical Midland light of the period. We hope to straighten out the lamp post and send the lantern away for restoration shortly.

Thankfully, we still have plenty of guests wishing to stay with us providing valuable income without which we would have some difficulty meeting the substantial costs. However, there is no room for

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complacency. Whilst the UK hospitality industry was buoyant last year it would appear that many visitors are reverting to their normal overseas holidays. The cost of UK holidays may ultimately prove to be an issue particularly when the price of motor fuel is taken into account.

We have noticed that the trains have been busy with an increasing number of passengers alighting at Dent. Indeed, I was able to show a party of walkers around the station a few days ago, a bonus they weren't expecting. However, rail services were recently impacted by the heatwave with passengers advised not to travel. Indeed, it was a bad time for the railways with infrastructure not really designed for

such temperatures and a risk of tracks buckling. Whilst we had been treated to a number of steam specials passing the station these stopped over the dry period with the inherent risk of fire. A sensible precaution.

The Friends are involved in many activities and the guided walks programme really seems to have taken off this year. We have a small team of dedicated walk leaders who guide walkers on a 'turn up and go' basis from the various stations along the line. The walks are graded for all abilities and open to all. In addition, we have just started running heritage tours based at Ribbleshead taking in the navy sites around the viaduct but also the nearby English Nature



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site behind the station. These tours have proved to be popular with visitors. We also have the signal boxes at Settle and Armathwaite which are fully restored as museums and examples of Midland Railway signalling practice. These are generally open at weekends.

We also involve ourselves with local transport matters and are currently working closely with nearby Kirkby Stephen council on improvements to their local transport provision, in particular, the connection to their station. There is a strong case for some sort of a bus connection but limited funds to pay for it.

It remains to be seen whether the new Westmorland and Furness local authority will address public transport but it really can't be much worse. The Cumbria track record has been poor with services largely left in the control of a single commercial operator. The end result is that the services in

central Lakes are excellent (having recently travelled on the 555) but the remainder is patchy to non-existent. One option would have been a franchised system where the services are bundled up and operators are required to take non profitable services alongside the profitable. It is all the more important that such issues are addressed to the new councillors and that they have local connectivity on the radar.

Meanwhile, buzz words such as 'demand responsive transport', 'car sharing', and 'sustainable transport' (walking and cycling) continue to abound and it may just be a perception but there is a growing industry in public transport consultants! Whilst these modes of transport may have their place there is no substitute for a regular bus service with certainty of arrival time allowing access to work, college or hospital appointment. OK, the costs associated with conventional buses

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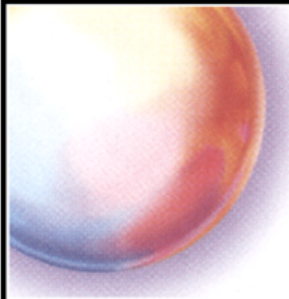
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can be high but the resultant socio-economic benefits are considerable.

One fact abundantly clear from the absence of regular services is the effect on the hospitality industry in their prospective employees not being able to get to work! We should also consider the ability of visitors to reach the area. We have already made the decision as a country to support the rail network from the state purse and so why shouldn't bus services receive the same? Indeed, I was recently talking to visitors from Switzerland who were amazed as to the lack of integrated public transport, a given in their own country.

Whilst still on the bus topic, please remember to use the Saturday Western Dales Bus service to Dent Station, the highest rail/bus interchange in the country at 1150ft! This provides an excellent opportunity for a car-free day out in Leeds or Skipton for the duration of the summer timetable and Carlisle throughout the year. The bus departs Sedbergh post office to the station at 0958 and returns early evening. I know I keep mentioning this!

Anyway, enough for now! As always, we would be happy to assist on any public transport matter whether bus or rail via the email above.



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ROMAN ROADS AND LIDAR

Karen Bruce Lockhart

The History Society held a Workshop on Zoom on 3rd August led by Kevin Lancaster, which was one of the most successful zoom meetings the Society has had with 64 people logging on. It was also successful from the point of view that there was a good deal of contribution from the audience.

Kevin Lancaster explained that he was able to use the Lidar as it was free for all and the coverage of Cumbria had been done by DEFRA. It did not cover all the land as DEFRA had only been interested in the enclosed land so there were gaps where the open fells were part of the picture. Helpfully the overall colour

could be changed showing different views of the ground, and it was possible to impose the modern map on top to help orientate the viewer.

He took us up the High Road from Barbon, to Middleton Hall and on via Jordan Lane through Holme Farm and on through Ingmire. There was discussion about the possible different routes over time and the need for the Romans to minimise the number of bridges. He went on up Stacks Lane, Howgill Lane and a straightish bit until it deviated for Chapel Beck, through Four Lane Ends and over Fairmile to Carlingill, and on to the fort at Borrowbridge. He then worked south again back to Barbon.

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Graham Hooley said that the original fort had been wooden and Agricola, who was Governor and a General, had led the XX Legion up to Carlisle that way against the Brigantes. The route was known as the Iter Agricola, or more simply as Route 7 by archaeologists. A nearby Iron Age settlement has recently been excavated and it could be seen on the Lidar.

The fort could be very clearly seen as could a round mound at Fairmile, known as Gibbet Hill but probably a neolithic burial mound. Buildings could be clearly seen by the road which were not noticeable at ground level. The road along Fairmile could be seen clearly parallel with the present road, and could be seen on the ground for a good stretch. Evidence of when the road and surrounding land had developed could be seen from such things as the road going straight through a clearly visible settlement on the Lidar, and whether the plough lines, which were extremely clear, went through the road or stopped at it. The plough lines showed that in earlier times the land had been good agricultural land and that the climate was warmer as barley, oats and some rye were grown. It clearly showed the climate had got worse – attempts to grow grain in the war had not been a success, and formerly 720 acres had been under plough, whereas there were only ten acres now. The corn mill at Howgill had been the second most important in the Sedbergh area and the road had played an important part.

The Lidar made it possible to examine the land field by field.

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GARSDALE'S OLD POLICE HOUSE

**(Another item taken mainly from
the archives of the late David
Bracken)**

Colin Cowperthwaite

Situated at the eastern end of Garsdale Street, the house was built in 1722 as a Presbyterian meeting house, which remained in use until the 1850's. In 1785, its trustees included William Metcalfe of High Scale and Matthew Slinger of Cotterdale. By 1842 the congregation had dwindled, but they were left a legacy which enabled the "Protestant Dissenters" to continue to pay a preacher to come from Dent. When the building was no longer used, it was sold for 40 pounds to William Handley of Smorthwaite in 1856, who added outbuildings and turned it into a house, possibly with the aid of builder Jacob Davis who lived at nearby Pinfold.

Soon afterwards he sold it to Robert Bold, a police constable, who lived there with his wife Rebecca and their children Elizabeth, Catherine, Abigail, David, James and William, from 1861 to at least 1872 when Rebecca died soon after youngest



son Charles was born. In 1866 he sold the house to the police authorities for 135 pounds. It then became the official police house with a lock-up cell (which remains to this day). By 1881 the Bolds had moved to Kettlewell.

From 1881 to the 1890's the policeman was Archibald Cameron who lived here with his wife Nancy and their children William and Margaret, also William Willan who described as 'step-son', who was the same age as Nancy's daughter Margaret. They had retired to Pry Hill by 1895. From 1895 to at least 1901, Police Constable David Crowther and his wife Fanny lived here, then PC Sagar and his family.

Between 1929 and 1939 the policeman was Mr Frost, with children Isobel, Nancy and Edward. He was followed by Mr and Mrs Sid Fawcett with their children Nora, Billy, Ernest, Brenda, Anne and Norma. They stayed until 1957 when the police constable for a short period was PC Claxton, who had one daughter.

Garsdale's last policeman, from 1958 to the early 1970's, was Len Mitchell. His wife Amy was related to the local Blades and Wilkinson

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families, although she was unaware of this local connection at that time. Their children were David, Susan, Jennifer and Paul. They were later moved to a police house in Sedburgh once the new county of Cumbria was formed, whereafter Garsdale was no longer in the West Riding of Yorkshire.

The building then became a private house, with many improvements made by Ossie and Pat Tat who lived there from the mid 1970's until the 1990's. It is still a private dwelling.



SEDBERGH CINEMA A SEQUEL

Colin Cowperthwaite

Following the publication of my memories of Sedbergh Cinema some 50 years ago in July's Lookaround, I was sent a copy of an earlier newspaper article by my old school friend Roy Mackereth. It was quite a lengthy piece from the Westmorland Gazette dating from February 1965. Rather than quoting the whole article, I shall just mention a few passages.

The title of the piece is 'Subject of a Sedbergh Controversy', and included amongst the sub-titles are 'Council's Proposed Cinema Purchase'; 'Nearly 200 at Sedbergh Protest Meeting'; 'Scheme might add 6d or 10d to Rates'; and 'Serious

Financial Gamble, says Objectors' Chairman'.

The possibility of a rate increase of between sixpence and tenpence brought nearly 200 Sedbergh ratepayers to a public protest meeting held in the National School on Monday evening. The meeting was called to find out how many local people objected to last month's decision of Sedbergh Rural Council to apply to the Minister of Housing and local government for sanction to borrow 7,750 pounds in order to purchase, re-decorate and re-open the town's cinema.

Voices - and tempers - were raised as the chairman, Mr J. Sedgwick, with the assistance of Coun. G. Braithwaite, endeavoured to control

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members of the audience who strongly expressed their opinions for and against the Council's decision, and as arguments developed, the meeting weathered many stormy passages. There were cries of "No" from the audience when the chairman asked if Sedbergh ratepayers were going to cover the expense. There was loud laughter when Mr Sedgwick commented on the report that Coun. Steadman had taken a census in his butcher's shop and, out of 367 people asked, only three were against the idea. "How many were teenagers with no responsibilities?" queried the chairman.

Coun. G. Braithwaite said that with the advent of television, cinemas began to close down. "Before Sedbergh Cinema closed down two years ago", he said, "the attendance was down to six people and I have heard, on good authority, that the projectionist could not get his wages and worked for nothing". Mr D.W. Purdie considered that the council had not gone fully into the matter. "People could not be expected to come from Kirkby Lonsdale and Kirkby Stephen to Sedbergh cinema when their own cinemas had had to close down".

When Mr D. Waring, Clerk of the Council, started to put the council's views to the meeting, he was

interrupted by the chairman, who said "This meeting was called for the purpose of voters who were protesting". Mr Waring replied "You are asking for a show of hands without hearing the other side, and if that is the case then I won't bother speaking". Coun. J. Dawson, chairman of the council, who at last month's meeting considered that there was a fifty-fifty chance of the cinema paying its way, told the protestors "You have jumped the gun. It is too early for the council to call a public meeting". Replying, the chairman said that the meeting was called so that a public protest could be lodged. Coun. Dawson retorted "Anything that has been done has been done with sincerity, whether you agree with it or not. We are sincere in what we are trying to do for the town and district".

