

Sedbergh & District

# LOOKAROUND

October 2022

Issue 414

Donation £1

Lookaround would like to offer condolences to the family and friends of Roy Holmes, who passed away on the 6th September. You can read a tribute on page 23.

Much of this issue is devoted to Queen Elizabeth II, however there are important items too on the threat to our Post Office. And many other interesting articles! *Ed.*

## LOOKAROUND



### NEEDS YOU!



**Lookaround is looking for a new Treasurer. If you can think you can do it and can spare a few hours a month please contact us. See the article on page 29 for more details.**

**Email [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk).**

**Phone 07464 895425**

**Or leave a note at the Information Centre**

**CLOSING DATE: 15th of every month for everything**

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

Mobile: 07464 - 895425

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

# CONTENTS

## Articles

Apples Galore!	26
Art Society Exhibition Report	25
August Weather:	44
B4RN	24
Barbon Show	44
Boxes Of Hope	27
Canary Girls.	61
Christmas Late Night Opening	23
Churchill Fellowship Funding	63
Clean Toilets	24
Commemorating Her Late Majesty	5
Community Swifts	42
Community Trust	60
Community Trust A.G.M.	25
Dent Dale Christian Fellowship	29
Dentdale Head To Foot	45
Environmental Market	69
Family Musings	47
Friends Of Farfield	26
Halloween's Scariest Creatures	40
Hardship Fund	30
Hawes Junction Chapel	34
Help With School Costs	64
Ladies N.F.U.	48
Local Memories	38
Lookaround Treasurer	29
Michael's Mission	72
Monarchy	13
News From The Pews	7
Notes From Dent Station	30
Poppy Appeal 2022	28
Proposed Closure Of Sorting Office	20
Remembering Our Late Queen	12
Roy Holmes	23
Save Our Sorting And Post Offices	18
Sedbergh Parish Council	8
Sedbergh Rural District Guide	36
Sedbergh School News	54
Slovenia By Train	58
Slovenian Ambassador Visit	57
Support After A Dementia Diagnosis	66
Tim's Column	10

## Articles (Continued)

W.I. Howgill/Firbank	53
W.I. Killington	52
W.I. Sedbergh	49
Zero Pantry	68
Zero Waste	24

## Business Adverts

Armitstead Barnett	20
Audio Lookaround	35
Bannister Physiotherapist	72
Black Bull	62
Bricks and Mix	8
Cobble Country Property	28
Cost of Living	27
Cross Keys	8
Cross Keys	41
Cumbria Stoves	29
Curtains	46
Cycle with Rachael	57
Dalesway Therapies	60
Dalton Burial Ground	25
Dawsons Fuels	38
Digital Dalesman	47
Duncan Law Plumber	34
Edge of the World	45
Firewood & Septic Tanks David Labatte	52
First 4 Home Improvement	66
G.J. Baines	42
Garsdale Design	69
H&M Craftsmen Kitchens	73
Happy Feet	9
Helping Hand	55
Ian Higginbotham	64
J.J. Martin Funeral Director	26
Job Advert - Dent Heritage Centre	12
Job Advert Bendrigg Lodge	14
K.W. Electricals	23
Kay Whittle - Chiropodist	48
Kev Scrap	67
Lakes Scaffolding	40
Lookaround Local Subscription	50
Lookaround Needs You	1
Lookaround Postal Subscription	51
Lookaround Subscription	49
M.K. Conversions Ltd	59
Marquees & Teepees Killington	10
Matthew Cook Stonemason	18
McGarry Solicitor	43

### COVER PHOTOS

#### Mourning Period

*Supplied by Revd Andy Burgess*

## CONTENTS (Continued)

### Business Adverts (Continued)

Meditation Centre	13
Multi trade Property maintenance	61
Oglethorpe Sturton & Gillibrand LLP	54
Parkin & Jackson Monumental Masons	24
Pennine Outdoor Fabrics	58
Peoples' Hall	44
Powells	65
Red Squirrel	29
Robert Powell Web Design	48
Royal British Legion	30
Sheila Shuttleworth Dressmaker	39
Stephenson And Wilson Builders	46
Stramongate Press	70
Temptations Craft Boutique	33
The Thirsty Rambler	11
The Zero Pantry	19
Thomson Hayton Winkley Solicitors	32
Three Hares	68
Tooby's Electrical	16
Treadwell flooring	39
Under Pressure Power Washing	53
Western Dales Bus	17
Wools Of Cumbria	21
Yoga Therapy Laura Clare	63

### Event Adverts

Apple Day (22nd)	22
Garsdale Bonfire (5/11)	36

### Event Adverts (Continued)

Griefshare (Tues)	7
Medical Centre (13th)	13
Pumpkin Party (31st)	31
Garsdale Methodist Chapel (9th/10th)	9
Tabernacles (15th)	15
Weekly Coffee Morning (Weds)	3

### Other Information

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

## Weekly Coffee Morning St Andrews Church

**Every Wednesday 9:30am to 11:30am**

**Wed 5th October - St Mark's Cautley**

**Wed 12th October- St Andrew's**

**Wed 19th October- St Andrew's**

**Wed 26th October - Christian Aid**

Groups who would like to run a Coffee Morning  
please call Lynda Briggs on 07904 055 259  
or email [lebriggs@hotmail.co.uk](mailto:lebriggs@hotmail.co.uk)

# ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

## Advertising Rates

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

## CONTACT INFORMATION

*Email:*

**editor@sedberghlookaround.org.uk**

*Phone:*

**07464 895425**

*Address:*

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

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

## PAYMENT INFORMATION

**CHEQUE**

*Cheques Payable to :*

**Sedbergh & District Lookaround  
BACS**

*Account:*

**Sedbergh and District Lookaround**

*Account Number:*

**23388557**

*Sort Code:*

**20-55-41**

*Reference:*

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

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

## COMMEMORATING HER LATE MAJESTY QUEEN ELIZABETH II

*Andy Burgess*

The death of Queen Elizabeth II was marked in a number of ways across the churches of the Western Dales. Here are some of the important ways that we honoured the Queen's memory and paid our respects.

### **Book of Condolence**

A Book of Condolence was available in many of our churches, throughout the period of national mourning. Many locals and visitors came to St Andrew's Sedbergh to leave tributes and memories of our beloved Queen. Our churches provided quiet spaces for reflection and prayer. A hard-working team of volunteers looked after the book on a rota basis, giving short prayers once an hour from the lectern.

### **The Proclamation of the King**

At 5pm on the evening of Sunday, 11 September 2022, Kevin Lancaster the chair of Sedbergh Parish Council made the official proclamation of the king for our local area, in St Andrew's Sedbergh churchyard. Many people came along to witness this historic moment, and we shared tea and coffee afterwards before gathering for



a service of prayer and thanksgiving at 6pm.

### **All-Age Service of Thanksgiving**

Our Pioneer Minister Revd Becca Gilbert organised an engaging All-Age service at 3.30pm on the afternoon of Sunday, 18 September. This was well-attended, with around thirty children and many more adults. This provided a sensitive way especially for children to give thanks for our Queen, and think about her legacy. Ben Maunder gave a talk on the importance of our Queen being a servant leader, just as Jesus Christ was our servant king. Becca led the response which involved building a cairn as a way of reflecting on our Queen's character and leadership. Roger Bush played organ and piano for the service.

### **Community Tea**

The Queen's death affected everyone in different ways, and we felt it was important to provide a space for people to gather and talk about all she meant to the community in a relaxed environment. There was an amazing spread of sandwiches and cakes at the People's Hall in Sedbergh which was enjoyed by all.



## Commemoration Service for The Queen

On the evening of Sunday, 18 September (the eve of the Queen's State Funeral), we welcomed over two hundred people to our local commemoration service at St Andrew's Sedbergh, to give thanks for the life of the Queen, comfort one another in our grief, and commend Elizabeth to Almighty God.

Sedbergh Town Band played two hymns and the National Anthem, and members of St Andrew's Choir, Cornerstone Community Church Choir, Dentdale Choir, and Sedbergh School Choral Society came together to sing some moving anthems. John Seymour conducted and Deryck Cox played the organ.

Revd Andy Burgess officiated and preached, Revd Becca Gilbert gave the reading, and Revd's Christine Brown, David Crouchley, Lindsay Gray, and Paul Sweeting offer prayers from across the United Kingdom. Dorcas Thomas, a member of our local Roman Catholic community, read a poem by Robert Burns. Tom Skelhorne played a lament on the bagpipes during the commendation.

Royal British Legion (Sedbergh & District Branch) and 1st Sedbergh Scouts processed in with Standards.

Representatives from organisations across the Western Dales gave moving tributes to the ways in which the Queen has inspired them over the years:

1st Sedbergh Scout Group, Bill Mawdsley, Scout Leader

Dent CE Primary School, Siena Aisbitt-Burgess, Pupil



Howgill Harriers,,Rachael Mellor  
The Rawthey Project, Grace  
Capstick

Royal British Legion, Sedbergh,  
Myles Ripley

Sedbergh Parish Council, Kevin  
Lancaster, Chairman

Sedbergh Primary School, Victoria  
Hudson, Headteacher, Jackson  
Brown, Pupil

Sedbergh School, Dan Harrison,  
Headmaster

Sedbergh Swimming Club,Rachael  
Mellor

Sedbergh Young Farmers Club,  
John Woof, Chairman

Settlebeck School, Sarah  
Campbell, Headteacher

South Lakeland District Council,  
Suzie Pye, Councillor

Thank you to everyone who  
contributed to the service.



## NEWS FROM THE PEWS

*Susan Sharrocks, Tony Reed  
Screen*

September 2022 will be a time to remember for all of us, not only here in Sedbergh, but countrywide and indeed worldwide.

On hearing the news of the death of our long reigning Queen Elizabeth 11 messages winged their way from the Diocese of Carlisle, between clergy and lay people, bellringers, flower ladies and others to set the scene at St Andrew's in preparation for our National Mourning.

Visitors arrived in church before 9am the following (Friday) morning, signing the Condolence Book and joining in the short service of Reflection for the Life of the Queen. Numbers in the congregation for the mid-day and 7pm Reflection services increased, flowers were brought and a steady flow of people visited throughout the day. This pattern continued throughout Saturday with the addition of a Baptism in the morning and a Memorial Service after lunch.

The bells were fully muffled for mid-day on the first day of mourning (Friday) except for the back stroke of

the last bell, the tenor which sounded loud and clear. In my 60 plus years ringing it was a "first" for me having that experience as it is more common to ring all the bells half-muffled, as at Remembrance Sunday.

Adam made many climbs up to the bells and beyond to the roof of the church, putting muffles on and off lowering and raising the flag for the appropriate sequence of events throughout the weekend.

Deryck Cox had stepped in to be our organist whilst Tony was having a much-earned holiday abroad. He, too, has had a time to remember and we thank him for all he has done.

Perfect weather and a wonderful turn out on Sunday afternoon was the setting for Kevin Lancaster to make the Proclamation of King Charles 111 at the church door. The bells rang out unmuffled whilst tea and biscuits were enjoyed in the church followed by a service Remembering the Queen at 6pm.

Meeting and greeting the many visitors to Sedbergh and St Andrew's has played a valuable part in the life of the church and the town during this time of mourning for the Queen. Seamlessly the church was manned



## OPEN HOUSE

*Every Tuesday*

**Coffee, Craft & Chat**

10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



07498 870267

*For anyone  
struggling  
with bereavement*

*A member of the Grief Share team will  
be available at Open House  
Tuesdays 10am - 12 mid-day  
Methodist Church at Cornerstone  
Join us for coffee and a chat*

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

## RAINY DAYS AND MONDAYS

Don't let them get you down!

Call In to **THE CROSS KEYS AT CAUTLEY**.  
Every Monday from the beginning of October.

Meet friends for a chat and a coffee  
- or a light lunch.  
On the menu will be ..  
Soup & sandwiches  
Sausage & mash  
Cottage pie

Along with our range of puddings,  
cakes and scones.

From 10.30 to around 3.00pm every Monday.  
Our normal menu available every  
Friday, Saturday and Sunday.

Look forward to seeing you

every hour from 9am until 9pm initially, then 9am until 6pm daily. Each person on duty read prayers for the late Queen and King Charles on the hour from the lectern.

A brother and sister made a delightful double Baptism on Saturday 17th. Leah enjoyed all the service until the actual baptism which did not impress her at all, whilst baby Harry just gazed at Vicar Andy quite unperturbed.

Special services for children and a Commemoration Service for The Queen are arranged for tomorrow, Sunday 18th. Between the services a reception at the People's Hall bringing people together for refreshment, togetherness and chat.

Vicar Andy has pulled out all the stops to mark this special time, the help and support from everyone has been unsurpassed, very welcome and much appreciated.

Take care.

## SEDBERGH PARISH COUNCIL

*Janey Hassam, Clerk*

The Council had planned its monthly meeting at 7.30pm on Thursday 8th September 2022, in the Committee Room, The People's Hall, Sedbergh, however, following the sad news received earlier that evening, of the passing of the late HM Queen Elizabeth II, the meeting was opened and closed as a mark of respect. The next meeting is now scheduled, one week earlier than planned, on Thursday 6th October 2022 commencing at 7.30pm.

The Chairman, Kevin Lancaster, read the Accession Proclamation of King Charles III at St Andrew's Church at 5pm on Sunday 11th September 2022, along with representatives from Sedbergh Parish Council, including Councillors Arnold, Brooks, Capstick, Longlands and McPherson. The historical occasion and tradition were witnessed by many, with special thanks also to Revd. Andy Burgess and Sedbergh Town Band.

"Whereas it has pleased Almighty God to call to His Mercy our late Sovereign Lady Queen Elizabeth the Second of Blessed and Glorious

## BRICKS & MIX



### Property maintenance

New to LA10: bricklaying, stonework,  
pointing, patios, plastering, rendering.  
All other building work considered

07951 785876

bricksandmixltd@yahoo.com



## **HAPPY FEET**

Call EDNA BSc(Hons) Podiatry  
for most things foot related.



Toe nails clipped,  
hard skin removed.

And much more in the comfort  
of your own home.

Phone 07968535420  
for an appointment.

Memory, by whose Decease the Crown of the United Kingdom of Great Britain and Northern Ireland is solely and rightfully come to The Prince Charles Philip Arthur George: We, therefore, the Lords Spiritual and Temporal of this Realm and Members of the House of Commons, together with other members of Her late Majesty's Privy Council and representatives of the Realms and Territories, Aldermen and Citizens of London, and others, do now hereby with one voice and Consent of Tongue and Heart publish and proclaim that The Prince Charles Philip Arthur George is now, by the Death of our late Sovereign of Happy Memory, become our only lawful and

rightful Liege Lord Charles the Third, by the Grace of God of the United Kingdom of Great Britain and Northern Ireland and of His other Realms and Territories, King, Head of the Commonwealth, Defender of the Faith, to whom we do acknowledge all Faith and Obedience with humble Affection; beseeching God by whom Kings and Queens do reign to bless His Majesty with long and happy Years to reign over us.

Given at St. James's Palace this tenth day of September in the year of Our Lord two thousand and twenty-two.

### **GOD SAVE THE KING!"**

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

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

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

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

### **GARSDALE LOW SMITHY METHODIST CHAPEL**

**Harvest Festival Oct 9th 2.30pm**

**Led by John Fox**

**Musical Evening Oct 10th 7.30pm**

**By the Longton Family**

**Light refreshments after each service**

**All are welcome**

## TIM'S COLUMN

*Tim Farron*

You would have to be a very strange person not to have felt pretty upset about things over the past weeks. I was blessed to have met the Queen on a few occasions since I was first elected as your MP. I well remember one time. I had not been an MP for very long and she offered me some advice about what you do when a constituent who has had a letter from you thanks you for it, and you do not remember the details. She said it happened to her all the time, and that she always said, "It's the least I could do." Given that the number of pieces of correspondence we have dealt with in my office is now well into six figures, so, I hope you

will forgive me when I say I have occasionally used her advice.

Of course, the death of the only monarch most of us have ever known is bound to leave us all feeling a bit unsure about many things. Particularly coming, as it did, at a time of uncertainty for the whole world. Even so, I remain optimistic. King Charles has a strong interest in the environment and farming. It really is not that long since we welcomed him to the County Show, which, coincidentally, was where I was when the news of the Queen's death started to filter through. I know it is a bit strange to base one's hopes for the country on our new King, but Charles III does make me feel optimistic and, although the current



FRAME MARQUEES & TEEPEES

VENUE COVER FOR ALL OCCASIONS

FURNITURE HIRE & TABLE LINEN

T: 015396 20602

W: [WWW.MARQUEETEEPEE.CO.UK](http://WWW.MARQUEETEEPEE.CO.UK)

E: [OFFICE@MARQUEETEEPEE.CO.UK](mailto:OFFICE@MARQUEETEEPEE.CO.UK)



THE  
THIRSTY  
RAMBLER



SEDBERGH

14-16  
MAIN STREET

WE ARE A COSY LITTLE, DOG FRIENDLY MICRO BAR, OPERATING A FIRST COME, FIRST SERVE SEATING POLICY.

WE SERVE A RANGE OF BOTTLED, CANNED AND HAND PULLED ALES AND LAGERS SOURCED FROM LOCAL BREWERIES IN CUMBRIA AND YORKSHIRE. WE ALSO OFFER A SELECTION OF ARTISAN AND CLASSIC GINS, SPIRITS, CRAFT CIDER AND HANDPICKED FINE WINES.

WE LOOK FORWARD TO WELCOMING MUDDY BOOTS AND DIRTY PAWS!

[WWW.THETHIRSTYRAMBLER.CO.UK](http://WWW.THETHIRSTYRAMBLER.CO.UK)

 07874 838816

 [DRINK@THETHIRSTYRAMBLER.CO.UK](mailto:DRINK@THETHIRSTYRAMBLER.CO.UK)

 [THETHIRSTYRAMBLERSEDBERGH](https://www.instagram.com/thethirstyramblersedbergh)

Government sadly does not have that effect on me, I am increasingly confident they will be around for much less time than he is. After all we have to have an election before the end of 2024.

I do have a couple of things to report.

I wrote my last piece for Lookaround a couple of days before my summer tour went to Sedbergh, so at that point, people had not drawn my attention to the threat faced by the sorting office. However, you did and we have sprung into action. I have written to the Chief Executive of Royal Mail asking him to reconsider the decision. But this is just the start of the campaign. If you want to get involved and support us please sign the petition that I, along with your councillors, have started. You can find it by following the links on my website.

Finally, I decided that attending the proclamation of the new King in Kendal was a more important use of my time than taking part in the Great North Run. However, thank you everyone who sponsored me after I told you about this in last month's Lookaround. When I last looked, we had raised about £2,500 for Carer Support South Lakes. This is pretty impressive. Should anyone feel that they have donated under false pretences, instead of the Great North Run, I did my own alternative "Even Greater North Run" from Staveley back home to Milnthorpe. It was actually over a mile longer than the rival event, and took me just under two and a half hours.

As ever if there is anything I can do to help then, please, do get in touch. The email address is [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) and the phone number 01539 723 403.

Thanks for everything.

## REMEMBERING OUR LATE QUEEN ELIZABETH II

*Chris Clowes*

Many years ago I was a volunteer for the Talking Newspaper - a weekly recorded issue of the week's news in the Lancaster and Morecambe area of the Lancaster Guardian, for the blind and partially sighted residents of that area. My roll was as an "outside broadcaster" for special events.

Her Majesty the Queen visited Lancaster and, so, I and many other reporters positioned ourselves on the roof of British Home Stores on Market Street to get the best view.

We had to be in position quite early in the proceedings so, after a few hours wait, we were all feeling



Picture:  
PRESS ASSOCIATION / Danny Lawson

**DENT HERITAGE CENTRE**

### **ASSISTANT WANTED**

We are looking for a General Assistant to join our small and friendly team at Dent Village Heritage Centre.

The hours are flexible.  
Some occasional weekend work will be required.

**Tel: -015396 25239/25800**

or email:

[info@highlaning.com](mailto:info@highlaning.com)

somewhat jaded. However, when we realised that by lunch time Her Majesty and her entourage were making their way down Market Street from Lancaster Castle to Horseshoe Corner, we were on high alert.

I was so excited to be reporting the events. The band was playing and various troops were marching, which I was reporting as they passed by, and then this resplendent couple came into view, she was in a deep mauve outfit, looking truly regal with who I assumed was the Lord Lieutenant at her side.

I duly reported this "live" to my listeners and I was captivated by these events and babbling stupidly to my listeners as to how wonderful the Queen looked until a few minutes later I realised that this resplendent couple were the current Mayor and Mayoress of Lancaster and the Queen was dawdling behind chatting to onlookers. So to this day, I couldn't tell you or my listeners what the Queen was wearing or what went on!

But I know my listeners were quite captivated by the events.



## MONARCHY

*Martin*

I began writing this on the evening of the day Queen Elizabeth died. It had been in my mind to share some thoughts about 'monarchy' in one of my contributions. This seems to be the time.

Monarchy never has been, a standard package either historically or geographically. I will focus on the British Monarchy, but bear in mind that there have been and are varieties of monarchy.

The monarchy in Britain has evolved over more than a millennium.

- a variety of independent Saxon and Celtic kingdoms and principedoms, in which the ruler was often chosen by his peers who then became his advisers. Part of the deal was that the king ruled, but he was supposed to look after his people.

- a centralised Norman/Angevin/Plantagenet/Tudor realm, inherited in principle by birth, though this did not



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

**2022**

Thursday 13th Oct  
Wednesday 16th Nov



prevent wars between different family members, in which the monarch though still advised by counsellors, was sometimes a virtual autocrat.

- an attempt at absolute monarchy 'by divine right', under the Stuarts, challenged by Parliament, ironically included a period with no monarch when the Lord Protector Cromwell had to resort to autocratic methods to maintain order.

- The further development of 'Constitutional monarchy' under William III in which the monarch was constrained to govern with the consent of parliament.

- The evolution of modern cabinet style government with a prime minister and party politics.

The evolution in England, Scotland, Wales and Ireland varied, but by the 19th century all 4 countries were legally part of a single United Kingdom under the same constitutional monarchy. The constitutional relationships of the Channel Islands and the Isle of Man remain distinct and outside the UK, but they too have evolved local forms of constitutional democracy with a formal relationship with the British Crown.



[www.meditationcentre.co.uk](http://www.meditationcentre.co.uk)



The geographical pattern was changed when the south of Ireland became an independent republic in the first part of the 20th century, reflecting a bitter history.

'The monarchy' remains a topic of debate. Topics range from constitutional principle to more personal issues.

That the head of state, should be a hereditary position, rather than decided by democratic election, is a familiar criticism. I understand the argument, but I am not convinced that having no monarchy would mean better government.

On the other hand, the present system means that the monarch and the heir[s] to the throne have no real career choice. What if their preferred

career choice were to be a chicken farmer, or a brain surgeon...or whatever?

The cost of the monarchy is cited as a waste of money by some critics. I feel it is unfair to set the costs on one side of the scale without assessing the benefits on the other. I am hazy about the precise scale of the monarch's wealth; how much of it is personal; how much is from the taxpayer, and how it is in fact used.

I think the personal wealth of the monarch is inherited in the same way as anyone else inherits family assets. Is it subject to tax in the same way as everyone else? I do not know. If not, perhaps that could be an understandable grouse. But how the royals spend their personal wealth is

## 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](mailto:vacancies@bendrigg.org.uk)

Phone: 01539 723766



presumably a personal choice. I suspect much of the charity work supported by royalty comes from these personal resources. In any case the private means of the royal family does not seem to be a relevant constitutional consideration.

The proportion of the taxpayer's money that goes to support the official functions of the monarchy is presumably agreed by Parliament. The merits of this depend on the value of the monarchy to the country, as assessed by our elected representatives. That seems to be a reasonably democratic situation.

I think the monarchy benefits the economy in at least two ways, by attracting tourists, and by fostering good relations with other countries with which we may do business. I have personal reservations about the ethics of some kinds of tourism, and about the trading relations we may have with some overseas regimes. These matters are not however the fault of the monarchy per se.

Significant if intangible benefits need to be mentioned. As we know from the fine example of the late Queen, the British Monarchy can have a profound and usually benign influence in the life of the nation. In the tributes being paid now, some key characteristics of Elizabeth's reign have been identified as, continuity, stability, duty, service, humility, and embodying the spirit of the nation.

These are significant values, even though there is no way of evaluating them financially. Here we have moved onto the bridge joining the constitutional and personal aspects of royalty.

## **"Tabernacles"**

Celebrate God with us

**Saturday  
October 15th 6pm  
at 'Rhumes', Dent**

**(Undercover if wet/ v cold)  
Building Shelters**

**Families particularly welcome**

**Food. Activities**

**All welcome**

**Further info 015396 25212**

I do not see how party-political leadership could fill such a complex and potentially long-term role. The new King is expecting to look back to his mother's reign, not to copy, but to be inspired by her gifts for caring and communicating. As he takes the role forward into the challenges of the future, he must be himself, which will be different. Nevertheless, he will be part of a longer and deeper tradition of wisdom accumulated down generations, than can be achieved by any party politicians within the constraints of the democratic electoral cycle.

Throughout history, various members of the Royal family have demonstrated their human frailties and fallibility. To a great extent we only learn about these scrapes and errors because they are royals. It would be naïve, and hypocritical to pretend that the rest of us were not also susceptible to such mistakes.

There is an unattractive tendency in human nature for 'the ordinary' person to enjoy seeing prominent people making mistakes that are used to justify 'taking them down a peg or two'. With the growth of celebrity culture, we are well aware of how prominent non-royals can also be subjected to harassment and abuse, especially by some sections of the press. The scope for this, and its nastiness, has been greatly increased by the growth of so called 'social' media.

The fact that the royal family is as human as the rest of us should be a spur to our sympathy and compassion, and increase our respect for the way the key royals

usually manage to fulfil their duties with so much skill and tact.

The British Monarchy is well known at a global scale. This is partly a result of British imperial history. But it is also partly because of the respect earned by individual monarchs and other royals.

Within the Commonwealth there has been and still is an active if not universal unease with the idea that the British Monarch should retain even a nominal position of sovereignty over what are now independent countries. This may be understandable. Many post-colonial Commonwealth Countries have cut their formal ties with the British monarchy. Most have however remained in the Commonwealth.

**Built in and Free-standing Appliances  
Domestic Appliance Repairs**

**Digital TV, Aerials and  
Satellite Dish Installation**

**Wi-Fi and Home Networking**

**Regular Deliveries to the Lookaround Area**



**ELECTRICAL STORE**

Kew House (Just of the A65)  
INGLETON

T: 015242 41224 / 015242 42095



[www.toobys.com](http://www.toobys.com)

Indeed at least one country that was never part of the British Empire [Mozambique] applied successfully to join the Commonwealth. There is still an on-going discussion as to whether the Head of the Commonwealth should always be the British Monarch.

What could be the alternative to the current but always evolving British model of constitutional monarchy?

Forms of Constitutional Monarchy, broadly similar to the British model, have evolved and are still functioning in several European countries. My impression is that most other European monarchies seem to be more 'low-profile'. I understand members of these Royal families may

be met going about their domestic business in the street like other citizens. I think those not in direct line for the throne are not supported by public money, and even the heirs may be expected to undertake 'normal' employment until they are required to assist or replace the King or Queen.

Autocratic Monarchy has already been mentioned. Life in countries with this model appears to be more precarious for 'ordinary' citizens, often living in what is effectively a police state or a military dictatorship headed by the autocratic monarch.

The Presidential 'democracy' of the USA owes something to Britain. But it seems to me that outcomes seem to be even more closely related to the amount of money available to back a given party or candidate. Plutocracy disguised as Democracy? The Presidential character of US democracy seems to ensure a permanent condition of political uncertainty with the alternating two-year cycle of presidential and mid-term elections

Combining both Head of State and executive functions [which here would be Prime ministerial] enables the possibility of a dangerous concentration of power in the hands of a single individual, but it also means that the whole tenor of government can be subjected to violent swings with little continuity and potential instability.

In France, there seems to be the potential for rivalry between the elected president and the elected prime minister.

I won't go on quoting examples. Sufficient to say that no system is

Travel with us on the  
**Western Dales Bus**

## **S3 Hawes Market Place Road Closure**

North Yorkshire County Council have scheduled a complete road closure for the Hawes Market Place from Monday 26<sup>th</sup> September for 6 weeks. During this time Western Dales Bus will turn the S3 service at Hawes Creamery and not stop at Hawes Market Place or the Dales Countryside Museum.

[www.westerndalesbus.co.uk](http://www.westerndalesbus.co.uk)

perfect, and I doubt whether substituting a republic for a monarchy, or vice versa, could of itself lead to better or more accountable government. It is sobering to consider how many countries which rejected monarchy as part of escaping colonialism, have evolved into places of virtual dictatorship or totalitarianism.

I think there may be benefits in 'scaling down' the British monarchy to something more like the Scandinavian or Low Countries pattern. This might release royals not in the line of succession to live more normal lives. Hopefully it could reduce press intrusion, which sometimes amounts to harassment, but is also a rather sad comment on our national character.

As to the personal wealth of the monarchy, this is not really a 'royalty' issue, but a wider question of social and political attitudes to wealth and justice which should apply across the board, not just be targeted at royalty.

Even if policies to achieve greater equity were ever applied, I think there would still be a viable and positive role for a continuing British Monarchy.

## SAVE OUR SORTING AND POST OFFICES

*Peter Jackson*

As I'm sure you're all aware, Sedbergh is in the very lucky position of having its own Sorting Office, located directly behind the Post Office. It is staffed by Posties you all know and who, in the main, are Sedbergh residents. The benefit to our community of this arrangement is not insignificant; from delivering your mail securely every day, to keeping an eye out for residents, knowing where to leave mail safely, having a friendly chat and ensuring Sedbergh has the best postal service possible, come sun or occasional rain! And if a piece of mail cannot be left, it is brought back to the Post Office for you to collect when you're free.