Mr I. Christopherson said that he had not very strong views for or against the council spending the money on the cinema, but had "a feeling of discomfort that this meeting has ever been called". Coun. Mrs J. Young said she was delighted that so many people had come along to air their views, but she was sorry that the council had not been allowed to put their side forward.



Subject of a Sedbergh Controversy

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Leaflets distributed by the council state that unless the council steps in, it seems likely that the building will become derelict, and if it is acquired, the council will have a "substantial building at a price well below its market value". The leaflet states that the cinema would be of value in summer for entertaining caravanners and visitors. It could be used by schools for special films, and would provide "something to do" for the youth of the town and district. It would also avoid the existence of a "dilapidated building on the main road".

At the conclusion of the meeting, when the chairman asked for a show of hands against the council's proposals, around two thirds of the 200 people present showed their disapproval of the scheme. A public meeting was to be called by the council to explain the issues in detail and to answer relevant questions.

50 YEARS AGO

Colin Cowperthwaite

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

Harvest Festival - Harvest thanksgiving services were held at Garsdale Street Methodist Chapel on Sunday, when the preacher was Mr Tom Thwaite of Liverpool, and the organist Mrs T.R. Peacock. The produce was auctioned on Monday by Mr W. Bracken, proceeds being for chapel funds.

The Dales are Alive with the Sound of.... sweet success! - Cash registers in both the shops and the council-owned cinema in the Yorkshire Dales town of Sedbergh have been ringing up their merriest tune for years.

Success at the cinema came from the showing of the extremely popular family film starring Julie Andrews, "The Sound of Music". "On bookings for seats for this film we took 350 pounds", the Clerk to Sedbergh Council, Mr A.G. Wilkinson, told the Finance and Housing Committee on Wednesday. "We played to pretty well packed houses the whole time - and we also sold 60 pounds' worth of ice cream". Mr Wilkinson warned that the council would be getting "quite a hefty account" for the hire of the film, but added "It was well worth doing". On the traders' side, Chamber of Trade member Coun. T. Steadman reported "We have had a terrific season". Shopkeepers considered their summer season at an end at the



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time children went back to school, he said. "We think this summer season has been the best we have had for visitors for the last 12 years".

Sunday School Anniversary - Sunday School anniversary services were held at Garsdale Foot Methodist Chapel on Sunday, when Mrs V. Harrison of Hellifield officiated. Recitations and musical items were contributed by the scholars. Those taking part were Hazel and Janet Thwaite; Angela and Marlene Cowperthwaite; Julie, Gail, Maxine, Gary, Lynne and Stephen Farrow; Karen Taylforth, and Martin Bergerud. William Thwaite also sang two solos with his own guitar accompaniment, and Colin Cowperthwaite read the lessons at both services. The organist was Mrs A. Akrigg. Collections in aid of Sunday School funds amounted to 21 pounds.

Mr A.G. Sedgwick - The funeral is on Thursday this week, at Sedbergh Parish Church, of Mr Albert George Sedgwick of Coombes Villa, Bainbridge Road, Sedbergh. Mr Sedgwick died in hospital at Lancaster at the age of 75. Born at Hole House, Howgill, the second youngest son of a family of 12 of the late Mr & Mrs Matt Sedgwick, in the Diamond Jubilee year of Queen Victoria. He was a twin, but his sister Victoria died many years ago. At an early age he moved with his family to Highland, Sedbergh, and was subsequently employed in the family business of agricultural merchants and joiners, taking over the business on the death of his father in 1929. Based at Sedbergh, the business was a substantial one with

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warehouses at Kirkby Stephen and Hawes, and Mr Sedgwick became very well-known over a wide area. He had also been an insurance agent for more than 40 years. A born countryman with a lifelong interest in the farming community and country life, he would regularly help his customers at shearing and haytime. He retired from the agricultural business through health reasons in 1959, but was active in insurance up to the time of his death. His hobbies were horses, hound trails and the Financial Times index. At the time of his death he was president of Sedbergh Bowling Club, and he presented the president's prize only a few weeks ago. A regular worshipper



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at St Andrew's Church he was also a former member of the British Legion. He married the former Margaret Jane Pattinson of Leck, Cowan Bridge in 1923, who died only two months ago. The service was conducted by the vicar, Canon D.A. Rogers, and the organist was Mr V. Brook. Pall-bearers were Messrs. G. Sedgwick (nephew), J. Tennant, N. Kiddle and M. Bindloss, all farming friends. Mr Sedgwick is survived by one son and five daughters.

THE HUNGER WINTER

Karen Bruce Lockhart

By the autumn of 1944 the Dutch had endured four years of occupation by the Germans. Freedom appeared to be on the horizon as the Allies advanced across France and into Belgium. But the attempt to cross the Rhine at Arnhem failed and the advance faltered. Food had for some time been getting increasingly scarce

In September 1944 the Dutch Government in exile asked the railway workers in the still occupied west of Holland to strike in order to hinder the German defence. The Germans retaliated by placing an embargo on all food transports to the western Netherlands. Although the embargo was partially lifted at the beginning of November, food rapidly became very hard to get. By the end of November the daily ration was under 1000 calories. The bread ration dropped from 1800 g to 1,000 g per week.

The winter was unusually harsh freezing the canals and preventing movement of food by boat. The Germans destroyed docks and bridges and flooded the land to impede the Allied advance. Allied bombing, which could not tell civilian shipments from military ones, further impeded transport of food. The harsh winter added to the misery of the civilians – many having to take to burning their furniture to try to get warm. The transport difficulties did not only affect food – supply of coal was prevented too. Children were evacuated to the countryside.

Tulip bulbs, grass and sugar beet were consumed. By April 1944 the

weekly bread ration was down to about 400 g per week - one loaf – together with a kilo of potatoes. About 400 calories per day.

From 29th April to 8th May (VE Day) the Germans allowed some food to be trucked in and the RAF together with the Canadian and American air forces to drop food by parachute in return for not bombing German positions. Some wheat was also at the end of April shipped in from Sweden. By the end of the war some 20,000 people out of a population of 4,500,000 had died of starvation. Although relief came with the end of hostilities, the shortage of food continued for a long time after the war due to the devastation of the country, and the effect continues to this day.

The famine has been interesting to researchers as it is a fairly unique example of a civilised and modern Western country suffering from starvation. Children of mothers who were pregnant during the famine suffered from the effects all their lives. Research has shown that they were and are much more likely to suffer from diabetes, obesity, cardiovascular disease, microalbuminuria (an early sign of kidney disease), and schizophrenia, and overall were smaller than average.

It is even possible that it has caused increased morbidity in grandchildren of the survivors. Audrey Hepburn, who was a teenager at the time, suffered from anaemia, respiratory illnesses and oedema all her life as a result of starvation

BRAMBLE

Peter Thompson

I really like brambles! Even though they can be a real pain when they invade the garden and scratch you when you try to clear them, brambles have many attributes – honestly they do!

Let me start with the most obvious plus that this plant offers – blackberries! What a wonderful way to spend a Sunday afternoon in the autumn, slowly wandering along a bramble-clad hedge, maybe with ageing grandparents and young children, chatting away while carefully plucking the tasty berries from the thorn covered bushes. Returning home with a punnet overflowing with blackberries is such a pleasurable experience, surely in built in us all from a history of hunter gathering. In fact blackberries have formed part of the human diet in Western Europe for thousands of years, as demonstrated by the discovery a perfectly preserved body

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in a bog in Jutland, Denmark, dating from around 490 BC (known as the Haraldskaer woman), which indicated that blackberries formed part of her diet.

Do make sure however, that you pick your berries before the 29th of September – St. Michael's day, as some people believe that when Satan was cast out of heaven on this day, he landed in a prickly bramble bush, and for this reason he curses the plant by spitting (and worse!) on the berries, making them sour and inedible after this date!

We are not the only ones to enjoy blackberries, as many birds and mammals benefit from finding the ripening fruit. In fact, it becomes most noticeable at this time of year that most fox scats that you come across are purple in colour, stained by the juice of blackberries.

I keep calling the fruit of the bramble "berries", but in a strict botanical sense, the blackberry is not a berry. Each tiny juicy 'blob' on the blackberry represents a tiny fruit or drupelet, and as there are many of them, it is actually an aggregate fruit. (A drupe is a fruit that has a fleshy, outer part that surrounds a stone or seed; a drupelet is a tiny drupe.)

Without close inspection, any given bramble simply looks like all other bramble plants, but in fact there are many micro-species of bramble, maybe up to 400 different ones in the UK, which is why it is known as an aggregate species and is written in Latin as *Rubus fruticosus* agg.

Along with the blackberry gathering season, the other time I particularly take notice of the plant is when it is in flower, as it is a fabulous nectar source for many insect species. If I want to know what butterflies frequent a wood, I will find myself a large sprawling bramble bush in full flower, situated in a sunny glade and settle down to let the butterflies come to me. Species such as the silver washed fritillary and the white admiral will soon appear if they are nearby, and feed on the flowers alongside numerous different types of bumblebee and hoverfly.

Deer love to browse bramble and in areas where they exist in high densities, they can actually limit the amount of bramble present in a wood. If the area of bramble is allowed to flourish however, it can grow into an almost impenetrable thicket, reaching head height and offering great shelter for many types of wildlife. Come the spring, it makes an ideal place for early nesting birds such as the song thrush to conceal her nest.

So, the bramble is a tremendous plant in my opinion, a view that is completely confirmed when I sit down at the table in mid winter with family and friends, to tuck into a large blackberry pie, collected for free one Sunday afternoon, back in the mellow autumn sunshine.

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SEDBERGH COMMUNITY SWIFTS

Tanya Hoare

September is quiet without swifts. But house martins and swallows are still around, finishing their second broods. Most swifts had departed by about 4th August but the last date we saw them flying around was 10th August. For several days before that we were amazed that groups of screaming swifts appeared in the sky exactly at 8.50pm and hurtled around until 9.15pm! At the same time each evening this happened – probably a final socialisation before they migrated. The breeding birds darted into their nest holes within a few minutes of each other.

It has been a good year at Lowgill. We are delighted that we have 5 new pairs, bringing the total in our colony to 34. What is most exciting is that 3 of these pairs are in natural sites in the eaves, not in boxes or nest bricks. One of the new pairs mated and laid eggs but the others are just roosting. They come in to the nest each night but spend most of the day out feeding, and joining in screaming parties. Roosting pairs are probably 3 year-olds that are not ready yet to breed but bond as a prelude to breeding next year.

A swift chick that had fallen from the nest and was found on the ground near Bolton was brought to us to foster. Luckily we had a nest with a single chick (the other egg didn't



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hatch) that was the same age and stage of development. We put the newcomer into the nest, and the parents carried on feeding the two of them without any problem. Both birds fledged at the end of July, a very successful ending. Fostering is by far the best way of looking after grounded swifts, since the alternative is expert care by dedicated rehabilitators – and there aren't many.

At Lowgill most of our chicks had fledged by around 25th July which meant that they then had several days to fly around with other swifts which had yet to migrate. Parent swifts continue to come back to the nest after chicks have gone, and at first look disorientated when they find

the nest empty. Some stay on for as long as 15 days, others maybe only 1 day. Very surprisingly this year several parents had both departed before the chicks had fledged, leaving them alone in the nest for a day or so.

But there remained 4 late breeding pairs- why does this happen? In one case one of the parents had disappeared and the remaining swift must have known that it couldn't incubate the eggs alone. It ejected them, grasping the eggs in its wide gape and throwing them out of the nest. Luckily after several days it brought in a new mate and they went on to lay 2 more eggs. Those chicks didn't fledge until 10th August.

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In another nest the swifts had knocked their eggs out of the nest and when this happens they completely ignore them lying on the floor. But eventually they laid 2 more eggs - which is quite a toll on the female bird - and those chicks then didn't fledge until 13th August.

A third case of late breeding was one of our new pairs that arrived in early June, and they went on to lay eggs. Swifts arriving at that time of the year are what is known as the 2nd wave of arrivals, young birds that are ready to breed for the first time. This timing meant that the new pair's chicks didn't fledge until 12th August.

At the time of writing, the final late breeding pair still have chicks. They are not due to fledge until about 20th August. All these late chicks will take their maiden flights into a sky with no swifts around. How do they know how to start their migration? We simply do not know. This is just another of nature's mysteries.

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

Tanya & Edmund Hoare

'BOG IN A BOX' BECOMES SHOW CENTREPIECE

*Andrew Fagg
Media Officer, Yorkshire Dales
National Park*

A plant-rich square metre of peatland has been placed at the centre of the Dales Countryside Museum in Hawes.

The 'bog in a box' installation in the museum's circular-shaped exhibition hall illustrates how peat restoration has become the urgent conservation priority in the Yorkshire Dales National Park in light of the 'climate and nature emergency'.

Surrounding the bog in a box are visual arts, music, poetry and film created by local people inspired by Dales peatlands.

Peat cutting tools drawn from the museum's permanent collection, as well as photographs loaned by the Heseltine family of Kettlewell showing historical peat extraction, have also been put on display.

The special exhibition has been put together by Yorkshire Peat Partnership and is billed 'Give Peat a Chance'. It opened on Friday 15 July and will run until 10 October.

Tim Thom, who set up Yorkshire Peat Partnership when working at the Yorkshire Dales National Park Authority in 2009, urged people to visit during a speech opening the exhibition.

He said: "I would like to welcome people to this fantastic exhibition about peatlands. It's our first exhibition and I can't quite believe it's here. It's a celebration of years and years of work of peatland restoration. Everybody has been drawn to the bog in a box, which is remarkable to look at, and very, very talented people have contributed music, artwork and poetry."

Sarah Smout, a cellist, singer and composer from Silsden, has contributed a poem and piece of music, which she composed after hearing skylarks on a visit to Fleet Moss, a key peatland restoration site on the Richmondshire/Craven border.

She said: "I got a bit obsessed with peat bogs a few years ago. I randomly started learning about them. I didn't realise how amazing they are at carbon capture. I wanted to film music videos outdoors and got introduced to the Peat Partnership and it went from there. What I'd like to do is raise awareness about peat bogs and the need to restore them."



Ann Rutherford and Sarah Smout

Artists Bev Parker, Hester Cox and Ann Rutherford are exhibiting work in Give Peat a Chance, while writers Gill Petrucci and Colin Speakman have contributed poems.

Ann Rutherford, a painter from Settle, collaborated with Sarah Smout and took inspiration from visits to Park Fell in Ingleborough and nearby Southercales.

She said: "It's been a fantastic opportunity to really get to understand peat - all the plants, the beautiful sphagnum mosses that live on the bog and create it. It's been a journey of discovery. I was looking at all these bleak, open moorland landscapes and I was curious about the detail. I played with scale, seeing as if you're an insect crawling along in that landscape. So the bog cotton is the size of trees and the dragonflies are a bit too large. I just had fun," she said.

Kevin Frea, who is Member Champion for Cultural Heritage at the Yorkshire Dales National Park Authority, which runs the Dales Countryside Museum, said: "The 'Give Peat a Chance' exhibition means people can see the amazing Bog in a Box. There's lots of interpretation around that. Children

can come and use magnifying glasses to look at the plants in the box. It's also a chance to see artists' interpretation of peatlands, as well Mr and Mrs Heseltine's photographs of peat cutting which won't be exhibited again as they've been loaned to us.

"The serious side of this exhibition is about learning about the vital work Yorkshire Peat Partnership is doing to restore peat bogs. The sad fact is that despite the partnership's work in the past decade, most peatland in the National Park is degrading, adding carbon dioxide to the atmosphere rather than absorbing it as it should. Turning that situation around is the great conservation task of this decade in the Yorkshire Dales National Park."

The special exhibition has been supported by the Esmée Fairbairn Foundation, Friends of the Dales, Pennine PeatLIFE and the Yorkshire Dales National Park Authority's Sustainable Development Fund.

The Dales Countryside Museum is open seven days a week. Tickets are £4.80 and entry to the special exhibition is included in the admission price. Children are admitted free.

For more information, please contact the Yorkshire Dales National Park Authority's Media Officer Andrew Fagg (Andrew.Fagg@yorkshiredales.org.uk) or Communications Manager Mark Sadler (Mark.Sadler@yorkshiredales.org.uk)

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MILK

Maureen Lamb

As a member of the older generation I remember being told that milk was one of the most important ingredients of a good diet, so much so that schoolchildren were prescribed a bottle containing a third of a pint of milk at their morning break every day. Mostly it was welcomed especially in spring when you could see and taste the delicious cream that was marked out by its colour at the top of the bottle, an inch or so in winter but two or three inches towards Easter. It was perhaps less acceptable on a warm day when the taste was not exactly 'fresh'.

As nowadays much of our milk is homogenised it is not possible to see the cream content, so unless you are dieting you buy 'whole' milk. However the meaning of this term is not entirely clear. Does it mean that it is wholly milk with nothing, such as water, added, or does it mean that it is milk straight from the cow with nothing taken away?

I am inclined to believe it is the former otherwise I find it difficult to explain why now 'whole' milk tastes the same all year round. It could be that the cows are kept inside all year round so they never experience eating fresh spring grass, so that really creamy milk is never produced. On the other hand I can buy creamy 'Jersey milk', but is this from local Jersey cows who naturally produce creamier milk or from Jersey cows living in the Channel islands?

Perhaps a farmer could explain this for me.

FAMILY MUSINGS.

Sarah Woof

Lovely weather continuously during school holidays is somewhat rare but certainly here this summer, children's squeals of happiness as they play in an inflatable pool or even their moans of being too hot, ice lollies seem to solve that, are a joy to hear.

Visiting children enjoy our child friendly garden and there is always shade to be found somewhere.

Friends came to camp on the lawn for the Festival held here the first weekend in August and a dozen children and 2 dogs played without fuss or argument. The boys made their headquarters in the little house/ Sheep Pen and the girls moved into our living room for theirs. Such a blessing of a weekend.

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JULY WEATHER

Brian Wright

With much of the country having no rainfall at all we did register a reasonable amount with 55ml (3.35"). Wind was variable finishing with some quite strong gales at the end of the month. Likewise, temperatures were seasonable until the last few days when we had what were record breaking highs reaching the upper 30's C (upper 80sF). Some parts of the country touched 40C!!! (over 104F).

After leaving the first clutch of eggs the swallows used another old nest and started laying again. After what seemed an age they finally hatched 4 chicks. I've thought this before that if I apparently left eggs for what appeared to be several days they would not hatch but the swallows eventually got these off.

We've had no sighting of owls or bats again but the "regulars" are around in numbers. The woodpecker has learned to go into the bird table to feed on peanuts. The jackdaws and magpies have also learned to get past the wire sides. One, apparently injured, magpie stands in the water bowl to reach the nuts! When chased off it hops off down the drive faster than I can walk! Although the buddleia has been in full flower there have been very few butterflies about. It appears that the wrens have managed a recent clutch somewhere around the shippon.



Then my idea of opening a "Tea Garden" 3 afternoons a week to raise funds for the Dent pre sch Nursery came to fruition. Giving the opportunity for visitors to the Dale to support the nursery, spread the giving from just the 'usual' local parents and people. And they gave generously. Also gave me a taste of what it's like for serious bakers .. baking cakes and scones in the hot weather, surely I would lose weight all the perspiring .. need to not eat said cakes, I guess!

Travelling to Skelton to bring a friend to stay we found a lovely farm shop and cafe just north of Bedale where we stopped on both journeys. From friend's driveway you can see the sea so me thinks future trips will involve closer encounters especially if hot weather continues.

Now we are all on the running blocks for Dent Gala and although not as involved as previous years there are jobs to do. Then it will be Harvest Festival time, always something 'just ahead'. Meantime, the garden is being enjoyed by our grandchildren and friends, what could be better.

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

On August 3rd members and guests met at Firbank Church Hall for a members evening. We couldn't fail to notice bunting was up and indoors a table full of Party food meant it was time to celebrate our 70th birthday.

Sarah opened the meeting by welcoming all our members, Federation Chairman Karen Hanks, and our special guest centenarian Mrs Olive Clarke. Members opened the meeting by sharing their memories and experiences they have encountered as a W.I member. We have done a lot learned a lot, had fun and friendship

Olive was in good spirits as she reminded us of her love of Howgill, as she remembers going to a farm in Howgill when she was a young girl to buy sheep with her father. Olive celebrated her one hundredth birthday in May this year and is a amazing lady. She is well known figure in W.I circles and has life long commitments to the countryside and rural issues, plus many personal achievements including receiving an O.B.E.

The evening rounded off with a lovely buffet supper. A cake made by Sarah was cut by Olive. We raised our glasses to toast 70 years of Howgill W.I. Sarah presented Olive with flowers .

On behalf of all of us I would like to thank Sarah for all her hard work in making this evening a success. We meet again on September 1st when David Last will share his travels in Nepal and Tibet.

DENTDALE W.I.

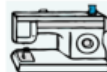
Thelma Belfield

A beautifully warm August evening saw an almost full complement of our members come together to hear Helen Corpe telling us about her '25 years in prison ' not, as the title might suggest, the result of a criminal offence but about her 25 year career as a prison officer. Helen arrived in her full uniform having come straight from completing a day shift at HMP Lancaster Farms where she is currently based.

She began by explaining how she first became interested in joining the prison service due to influence from her mother, who at that time was chairperson of the board of visitors, an independent monitoring group for prison conditions. At that time Helen was a mother with a young baby working part time in the Sun Inn in Dent, when she was encouraged by her mother to apply for prison officer training, and so in October 1997 she



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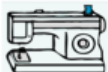
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entered the prison service as an Operational Support officer.

Her first duty was to report for night shift, which she had specifically requested not to do, given that she had a young baby at home. Helen, always strong minded, challenged this directive and was instead given day shift working, and so she began her training. Nine months later in August 1998 she commenced formal Prison Officer training, attending a nine weeks residential course at Wakefield Prison whilst her husband, mother, father and her parents in law shared baby care at home. On completion of her course, and following a formal passing out parade she began her officer career at HMP

Lancaster Farms where she was known as 'baby screw'.