In recent weeks, Royal Mail has indicated that they are looking at the possibility of relocating our Sorting Office into Kendal Delivery Office. This has potentially dire consequences for Sedbergh as our mail will then come out of Kendal and our Posties will all have to go over there to sort mail and then drive back again! It's a possibility that our Posties would be used for Kendal routes and Posties unfamiliar with our area would deliver here and consequently our excellent service would suffer. When Kendal DO are short staffed, which they very often are, rounds are suspended. This doesn't happen in Sedbergh as our Posties step in and cover. If based in Kendal, this would not be allowed to happen. Another important service which will go if the sorting office moves is that any undelivered mail

### Matthew Cook

Former Stonemason to York Minster  
and specialist in pre-1914 building  
repair

Stone repairs and replacement

Re-pointing with lime mortar

Stone cleaning

Specialist surveys and consultancy

07791894782

[www.cook.masonry.co.uk](http://www.cook.masonry.co.uk) [Info@cook.masonry.co.uk](mailto:Info@cook.masonry.co.uk)





## FOR ALL YOUR DAILY NEEDS, PLASTIC FREE

<b>Cereals</b>	<b>Eco Friendly Products</b>
<b>Dried Fruit</b>	<b>including:</b>
<b>Pulses &amp; Beans</b>	<b>Deodorant</b>
<b>Seeds</b>	<b>Laundry</b>
<b>Nuts</b>	<b>Shampoo Bars</b>
<b>Rice</b>	<b>Compostable Bags</b>
<b>Sugar</b>	<b>Firelighters</b>
<b>Herbs &amp; Spices</b>	<b>...to name a few</b>

6 Finkle Street,  
Sedbergh,  
LA10 5BZ  
T: 015242 59233



55 Main Street,  
Kirkby Lonsdale  
LA6 2AH  
T: 015242 73848

would go back to Kendal and customers would have to pick it up from there.

We also believe Kendal DO has little room to accommodate our rounds. Kendal and Sedbergh are both growing in size with many new houses being built – how will they fit us all in? The sorting office here was purpose built and is the perfect location to sort and deliver our mail from.

The loss of the sorting office will also have an enormous impact on the Post Office. As Postmaster I have a supervisory role over the sorting office and that makes up part of our income. As Post Office Ltd is reluctant to pay Postmasters

adequately, so that they can be self-sufficient, the viability of Sedbergh Post Office/Penny Black is called into question by the removal of the Sorting Office. If the Post Office goes, then all the services we provide will go too. This will include the outreach services we provide at Endmoor, Dent and Barbon. It will then be a 12 mile trip into Kendal to carry out any transactions.

Tim Farron and his office are currently in discussions with the management of Royal Mail, as is a senior manager within Post Office. However, it is extremely important that we too show Royal Mail that our Sorting Office and Post Office are vital resources for Sedbergh. Royal

# Armitstead Barnett

Chartered Surveyors • Land & Estate Agents • Valuers



**FOR SALE**



01539 751993  
abarnett.co.uk

**SOLD**

**Our range of expertise includes:**

- Sales & Purchases
- Planning & Development
- Valuations
- New Homes
- Rural Finance & AMC
- Land, Estate & Property Management
- Rural Landlord & Tenant
- Grants & Subsidies
- Residential Lettings
- Farm Dispersal Sales
- Business Succession
- Access to Land, Road & Utility Schemes

North Lancashire  
Market Place, Garstang,  
Lancashire, PR3 1ZA  
01995 603 180  
garstang@abarnett.co.uk

South Lancashire  
59 Liverpool Road North, Burscough,  
Lancashire, L40 0SA  
01704 895 995  
burscough@abarnett.co.uk

Cumbria  
19 Kirkland, Kendal,  
Cumbria, LA9 5AF  
01539 751 993  
kendal@abarnett.co.uk

Ribble Valley  
5 Church Street, Clitheroe,  
Lancashire, BB7 2DD  
01200 411 155  
clitheroe@abarnett.co.uk

Mail need to be made aware of the disastrous impact this decision will have on our way of life.

Please sign the petition in the Post Office or on-line, if you haven't already done so, and if you feel as strongly about this as we do you may wish to put your thoughts in a letter, addressed to: -

Simon Thompson, Chief Executive of Royal Mail, at: -

Email: [ceo.office@royalmail.com](mailto:ceo.office@royalmail.com)  
or

Post: Royal Mail, 185 Farringdon Road, London EC1A1AA

Many thanks for all your support: Peter, Gaynor, all the Sedbergh Post Office team and all the Posties.

## **PROPOSED CLOSURE OF ROYAL MAIL SORTING OFFICE, SEDBERGH**

*Andy Bowden*

Dear Mr Thompson, CEO Royal Mail

As a small business in Sedbergh, and also a fellow member of the Philatelic Traders Society (PTS) as Royal Mail are, I am shocked and dismayed by the recent announcements locally that you are proposing to close the sorting office in Sedbergh, and moving it to an already over crowded office in Kendal. On what grounds are Royal Mail doing this and why?

Having asked locally, I was told that costings for this proposal have

not been completed, on what grounds does a business make decisions without having a business plan in place and sight of what all the implications are not only to that office but the wider communities in which Royal Mail serve us so well?

So may I take this opportunity to ask whether Royal Mail have considered the following: There are 1000+ properties being built in Kendal area, with a further 100+ in Sedbergh, how will this impact your abilities to house these additional addresses in an already cramped facility in Kendal?

What will the CO2 emissions increase be, by additional Royal Mail vans having to drive each day to Kendal to collect mail for delivery?

Your "steps to zero" on your website, go out of the window. The walking rounds in Sedbergh would be lost and vans would have to be used. Where are the vans to be parked in Sedbergh?

So far, what does this do to ameliorate the situation - In short nothing. What are the wider ramifications of this action, and have these been considered as part of your business plan?

The remuneration received to the local postmaster for the sorting office would be lost, which is currently used to pay part time staff to work. - 3 job losses.

This impacts the services offered on 7 Out-Reach services each week in to the rural communities, around



High quality  
carpets, rugs  
and a unique  
collaboration of  
Cumbrian wool  
furnishings and  
accessories

  
CUMBRIA  
WOOLSHED

The Gateway Unit  
Dockray Hall Ind Est  
Kendal  
LA9 4QY

015396 28120

charles@wocc.co.uk

cumbriawoolshed.co.uk

wocc.co.uk

Sedbergh, as there are no staff to provide this. Consequently the services offered by the Post office would trigger a cascade affect within this area. With ultimately the post office being an unviable business and closing.

How are businesses meant to do their banking and get change services? Your business plan will obviously make you aware there are no banks in the area if the post office closed.

How are people meant to pay their bills, send parcels, get cash, buy stamps, with no post office? I certainly do not want to have a 26 mile round trip to dispatch the 60+ parcels a week I currently send, at least I am lucky I have a car, there are very few forms of public transport in the area and plenty of people do not drive.

The services that our 'Posties' and Post Office currently supply are so much more than a number. They

know the area, they wave at you when out delivering, they help in our community. During the Covid Pandemic, our Postmen and lady were some of our heroes looking after us all, knocking on doors to make sure vulnerable people were ok. They were your backbone and as a community our backbone.

Our post office is so much more than a place to buy your stamps, pay a bill, it's the central hub in our community. Elderly people who live on their are able to go to the post office have a five minute chat, the staff there may be the only people they see or talk to in a day.

THAT is so much more important to them and their mental wellbeing. I am sure if it was your parents or family you would want a community that looks after them too.

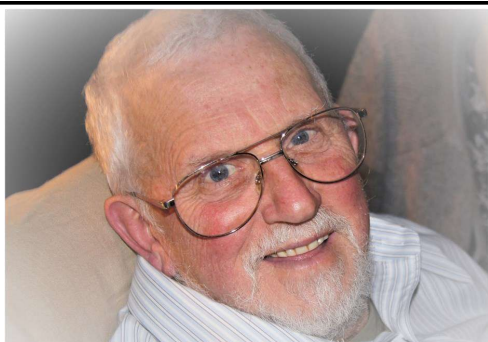
Have these points been considered by Royal Mail, I doubt it very much.

Mr Thompson, I implore you to stop and think about yours, and Royal Mails actions in this case. I, like many others are sick and tired of rural services being whittled away, when they provide such vital services to those living within them, we do not want to have to spend more money travelling 20+ miles to access these services.

Small businesses like mine and the many others in Sedbergh area, are the backbone of your business, so please, stop, think about this seriously and let common sense prevail and stop this closure, and let your wonderful Royal Mail team in Sedbergh carry on being the backbone to our community.







## ROY HOLMES 1941 – 2022

*Nick Holmes*

Roy Holmes of Dent Station House, Cowgill, died peacefully on 6th of September 2022 aged 81. Beloved husband of the late Jenny Holmes. Born in Batley, Roy and Jenny moved to Dales in late 1970s. A life long caver and volunteer of; Outdoor pursuits, Cave Rescue Organisation, FOSCL Station adopter and Cumbria Police. A proud lefthander, writer of poems & songs and a frequent visitor to Whitby. Roy & Jenny lived life to the full, leaving behind many friends and family around the world. They leave behind their son Tol & daughter Ellen, grandchildren Nick, Jamie & Beth. Roy was also delighted to become a GREAT grandfather to all the great-grandsons.

**K. W. Electricals  
(Sedbergh)**

Tel: 07917 322626

Domestic & Commercial  
Electrical Contractors



## CHRISTMAS LATE NIGHT OPENING

*Chris Wood*

It is getting to that time of year again when we need to start thinking about Christmas!

This year Late Night Opening will be on Wednesday 14th December and is being organised by Sedbergh Community Interest Company (we run the information centre). We are planning all the usual treats including Christmas lights, Santa's Grotto, the Town Band and other entertainment, a craft market, street food, and of course the chance to browse our fantastic shops.

More information will be available nearer the time so keep an eye on the November and December editions of Lookaround, on social media and on the Visit Sedbergh website ([sedbergh.org.uk](http://sedbergh.org.uk)).

The event costs money, of course, so if you would like to help us make this popular family event really special by giving a donation, as a local business or an individual, please contact Debbie at the information centre, 015396 20125 or [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk). Contributing businesses will be mentioned in the event literature.

We will also need lots of helpers so please contact us if you would like to lend a hand before, during or after the event. We will be holding the next planning meeting on Monday 10th October if you would like to join us then.

Let's start hoping now for good weather on 14th December!





## CLEAN TOILETS

*Sedbergh Resident*

Having spoken to many visitors to Sedbergh, I have frequently been impressed by their comments on the pristine cleanliness of our public toilets, unlike those in many other towns. I believe this is thanks to Mitch. Keep up the good work, Mitch!

## B4RN

*Douglas Thomson*

It's a green light! At a recent meeting it was agreed that B4RN would install its service in the town's phase 1 area. Planning is now ongoing to ensure that residents in the area are fully informed and that the work goes smoothly.

If you want the service but as yet have not requested it do go to <https://b4rn.org.uk/postcode-checker/>.

Plans for installing in the rest of the town are being developed. A challenging task but with the good will of property owners quite possible. Initial responses from property owners has been very positive.

## ZERO WASTE

On Saturday 24th September 2022 Zero Waste Sedbergh hosted a repair café at Cornerstone Church on New Street between 10.30am and 2.00pm. We had fixers for – Small Electrical items, Bicycles, Furniture, Household items, Jewellery, Clothing and fabric repairs. We also had Jewellery cleaning. All was a great success.

Thank you to Sedbergh WI who have Knitted and Crocheted some items of fruit for us to have on our children's table.



**MONUMENTAL SCULPTORS**

Est. 1855

New Memorials

Additional Inscriptions

Cleaning, Repainting & Renovations

Hand Carved Lettering & Designs

House Names, Numbers & Signs



14 Appleby Road  
Kendal  
LA9 6ES

01539 722838

[info@parkinandjackson.co.uk](mailto:info@parkinandjackson.co.uk)

[www.parkinandjackson.co.uk](http://www.parkinandjackson.co.uk)

If you would like to register for Sedbergh Food club please visit [www.zerowastesedbergh.com](http://www.zerowastesedbergh.com) or visit us at Cornerstone Church on New Street between 2.00pm and 5.00pm.

We still need volunteers to help on a Thursday. Even just an hour would be a massive help. We have a fantastic, welcoming team that we'd love you to join.

Please contact [zerowastesedbergh@gmail.com](mailto:zerowastesedbergh@gmail.com) for more information

## SEDBERGH ART SOCIETY EXHIBITION REPORT

*Jenifer Alison*

After a two year break, Sedbergh Art Society was back again in Sedbergh School Library with a very successful exhibition after an enforced two-year break due to the pandemic.

Over one hundred pictures were displayed, along with many unframed works, greetings cards and portraits. We thank the local people and the many visitors to Sedbergh very warmly for their generous support. The kind comments in the visitors' book were very encouraging.

We had a wonderful, varied and high standard contribution from our artists, without whom this event would have never been possible. Gill Impey's two 'Lockdown' A4 sketchbooks on display at the desk, also attracted a great deal of attention. Gill had written an almost uninterrupted day by day account of the ways Covid affected our lives, and illustrated it with a huge variety of paintings, beautiful and sometimes amusing!

We offer an enormous thank you to Gill, who is now our chairperson and who inspired, and coordinated the whole exhibition. It would be very difficult to name all the people who contributed with much of their time and expertise. It was a wonderful and enjoyable team effort. Finally, many thanks to Sedbergh School for the use of their fascinating library. We were visited by a good few former pupils indulging in a little nostalgia, and appreciating the art works.

## DALTON WOODLAND BURIAL GROUND



**Natural Woodland  
Burial Ground**



*"Return to the Earth, naturally"*

[www.daltonwoodlandburial.co.uk](http://www.daltonwoodlandburial.co.uk)  
Burton-in-Kendal: 01524 782442

## COMMUNITY TRUST AGM

*Gina Barney, Sec*

NOTICE OF ANNUAL GENERAL  
MEETING OF SEDBERGH &  
DISTRICT CHARITABLE  
INCORPORATED ORGANISATION  
ALSO KNOWN AS THE SEDBERGH  
& DISTRICT COMMUNITY TRUST

Notice is hereby given that the Annual General Meeting of the Community Trust will be held on Monday 10 October 2022, commencing at 19.30 in the People's Hall, Sedbergh.

All Members are invited to attend. Non-members may attend as observers. Anyone wishing to become a Trust member can do so by filling in an application form obtainable from the Information Centre (72 Main Street). There is no membership fee.

The Agenda includes: Minutes of AGM held on 11 October 2021, Annual Report, Treasurer's Report, Election of Trustees.

There is one Trustee vacancy.

Members of the Trust wishing to put themselves forward for election should provide the Secretary with a Nomination Form (obtainable from 72

# J.J. MARTIN



JJ Martin are your local, independent funeral directors based in Sedbergh and covering the surrounding areas.

We provide free advice, pre-paid funeral plans and a 24 hour service.

**EDWARD WALLER:**  
07779025745 or 015396 20130  
**BRIAN GOAD:** 015396 25334

[www.jjmartinfunerals.co.uk](http://www.jjmartinfunerals.co.uk)  
[info@jjmartinfunerals.co.uk](mailto:info@jjmartinfunerals.co.uk)

Main Street) duly proposed and seconded and signed by members of the Community Trust in agreement by the nominee, by the close of business on Friday 7 October 2022 at the Information Centre (72 Main Street).

*See the main article on page 60.*

## APPLES GALORE!

*Ann Parratt*

What an amazing crop of apples everyone seems to have this year. Don't forget to come along to The People's Hall on Saturday 22nd October to have your apples made into juice.

Juicing starts at 10am until 2pm, all you need to bring on the day are apples and sterilised bottles.

Apple Day gives everyone an opportunity to bring along their apples, any type - eaters and cookers and in any condition, washed but not bruised.