She was the only female officer there and experienced a considerable amount of 'banter' her word, which I suspect covered a multitude of incidents but one especially was the expectation that she was there to make the tea. Again the strong minded woman that Helen is, came to the fore and she said that, as she didn't drink tea she was not going to make it. At the beginning of her career, all records were made in writing, involving hours of laborious pen pushing, these hard copies accompanied the prisoners when they were moved to other prisons. Today, all is of course computerised and transfers are made at the click of

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a button. At that time the prison was a young offenders centre caring for 15 – 18 year old young men and Helen told us of one very sad situation where a young 15 year old boy who was due for release took his own life rather than leave the stable prison life which had cared for him, to return to live with his drug addicted mother.

After five years at Lancaster, at a time when she was experiencing personal threats to herself and her family from a group of hardened young criminals, Helen decided it was time for a change, and requested a move to another prison. She undertook Senior Officer training at Wakefield successfully and continued working with young

offenders. Experience of criminals of all kinds have been under her jurisdiction, armed robbers, sex offenders, child killers and murderers and to all of them Helen is firm but fair, and uses her excellent communication skills to their greatest effect. On the Juvenile unit for 15-18 year olds the main aim is to provide the opportunity to gain life and employment skills to enable a return to a law abiding community life and hopefully not return to prison.

In 2014 Helen moved again to work at Thorn Cross, an open prison for adults and young offenders, which was a very different experience for her. The prisoners have employment and so come and go within working hours

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(with certain restrictions), and there is only ONE locked door at night, a very different working environment to the usual prison procedure of locking every door in the building as you pass through it. During the night the risks are greatest - not as you might think of detainees escaping but of outsiders breaking in, bringing forbidden items such as drugs, mobile phones and alcohol.

After 8 years at Thorn Cross, family issues required another change and in March of this year Helen returned to Lancaster Farms, stepping down from her senior role and reducing her working hours, but with the added bonus of working directly with prisoners, which is her preferred choice. Despite reduced hours, Helen

as always is looking to the future, and is currently undertaking a training course for qualifications to enable her to instruct other officers in Control and Restraint procedures. As she says, there is the physical side of things which result in considerable bruises from time to time, but also a huge amount of legal knowledge to be absorbed, and she is working hard at this.

As you might expect there were numerous questions from the floor but finally Jenny Pilgrim on behalf of all of us thanked Helen for her excellent, stimulating and informative talk.

At all of our meetings there is business to be presented and discussed and Jackie our president



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began by reminding us of the Dent Gala on August Bank Holiday Monday when we are providing cakes, scones, tray bakes sandwiches and other goodies to sell as our contribution to the Dent Memorial Hall funds. We are also holding a craft stall and proceeds from this will be added to our own funds.

Jackie went on to announce that our chosen recipient for our fund raising this year will be St. John's Hospice, and that funds will be raised by holding a Kitty Brown Boutique fashion evening on 28th October. It is several years since we last held a fashion evening but it is always a good event. Three or four of our members volunteer to be fashion models, which is great fun and there are clothes to be purchased, what more can you ask for, so put the date in your diary.

More interesting news followed with a trip to Bay View Garden Centre on 30th September and

looking forward to next year when it will be our Institute's 80th anniversary, plans are afoot to make this a very special event, and a small sub group is being formed to formalise plans

Further, Jackie told us about a change in our programme for our Open meeting in September, originally the Kirkby Lonsdale Hand Bell Ringers were coming to entertain us but they have since cancelled and Debbie Haine, the Pilgrim Storyteller will be coming along to tell us traditional stories. As I am fond of saying, we do have a very varied programme and Debbie will be no exception I'm sure.

Finally, news of our commemorative Jubilee Tree, a small leafed lime tree, has been selected to be planted, and is to be sited at the side of the track leading from Dent car park to the water treatment works. The cost is much higher than first anticipated, between £400-£500, so we are asking for a contribution from the parish council, plus any other donations will be welcome.

A welcome cup of tea and a biscuit courtesy of our hostesses, Pam and Noreen, followed by drawing the raffle with Noreen and Rita C being the lucky ticket holders. Finally, judging the competition and Jackie's self confessed misdemeanor was the winner (this will remain her secret). Chris was in second place, and this brought our very enjoyable and busy meeting to an end.

We always have fun, it's a friendly group and there is always something interesting to get involved with so do come and join us, there is always a warm welcome.



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SEDBERGH W.I.

Moira Faulks

'Be Prepared!' Many of us have recited that motto as Girl Guides in the past, but it has never been so apt as on July 21st when our walking group met at Devil's Bridge to start a circular walk to Whittington, returning via the footpath by the River Lune. Parking on the Kirkby Lonsdale side of the bridge was very tight, so Sandra Kemp walked down towards the bridge to find an easier space for Anne Pitt to get into. Unfortunately, although Sandra found a good spot for Anne to park, she stumbled against a short length of what had probably been the remains of a metal post sticking out of the pavement, hidden by the shadow of the wall. She fell flat on the ground, cutting her hands, elbow and knee quite badly.

Here's where the 'Be Prepared' motto comes in: ever since the walking group began, well over 10 years ago, they have carried a First Aid kit with them on every outing but never had to use it – until this occasion, when it came into its own, in the hands of experienced first aiders, of course. Sandra was obviously too bruised and shaken to continue with the walk so her husband soon turned up to take her home. I'm glad to say that despite some scars she is now back to her usual cheerful self!

I'll now let Rosemary Blanchfield, who led the walk, describe the walk itself: 'Leaving Devil's Bridge and crossing the popular picnic spot, we crossed the A65 and continued up the hill towards Biggins with lovely views all around. From Wood End we

followed a walled path which is a bit overgrown at this time of year and which becomes very rough underfoot and is joined by a stream which makes it somewhat wet! However, being made of strong stuff, we negotiated it successfully and emerged at Sellet Mill, passing by the old mill pond. From there we crossed the fields to Sellet Hall, stopping for a coffee break en route. The very narrow and unusually named Hosticle Lane then led us down to the village of Whittington where we passed through the churchyard of St Michael's Church, taking advantage of a seat there to enjoy our packed lunch. We left the churchyard and crossed the parkland of Whittington Hall and headed down a track to the river. From there we joined the Lune Valley Ramble footpath and followed the riverbank upstream for two miles back to Kirkby Lonsdale, noticing that several rather rickety stiles had been replaced by very smart metal kissing gates since I had checked out the walk a few weeks before. As we had had a delayed start owing to poor Sandra's unfortunate fall, we didn't go for our usual cup of tea and cake. We had enjoyed dry weather, lovely

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views and good company – although we missed having Sandra with us!

Rachel Mercer, a highly regarded professional singer from Morecambe with a degree in Performing Arts, entertained us with Musical Memories at our Open Meeting on Wednesday 10th August in the People's Hall. Small tables were set out café-style to create a relaxed atmosphere which suited Rachel's friendly, engaging character and lovely voice. She sang many popular songs from the 'Fifties onwards and invited us to join in, which many of us were happy to do, reliving our youth! Here are some of them: 'Teenager in Love'; 'I'll Never Find Another You'; 'Blue Suede Shoes'; 'Sweet Caroline'; 'Close to You'. She asked

for our favourite musicals and sang songs from 'Oliver'; 'Phantom of the Opera'; 'The King and I' (in which she had played the part of a child when she was seven); and 'Sound of Music'. Again, we were invited to join in and even dance where appropriate, which several people were happy to do. It was a very enjoyable evening which finished off with tea and cake, in true WI fashion! Many thanks to those who supported us from the Sedbergh community and WI members from Killington, Kirkby Lonsdale and Ingleton.

'CODE NAME: LISE' was the arresting title of the book club choice discussed at Valerie's home on 11th August. The author, Larry Loftis, set out to write a biography in novel-like

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form based on extensive research into the life of Odette, WW2's most highly decorated spy. Odette, a Frenchwoman, married an Englishman, Roy Sansom, before the war and they had three young daughters. Roy went off to war, and when Odette with her fluent French was approached to take part in courier duties for the French Resistance and British Special Operations Executive, seeking out sites for British airmen to land in France and find safe houses, she took up the challenge, thinking of her French grandfather who had drilled into her that she must do her duty for her beloved France when her time came. Odette arranged for her daughters to be well cared for while

she was away: her greatest personal sacrifice. Her courier duties and consequent imprisonment by the Germans when she was caught make up most of the book, information being gained by Larry Loftis from SOE and prison and concentration camp sources. Footnotes are frequent throughout the main text of the book and 70 pages of bibliographical material quoting many sources complete the book. I must confess to just skimming through quite a bit of that! It was convincing enough to make me believe the author's assertion that what he wrote was justified by his intensive research. We would have liked to know more about Odette's early life and first marriage, but that



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was not documented so Loftis couldn't do that.

There was much in the book that was very hard and painful to read: the torture, starvation and deprivation suffered by the agents and inmates in the concentration camps was horrific. Odette never betrayed her sources or colleagues. She was rewarded with the George Cross and King George VI requested that she should lead the 250 men who also won it into the Investiture: she was the only woman to win it in her lifetime. The French awarded her the Chevalier de la Légion d'Honneur, their highest bravery award, for her work with the Resistance. The average score we gave was 7.5.

When film star Anna Neagle was chosen to play the role of Odette in the 1950 film 'Odette', she asked Odette herself to show her the places where her story unfolded and take her through what had happened to her, including prison and concentration camp, so she could really understand the events before she portrayed them on screen. It was a brave move: Anna Neagle remained profoundly affected by it for a very long time. I shall remember that when I watch the film on video soon.

At our next meeting on September 14th at 7.30pm in the People's Hall committee room, Pam Bolton will be treating us to a Demonstration of Rag Rugging and telling us about the craft's history. Guests and new members will be very welcome.

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Wendy Fraser-Urquhart

Another active and enjoyable WI month has ensued, starting on 21st of July when 17 of us shared our annual Garden Party, once again hosted by Sally at her beautiful home on the fell with glorious views across to the Lakeland mountains and south over Morecambe Bay. The tea was certainly worthy of several Michelin Stars and the company and conversation even better. Thank you for your hospitality, Sally.

Our next get-together again involved good food and company. Following a survey at the beginning of the year our members had decided that we would like to meet together more often for a sociable lunch. The 'knitting-or-not' folk who gather each Monday morning had already extended their meetings to going off somewhere together for lunch. Luxurious repasts had been eaten at Killington Service Station [before the cost of small chips went up from 99p to £1.29p] !!, and even travelled as far as Tebay Service Station to be really adventurous. We had

considered the Belsfield Hotel, Storrs Hall, or L'Enclume in Cartmel but decided that we'd prefer to pay the electricity bill. So, all our members are now invited to gather for reasonably priced light meals at some of the many venues in our lovely area. THUS, last Thursday 10 of us set off for Lunch Number One, at Farleton View Tearoom and Nursery. Here we found an informative garden machinery dealer, a fishery, a nursery with an enthusiastic plantsman, a tearoom, and friendly welcoming people. Just what the doctor ordered!! For the princely sum of £11.25p, I enjoyed a home baked flan and plenteous salad, followed by huge home-made meringue, strawberries and a gigantic scoop of ice-cream. [Nobody has paid me to write this review!] Whenever I go out with friends, I request that they ensure I don't buy 1, Plants. 2, Wine. On this visit I had a 50% success! But I haven't planted it yet.