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

Other activities include

- Identification and Apple display
- Cake stall including jams and chutneys
- Live music by Common Ground
- Activities for children
- Tea, coffee, biscuits, soup and rolls

This will be the 5th Apple Day organised by COGS. The Community Orchard is there for the whole community, please visit and enjoy the peace and tranquillity.

The orchard is run by volunteers and can be found off Long Lane just down Vicarage Lane.

## FRIENDS OF FARFIELD Special Winter Talks

*Farfield Friends*

Friends of Farfield Mill are delighted to offer a series of Winter Talks. These will be held in the Tea Room at the Mill on a Thursday afternoon, starting at 4.30 on the 3rd November.

Refreshments will be available from 4pm.

Our first talk will be on 'The History of Buttons and My Collection' by Marjorie Bidgway. Marjorie has been a Button Collector for 30 + years.





She has become fascinated with the history of clothing and, in particular, the history of buttons. She will display some of her large collection and all the buttons have a special story or memory. The collecting obsession never stops and she is constantly being given a more buttons of interest to add to the many she already has.

The talk will be in the Tea Room at Farfield Mill on Thurs. 3rd November, starting at 4.30 and will cost £5.00. To book your place, please email [friends@farfieldmill.org](mailto:friends@farfieldmill.org). The talk will also be available on zoom at the special price of £2. Please contact us on this email for details.

Future talks will be on 'Red Squirrels', 'Swifts' and 'Night sky' so do check out the Friends page on the website, [www.farfieldmill.org](http://www.farfieldmill.org). FRIENDS OF FARFIELD

## BOXES OF HOPE

*Pam Dent*

Thanks are already due to local schools and churches, the Post Office, the Information Centre and individuals in the community for their continued support for the shoe-box campaign in this our tenth year of

operation as an independent local charity. In conjunction with our partner charity People to People, based in the northern Romanian town of Oradea, we remain committed to helping some of the poorest children in Romania through various ongoing educational projects and of course the annual Christmas shoe-box appeal. Leaflets are available through the usual channels and tell you all you need to know about making up a shoe-box for a boy or girl aged 3 – 14.

Only one thing has changed: in

recent years it has become increasingly difficult and expensive to transport the boxes overland to Romania and we have therefore had to increase the requested donation to £2.50 per box. However, with judicious shopping around the charity shops and hand-knitting on these increasingly dark evenings it needn't cost too much to put together a welcome gift for a girl or boy living in the poorest of circumstances – no need for words, the smiles say it all. Thank you.

COBBLE  
Country

# NO SALE NO FEE

No Sale, No Fee service. Unmatched local knowledge. Proactive qualified sales team.  
Access to a wide database of perspective purchasers.

E—sedbergh@cobblecountry.co.uk

T—015396 21000

## THE ROYAL BRITISH LEGION POPPY APPEAL 2022

*David Parratt*

The Royal British Legion will launch this year's Poppy Appeal on Thursday 27th October until Sunday 13th November. Every poppy bought makes a difference to the lives of our Armed Forces community, veterans and their families who may need help and support.

The Sedbergh community has generously supported the Poppy Appeal over the years which is always appreciated, and this year is the centenary of the Sedbergh & District branch, having been founded on 11th December 1922. The branch also appreciates our Poppy Appeal

collectors and the work that they do during the campaign.

As well as poppies and other merchandise being available in shops and various retail outlets in the town, schools and outlying districts, there will be a stall manned by members of the branch committee adjacent to the bus stop in Main Street on Wednesdays and Saturdays and outside Spar on Fridays. In addition, as in previous years, there will be collections at Killington Services during the period. We look forward to your support as always.





## Sedbergh Red Squirrel Group

Local conservation  
for **your** red squirrels.

Report sightings of  
reds or greys,  
or to Join / donate at

[sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)



## DENT DALE CHRISTIAN FELLOWSHIP

*J & Sarah E Woof*

Our Festival at the beginning of August was a fabulous time of being together and learning of and praising God. One speaker was unable to come as she had covid but others stepped up and all was well.

The children, around ten of them, had their own activities as well as plenty of time to play together.

On the Sunday morning we joined the congregation at St Andrews, Dent for the morning service, again with activities for the youngsters.

Future events include Tabernacles celebrations in Carnforth and Dent, helping with a Pumpkin Party on Oct 31st and something a bit 'sheepy' near Christmas. As always, everyone is very welcome to everything.

CAP

On Sunday Oct 16th a speaker from Christians Against Poverty will be sharing about the help available and the work they do. This will be at the Dentdale Methodist Church at 2pm. Refreshments to follow, all welcome.

(Rhumes, Dent)

## LOOKAROUND TREASURER

*Ed Welti*

Our long standing Treasurer, Susa Ellis, has decided to step down from the role as soon as we can find a suitable replacement. We're therefore looking for a new treasurer. The role will need somebody who can spare a few hours a month, and is happy to pick up the donation boxes from various outlets, mostly in Sedbergh, but including a couple in Dent, and then to count and pay the cash in to the Post Office.

Ideally, we also need someone who is used to using Microsoft software, particularly Excel and Word. And if you have ideas on how we can develop Lookaround and keep it relevant to the community that would also be a bonus. Please contact us by emailing [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk), phoning 07464 895425, or by leaving a note at the Sedbergh Information Centre.

## Cumbria Stoves Ltd



Supply and installation of  
Wood, Multifuel and Gas Stoves  
Flue and Chimney  
Lining Services  
Inglenook Specialists  
Fully Qualified and experienced  
Hetas engineers

**01539 821061**

**[www.cumbriastovesltd.co.uk](http://www.cumbriastovesltd.co.uk)**

**SHOWROOM:**

**34A Main Street, Staveley,  
Nr Kendal, LA8 9LN.**

## 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

## NOTES FROM DENT STATION Friends of the Settle Carlisle Line

*John Carey*

Well, another month has gone by and it has indeed been a busy summer at the station. Having completed the high-level external decorating and window restoration earlier in the season we are just about to embark upon the next major piece of work. The west window has been a trial which would test the fortitude of the best of us.

Fortunately, and as I was able to report in the previous article, we eventually obtained listed building consent after many months of trying. Far from being elated we were all worn down by the process.

With no time to waste, the order was placed for the new window to be manufactured in Accoya, a resilient softwood more accepting of paint. We have already had the opportunity of inspecting the completed window in the workshop and, it is indeed, a substantial chunk of timber. It will take several operatives to lift into position. Hopefully, by the time you read this the window will be fully installed, thus avoiding the potential

## **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](mailto:nigelwhiting306@gmail.com) to apply.

For more information, visit our website:

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





catastrophe that another harsh winter might have brought! The external decoration to the front screen continues making the most of the decent weather and, as usual, Steven Alderson is doing a first-rate job.

It does not stop there, and we are already working on the next phase which will involve repointing the building in traditional lime mortar, in so doing removing unsuitable cement pointing installed in the past. This will involve further research with the lime mortar specialist followed by negotiation with the listed buildings officer, but we have been there before. By the end of next year, the building should be in better shape than it has been for some years.

We were saddened to learn of the recent passing of Roy Holmes (see *Roy's obituary on page 23*), long-time

resident of Station Master's House and our closest neighbour. Roy moved from the Batley area with his late-wife Jenny in the mid-70s and both will be fondly remembered as station adopters keeping an eye on Dent Station. Our thoughts go out to Roy's family at this time.

Meanwhile, we have been active in our primary role as a rail user group. On the whole services have improved with fewer cancellations due to crew shortages. However, the spectre of industrial action remains and seems unlikely to go away in a hurry. The industry is in desperate need of



modernisation whilst the unions argue for pay and jobs; neither side seems to want to bow down. In general terms, we support the retention of staff at stations whilst recognising that many folks now buy their tickets online. There is, however, still a need for customer assistance, and we are assured that there are no plans to close Settle or Appleby booking offices. Whether this proves to be the case remains to be seen.

Passenger numbers are down on pre-Covid levels and, whilst the rail system has seen a reduction in commuting, this has been partly compensated by an increase in

  
**"Pumpkin Party"**  
Mon Oct 31st 4.30-6.30pm  
'Rhumes', Dent  
Free  
Activities & Food.  
Come and stay or just pop in  
All welcome  
More info: 015396 25212

# Thomson Hayton Winkley & The Rural Law Practice

Helping families, farmers and businesses  
in Sedbergh and the local area

- **Wills & Inheritance**
- **Farming & Rural**
- **Residential Property**
- **Tourism & Hospitality**
- **Divorce & Family**
- **Commercial & Business**

Kendal - 01539 721945

Rural Law @ J36 - 015395 67571

Kirkby Lonsdale - 015242 71222

e - [info@thwlegal.co.uk](mailto:info@thwlegal.co.uk)

e - [info@rurallawpractice.co.uk](mailto:info@rurallawpractice.co.uk)

w - [thwlegal.co.uk](http://thwlegal.co.uk)

Trusted Solicitors & Advisers  
**ThomsonHaytonWinkley**



leisure users nowhere more so than on the Settle-Carlisle. It is possible that some of the commuters will return to their offices with the cost of home heating increasing, but commuting has never been strong on the Settle-Carlisle, due to the grossly inadequate timetable. We would also like to see the line used more for long distance travel and, for these reasons, it is essential that it is maintained as part of the national network, and does not become solely a 'heritage railway' for tourists.

The draft timetable for December 2022 has been announced by the rail operator and, despite our representations, it seems that little has changed. The annoying semi-fast

trains remain, thus creating 4-hour gaps at some of the intermediate stations such as Dent and Garsdale. We continue to lobby for a more evenly balanced timetable and times suitable for commuting to and from Leeds or Carlisle.

I should again mention the Dales Railcard, which provides for a 1/3 discount on the cost of a single day return and standard open return ticket between valid stations on both the Settle-Carlisle and Morecambe lines. Up to four children (ages 5 to 15 inclusive) can travel with a railcard holder. A child's fare is based on an 81% discount on the adult fare subject to a minimum child fare of £1. Thus, a day out can be relatively low





cost. The Dales Railcard is well worth having and a modest cost of £10 (current price) and can be obtained online at [www.settle-carlisle.co.uk](http://www.settle-carlisle.co.uk) with proof of residency within the prescribed postcode areas.

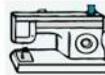
In addition, it is understood that there will, again, be a winter offer available to Dales Railcard holders running from late October to March 2023. On this occasion, it will be slightly different to previous offers and, rather than a flat fare, it will be 50% off the standard daytime fare. This will therefore benefit shorter journeys as well as longer.

It is probably the case that many of the local bus services, such as there are, could not have survived without the Covid bus support grant, however, this comes to an end at the beginning of October. The latest government initiative is a £2 single ticket scheme for participating services although, as with a lot of these headline grabbing schemes, cautious optimism is the order of the day. Remember 'Bus Back Better'? However, if it ultimately serves to introduce a new generation of users to bus travel then it can only be a good thing. Hopefully, the local bus operators will avail themselves of the scheme as and when the detail

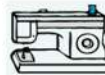
becomes known, and providing it is revenue neutral.

The shadow authority for Westmorland and Furness is taking shape and it is comforting to note that there is already a transport portfolio holder in position, indeed a committed bus user himself. Hopefully, this will create a new approach to how services are delivered and improvements for the area. It is imperative that residents make their views known!

In the meantime, please do make use of the local public transport both bus and rail. During winter, the Western Dales Bus provides an excellent opportunity for a Saturday trip to Carlisle departing Sedbergh Post Office at 0958 connecting with the northbound train at Dent Station, and connecting with the 1618 train departure from Carlisle. As always, if we can be of any assistance, please do not hesitate to contact us via the e mail below.



## Temptations Craft Boutique



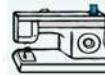
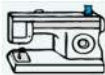
31 Main Street, Benthams LA2 7HQ

015242 61868

email [temptationsbenthams@yahoo.co.uk](mailto:temptationsbenthams@yahoo.co.uk)

- Over 500 Patchwork cottons
- Fabrics for Dressmaking
- Haberdashery
- Wool and knitting supplies,
- Agents for Brother Sewing Machines

[www.temptationsbenthams.co.uk](http://www.temptationsbenthams.co.uk)





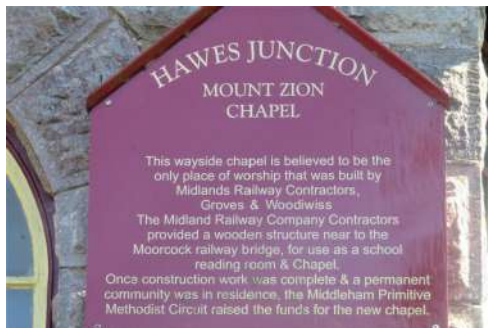
## HAWES JUNCTION CHAPEL (GARSDALE HEAD)

*Colin Cowperthwaite*

Another article compiled by the late David Bracken of Garsdale, who was heavily involved in the running and upkeep of the Methodist Chapels in the dale.

The Primitive Methodist Church was formed in 1811 as a consequence of the Wesleyans' objections to outdoor services ("Camp Meetings") such as that at Mow Cop in 1807. It was over twenty years later that William Clowes visited Cotterdale and, as a result of the revival there in the 1830's, this branch of Methodism spread to Garsdale.

Chapels were built in central Garsdale for both branches of Methodism, but it was too far to walk to these so, by the 1840's, both Wesleyan and Primitive Methodist services were being held each Sunday in the homes of members in the Lunds area. The Wesleyans held services at High Wray, Shaws, Kell Gills, High Shaw Paddock and High Hall; and the Primitive Methodists held services at Blades, Shaws, White Birch, Becksid and Cadshaw Bank.



## DUNGAN LAW Ltd Plumbing & Heating Engineer

Bathroom Suites & Tiling  
Central Heating Systems  
General Plumbing



Mob: 07796 544596  
Tel: 015396 20930

In 1874, services were held by the Primitive Methodists at the home of William and Ann Ivseon of Moorcock Farm, and a Methodist Society was formed. The Midland Railway Company provided a wooden community building nearby and encouraged its use for religious services. Reuben Alton of Moorland Cottage was the driving force in securing a site to build a chapel. On the 19th of July 1876, Thomas Davis, a wine merchant of Skipton, sold the site of 184 square yards for five pounds to the first trustees.

The Midland Railway Company's navvies and stonemasons built the chapel to a design by their London architects. The building style is identical to that of the nearby railway houses and the station. The date of the laying of the foundation stone by Reuben Alton was May 1st 1876, the exact day on which the Settle-Carlisle railway line was opened to passenger trains. In March that year, each chapel in the Middleham Methodist Circuit had been asked to raise one pound and ninepence towards the building of a "Chapel at Moorcock".



The chapel was opened in October 1876 (a week after the opening of the Garsdale - Hawes branch line to passengers) with Reuben Alton as leader, Mr Redmayne as assistant leader, and Thomas Peacock as Society Steward. Prior to the amalgamation of the societies, the Moorcock Society had 15 members, and there were 7 at the Lunds Meeting. The chapel was given the name "Mount Zion", but in December

1876 it is recorded that it was to be known as "Hawes Junction".

In the autumn of 1882 there was a large increase in membership, and by 1883 this had increased to 53. The Sunday School also flourished, with children walking from as far as Aisgill Cottages and Mossdale, and at one time there were more than 70 scholars with 9 teachers. The annual Good Friday "Tea Party" was a big event, with a free tea for the children in the afternoon (plus an orange!), then a public meeting followed by a supper at night.

The chapel no longer holds regular services, but the "Friends of Hawes Junction Chapel" arrange special events to maintain the building, and the recent extension, built mainly with funds from supporters, won an award from the Yorkshire Dales National Park.

## Sedbergh and District Lookaround

### AUDIO & LARGE PRINT LOOKAROUND

The Audio Version is supplied FREE on a delivered USB Memory Stick and is played on a FREE Speaker - as illustrated.

The Large Print Version is delivered and supplied for FREE.



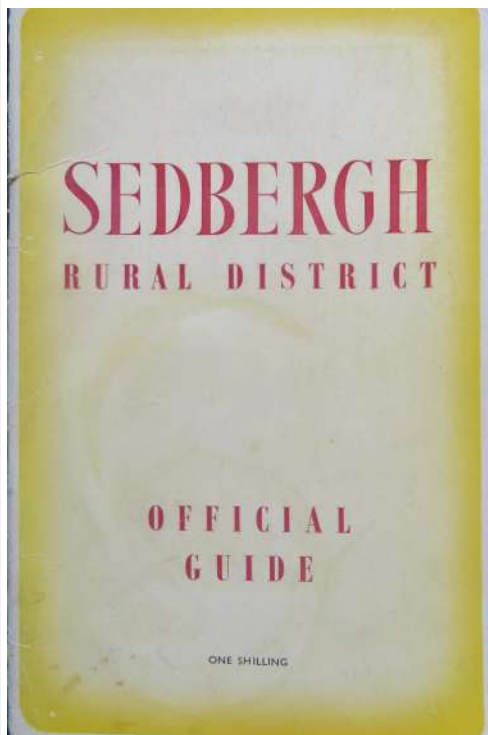
If you would like to receive either the Audio or Large Print, or you know of someone that would benefit or appreciate it, please contact Rosemary on Sedbergh 20540, Colin on 20659, or Elspeth on 20677.

## SEDBERGH RURAL DISTRICT OFFICIAL GUIDE

*Colin Cowperthwaite*

I have recently been loaned a guide book dating from the mid 1950's by Raymond Campbell. Its title is as above, and it features many adverts for local businesses as well as some history of the area. Also included in its pages are details of places of worship, transport services, banks, sporting activities, council issues etc - ie not unlike today's Lookaround !

Also included is a map of Sedbergh Rural District, which interestingly includes a route of 'the proposed Lune Valley motor-way'. This appears to pass through Mansergh, Rigmaden and Killington, then just to the west of the existing



## GARSDALE BONFIRE & FIREWORKS

Saturday 5th November  
At Garsdale Village Hall

Bonfire lit at 7pm  
Fireworks at 7:15pm

Children's Pumpkin  
Carving Competition

Food and drinks  
available



All welcome!



road leading up Howgill, ie a mile or more to the east of the M6 which eventually opened some 15 years later.

This is the foreword to the guide :

There are two viewpoints from which to survey any Rural District - the visitor's and the resident's. The more picturesque the district, if "picturesque" is taken to mean high hills, deep valleys, running streams and remote farmsteads, the more widely will these viewpoints be set apart. The rambler tramping from Sedbergh to Dent, or up Garsdale, in the sunshine, watching the clouds racing over the fells and the breeze moving the grasses, or the redstart flashing like a small, fiery-tailed

comet from the grey stone wall, cries out in enchantment how beautiful it is. And so it is; but the proverb-makers of another high country have declared, "there are three seasons in the hills - washing, shearing and winter". On the tops above the Rawthey, Dee and Clough, when winter comes there are few strangers in the land except for the boys at the famous school, who, while receiving a fine education for academic and administrative tasks all over the world, are also built up by cross-country work and kindred strenuous activities to something like the born fell man's hardihood. During that long season the district's residents, especially those dwelling outside the village communities, battle with hardships which their summer guests

*Kendal*

---

**CO-OPERATIVE**

---

*Society Ltd.*

GROCERY and DRAPERY BRANCHES

**Main Street. . .**

**. . . SEDBERGH**

Grocery. Tel. Sedbergh 273  
 Drapery. Tel. Sedbergh 341

★

WE SHALL BE PLEASED TO  
 SERVE YOU

★

Regd. Office: 21, FINKLE ST., KENDAL

COAL, COKE, ANTHRACITE  
 COALITE, ETC.  
 SEEDS, FERTILISERS, LIME  
 MANURES AND CEMENT

★

**W. DAWSON & SON**  
 MERCHANTS

SEDBERGH STATION      Tel. 210

CHOOSE SEDBERGH  
 —IT'S GRAND COUNTRY  
 FOR THE RIVER, FOR THE FELS, OR  
 FOR JUST LAZING

CHOOSE YOUR FOOTWEAR  
 AT

**CHRIS. ASKEW**  
 Bootmaker  
 SEDBERGH  
 Telephone 404

LOCAL KNOWLEDGE COUNTS A LOT

can hardly imagine. If one is truly to appreciate the beauty of dale and fell, one must also get to know the people, whose cultivations and building add so much to the charm of the landscape.

The Rural District Council does all within its power, with the co-operation of other Authorities, to make residence in the district as pleasant as a vacation there. But a certain amount of toughness is inseparable from upland living. Two simple statements suffice to illustrate the two viewpoints. "The majority of the district has a mains electricity supply". The visitor probably deprecates the pylons, but to the dales housewife they bring comfort and freedom from much unrewarding toil.





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

### Composts

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

### Garden Pots, Whisky Barrels and Teak Garden Benches

A variety of different colours sizes and styles available, call in and have a look.

### Building Supplies and Decorative Aggregates

Decorative Slate, Top-Soil, Gravel, Sand and Cement are available too.

### Woodsure Ready to Burn Heating Fuels

Coal, Smokeless Fuels, Kiln Dried Logs, Charcoal, Heat Logs, Kindling all available for collection or delivery

Contact us for prices and further information on 015396 20210.

Please send email enquiries to [sales@dawsonsfuels.co.uk](mailto:sales@dawsonsfuels.co.uk)

In contrast, "There is considerable opportunity for hiking over the fells" awakes only pleasing associations in the mind of the visitor, whereas the fell farmer may read the words and smile ironically - he has perforce to "hike" after his flocks in rain, gale and snow.

So this district of valleys leading to Sedbergh town and heights between them is one where two ways of life meet, and that usually with harmony. A family will dwell in the same hamlet for generations, likewise a visiting family will return year after year. There is really no mystery in this: the "pull" of fell country is second only to the sea's call in strength and persistence.

## LOCAL MEMORIES

*Mary Airey*

I read with interest Maureen Lamb's article on changes in Sedbergh. I often look back to when I was a girl growing up in Garsdale, and what a treat it was to go on the bus on a Wednesday to Sedbergh (Market Day).

Sedbergh was a thriving little town in those days, nobody left school without a job. There was Milthrop Mill, The Laundry, Cheese Factory at Farfield and plenty of shops offering employment.

My favourite shop as a small girl was "Jacksons" – not the dental surgery. It was jewellery and fancy goods shop – everything displayed



on tables with red velvet cloths – to me it was Fairyland! Jenny Dawson worked there, also the “Miss Braithwaites” and I think Edna Raw worked there for a time, before moving across the road to Titus Wilsons – now Boots Chemists.

We had two butchers; Leightons and Capsticks, three shoe shops, three green grocers, plus Bell Pratt’s travelling grocer’s van.

Metcalf’s Bakery and café was opposite the church, with Miss Middleton’s clothes shop next door, with the nodding monkey in the window every Christmas. Edmondson’s, later to become Walter Wilsons, and also Miss Robinsons’ bakery where the hairdressers is now. “Auntie Maggie’s” wool shop,

## EXPERIENCED DRESSMAKER

Made to measure  
Skirts, Dresses, Suits,  
Bridal, Ball Gowns, etc.  
Also alterations undertaken  
All made to the Highest Quality by  
**SHEILA SHUTTLEWORTH**  
Tel: 015242 - 74322

along with Stan Thompson tobacconists opposite URC church. Blacow’s outfitters was down Finkle Street, along with Prickett’s’ Jewellers and watch repairs, and at one stage, I think, Morphet’s Garage was down there.

As Maureen pointed out, we had three banks, and a post office. Fortunately, we still have our Post Office. Wednesday was an important day in Sedbergh, as there was also a cattle market where Spar and the Medical Centre are now.

As a family we all congregated at “Auntie Aggs” (Agnes Brooks) at Waverley in Station Road, where the kettle was always boiling and a warm welcome awaited us, especially if there was a baby in the family that she could cuddle and sing to.

Yes, Sedbergh was the place to be in those days, a day out to Kendal on the bus was a special treat.

Since writing the above, we have lost our dear Queen Elizabeth II. I remember as an 8 year old going to the Picture House (now Westwood Books) to see her coronation in 1953 (in colour) a lasting and unforgettable memory.

## Treadwell Flooring

*Established Family Business since 1999*



*Contract & Domestic  
Extensive Range of Floor Coverings  
Carpet, Vinyl, LVT and Wood  
Carpet Cleaning Service Available*

*T: 015396 21175 • M: 07795 598 913*

## HALLOWEEN'S SCARIEST CREATURES

*Kevin Coyle*

Halloween is full of little costumed spooks and goblins. But it also has its own standard menagerie of "scary" creatures including bats, cats, spiders, ravens and crows. Indeed, the imagery of a scary Halloween night is full of wild animals. But the truth about these many creatures may be as interesting as the myths that surround them as their images appear on America's fright night.

### **Crows and Ravens**

In legends and myths, crows and ravens are the harbingers of doom and companions to witches and others who practice black magic. But

take a look at how incredibly intelligent they can be.

- They remember your face. Once a crow is mad at you and it will remember it doesn't like you for ages and will raise a real fuss when it sees you.

- They conspire. Crows communicate at a high level with one another using dozens of different "caws." This helps them organize to pursue certain food sources (Farmer Brown's corn), post lookouts and chase off predators.

- They use tools and can plan ahead. Crows have been seen using twigs to pry open food or to check on whether a snake is alive but their most unbelievable feat is to lay hard-to-open nuts on a road and wait for a

# LAKES

**Hire, Sales  
& Erection**

Commercial  
& Domestic

# Scaffolding

No Job Too Big  
No Job Too Small

Free Estimates with  
No Obligations

**SIMON SHAW**

*Based in Kendal - covering Cumbria*

Tel: 01539 734745  
Mob: 07917 064767

info@lakes-scaffolding.co.uk  
www.lakes-scaffolding.co.uk





# THE CROSS KEYS

## Tearoom in Cautley

Open 10.30 - 3.00 on Mondays  
9.30 - 4.30 (sometimes later on Friday) on  
Fridays, Saturdays and Sundays

015396 20284

[Crosskeyscautley@outlook.com](mailto:Crosskeyscautley@outlook.com)

[www.cautleypout.co.uk](http://www.cautleypout.co.uk)

Any Monday, Friday, Saturday and Sunday call in to the Cross Keys at Cautley and enjoy a relaxed cup of tea or coffee along with a delicious homemade scone with jam and cream or try our homemade traybakes and cakes.

*Order a round of freshly made sandwiches and some soup or if you've worked up an appetite walking up to the Spout try a homemade pie with chips or creamed potatoes or our traditional Ham & Eggs using our own free range eggs.*

Sit in the verandah, where Wainwright sat, and admire the best view of Cautley Spout, or weather permitting enjoy a seat at one of our outside tables amongst the birds & flowers. *Friday is still Pie Day and we suggest you book a table along with lunch on Sunday to be sure of a place.*

Bed & Breakfast is available in our twin or double ensuite rooms throughout the week along with dinner for residents.

**Please ring to discuss party bookings of 8 or more for other evenings.**

*All our produce is as local as can be and most of our salads & eggs are home grown during the summer months. Browse our selection of jams and chutneys, fudge, greeting cards and maps and enjoy our range of books.*

vehicle to come by and break it open. Now THAT is scary!

### Spiders

They are so frightening to so many people that their images have become a constant for Halloween. They even have their own psychiatric condition: Arachnophobia

- You can't get away from them.

There are about 70,000 species in the world.

- Black widow spiders may be the scariest because they often cannibalise their mates.

- Some species of tarantulas can fight off predators by shooting irritating hairs at them.

- What might be the largest spider web ever was found in a Texas Park

a few years back and covered several trees. It was so big it drew thousands of visitors.

- The true spiders of the order Araneae comprise the largest group of carnivorous animals on Earth.

### Bats

Bats have become associated with blood sucking vampires. They are mostly nocturnal and certain species (vampire bats) do indeed draw blood in small amounts from animals for food. This makes them seem scary but they do not harm humans. There are other things about bats you should know.

- They are the only flying mammal. A flying squirrel does not actually fly, it glides.



- **Project Management**
- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Drains**

Unblocked/Cleaned/Repaired

**Contact George on:**

**Tel: 015396 21287**

**Mob: 07977514229**

**Email: [info@gjbainesandson.co.uk](mailto:info@gjbainesandson.co.uk)**

**Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)**

- The largest bat (the Malaysian flying fox) has a six foot wingspan
- One bat will eat 2,000 to 6,000 insects per night.
- The Honduran white bat, a colorful snow-white, cuts leaves to make “tents” to protect its small colonies from drenching jungle.
- 9 of the UK’s 17 bat species can be found in Cumbria.



## SEDBERGH COMMUNITY SWIFTS

*Tanya Hoare*

Summer’s migration is almost over. Weeks after the swifts have departed we’ve still been able to enjoy watching the Hirundines - swallows and house martins - for a little longer. A friend in Mansergh sent a message in mid-September to say that she saw what looked like 100 or so swallows perched on wires, getting ready for migration.

If any of you were in cities in southern Europe in September or October, after all the common swifts have departed, you may well have still seen lots of swifts flying around. These would have been the pallid swift which stays later, is paler in colour and has a lower-toned call – although it’s very difficult for most people to tell them apart.

A major difference for pallid swifts is that they can have two broods, unlike the common swift which only has one. Rearing the second brood is why pallids are still found later in the year. One of our Spanish swift colleagues has frequently reported pallid swifts in his area as late as November. Pallids, commonly nest in caves, just as our common swifts probably did thousands of years ago. Pallid swifts have a wide range of nesting habitats, as well as caves they breed in the nooks and crannies of buildings and even in industrial units and bridges.

In summary: only five of the African swift species migrate to Europe to breed, the others are resident year-round in Africa. ‘Our’ swift is the Common Swift (*Apus apus* is its





*Offices At:*

	<i>Sedburgh</i>	<i>Barnard Castle</i>	<i>Hawes</i>	<i>Leyburn</i>
mbmcgarry.co.uk	t. 015396 223 40	t. 01833 600 160	t. 01969 666 290	t. 01969 621 230
e. office@mbmcgarry.co.uk	LA10 5AB	DL12 8EQ	DL8 3QS	DL8 5EH

scientific name), and the others are the Pallid Swift (*Apus pallidus*) which breeds extensively throughout southern Europe, the larger Alpine Swift found mainly in more mountainous regions of Europe, and the rare White-rumped Swift found in Southern Spain. It's interesting to learn that in the past few years a fifth swift, the Little Swift (*Apus affinis*), has started breeding in southwestern Spain. It breeds both in natural cliff settings and in urban areas where it nests on buildings. It is distinguished by its small size (33cm wingspan compared with 44cm of common swift) and a broad white patch on its rump.