Today was our August meeting at the People's Hall. Lots of members were missing - visitors, holidays, hospital appointments, under the weather, busy with other things, - but there were enough of us to keep the flag flying. Susan worked through the business meeting. We were happy to learn that Sally has become a grandmother for the first time. Welcome to Eleanor Lillian. We were also glad to know that Maggie has had her hip operation and is doing well. Margaret reported that our finances are sound. It was decided to give a donation from our charity account to a food bank to help families in Sedbergh who are

struggling. We need to keep £100 to buy new sets of pads for our defibrillator at the People's Hall which will need to be replaced in December. Future Federation events were discussed – Westmorland Show tickets, and Reading Aloud Competition, at which Christine and Lindsay will be our entrants.

Our speakers today were our own members who had been invited [or even pressed!] to give us a summary of their life story. Christine Drury, one of our newer members, told us about her time from being born and raised in New Zealand to now, in Sedbergh. She has also lived in Australia and has worked in Israel where she spent several years in a Christian missionary organisation. This year

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she has settled in Sedbergh where her daughter and family already live. Next, Marion Wood, our secretary, told the story of her life growing up as the youngest of four children. Her final year in school was spent in Missouri, USA, where she experienced life in a very conservative State. On her return she trained as a nurse in London learning what night duty in a rough area was really like. One of her succeeding jobs was in charge of the sanatorium at Casterton School from where she moved on to work at various hospitals as a specialist nurse in Intensive Care and Coronary Care, including a spell in Jerusalem. She met her husband Chris while working in Sussex, and the rest, as they say, is history. Both Christine and Marion had fascinating tales to tell and we thank them for sharing them with us.

Our next meeting at the People's Hall will be at 2-00pm on Tuesday 13th September, when writer Diane Allen will tell us about "A Writer's Life". Then we shall have another "Lively Lunch", at Ireby Farm Shop on Friday 23rd September. Do join us for either or both of these world shattering events. You would be most welcome.

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THERAPEUTIC YOGA

Laura Clare

First things first, there is something that I would like to clarify. I am saddened when I hear yoga therapy dismissed as some new age fad and I am even more saddened when I see the watered down and frankly dangerous form of yoga that is so often promoted in print and social media.

Yoga is NOT "New Age", it has a track record of more than a thousand years, is an intrinsic part of Ayurvedic Medicine, and is practised around the world by millions people of all ages, from all walks of life and from all cultural groups.

Whist it has an Eastern cultural flavour, in essence the message of Yoga is Universal. Christopher Isherwood and Aldous Huxley described it as the "perennial philosophy", with a message that speaks to "all people across all places and throughout time". They were captivated by the wisdom enshrined in the holy books of the Vedas.

The message that Yoga offers to humanity is highly affirming and very simple.

In essence Yoga tells us that ALL human suffering is due to the fact that we have become dislocated from our source – from the Quantum Field of our Divine Nature and from our sense of "belonging". As soon as we chose to re-align with this field of consciousness, our health is guaranteed. No if's and no but's.

Too good to be true?

I believe not and I have forty years of experience to back up that statement. I realise, of course, that

we may need to have a conversation around the meaning of the word "health" before you are willing to agree with me on this. It is a conversation I would love to have with you.

Yoga is above all a practical and experiential science, it does nothing unless you practise it. And when you do practice it...either as a daily meditation, a breathing awareness or as a series of very simple physical exercises, then it does what it promises to do. It reverses the effects of ageing and brings mental clarity, emotional balance and above all, a resilience on every level of our being.

People have been practising yoga for millennia. You need no special equipment, despite what the Yoga Industry would have you believe. What you do need is personal commitment and an experienced teacher to set you on your way. I would be delighted to be that teacher.

If you would like more information about my courses, retreats or monthly classes do get in touch. I am also available for one to one tuition and guidance.

For those who would like to deepen an existing exercise practice or learn the basics in a more structured way, I am offering a therapeutic yoga course at the beautiful Meditation Centre in Dent. www.meditationcentre.co.uk on consecutive Thursday afternoons for 5 weeks starting on September 29th. Please message me if you would like to be a part of this.

lauraclareyoga@gmail.com or call me on 015396 25061

HOT STUFF.....AND NONSENSE!

Adrian Braddon

At the end of July and early August, it was not just the weather which was scorching hot. Sedbergh Golf Club's senior golfers (the "SEGGS") had some excellent competitions where the putters of some were equally red hot. Steve Ockerby's "Captain's Day" proved great entertainment and resulted in some excellent golf. The eventual winner, Trevor Williams (41 points), beat off a number of close contenders including Eric Ryder, Andrew Mattinson, Terry Bateman and Raymond Campbell. John Fitzpatrick (39 points) lifted the appropriately named Freedom Cup

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which commemorates not the Relief of Mafeking but the end of the bizarre legislated closure of golf courses in England during the recent pandemic lockdown. Golf, particularly as it is played by some of the Seniors at Sedbergh, is obviously the near perfect vehicle for social distancing . . . a fact the equally authoritarian Scottish Government had little difficulty in comprehending when it determined golf could and should continue!

Conversely, the game can also be a great social occasion and the expanding Wednesday group's relaxed style of play, interspersed with some wonderful anecdotes from its storytellers, is proving popular with those who want to play simply for fun. This merry band includes novices to the game as well as its elder statesman and is attracting an increasing number of those in the caravan site communities who make their way to Sedbergh for a few days or couple of weeks at a time from Warrington, Wigan or the Wirral. Sedbergh Golf Club is able to accommodate such individuals with a flexible membership package and a warm welcome from its Seniors' Section is guaranteed.

The SEGGS also hold roll up events on Mondays and Thursdays.

For many of the Seniors' Section in the dog days of Summer there is little better than a cooling beverage with a friendly bunch under the umbrellas / parasols on the clubhouse terrace. The Club welcomes non-golfers too to its popular friendly restaurant. For further details speak to Steve Gardner on 015396 21551 or email seggs@sedberghgolfclub.com.

WORKING IN THE MOUTH

Fritz Hrynyk

When you had that accident, the impact to the front of your face, did you ever consider that, after the bruising has gone and the cuts have healed, there still may be some healing to be done. There is a good chance that the small bones in your face may have been broken or moved slightly out of alignment with the other bones in your face; they will heal in time but they may benefit from some help. Will this really make a difference? After all our bodies are magical things that keep going, despite the battering we give them.

The simple answer is yes. Your body allows you to keep going but what about the headaches you may be suffering, or your eyesight may not be what is was, or you may just not feel yourself.

There is an effective treatment available that can help to put these bones back in to alignment with each

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other to alleviate some of the discomfort. It's called CranioSacral Therapy. This treatment can be used for a whole body approach, but can also be used to assess and treat the facial bones from inside the mouth by using the CranioSacral rhythm to evaluate and make the necessary adjustments to allow a rebalancing of the facial bones.

How is this done? Does it cause pain? Will it be uncomfortable? How far in the mouth does the treatment go? These are just a few of the questions that you may be thinking about.

There is no pain. As CranioSacral treatments need the body to be as relaxed as possible to make the treatment as effective as possible, the work is very gentle. The gloved finger uses the biting part of the top teeth and the roof of the mouth as a guide. You are always in control of the treatment and if any discomfort is experienced, the treatment will stop until you feel ready to continue.

For more information give me a call on 07817 665662 or 015396 21303 or visit our website www.daleswaytherapies.co.uk or www.upledger.co.uk

THE CHILDREN'S WOOD AND S.E.N.

Sedbergh Environmental Network
A Sedbergh Primary School and Sedbergh Environment Network Initiative.

SEN had a really successful day at the Eco Market in early August promoting "Our Children's Wood". There was lots of interest in the project with people asking for trees and others volunteering to help. Meanwhile the group continues to maintain the trees both in the woods and in the fledgling nursery we have. In late October we will start planting again.

The volunteers and children from the Wildlife Club have been growing local seeds for two years now and have had both success and failure. Who knew growing some trees was such a lengthy business. Many trees have built in dormancy which needs to be broken either by heating first or by cooling. So there can be seeds in the fridge as well as seeds in the airing cupboard. Hawthorns can take two years to germinate.

On the other hand some native trees have to be planted almost straight away or else they do not

ROYAL BRITISH LEGION SEDBERGH BRANCH

If you have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone) Your local Sedbergh Branch needs new members in order to keep up its good work. You do not need to have served in the Armed Forces to be a member of the Legion. Membership costs £19.00 Call 015396 21358 or email: nigelwhiting306@gmail.com to apply.

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



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germinate. The acorn from the oak is one that needs planting as soon as the acorn ripens and will easily germinate. A good tree to start with if you are interested.

If anyone would like to have a go at growing trees get in touch with either Peter Apps peterapps51@gmail.com or Barbara Hartley barbara@garsdaledesign.co.uk and we can give you a starter kit of instructions, some seeds when they become available and also some compostable non-woven pots.

SEN is also supporting the use of dark sky friendly lights in Sedbergh and will be highlighting the importance of reducing light pollution to aid human and wildlife health and

lessen our carbon footprint. You could follow the SEN facebook page for some useful references.

A useful starting point is to go to www.friendsofthelakedistrict and follow the Dark Skies Cumbria link. Here you can find out about how communities across Cumbria (including Sedbergh) are being helped to audit their lights and assess light pollution to identify how best to reduce it.

Reducing light pollution really is one of the easiest ways we can help protect the environment, increase our wellbeing and save energy. We just install low energy lights with a bulb that is shielded and switch them off when not needed!

ZERO WASTE

Claire Moor

Zero Waste Sedbergh has had a very busy August!

Our Teddy Bear's picnic on the 4th August was really well attended. A small shower came down early on, but the sun shone when everyone arrived. We had a bring and share picnic on the Church Lawn, Teddy Bear themed activities and a Teddy Tent Corner for reading.

We had a stall with information about what we do, and our uniform recycling, at the Sedbergh Environmental Network Eco Market at St Andrews Church on Saturday 6th August. This was a great opportunity to chat with members of our local community and sort the

Uniform into size order, making it easier to look through. 7 lots of uniform were chosen on the day, and lots of further enquiries and donations have been made since. We have also recently started doing Uniform recycling for Settlebeck, which has proved to be really popular.

Our Uniform recycling is available every Thursday at Cornerstone Church on New street. 2.00pm – 4.30pm. Please come and have a look. Donations always welcome.

With the cost of living crisis our delivery of Community Cupboard boxes has grown recently. Donations are gratefully received at our collection boxes at Spar Sedbergh and St Andrews Church. We also need volunteer drivers to help with these deliveries. Please get in touch if you can help –

zerowastesedbergh@gmail.com

On Thursday 18th August we held a Community Lunch at Cornerstone Church on New Street. This was a free meal made by local chef Holly from products received on the Fareshare delivery. This was the first time we've done an event like this. It was thoroughly enjoyed by everyone and again well attended.

As ways thank you to all the volunteers who make these events possible.

Our Community café is open from 2pm – 4.30pm every Thursday. Please come and join us for a brew, cake and a catch up, again at the Cornerstone Church on New Street. It is open to all members of the community.

For questions/queries contact zerowastesedbergh@gmail.com

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BACK TO SCHOOL THE ECO WAY

Kim Bradshaw

With the return to school fast approaching I thought it was time to give some tips on how to manage going back to the school the eco way.

Lunches - Instead of packing lunches up in plastic bags here are a couple of alternatives.

1. Stainless steel or lunchboxes made of recycled materials are a great way of reducing your plastic consumption.
2. Try wrapping sandwiches in beeswax wraps, reusable purpose made sandwiches wraps or even biodegradable clingfilm. Or you could do what I did as a child and reuse the bread bag!
3. Take your own water bottle and refill it as necessary. If you are a regular purchaser of plastic water bottles one person can save up to 730 plastic bottles a year by just changing this one habit. There is a HUGE selection of refillable bottles out there made from various materials, all perfect for the job.
4. Reusable cutlery is another great way of reducing plastic. There are bamboo options out there in lovely carry cases or even reusable metal camping ones are great.

Make your own - listening to the news we all know that times are going to be hard so we need to find ways to pull back on spending. If you look after the pennies, the pounds will look after themselves.

1. Why not make your own lunch instead of buying from the shop. It may be more convenient but by doing this you could save on average £25 a week (based on £5 lunch a day),

that's £1,200 a year!!

2. Making your own biscuits could save you big £££ if you are anything like our house! The Zero Pantry sell biscuit packs with everything already pre-weighted, you just need to supply the wet ingredients. Simple, easy, convenient and no plastic or food waste.

3. Take your own drink. We are fortunate enough to have free drinking water in this country so why do we pay for it. If you like it flavoured then why not pop in some lemon, strawberries, cucumber or anything else you prefer and let the natural flavours loose.

Stationery - Possibly where most of the plastic goes!

1. Pencils are more environmentally friendly than pens. There are a number of options out there with pencils being made from newspapers to cornstarch. You can even get some with seeds in them!
2. If a pencil is not an option then try to find an eco-friendly and refillable pen instead.
3. Choose pads and books made from recycled paper.
4. Ditch the Sellotape! Times have moved on and there are so many more options than sellotape. Plastic free tape is great and even comes with some really neat prints on them in either white or brown.
5. If you don't need it, don't buy it! Remember to look back in last years pencil case - you don't always need to buy new!

Uniform - Possibly the most expensive purchase of the year!

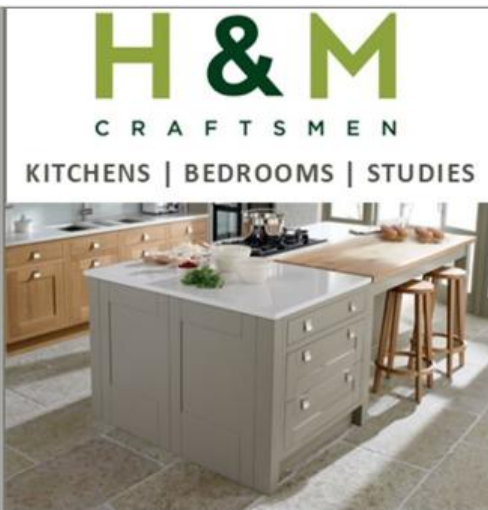
1. Buy secondhand! It's really the best way to go. It is a lot cheaper and saves money as well as

landfill. Many local schools have secondhand sales throughout the year and Facebook groups to sell/buy on.

2. NAME YOUR UNIFORM! Having worked in a school you have no idea how much clothing is left behind every day. If it is named then it can be returned. Seems like a chore but it will save you in the long run.

3. Lost property/donation - don't be afraid to ask the school if they are selling any lost property or have any uniform donated back to them.

I hope some of the above tips are helpful and give you an idea of some of the ways you can reduce plastic, and hopefully reduce the cost of school as well.



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WORLD ALZHEIMERS DAY

Myles Ripley

What is World Alzheimer's Day?

World Alzheimer's Day is an international campaign to raise awareness and highlight issues faced by people affected by dementia. It is an opportunity for people and organisations to demonstrate how we can overcome these issues and help people live well with dementia.

When is World Alzheimer's Day?

World Alzheimer's Day takes place every year on 21 September. It is the focus of World Alzheimer's Month during the month of September.

Why is World Alzheimer's Month so important?

Globally, dementia is one of the biggest challenges we face, with nearly 50 million people living with dementia worldwide. To tackle this global dementia challenge we need to work together, and to collaborate and share best practice with one another. This is why Alzheimer's Society has committed to work with partners on global research and campaigning, as well as sharing our learning, best practice and experience with one another.

What can I do during World Alzheimer's Month?

This World Alzheimer's Month, we are encouraging everyone to learn more about dementia. We have factsheets and booklets about dementia available to read online, download or order to your door.

You can also download our publications catalogue for full details of all our print publications, accessible resources and practical tools.

World Suicide Prevention Day

Join us to light a candle

8pm Saturday 10th September 2022

**to remember a loved one lost to suicide
and for those who live with thoughts of suicide**

Barrow Town Hall St Nicholas Whitehaven

Carlisle Cathedral Maryport Memorial Gardens

The Bird Cage Kendal St Andrews Penrith

Every life matters



EVERY LIFE MATTERS

Juliet Gray

Saturday September 10th is World Suicide Prevention Day. As part of the day we will be holding various events around the county at 8pm which will give individuals the opportunity to come together to light a candle to remember lives lost to suicide and to show support for those living with thoughts of suicide. These are simple and informal events with no speeches or ceremony but an opportunity to come together in solidarity with others.

We ran three of these events last year and they were incredibly moving and powerful. This year we are holding six. We had individuals on hand to speak to if someone wanted to and ensure they knew what support was available. There will be representatives from Every Life Matters at each event.

The events are being held at:

- Barrow Town Hall

- Kendal The Bird Cage
- Maryport Memorial Garden
- Penrith St Andrews Church
- Whitehaven St Nicholas Church
- Carlisle Cathedral

on September 10th at 8:00pm

For more info please scan the QR code below:



*There is much more information and support available for anybody in Cumbria affected by the issues surrounding suicide and self harm on the Every Life Matters website :-
<https://www.every-life-matters.org.uk/>*

PROBLEMS WITH THE COST OF FOOD AND FUEL

*Karen Evans
South Lakes Citizens Advice*

The cost of energy and food is so high now. With the kids home from school for the summer, I'm having to pay more for lunches and snacks. I'm worried about how I'll put food on the table. I'm on a prepayment meter and I'm really scared we're going to be left without any gas or electric if I can't top up. What can I do? You're doing the right thing in reaching out for support and there are things you can get help with.

As a prepayment meter customer, your energy supplier will be able to give you temporary credit if you can't afford to top up your meter. They might add this to your meter automatically, but if they don't, you can call them and ask them to do this.

If you run out of temporary credit, speak to your supplier to explain your situation. They may give you extra temporary credit if you're struggling with living costs. There are other reasons why they might give you extra credit too, including if you're disabled, have a long-term health condition, or you have children under the age of 5. You'll have to pay back anything extra you get, but you can agree how to do this in a way you can afford with your supplier.

If you pay council tax and you're in bands A-D, you should get a payment of £150 automatically. It could take until the end of September, but if you've not had it already you might need to make a claim. You can check how to do this on your council's website.



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You might also be able to get a fuel voucher, which you can use to add credit to your meter. Contact your local council about this.

There's more government support coming from October, including a £400 payment to help you with your energy bills. If you have a prepayment meter, you'll be given vouchers in the first week of each month from October, via SMS text, email or post. Make sure your energy company has your up-to-date details.

To help manage other costs, it's also worth checking you're getting all the benefits you're entitled to. There are benefits calculators you can use online. On the Citizens Advice website, there's advice on how to reduce living costs and information

on other ways to increase your income.

The school holidays can be a really tough time. Contact your local council to find out what extra support you can get over the holidays. If you can't afford to buy food, your local Citizens Advice can help you get a referral for a food bank.

We know this is an extremely worrying time and everyone's situation is different. Don't struggle alone. If you need further support, contact your local Citizens Advice or call the national advice line: 0800 144 8848

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

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

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MORE ON COST OF LIVING PAYMENTS

Joe Murray QPM

Some very useful information regarding Cost of Living Payments that has been made available by Shane M Byrne, Partnership Manager, Department for Work and Pensions, Cumbria which I'm sure may be of some help to many people.

Cost of Living Payment - GOV.UK (www.gov.uk)

You may be able to get a payment to help with the cost of living if you're getting certain benefits or tax credits. You do not need to apply, if you're eligible, you'll be paid automatically. These payments are not taxable and will not affect the benefits or tax credits you get.

Low income benefits

You may get a payment of £650 paid in 2 lump sums if you're getting any of the following:

- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- Income Support
- Pension Credit
- Universal Credit

You will get one payment from July 2022 and a second payment in autumn 2022, if you're entitled. You will need to have been entitled to one of these qualifying benefits on 25 May 2022 to get the first payment. The government are yet to announce the date on which you need to have been entitled to one of these qualifying benefits to get the second payment.

If you have a joint claim with a partner, you will get one payment of

£650 for both of you, paid in 2 lump sums from July 2022 and in autumn 2022, if eligible.

You will not get a payment if you're eligible for a Cost of Living Payment from HMRC, because you're entitled to tax credits.

If you get New Style Employment and Support Allowance, contributory Employment and Support Allowance, or New Style Jobseeker's Allowance, you will not be entitled to the Cost of Living Payment, unless you get Universal Credit or a disability benefit as well.

If you also get a qualifying disability benefit, you may get an additional Disability Cost of Living Payment.

Tax credits

You may get a payment of £650 paid in 2 lump sums if you have an award of any of the following:

- Child Tax Credit
- Working Tax Credit

You will get one payment from autumn 2022 and a second payment from winter 2022, if you're entitled. You will need to have been entitled to tax credits on 25 May 2022 to get the first payment. Again, the government has yet to announce the date on which you need to have been entitled to tax credits to get the second payment.

If you have a joint claim with a partner, you will get one payment of £650 for both of you, paid in 2 lump sums in autumn 2022 and in winter 2022. You will not get a payment if

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you're eligible for a Cost of Living Payment from DWP because you're getting a low income benefit.

If you also get a qualifying disability benefit, you may get an additional Disability Cost of Living Payment from DWP.