Of course, not all our migrants arrive in summer. Winter visitors such as redwing and fieldfare are arriving at this time of year, coming from further north to spend winter here. Redwing migrate by night in loose flocks, making a soft seep-seep call as they pass overhead. Some birds such as starlings are partial migrants: our UK starlings are resident here in winter but are joined later on by starlings that breed in Eastern Europe but migrate here to form huge winter flocks.

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



## AUGUST WEATHER:

*B Wright*

The weather was very interesting this month. With rainfall totalling 106 mm (4.74") It was a fairly typical August for rainfall quantity-wise but very different how it fell. 14 days were dry but 65.6mm (2.57") fell on one day and 24.8mm (0.97") on another!!! Hardly a typical August!! Temperatures were generally typical for the month without too many extremes. Maximum temperatures didn't get to last month's highs with tops being in the upper 20Cs (upper60Fs). Winds were variable without any extremes.

The swallows and swifts have left We have had numerous visits from the jackdaws and magpie. The one with the damaged wing seems to be improving. One of our dogs goes barmy when she hears magpies clacking. Butterflies and wasps have been in short supply this summer. We have not had the wasps chewing wood from the doors! Apples, both eaters and crabs, have been heavy crops but due to the shortage of rain they haven't filled out and many have dropped. The older ewes enjoy them when I take some across. Sparrows have been plentiful again.

## The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

**Available to hire for all kinds of functions**

⌘ Parties ⌘ Meetings ⌘ Concerts ⌘  
⌘ Wedding Receptions ⌘ Dances ⌘  
⌘ Theatre ⌘ Discos ⌘ Lectures ⌘

Availability calendar and forms at

**sedberghpeopleshall.org**

For bookings email

**booking.peopleshall@gmail.com**

## BARBON SHOW

*Clare Thompson*

This year's Barbon Sheep Show and Sheep Dog Trials was a fantastic day out, having a amazing turnout by locals and visitors on Saturday 20th August 2022 at Barbon Manor Park, one of the smallest and most traditional gatherings. The weather stayed dry, even the sun came out and it was enjoyed by everyone. The day included a Sheep Show, Stick Show, Sheep Dog Trials, Marquee Lunch and Children's Craft and Sports.



We had a great turnout of sheep from local farmers, which were judged by Wendy Dickinson (Roughs), Steven Dixon (Mules & Leicesters) and Nick Brown (Lowland and Fat Lambs).

Lili Shuttleworth won the Young Handlers Class (making this her 5th time winning!), A & H Watson won 4



trophies with their Rough Sheep and Champion Mule, new to the sheep show this year was Kieran Milburn who took away a trophy for Best Rough Fell Lamb. NJ & L Allan won Champion Leicester, Lili Shuttleworth won Best lowland breed and also overall Champion.

Sheep Dog trials this year was judged by Victoria Graham, and winning with 89 points was M. Longton with Max. 74 dogs entered the trial which was a great turnout.

The stick show had some great entries, with George Smithson taking away all the trophies; Champion stick and group of 3 sticks.

The children's sports had an amazing turnout of children from the local area, with a few new young children turning up and taking part.



Big thank you to everyone on the committee who helps before, during and after the event.

Also thank you to our Vice President, Tom Shuttleworth, President, John Stott all your help, donations, and part on the day.

We thank everyone for their continued support and help over the years, visiting the show and donations/sponsorship.

See you all next year.

<i>Jowles</i>	BRAKEBURN	Lily & Me
White Stuff	SEASALT CORNWALL	fransa
bugatti	Joe Browns	SOAKED IN LEXLEY
rieker	Weird Fish	ROBELL
		Market Square Kirby Lonsdale 015242 71390 <a href="http://edgeoftheworld.com">edgeoftheworld.com</a>

## DENTDALE HEAD TO FOOT

*MD Steele*

If you can encapsulate your whole life story into an hour's, extremely interesting, talk, which keeps your audience enthralled; then do go and listen when you next have the opportunity, to Alison O'Neil, The Shepherdess.

From a very young age, coming from farming stock, she realised that she wanted to be a farmer, but perhaps not in the traditional ways of this part of the Dales. Like most smaller farmers, her father had to have other jobs to survive and this still holds true today. So how did she do this?

Well the first hurdle was buying a farm, particularly as she had married, had lived abroad for some time and her husband was not interested in farming! Seeing the tenancy of Shacklabank Farm advertised she put in an offer, not expecting to have much of a chance of being accepted and to her great surprise was offered the tenancy.

Being newly pregnant was another problem, but eventually after some help from a neighbouring farmer the pasture was ready for sheep. Even



**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*

then, the price of good sheep was expensive, but that was solved by buying cast ewes. Unfortunately, a large, free Cheviot ram did not ease matters at lambing time, but eventually the flock became better established, after a traumatic first lamb from one of the first cast ewes "Rose", which was not assisted when a neighbouring farmer who was also a mobile hairdresser was unable to help her calls for help as she was "half-way through a blue rinse in Cowgill"!

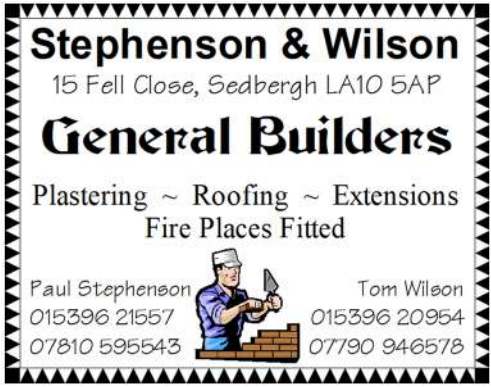
With only 37 acres of pasture and a further 10 acres of allotment, it soon became apparent that diversification was needed, so the original barefoot shepherdess started

leading walkers in the Howgills and further afield which brought in extra income. Now, of course there are other "Shepherdesses" in this area, but Alison is the original one from 20 years ago.

Having entered a Country Life rural business contest, a further fillip was provided when she very unexpectedly won the main UK award and so things really started to take off. A PR company's input was part of the prize and this led to a much wider exposure of her business.

Then came the change in direction, when she made the bold decision to change from meat production to wool. Aided by the wide reach of social media this started the production of specialist wool fibres, which then turned into Harris Tweed using these fibres and now the sale of whole fleeces, dyed to individual choice. So from a romantic dream as a child developed the much different business of today.

Our meeting raised donations totalling £100 which as agreed with her will be sent to the DEC Ukraine Appeal.



**Stephenson & Wilson**

15 Fell Close, Sedbergh LA10 5AP

**General Builders**

Plastering ~ Roofing ~ Extensions  
Fire Places Fitted

Paul Stephenson  
015396 21557  
07810 595543



Tom Wilson  
015396 20954  
07790 946578



## THE DIGITAL DALESMAN

 digitaldalesman

### Diagnostics

Smartphone, Tablet &  
Smart Watch Repairs

Data Recovery

07715 341948  
repairs@digitaldalesman.co.uk

Sycamore Avenue  
Sedbergh  
LA10 5EZ

### FAMILY MUSINGS

*Sarah Woof*

Being confused what day it is, especially following a bank holiday is quite excusable, but continuing to get muddled probably isn't. My daily pill container helps keep me on track as most weekdays just follow on very similar, some days the grandchildren come to play and, on other days, I can 'get on' with my jobs, be that a tidy up or a writing day.

In our village we have just held something that many places all over the country used to do. People come to ours with more than a touch of regret for what their community has lost. I refer, of course, to our Gala. With the sideshows like, Play Your

Cards Right and Bat t' Rat, home baking and hot drinks, BBQ, entertainment, live music, and the family sports. A good crowd came, visitors and with local people of all ages, it was a great occasion.

Once Gala is over it seems time to prepare for autumn and then winter and oh! is it too soon to put the Christmas Tree up?

The school holidays have been full of sunshine and fun, building things, drawing and painting, making dens, cuddles and kisses, ice lollies, ice cream and jelly. Also, hay and silo making, having friends visit and stay, sleepovers and tea parties; not really knowing what the day is but,



# CHIROPODIST

*HCPC Registered*

**Kay Whittle**

PhD BSc MScCh DipPodMed MBChA

Pedi-Care House, Howgill Lane,  
Sedbergh LA10 5AD

**Tel: 015396 22122**



Open 09:00 - 4:30

Please phone for appointments

Closed on Mondays

Supplier of "Softop" Socks

excitedly, expecting grandchildren to play.

'Tea Garden' was to raise funds for the Dent pre-School, then helping at Gala, going to the Sheep Show and celebrating being 65.

Yes, a very full and enjoyable summer which will catapult me into autumn.

A settling, perhaps, to different pastimes and hobbies, still a lot of fun to be had, as together we walk into the challenges and surprises of the autumn. Crisp leaves in which to walk and kick our feet, followed by hot chocolate, and marshmallows by the fire, family times and time with friends.

And then, the Christmas tree!

## LADIES N.F.U.

*Caroline Sandys-Clarke*

As we prepare to resume our monthly meetings after our summer break we will reflect with great sadness the passing of Her late Majesty Queen Elizabeth II. She will be remembered by her subjects with enormous affection, respect and gratitude for all she has done for us in the UK and in the wider world. She has been and will remain, an inspiration to so many. Our thoughts and prayers are with her family at this sad and difficult time.

Members enjoyed a lovely summer outing to Levens Hall in June where they were wonderfully looked after by staff and guides in the house, enjoyed a delicious tea and looking round the spectacular gardens. Our first meeting of the Autumn is on the 20th September when we are looking forward to a talk from Penningtons Tea and Coffee Merchants. On 18th October we will have a talk about Fraud Protection. Visitors are always welcome at our meetings which happen on the 3rd Tuesday of the month at 7.30 pm in The People's Hall committee room.

**Robert Powell**

**Secure  
Google-friendly  
Websites**

**Tel: 20482**

[www.robpowell.co.uk](http://www.robpowell.co.uk)



## SEDBERGH W.I.

*Moira Folks*

Our walking group enjoyed one of the last days of summer with a local walk starting at Killington New Bridge on August 18th. Anne Pitt continues the tale: 'Going westward up the road and then onto the path up to Grassrigg, the route went along the fellside past Greenholme and onwards to Killington Hall and the village. Then the lanes were followed past the Stangerthwaites and we cut down to the river past Broad Raine to return to the starting point. The timing was almost perfect as virtually all the walk was completed before the rain set in, making the prospect of a wet lunch outside uninviting and a return home preferable!'

We celebrated a very special event on August 24th: Marjorie Fishwick's 90th birthday! She very kindly invited all members of Sedbergh WI to drop in at her home in the morning or afternoon where her family had prepared and served tea, coffee, cakes, scones and sandwiches. It was a happy occasion that we were delighted to share in, and it was good that Rosemary Mason, herself a recent nonagenarian and lifetime friend of Marjorie, could be there too.

The lunch club meeting planned at the Lunesdale Arms was postponed because only Ellen and Valerie were available on August 25th. Instead, Val and Ellen visited Leven's Hall, where they enjoyed a house and garden

# LOOKAROUND SUBSCRIPTION

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**Postcode** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Local / Postal Subscription (please delete as appropriate).**

**Enclosed fee** \_\_\_\_\_

**Annual Subscription -**

**£15 - local delivery, £27.50 - postal delivery**

**Send to :-**

**Sedbergh and District Lookaround,  
72 Main Street, Sedbergh, Cumbria LA10 5AD.**

tour as well as lunch: an excellent option!

Valerie's Craft and Chat group met at her home on September 8th. Some members of the group had been knitting and sewing toy vegetables at the request of the Zero Waste Sedbergh organisation for their young visitors to use, so we were delighted to see a photo of a basket of the toys on the community forum Facebook page, as well as thanks to Sedbergh WI from Zero Waste, who are doing their best to cut down on the use of plastics.

Our monthly meeting on September 14th began with a minute's silence to remember Her Majesty Queen Elizabeth II, a patron of the national Women's Institute and

herself a member of Sandringham WI, who died on September 8th aged 96. After the solemn start to the evening, Ellen introduced our speaker, Pam Bolton, who gave us a colourful demonstration of the techniques of Rag Rugging and spoke about its history. Several of our members have been involved in rag rugging in the past (the rag rug hanging in the committee room in memory of those who died in World War I is testament to that) but some of the techniques Pam told us about were unfamiliar even to them. Pam brought along some tools and frames prepared with a hessian cover along with scraps – or even long strips - of fabric, to demonstrate the different methods and some people had a go

# SUBSCRIBE TO LOOKAROUND

And get a copy delivered each month.

## £15 FOR A YEAR

**in the Sedbergh and District Area  
(Sedbergh, Firbank, Cautley,  
Lonsdale to Barbon, Garsdale and Dent)**

**Email [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk).**

**Or cut out and fill in the form on the reverse of this  
advert, then post or deliver to the Sedbergh Tourist  
Information Centre with payment**

themselves. A real surprise to us was that Pam likes to use strips of cotton T-shirt particularly for wall hangings as it's so flexible and washable: she showed us examples of her work, including a Picasso-esque picture of a woman, and a design based on a Kandinsky painting. So, while the tradition of rag rugs was basically to create warm and hardwearing floor mats, it can also be used as an art form. Chris Williams thanked Pam on our behalf for her fascinating and lively presentation, which was much enjoyed by all, including three visitors.

Sandra Kemp's home was our book club venue on September 15th, to discuss 'Queenie' by Candice Carty-Williams. Set in London in a

Jamaican community, this was a hard book to get into: the first half deals with a 25-year-old English-born Jamaican woman who dates white boys who use, abuse and abandon her without giving her the tenderness she craves. Eventually a crisis arises which makes her want to turn to therapy, but her Jamaican grandmother is adamant that she can't do that because of the shame it would bring the family; unusually, her grandfather tells Queenie she must go, so grandmother is silenced. In the second half of the book, we discover the reason for Queenie's behaviour stems back to rejection and abuse by her parents as a child; the therapist skilfully peels back the layers of hurt to help Queenie start the recovery

# LIVE OUTSIDE THE SEDBERGH AREA?

Get a copy delivered each month.

## LOOKAROUND POSTAL SUBSCRIPTIONS

**£30.00 per year for a  
UK Annual Subscription**

**Email [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk).**

**Or cut out and fill in the form on the reverse of the  
local advert, and post with the payment to  
Lookaround, Sedbergh Tourist Information Centre,  
72 Main Street, Sedbergh, LA10 5AD.**



# **FIREWOOD & SEPTIC TANKS**

**David Labbate**

**Kiln dried firewood  
Large or Small loads**

**Septic Tank Emptying**

**Reliable & Efficient Service**

**07811372474**

**015396 22114**



process, but it is a slow task. It is this second part which redeems the horror of the first part. The author has clearly been brought up in a similar community to the one described here, and her writing of the colloquial Jamaican speech is entirely believable. The characters are extremely well drawn. While some members of the book group gave up because they just couldn't bear to read about Queenie's lifestyle and pain, those who persisted agreed that the second half of the book redeemed the novel. Average score: 7/10

On 12th October at 7.30pm in the People's Hall committee room we shall be hearing about the Work of Kendal Mountain Rescue Team from Tony Womack. A warm welcome awaits visitors and new members. For further details, please contact our President, Ellen Morrison, on 07702 919745.