Disability benefits

You may get a lump sum payment of £150 if you're getting any of the following:

- Attendance Allowance
- Constant Attendance Allowance
- Disability Living Allowance for adults
- Disability Living Allowance for children
- Personal Independence Payment
- Adult Disability Payment (in Scotland)

· Child Disability Payment (in Scotland)

· Armed Forces Independence Payment

· War Pension Mobility Supplement

You will need to have been entitled to one of these qualifying benefits on 25 May 2022 to get the payment. You will get the payment by the end of September 2022.

If you also get a qualifying low income benefit or tax credits, you may get an additional Cost of Living Payment.

Winter Fuel Payment

If you're entitled to a Winter Fuel Payment for winter 2022 to 2023, you will get an extra £300 for your household paid with your normal payment from November 2022. This

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is in addition to any Cost of Living Payment you get with your benefit or tax credits.

The full amount of Winter Fuel Payment you will get for winter 2022 to 2023 depends on your circumstances.

Amount if born on or before 25 September 1942

You qualify and live alone (or none of the people you live with qualify) - £600.

You qualify and live with someone under 80 who also qualifies - £350.

You qualify and live with someone 80 or over who also qualifies - £300.

You qualify and live with someone who gets certain benefits - £600 - only one of you will get the payment.

You qualify, live in a care home and do not get certain benefits - £300. Amount if born between 26 September 1942 and 25 September 1956.

You qualify and live alone (or none of the people you live with qualify) - £500.

You qualify and live with someone under 80 who also qualifies - £250.

You qualify and live with someone 80 or over who also qualifies - £250.

You qualify and live with someone who gets certain benefits - £500 - only one of you will get the payment.

You qualify, live in a care home and do not get certain benefits - £250. Other help

See <https://www.cumbria.gov.uk/costofliving/financialsupport.asp>.

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IT ONLY HAPPENS TO OTHER PEOPLE

Sandra Gold-Wood

The horror of it seeped through her skin like some kind of oil, slowly penetrating and reaching with glutinous tentacles into her body's core. It was all true, she knew that now. Now, all those little things added up and it seemed obvious. How could she have been so blind to behaviour which should have warned her. How could this have happened to her, this

kind of thing only happened to other people, or so she had thought.

Mary had recently found out that this man who she had trusted had abused his own daughters. Now, he was kneeling at her feet begging her to take him back. Using his best pleading tone Les asked Mary why she wanted to finish their relationship. How could she tell him? Mary knew if she did that it would be disastrous for his daughters who had belatedly, but bravely decided to bring his abuse into the open.

Then, as if she had needed further proof, Les himself had brought up the subject making light of it and asking her who had told her and then answering his own question saying;

'Was it Laura, no, she would never say anything it must be Jane, because David didn't know'.

Mary was in shock and wasn't sure how much longer she could hold her nerve. If he touched her, she knew she would scream. Calling into play all her counselling experience she placated him by explaining that she needed some time alone to reassess what she wanted from their relationship. Describing to him how his behaviour was swamping her. Giving examples of how his constant questioning of, who she was meeting, who she had talked to, what time she would be home from work, or college or even just shopping; It was just too much, and she warned him that he really needed to look at his behaviour if he wanted their relationship to have a future.

All the time she was speaking Mary was trying to keep her face from showing the strain of fighting back



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make a sudden grab for her. Then he was gone, and the door was closed behind him. Mary rushed to the window and watched his van drive away and then the tears flowed and flowed. Nausea overwhelmed her and she rushed to the bathroom. After a while she splashed her face with cold water and in this moment, she recognised that she could not stay at her house. Les had boasted many times that locks held no challenge for him and she knew it was true because he had let himself in today even though she'd had the locks changed.

Wandering around the house in a kind of daze Mary attempted to see her way forward. Where could she go? Where would she be safe from

the nausea she felt just being near him. She knew he had been responsible for the worse betrayal of trust a parent can be guilty of. His daughters had suffered and were still suffering because of him. Right now, all she wanted was to get away from him. The possibility that he had his shotgun in his van parked outside filled her with fear. Warm sweat trickled down her back and she longed for him to leave so she could breathe.

At last, Mary was able to deduce that Les believed he still had a chance to continue the relationship with her. Les stood up and started to leave, saying that he had a job to price up. Mary would be forever thankful to whoever was planning to employ him because that was the real reason he was leaving. Les moved toward the front door and so did Mary carefully maintaining a distance between them while her legs were trembling for fear that he might

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him? How could she forgive herself for ever getting mixed up with him? How could she have been so taken in? The answer came back immediately; Easy, Les was a practiced manipulator, and he had a good deal of what had seemed at first, to be honest charm.

Mary was on nights at the hostel. Her shift started at 6pm. There were four men and two women at the hostel at the moment and it was her job to help with food preparation and administer medication along with

keeping up to date records of the men and women's behaviour. Two services users were well known to Mary and the other four were much more capable individuals and had jobs. Thankfully, tonight turned out to be a quiet shift. Everyone had gone to their rooms by 10pm and Mary was able to lock up and write up her notes. She did not sleep very well because of what had happened with Les that day but at least she felt reasonably safe at the hostel.

Morning came and the usual chaos ensued. Those individuals who worked needed assistance to prepare themselves. Inevitably their bus passes would be missing and each of them would need to sign for their money and take their medication all of which would be recorded by Mary. The two individuals that Mary knew well would be going to a day centre and so they would leave with her. Mary would make sure David and Steven got to the centre safely. They had a habit of going into Woolworths café on the way to the centre where they could get a fried breakfast something neither of them was supposed to have.

On the doorstep of the hostel there was the customary question and answer game. Steven would always pretend he didn't know he had David's wallet in his bag along with four packets of crisps and two mars bars he'd taken from the store cupboard.

Once everything was settled Mary locked the hostel door and turned to leave when something caught her attention across the street. It was Les! There he was standing beside

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his van, and he was holding a shot gun! Les raised the gun and pointed it at Mary. Seeing Mary's shocked face Les laughed and waved the gun at her. A postman was walking up the street and noticing this Les quickly got into his van and sped away.

Mary went back inside the hostel and called a taxi for David and Steven and once they were safely away, she called the police.

'Marvellous' she spat as she replaced the receiver. The police it seemed could do nothing although they showed some concern over the possession of guns. Of course, Les had a license, and he would just tell the police he was on his way to shoot clay pigeons. There was no way she could convince them that he may actually shoot her!

Mary felt she could not go back to her house alone and what about her job? There was a job interview coming up and it was the job Mary had been waiting for. It was working at the day centre which she already did part time, but this would be full time. Now with her confidence shattered she doubted she would be able to attend the interview.

Luckily Mary was able to stay at her good friend Kate's house which at least meant she was not alone and Les did not know where she was.

A few weeks passed and news came to Mary that the police had charged Les with the abuse of his daughters and other girls when they were children. There would be a court case to which Mary would be called as a witness. To her horror, Les had been released on bail!

Mary was terrified that she would bump into Les on the street or that he would come looking for her. It was too much to bear and so she chose to leave quickly, to move far away, and to find a new life.

The End

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.

=====

FREE

To anyone who will collect it - Panasonic Vacuum Cleaner. Good working order. Phone 015396 20512

=====

FOR SALE

eBoss Automatic Embosser and Die Cutter. Plates and User Manual. £40.00. Tel: 015396 20740

=====

MUSIC AT THE MOORCOCK.

In the early evening of Sunday 4th September 2022 the renowned folk band HALL Brothers will be playing at the Moorcock Inn from 6pm until approximately 8pm. Why not come and listen to them, it's free.



EDITORIAL

Years ago I used to suffer from repetitive indigestion. Now I would say it was a symptom of anxiety, then, for many years I just took it on the stomach and found whatever patent remedy seemed to work (Zantac was my favourite for a long time, I've just discovered it was banned in 2020 for being carcinogenic – oh good!). Finally I decided to pursue what the problem was, and went to the doctor - insistently. After numerous visits to the hospital, experiences with various tests, scanners and the like, I was told I had irritable bowel syndrome. I noted that the diagnosis was based on a series of negative results, i.e. what I didn't have.

What causes it, I asked? Well we're not sure. Can you cure it? No. So what does it mean for me? It means you get these symptoms, and the doctor described my symptoms. What's the treatment? Whatever works (Zantac!). Nothing we can do for you except to give your problem a name. Go away and don't worry about it. So now I don't worry because I know what it is (do I?)?. And I can talk about it. I have the shorthand name for my symptoms.

This works all over the place, sometimes the shorthand has a precise meaning, but often not. But it does mean that people can talk about it. Without knowing what it means.

In the days when I had a full time job I used to tour the kitchen areas where I worked in search of coffee. As anyone who has worked in

'consultancy' knows, consultants are meant to lurk by coffee machines in an attempt to pick up useful information from employees. I was implementing a thing called DRM for the client involved. I'm not going to bore you with what that is, but I found during my tours, lots of little groups discussing DRM enthusiastically, and my interest piqued, I'd listen in. DRM, was, apparently going to solve all their problems, by itself. Just having it would do that.

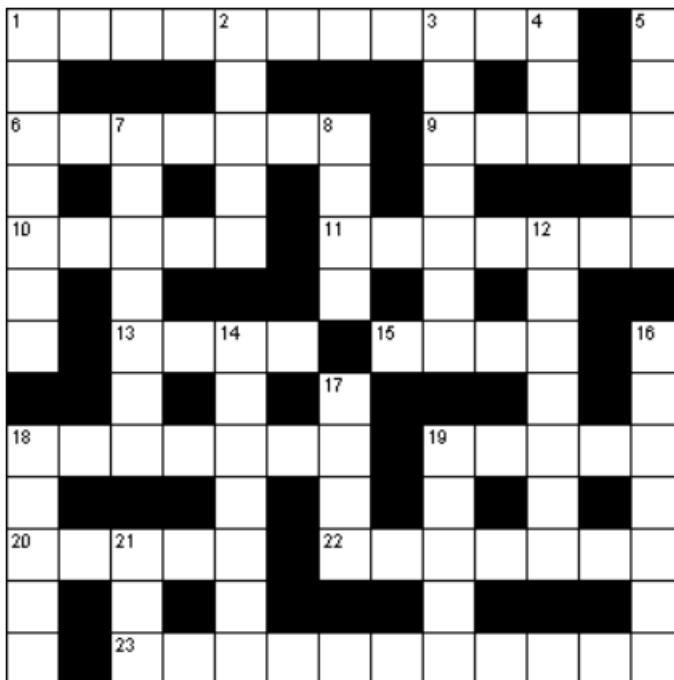
It obvious to me that they didn't understand two things. Firstly what DRM could actually do, and secondly that somebody was needed to make it do that. What I was doing was going to help one or two departments do some things, but not the entire company in the way they hoped. But the name was enough, DRM – the saviour. And it meant they could talk about it endlessly and knowledgeably (and be paid for it).

This editorial was all inspired by SENSUM, but is in no way meant as a diatribe about them. What they aim to achieve is admirable and could well help us all. It's just that language often becomes a mask, or an obfuscation, not an explanation or aid to understanding.. *Ed Welti*

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.