## **KILLINGTON W.I.**

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

*Wendy Fraser-Urquhart*

An excellent turnout of members gathered this afternoon. To honour Queen Elizabeth, herself a member of WI, our meeting commenced with the singing of 'Jerusalem', followed by a minute of silence for respect and personal recollections. Despite being in the period of mourning, we had decided to continue with the meeting but to make some modifications. We did not have an outside speaker which gave it a family like feeling. It is good to be among dear friends at a time like this.

The usual business of the institute was dealt with by Susan. Decisions were made on the destination of money from our charity fund. Plans were made for forthcoming outings, to the Reading Aloud competition on 22nd September, to our next 'Lunching Together', to Ireby on the next day, and other more distant happenings.

The main part of the meeting was an opportunity for members to share their own personal recollections, and to show mementos, related to the late Queen. Many recalled the visit of the Queen and Duke of Edinburgh to Sedbergh on 3rd May 1991, when they came to the presentation of the Coat of Arms in Powell Hall. Margaret Denton and Barbara Kooper had photographs and wonderful stories. We remarked that it would be a wonderful project to discover what the folk in those photos, many of them children, are doing now. How many of them are still in Sedbergh?





- **drives**
- **patios**
- **decking**
- **bins**

☎ **07917 064 767**

Other items on show included a beautiful photograph of the Queen on a card sent from her to Joan [and Bill] Perkins on their Diamond Wedding Anniversary. Barbara Leigh had a photograph taken at the Palace on the day her husband John received his MBE. We all had something to remember. The 'top table' was royally decorated. When watching the 'Jubilee Spoof' of Paddington Bear having tea with the Queen, Joyce Cox had noticed that the tea set which they were using was the very same as her own, "Canton", by Royal Doulton. So, our table had the correct cup, saucer and plate for eating marmalade sandwiches and a lovely model of a mini Paddington!

Finally, it was time for our tea but no marmalade sandwiches. Instead scones and a very special cake, a birthday one, to celebrate Barbara Kooper's 80th and give her our good wishes. Time for chatting before the meeting closed with a tuneful chorus of, "GOD SAVE THE KING!"

Our next meeting will be at the People's Hall, at 2-00pm on Tuesday 11th October 2022. Our speaker will be Ernie Hailwood. His talk is entitled, "Adventures of a Geologist in the Wild - from the Arctic to the Antarctic." It sounds exciting. Do join us.

---

#### **HOWGILL/FIRBANK W.I.**

*Audrey Hoggarth*

The September meeting was held at Howgill Village Hall. Sarah opened the meeting by welcoming members, visitors, and guests. We proceeded with the singing of Jerusalem.

We have received correspondence from Karen Hanks and Olive Clarke following our 70th Birthday celebrations which they attended expressing their thanks along with some kind comments. It was a privilege to have them share our special evening with us giving us lasting memories.

We are now in the autumn and winter season of events in the Federation calendar. Coming up is the harvest supper, Xmas shopping trip to Leeds, the federation quiz and the autumn walk. Our own walking group is in the Lake District on September 14th.

Sarah introduced our speaker David Last along with Pauline who was ready to prompt. With the help of slides, we shared their journey with

some amazing scenery and discovering some amazing places, different cultures and traditions. Trekking in Nepal and Tibet is no mean feat but with courage and determination a dream became reality describing it as a life changing experience .

Bridget thanked David for a most interesting talk we all thoroughly enjoyed.

The competition for a photograph of hills and mountains was won by Pauline Robson. Raffle winners were Jackie and Liz.

The evening closed with refreshments and a get together. We meet again on the 6th October at Firbank for the annual general meeting.

## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

The School achieved its best ever external exam results in A Levels and B Tech – comparing favourably with even the teacher assessed results of 2020 and 2021, with 88.6% of grades achieving A\*-C, with 36.8% A\*-A. And the same was true of the GCSE results: 93.3% of grades were marked 9-4 (A\*-C) and 38.6% marked 9-7 (A\*-A). There was 1 distinction and 7 distinction \* for the “Ag lads”

The School started the year with record numbers of pupils in the Upper School and the Prep

The School made the following formal announcement on the death of the Queen:

At Oglethorpe Sturton & Gillibrand Solicitors we have a diverse range of specialist lawyers covering all your personal, commercial and agricultural legal needs. You can find us at our offices in Kirkby Lonsdale or Lancaster or we can meet with you remotely, no matter where you are.

### What we do

- Wills, Probate & Powers of Attorney
- Tax Planning & Trusts
- Agricultural Property Matters
- Environment Law
- Dispute Resolution
- Companies and Partnerships
- Conveyancing of all types
- Family matters, including divorce and separation

Contact us on 015242 71388 or by e-mail at [office@osg.co.uk](mailto:office@osg.co.uk)

"We are deeply saddened to receive the news of the passing of Her Majesty Queen Elizabeth II

The School has fond memories of welcoming Her Majesty and the Duke of Edinburgh on 3rd May 1991 and we will forever be grateful for her long standing service to the British people and Monarchy"

On 9th September VIth form pupil Alex played The Flowers of the Forest on his pipes at the flagstaff before the whole School assembled at the Cloisters as a tribute to Her Majesty.

The staff started with inset and a mile swim down Rydal Water in which 30 staff took part. The 1st XV started their on Saturday 3rd September with a pre-season match against Newport

Salop RUFC. There were also pre-season hockey and rugby matches against Oakham, Myerscough and Gosforth.

All the new Year 9 were taken up Winder on arrival as is traditions is they cannot be said to be Sedberghians until they have done it

The Prep School has published an edition of the Sedbergh Prep Chronicle, a twice yearly newssheet rounding up the work, news and events of the school.

The former fourth form, now fifth, went on their postponed Battlefields trip over the second weekend of term

Immediately term began preparation for the production of Jesus Christ Superstar at the end of term began



## A Helping Hand

To help people in the community retain their independence in later life by offering a friendly and reliable service.

Do you need help with?

Companionship  
Staying healthy and active  
Shopping & running errands  
Home help  
Transport  
Paperwork & IT  
Respite



Call Linda Greensmith on 079191 52526 or email [lindagreensmith1@aol.com](mailto:lindagreensmith1@aol.com) for more information.  
[www.ahelpinghandonline.co.uk](http://www.ahelpinghandonline.co.uk)

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

## **Cricket**

On 8th September at the Oval against South Africa Harry Brook became the School's second to gain an England cap in a Test match, and the last one was 88 years ago! He was included in the team to replace Bairstow who was injured. Frustratingly for Brook the first day was rained off and the second day cancelled because of the Queen's death. However he finally got his chance when Root was out for 23 and he came in at No. 5. He made 12 before being caught.

George Hill OS got his third 100 in the year and his first in a List A game on 7th August and took six wickets in the annual Roses match

OS Harriet R was selected as one of the country's top cricketers for the School Games in late summer

## **Golf**

Archie Davis OS was 12 under par 274 and tied for 9th place in the World Amateur Championship

## **Shooting**

During the holidays Livi and Tatty toured the Channel Islands as part of the CCRS UK Cadet Rifle Team/UK U17. Rowan and Keira toured England with the CCRS GB U18 Athelings Rifle team

## **Rugby**

Fin, Will, Ben and Tom were part of the England U18 squad touring South Africa in August

The Rugby on Saturday 10th September was postponed to the

Sunday so they played Whitgift at 12.15 pm and won 50-10. On the same day they played hosts to Millfield and Clifton College, a game which Clifton won 31-19

## **Hockey**

Pru played for England against Wales in the UK Schools Games hockey. She scored after two minutes on the pitch and helped England to 1st place

## **Equestrian**

Oliver and Alice were 1st and 2nd in the National One Day Event qualifier

## **Future Events**

The first and only 1st XV home match in October is on Saturday 1st October at 1 pm against Ipswich There is a Scholar's Recital at 4.30 pm on the 2nd October in the Thornely Studio. This year's Night at the Movies is to be at 7.30 pm on Friday 7th October Old Sedberghian weekend is the 8th and

9th October. There will be a lunch and a dinner on the Saturday and golf, netball, shooting, and hockey matches against the School on the Sunday

Half term begins on 15th October and the School returns on Sunday evening 30th October. During the half term there is a classics trip to Rome. In addition the 1st XV will travel to Ireland to play Blackrock College, a school whose rugby reputation rivals Sedbergh's. In 2019 the teams met here and Sedbergh won 26-23 in the last minutes of the game.





## SLOVENIAN AMBASSADOR VISIT

*David Smith*

The Slovenian Ambassador, Simona Leskovar, will be visiting Sedbergh on Monday 17 October to present the town with two gifts. One is a linden tree (we would call this a lime tree), which is a symbol of the Slovenian nation, and the other a beehive. Beekeeping is very popular in Slovenia and they take the preservation of bees very seriously. These gifts mark the seventeenth anniversary of the friendship that has developed between Sedbergh and Zrece through our town twinning. The visit also celebrates 30 years since the establishment of diplomatic ties between Slovenia and the UK.

We are currently putting together a programme of events for 17 October, which will include the handover of the beehive, a visit to the tree, which will be planted in the churchyard in the next few weeks, and a concert in the

church. There will be a musical concert at 11.00 am (subject to change) in the church with refreshments and a warm welcome for as many people as wish to join in the celebration.. There will be refreshments and a warm welcome for as many people as wish to join in the celebration. You will see the ambassador in the church and you may also see her around the town.

Here is some more information on the importance of the linden tree and beekeeping in Slovenia, kindly provided by David Burbidge.

### **Lipa**

65 per cent of Slovenia is forested but the Lipa (Linden) is regarded as the Queen of all trees, and referred to as the tree of life and fertility, the tree of justice and mystical life.

Sitting with others under the Lipa tree is still regarded as a big part of village life. The blossom is picked to make tea and it is said: "A cup of Lipa tea a day keeps the doctor away."

### **Bees**

Beekeeping in Slovenia ranks alongside skiing and singing as the most popular pastimes - one in every 200 Slovenes is a beekeeper, 4 times more than the European average. In addition, while the bee population around the world is on the decline, in Slovenia over the past ten years there has been a 50 percent increase in the number of hives.

The Slovenian Carniolan queen bee is widely used around the world, and is considered to be less aggressive than other Queen bees. Honey products are still widely used by many Slovenes to treat illness and injury.

### ELECTRIC BIKES FOR HIRE

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

FULL DAY FOR 2 BIKES £50

HALF DAY FOR 2 BIKES £35

GUIDED RIDES FOR 1 PERSON WITH RACHAEL  
(2 HOURS) £50

Contact Rachael on 07969663881

rachaelmellor@hotmail.com

T & C's apply

Cyclewithrachael



# Pennine Outdoor Fabrics Ltd



**FLEECE**  
In over 25 gorgeous colours

**MICROFLEECE**  
In 6 rich shades

[sales@pennineoutdoor.co.uk](mailto:sales@pennineoutdoor.co.uk) 015242 63377  
[www.pennineoutdoor.co.uk](http://www.pennineoutdoor.co.uk)

## SLOVENIA BY TRAIN

*David Burbidge*

Our choir Lakeland Voices has always had excellent singers, but this was the first time we had an Excellency singing with us.

The British Ambassador to Slovenia, Her Excellency Tiffany Sadler, met the choir in Zrece, Sedbergh's twin town in Slovenia, when we visited the treetop walk at Rogla, and then joined our choir singing in a combined concert in a hilltop church with the Zrece choir Zbor Jurij Vodovnik and the sisters who sing together in Pevke iz Brinjeve Gore, who have visited Sedbergh on several occasions. As well as being a good singer, the Ambassador was very complimentary about our singers speaking and singing Slovenian, and the many exchanges we have had with Zrece both before and during the pandemic. The embassy has offered some very useful help for our future projects.

We were in Slovenia during World Bee Day, and sang at the Kralov honey farm after a tour to meet the bees, and sample honey products. We've celebrated this Slovenian

initiative every year with visits to the Zrece beekeepers, a centre dedicated to the study of bees, and a fabulous international event at the Conway Hall in London, where the Slovenian embassy invited over 40 embassies to bring honey products from their countries for tasting and display. We sing several songs about the bees, including Cebelar where an old Slovenian beekeeper sings in praise of the bees who have been his friends throughout his long life.

As well as other concerts alongside the Triglavске Roz'ce (Flowers of Triglav) choir, and the Ribno pri bledu folk dance group, other places where we sang, including the Bohinj Wild Flower Festival, and on the ferry over the lake, on walks up into the wooded hills, at the Waldorf school in Ljubljana; also, at the tourist farm where we stayed, and at an evening where we sampled the many different homemade schnapps of our friend Monika in the outside bar alongside her orchards. As always we enjoyed fantastic home grown, homemade and had some fantastic swims across the lake at Bled to Slovenia's only island.



All types of building work undertaken:

- Extensions
- Barn conversions
- New build
- Restoration work
- Building, joinery, plastering, tiling, roofing
- Topseal flat roofing approved installer

T: 015396 22038  
E: info@mkconversions.co.uk  
W: mkconversions.co.uk



environmental themes. Our singers have been involved in this project and made fabric squares which depict the essential role played by bees, the value of planting trees, recycling and encouraging the growth of wild flowers. We included our squares in an exhibition and made arrangements with Jasmine for future collaborations between Sedbergh and Slovenia.

With such enthusiasm for healthy outdoor activities, it was no surprise when the singers said they no longer wanted to contribute to greenhouse gasses, and preferred not to fly, but to travel to Slovenia by train, which we did with great ease and comfort.

It is possible to travel to Slovenia in one day, leaving Oxenholme at 6.22 am, catching the 11am Eurostar from London to Brussels, and then, after a change at Frankfurt, on to Munich and the night train to Ljubljana which arrives at 6.30am.

We preferred a more leisurely journey on the way back staying in the lovely German city of Heidelberg, which is twinned with Cambridge, where we now have connections with local singers and were able to enjoy some fabulous walks through the colourful town, along the banks of the river Neckar and up into the hills. On the way out, we stayed in Rottweil, a beautiful Black Forest town, where my partner Lucia and daughter Anika live. There we had a wonderful time singing at an informal concert where we met all of Lucia's neighbours. The following day we caught the Blauer Enzian, Blue Gentian, train which goes all the way from Stuttgart to Ljubljana without any changes, and

We also enjoyed a fabulous wine tasting evening and meal with Mayor Boris Podvršnik, the Zrece choir, and Vojko who runs the Andrejč vineyard in Zrece and makes several excellent wines, which we are now discussing importing to Sedbergh. It is fortunate that we sing so many Slovenian drinking songs, which we did with many toasts for good health and prosperity. The Mayor sang with us and like his father, Boris, who came with the excellent singer.

We also met Jasmine, a Quaker who lives near Zrece and is part of the Loving Earth Project, which has had displays in Sedbergh of the fabric squares which people have been making, depicting

passes by some extraordinarily beautiful mountain scenery through the Austrian Alps, our singers breaking into the Slovenian anthem Zdravljica when the train burst out of the Karavanke tunnel into the bright light of Slovenia:

"Long live all nations who long for that bright day, when over earth's habitation no war, no strife, shall hold its sway, who long to see, all people free, no more shall foes but neighbours be."

Lakeland Voices are singing their Slovenian songs for the Slovenian Ambassador, HE Simona Leskovar, when she comes with the gift of a Slovenian Beehive, and a Lipa (lime tree) which will be planted in the churchyard. She has especially requested to meet our singers as we are the only choir in England which sings so many Slovenian songs.

We are singing at 11am in Sedbergh Church on October 17 - everyone is invited and it is free.