PUZZLE (SOLUTION ON PAGE 86)



Across

1. No more stars confused cosmologists (11)
6. Swindle conveyed with approval (7)
9. He is traced to some robbery (5)
10. Nun cleverly reveals father's brother (5)
11. Brilliant solo passage arrangement can daze (7)
13. Detected reverberation in speech ordeal (4)
15. Quick, abstain from food! (4)
18. Monument rebuilt may drip (7)
19. Demonstrates correct opposite to verso (5)
20. Crewman goes to find tropical fruit (5)
22. Assorted cod need to be scrambled (7)
23. Rearranged a bronze desk for thirteen (6,5)

Down

1. Sounds like a nobleman's story (7)
2. Appeared overweight in bathrobe setting (5)
3. Discovered Aztec hid natural anteater (7)
4. Eskimo finds runner (3)
5. Additional actor? (5)
7. Menu clearly displays a kind of energy (7)
8. Zigzag course has a point to it (4)
12. Observed absence of frozen water (7)
14. Bad actor ridicule invites sleep (7)
16. Widen to curb road engineering essentially (7)
17. Found the sharp side of red gemstone (4)
18. Large felines discovered in coypu massacre (5)
19. Rushed to find Sierra cedar (5)
21. Arrest for backing prohibition (3)

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

February to November is printed black ink on white. The December/January issue may be in full colour. All copies have a full colour cover by

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £30.00 for an Annual Subscription, or anywhere in the world for £6.00 per issue.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

EAT AND 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 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.

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	
SIMC	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	

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.

SEPTEMBER 2022

01	1400	Zero Waste Community Café (0)	CCCN
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 (Jul)	SS
04	1800	Folk Band concert	Moorcock
05	1900	Badminton Club Season Starts (13)	SS
06		Dent Choir Rehearsals begin (8)	DMH
06	1000	Coffee, Craft Chat (5)	CCCN
08		DHTF - Alison O'Neil (Jul)	DMH
08		Westmorland County Show	TBA
08	1400	Zero Waste Community Café (6)	CCCN
08	1930	Sedbergh Parish Council Mtg (21)	PH
09	1000	Heritage Open Days - Farfield Mill	FM
10		World Suicide Prevention Day (0)	TBA
10	900	Barbon Antiques Fair	Barbon VH
11		Heritage Open Days - Farfield Mill	FM
11	1600	Messy Church (11)	CCCN
13	1000	Coffee, Craft and Chat (5)	CCCN
13	1400	WIK - A Writers Life (56)	PH
13	1830	Swimming Club Enrolment (13)	PH
13	1930	Domino Drive	FCH
14		British School Trustees Meet (13)	TBA
14	1000	Heritage Open Days - Farfield Mill	TBA
14	1915	Dent WI Open Meeting	DMH
14	1930	Sedbergh WI Rag Rugging demo	PH
15	1400	Zero Waste Community Café (0)	CCCN
17	830	Flu Walk In Clinic (6)	TBA
17	930	Artisan Market	Main St
17	1000	Dentdale methodist coffee morning	DMC
18		Heritage Open Days - Farfield Mill	TBA
20		Swimming Sessions Start (13)	SS Pool
20	1000	Coffee, Craft and Chat (5)	CCCN
20	1400	Sight Advice	PH
20	1930	Penningtons Talk - Ladies NFU (Jul)	PH
22	1400	Zero Waste Community Café (0)	TBA
23		WIK - Lively Lunch (56)	Ireby Farm
23	1930	Charity Bingo (23)	WHC
24	830	Flu Walk In Clinic (6)	MC
25	1500	Northern College Music Concert (1)	Appleby
27		Coffee, Craft and Chat (5)	CCCN
28	930	Canary Girls Coffee Morning (18)	STAS
29	1400	Therapeutic Yoga Course Starts (58)	MCD
29	1400	Zero Waste Community Café (0)	CCCN
30		Colette	WHC
30	1000	Macmillan Coffee Morning (31)	DMC
30	1900	Church Revlopment Plan Mtg (5)	STAS

OCTOBER 2022

04	1800	Evening Classes Begin (37)	SSAT
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
18	1400	Sight Advice	PH
22		Apple Day (10)	PH
22	1000	Dentdale Methodist coffee morning	DMC
23		Forgotten Heroines Play (18)	PH
23	1930	Major and James Concert (1)	Appleby
28	1930	Meetwood Flac	PH

NOVEMBER 2022

01		Boxes of Hope Collection Starts (10)	SIC
03	1930	Howgill & Firbank WI Xmas Wreath	HVH
08	1930	Domino Drive	FCH
09	1915	Dent WI AGM	DMH
09	1930	Sedbergh WI Cancer signs	PH
12	900	Barbon Antiques Fair	Barbon VH
15	1400	Sight Advice	PH
19	1000	Dentdale Methodist coffee morning	DMC
26	1030	Festive Farfield	FM
27		Festive Farfield	FM
27	1930	Prince Bishops Brass Ensemble (1)	Appleby

DECEMBER 2022

01	1900	Howgill & Firbank WI Xmas Party	TBA
02		Christmas Tree Festival	CCCN
02		DHTF - Christmas Jacob's Join (May)	DMH
02	1930	Christmas Celebration	FCH
03		Christmas Tree Festival	CCCN
04		Christmas Tree Festival	CCCN
05		Christmas Tree Festival	CCCN
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
17	1400	Sight Advice	PH

FEBRUARY 2023

14	1930	Domino Drive	FCH
21	1400	Sight Advice	PH

MARCH 2023

14	1930	Domino Drive	FCH
21	1400	Sight Advice	PH
25	1300	Sedbergh Spring Show	PH

APRIL 2023

18	1400	Sight Advice	PH
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MAY 2023

16	1400	Sight Advice	PH
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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.

SOME WALKS AROUND SEDBERGH

WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs

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

THE CALF 8 miles 2600ft 4-5 hrs

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

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs

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

AKAY WOODS 2.3 miles 1 - 1.5 hrs

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

SEDBERGH SCHOOL 45 mins

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

FELL WALL 2.2 miles 1 - 1.3 hrs

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

BRIGGFLATTS 4.2 miles 2- 3 hrs.

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

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs

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

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs

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

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

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

MILLTHROP AND ABBOT HOLME 5.1 miles

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

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

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

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

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

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- stay@drawellcottage.co.uk	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Mr and Mrs McCrie	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: Daleslea@outlook.com	21789
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) <i>1T(ES), 1D(ES) NS, CH, L</i> e-mail: crosskeyscautley@outlook.com	20284

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: sam@thecapps.co.uk website: www.scrogghouse.farm	34032
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT <i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i> e-mail: ed_welti@btinternet.com	20770
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) <i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i> e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	45845
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk	07927 295262

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking;
DA = Disabled Access; NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement);
DW = Dogs Welcome; DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast;
EM = Evening Meal;; NC = No Children; CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Phil Johns	07807	909860
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	04/22	Kris Baldock	07730659413	
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	
Friends of Settle and Carlisle Line	08/22	John Carey	john.carey@settle-carlisle.com	
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 Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/22	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	Miss 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.

PUZZLE SOLUTION



**Struggling with
the cost of living?**

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

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 = £60

Both available from the Information Centre only,
renewable annually on 1st 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 timetable)	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
06.49	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 st 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
Alcohol Licence: £30.00 + £100 damage deposit									
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

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

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
Vicar of Sedbergh and Dent

Rev. Andy Burgess Tel: 20018
andy.burgess@westerndales.org.uk

Church Wardens:

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

Cautley: Judith Bush 20058
& Maureen Hinch 20843
Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Heidi Holmes
Howgill: Helen Hoggarth 20805
& Pauline Marshall 21651
Killington: Inquiries - Tony Reed Screen
21081

Dent & Cowgill

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

Church Wardens:

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

**SEE SERVICE TIMES ON
THE FOLLOWING PAGE**

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

Updated Anglican Service Times

From September 2022 some of our service times in the Anglican churches of the Western Dales are changing. This is in order to make the best use of our resources across our churches. Please note the revised service times below, and please do join us for worship. Revd Andy Burgess.

ST ANDREW'S CHURCH, SEDBERGH

Every Sunday	8am, BCP Holy Communion 9.30am, Holy Communion
4th Sunday	9.30am, All-Age Service
Mondays	9.30am, Morning Prayer
Wednesdays	11.30am, BCP Holy Communion

ST ANDREW'S CHURCH, DENT

Every Sunday	11.15am, Holy Communion
4th Sunday	11.15am, All-Age Service
Tuesdays	9.30am, Morning Prayer

ST MARK'S CHURCH, CAUTLEY

1st Sunday	2.30pm, Holy Communion
3rd Sunday	9.30am, Morning Prayer
5th Sunday	2.30pm, Taizé Service

ST JOHN THE BAPTIST'S CHURCH, GARSDALE

1st Sunday	11.15am, Holy Communion
3rd Sunday	11.15am, Morning Prayer
5th Sunday	11.15am, Morning Prayer

ST JOHN THE EVANGELIST'S CHURCH, COWGILL

1st Sunday	2.30pm, Evening Prayer
3rd Sunday	2.30pm, Holy Communion

HOLY TRINITY CHURCH, HOWGILL

2nd Sunday	9.30am, Holy Communion
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ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday	2.30pm, Holy Communion
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ALL SAINTS' CHURCH, KILLINGTON

4th Sunday	2.30pm, Afternoon Service
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*Combined plans for Western Dales Mission Community
September 2022*

	Time	4 th	11 th	18 th	25 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	9.30am	HC	HC	HC	All-Age Harvest Service 6pm Choral Evensong
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	CW Service	Service 4pm- Messy Church	HC	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		2.30pm Harvest Thanksgiving	
St. John's, Garsdale LA10	11.15am	HC			Holy Baptism
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		HC	Service	
All Saints, Killington LA6 2HA	2pm				2.30pm Harvest Thanksgiving Service
Holy Trinity Howgill LA10 5JD	9.30am		HC		
St. John's Firbank LA10 5EF			2.30pm Harvest Thanksgiving Service		
St. Andrew's, Dent LA10 5QL	11.15am	HC	Joint Service with HC at Dentdale Methodist Chapel	Joint Service with HC at Dentdale Methodist Chapel	All-Age Harvest Service
St. John's, Cowgill LA10 5RJ	2.30pm	HC		Joint Service with HC at Dentdale Methodist Chapel	
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	2pm Harvest Festival	11.15am Joint Service with HC	Service
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.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Wednesday	7th	14th	21st	28th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	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 (HC)- Extended Communion) CW- Contemporary Worship			BCP- Book of Common Prayer EP- Evening Prayer		

Contacts- Brigflatts Meeting House please contact correspondence clerk 015396 21715;
Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website
www.sedberghmp.nhs.uk
for further details.

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

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

POLICE

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

DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,
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

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

Tel: 015396 20125

www.sedbergh.org.uk

If you are an event organiser or accommodation
provider and you would like a listing on the
website, or if you are a local organisation and
want the website to carry information about your
activities, please email the Information and Book
Centre on office@sedbergh.org.uk."

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

July 2022