## COMMUNITY TRUST A warm welcome to new Trustees

*Ann Parratt*

The Sedbergh and District Community Trust which is a Charitable Incorporated Organisation (CIO) based here in Sedbergh is delighted to welcome Frances Haigh and Rebecca (Becca) Gilbert as new Trustees.

Faye Waters will be stepping down as Treasurer after doing a fantastic job over several years and thanks must go to her for all her hard work.

Frances Haigh is joining us as Treasurer. She has recently moved to Garsdale from West Sussex. Frances has previously served as a district and parish councillor, has been Treasurer for two charities and worked with local community groups. She looks forward to working with CIO in the future.

Becca Gilbert joined the Western Dales Mission Community as an ordained pioneer minister, and lives with her husband Rich and two children in Dent. The area the Mission Community covers is from Cautley and Garsdale to Firbank, Howgill and Killington, Sedbergh, Dent and Cowgill. She feels very fortunate to have moved to such a beautiful and friendly place to live and are really thankful for the warm welcome.

One of the Trusts principal functions is the disbursement of funds raised through the charity shop and bookshop which are distributed to local projects.

Projects have been numerous and varied over the years, many of which

MYOFASCIAL MASSAGE & SCARWORK

CRANIOSACRAL THERAPY

FASCIAL FITNESS BAREFOOT TRAINING

SOMATOEMOTIONAL RELEASE

Yvonne  
07795063107

Fritz  
07817665662

**Dalesway Therapies**  
015396 21303

TREATMENTS MAY HELP WITH LONG COVID  
COVID-19 PRECAUTIONS IN PLACE  
BALENS INSURED AND CNHC REGISTERED

**GIFT VOUCHERS AVAILABLE**

@dalesway\_therapies f dalesway\_therapies  
daleswaytherapies@gmail.com



would never have come to fruition without these funds. So a big thank you to all those people who support both shops, either by supplying items for sale, volunteering or buying.

This is a great local good news story, one that should be shared, so please do pass the good news on and encourage friends and family to support this wonderful community enterprise.

Grants available for clubs, associations, voluntary bodies and community projects

If your organisation wants to apply for a grant, just pop into the Tourist Information Centre where application forms are available or download one online by visiting [Sedbergh.org.uk](http://Sedbergh.org.uk). (go to Menu, then Community, Organisations then Sedbergh and District Trust, the application form link is at the bottom of the page)

The forms are easy to complete, no mumbo jumbo, and your request will be considered promptly. The next round of applications should be in No 72 Main Street no later than 11th November.

The Trustees would like to have a wider and larger membership across the local community, it is free to join

and gives you a voice in the community.

Please share this article your friends and family. If you or they would like to become a member, they can email [parrattann@gmail.com](mailto:parrattann@gmail.com) or call 015396 20964 for more information.

(Members of the Trust provide democratic control of the Trust, which is run by Trustees elected annually by the Members. Normally the Members will meet once a year at an AGM to review the work of the Trustees and hold trustee elections. In addition, at any time, 10% of the members can call a general meeting, if necessary, to discuss the running of the charity) .

*See AGM announcement page 25.*

---

### **CANARY GIRLS.**

*Sandra Gold-Wood Chair of Trustees.*

First let me thank everyone who came to our coffee morning at St Andrews on Sept 28th. Also everyone who contributed, donated or otherwise made it a very enjoyable occasion.

Of course it hasn't happened at the time of writing so this is all a bit of guess work and I can't tell you how much was raised. One thing I am certain of is that because of the generosity of the local people we will have added quite a bit to our ever increasing Canary Girls Memorial Project fund.

Because obtaining Charity Registration has been proving so difficult we are now working with Cumbria Voluntary Services. Also I have it very good authority i.e.; CEO

## **MULTI TRADE**

### **GENERAL PROPERTY MAINTENANCE**

SMALL OR LARGE JOBS  
OVER 40 YEARS EXPERIENCE  
IN THE BUILDING TRADE

**DAVE TRELFA**

01539 626087 / 07538 080510

[Multi.trade.no1@gmail.com](mailto:Multi.trade.no1@gmail.com)

of a national Charity that we need to emphasize the social education side of our project in order to enable the memorial side of it. It is all about the wording. We have been given the name of a producer of education material for school and we will be asking them to advise us.

Eric Martlew, former Carlisle MP has recently had a meeting with the Speaker of the House of Commons, Sir Linsey Hoyle. Sir Linsey expressed an interest in the CGMP and we may well be meeting with him ourselves when he visits his Chorley constituency. Very fitting as the largest munitions factory of WWII was in this area. Indeed, Eric's mother worked there and was in fact injured in an explosion.

This month I am guest speaker at Grange speaking to the University of the third age. There are a number of dates for 2023 already in the CGMP diary for Val, Pam and myself. All very exciting as was the talk I gave on August 18th when a slide of young woman at the WWII Kirkby Newton munitions factory Liverpool came up and a woman in the audience was astonished to see her mother in the photo. What a special moment that was. Nearer to home Carol Thompson, has shared with us photo of her mother who was involved in munitions work in WWII as has Peggy Ingham. If you have any questions or information about munitions workers, perhaps you had a family member who worked in

Family run 17th Century  
Coaching Inn with restaurant,  
rooms & bar. Inspired by the  
landscape in flavour & design.  
Relax, indulge & tune-out.

THE BLACK BULL

+44 (0) 15396 20264  
bookings@theblackbullsedbergh.co.uk  
theblackbullsedbergh.co.uk

The Black Bull,  
44 Main Street, Sedbergh,  
Cumbria, LA10 5BL.



munitions the CGMP would be delighted to hear from you.

Looking toward the end of this month; There will be a play in the People's Hall on the afternoon of Sunday Oct 23. The Sedbergh Songsters will be providing the singing and Roger Bush the musical accompaniment. The play entitled 'They Also Served' will be in two halves and follows the lives of four Canary Girls, two in WWI and two in WWII. Details on Sedbergh Community Forum and posters around town. Please if you haven't already done so check out our website on Canary-Girls.com Email: sanddot51k@gmail.

Many thanks for your continued support. .

## CHURCHILL FELLOWSHIP FUNDING

*Ruth Annison*

A new round of funding has been announced by the Churchill Fellowship (CF), the first such funding since before the global lockdown. This year there are 12 themes, including climate change, rural communities, tech for all and education in schools. Applications must be submitted via the CF website by 5pm on Tuesday, November 22.

"This life-changing opportunity is open to all UK residents aged 18 or above, regardless of background, qualifications or age," says Julia Weston, chief executive of the Churchill Fellowship, "We are looking for people with the passion and potential to make a real difference to their community or professional sector - and we assess on future possibilities, not past achievements. We will fund successful applicants (about 150 each year) to spend up to two months learning from the , innovators in their chosen field anywhere in the world, in person or online, and then help them to share their ideas and inspire change across the UK." The online option is new - in whole or in conjunction with travel abroad - and was developed through a successful pilot during the pandemic..

As a previous beneficiary of the scheme (1994). I can testify to the accuracy of Julia Weston's description that a Churchill Fellowship is a 'life changing opportunity.' .In 1995 I travelled in Denmark, Sweden and the Netherlands for two months, to bring

### Laura Clare - Yoga Therapy

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

Remedial and post-operative yoga therapy  
Sacred Meditation  
Breathwork  
Quartz Crystal Sound Healing

I have a lifetime of teaching experience and more than 35 years of professional training. Prices are genuinely flexible according to your means and skills swaps and goods exchange are also considered.

Call me 015396 25061 or email me on  
lauraclareyoga@gmail.com

I look forward to being a part of  
your healing journey

back ideas relevant to the (then) future re-opening of the rural Wensleydale Railway, for economic, social and environmental reasons. Passenger trains returned to Leyburn in 2003 and to Redmire in 2004 - but there is still work to be done, to re-instate the full 40 mile route back to Garsdale - it's a work in progress!

Now climate change and carbon reduction targets, allied with sharply rising fuel prices and policies to reduce air pollution, make some of this year's topical themes open to CF applicants especially meaningful. Perhaps you, - or someone you know - would be interested in applying for a Churchill Fellowship? The full list of themes for current applications includes the four listed above plus arts and communities; palliative and end of life care; caring for our natural environment; children and young people with experience of care; resilient economies and communities; suicide prevention, intervention and postvention; physical activity for healthier lives; and an Open theme. More information and application FAQs are given on the website [www.churchillfellowship.org](http://www.churchillfellowship.org)

## HELP WITH SCHOOL COSTS

*Karen Evans  
Citizens Advice*

My oldest child has started school and, with uniforms and PE kits, the costs are mounting. The school we got into isn't within walking distance so I now need to budget for bus money five days a week too. We're already pretty stretched - is there any extra help I can get?

On the Citizens Advice website, we have lots of information on the support you might be entitled to for school-related costs. If you're claiming benefits it's worth checking if you can get extra help for things like school lunches, transport and uniforms.

Children in Reception, Year 1 and Year 2 automatically get free school meals. For older children, you can apply for free school meals if you claim certain types of benefits. The full list is available on the Citizens Advice website, and includes Universal Credit, Child Tax Credit and Income Support.

For transport costs, your local education authority might be able to offer free or discounted transport if you're not able to walk to the school.

IAN HIGGINBOTHAM  
PAINTING & DECORATING

— professional personal service —

please call to talk over your requirements with no obligation

— [www.painterian.co.uk](http://www.painterian.co.uk) —

07813 818958

[info@painterian.co.uk](mailto:info@painterian.co.uk)





### **Powells Fruit Merchants**

Specialist Suppliers of High Quality  
Fruit & Vegetables to the  
Retail & Catering Trades

Local, UK and Imported Fruit & Vegetables  
Salads and Produce direct from the Growers  
Potatoes from Lancashire, Lincolnshire,  
Cornwall etc

Also, extensive range of deli goods  
Cheeses, butter, milk, yoghurts & eggs  
Herbs & Spices, Preserves & Condiments  
Teas, Coffees, Juices & Cordials  
Smoked Salmon, Kippers etc  
Dried Goods, Nuts, Seeds & Pulses

**DAILY DELIVERIES  
TO SELF ISOLATING HOUSEHOLDS**

52 Main Street, Sedbergh, Cumbria LA10 5BL  
Telephone: 015396 20304 | [powellsfruitmerchants@gmail.com](mailto:powellsfruitmerchants@gmail.com)

### *The Flower Shop Sedbergh*

Personal Friendly Service  
Beautiful Fresh Seasonal  
Flowers

Wide Range of House & Garden Plants  
Great variety of gifts. We will be willing  
to help to arrange flowers for every  
occasion; Weddings, Birthdays, Funerals

We are a dedicated team, full of creativity  
and inspiration. Feel free to contact us  
anytime to discuss your arrangements.

Tel 015396 21605  
[flowershopsedbergh@gmail.com](mailto:flowershopsedbergh@gmail.com)  
49 Main St, Sedbergh  
LA10 5BL

Contact them directly to find out how they can support you.

Your local education authority might also help you with activity and school uniform costs, if you're on a low income. You're probably considered to be on a low income if you get means-tested benefits like Universal Credit or Housing Benefit. There are also some local charitable schemes that can help - check with your school, as they will usually know what is available in your area. Schools can sometimes also advise on finding cheap or free second-hand uniforms.

If your child is disabled or has a health condition, you can also claim

Disability Living Allowance (this isn't means-tested).

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](http://www.southlakescab.org.uk)
- Help to Claim (Universal Support): 0800 144 8 444

## **SUPPORT AFTER A DEMENTIA DIAGNOSIS**

*Dementia UK*

Receiving a dementia diagnosis can be overwhelming – whether you have been given the diagnosis yourself, or a loved one has been diagnosed.

September's World Alzheimer's Month focussed on the support you can access after a diagnosis. Our specialist dementia nurses explain what you should do if you or someone close to you have been diagnosed with dementia.

Many families who call our Helpline say they haven't been given enough information and don't know where to turn.

Others feel bombarded by too much information, at a time when

they are shocked, confused and anxious.

Often, families say they don't know what to do next or where to find the help they need.

"I have been diagnosed with dementia and I haven't heard from anyone for months. I don't know what to do now. I was given a load of papers by the Memory Service and told there was nothing else they could do to help, and now I feel isolated and lost." – Helpline caller

Dementia UK's practical guide, called 'After a diagnosis of dementia: next steps', can help you understand what to do in the weeks and months ahead and how to access support – including the support of our dementia specialist Admiral Nurses.

**FIRST4  
HOME  
IMPROVEMENTS**

**DAVID BAINES**

FOR YOUR ENTIRE HOME IMPROVEMENT NEEDS

- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

**DAVID BAINES**

015396 25346 07837 766 219

davidbaines@first4homeimprovement.co.uk

The guide contains information on managing practical, financial, legal, medical and personal issues. There is also a simple checklist of what questions to ask, and links to further information that you may need.

“I’ve been diagnosed with dementia – what questions should I ask?”

- “Who will be my main point of contact?” This could be the GP, the Memory Service, a Social Worker or another professional

- “Will I have follow-up appointments after the diagnosis?”

- “If so, who will I see, how often, and who will arrange the appointments?”

- “Who will be responsible for coordinating my care and support?”

- “Will I be prescribed medication? If yes, how often will this be reviewed?”

- “Can a family member or friend come to appointments with me?”

Our specialist dementia nurses have shared the following tips if you have just been diagnosed with dementia.

- Decide who you want to tell. You may want to keep the news of your diagnosis to yourself while you process it. But once you feel ready, it’s a good idea to tell your family and friends. They can support you to maintain your independence and plan ahead to help you make the most of life, now and in the future

- Think about what’s important to you. There may be a holiday you’ve always wanted to go on, or a hobby you’re keen to try – this could be your opportunity to go for it

Our nurses have also shared this advice for family and friends of

someone who has received a dementia diagnosis.

- Consider what support you may need yourself. For example, you may be experiencing feelings of shock, anxiety and loss, and need to talk to someone about this

- Even if you don’t feel like you need help now, think about who might be able to support you in the future

- Get organised: keep a list of information including details of the person’s NHS number, their health and social care professionals, local pharmacies, out of hours services, medications and routines

- Try to continue with activities that you and the person with dementia enjoy doing together that will help you stay connected

- Set some goals. Think about things you will do now, in the next few months and in a year – this may help you feel less overwhelmed

- Find out what support you can access as a carer. Your GP or local council can tell you about carers’ services in your area – these can provide professional support and opportunities to meet other people in a similar situation.

**Scrap Collected**

**Ring Kev**

**07812194311**



## **THREE HARES**

Café ~ Bistro ~ Bakery

57 Main Street, Sedbergh ~ 015396 21058

[www.threeharesdeli.co.uk](http://www.threeharesdeli.co.uk)

10am-4pm

*Fresh Artisan bread baked Wed & Sat weekly  
Ready Meals fresh & frozen daily*

*We also provide a range of farmhouse cheeses, charcuterie,  
homemade condiments, craft beer, organic, biodynamic &  
conventional wine, local craft produce and much, much more.*

*Orders welcome  
Also the shop is available online*

*Thanks for your support in such challenging times, James, Nina,  
Ernest and the teams from the Three Hares & Black Bull Inn*

### **ZERO PANTRY**

*Kim Bradshaw*

Ways to save money during the cost of living crisis:

With the thought of a long winter ahead, the rise in electricity, the economic crisis and Christmas ahead of us no doubt we are all thinking of ways of saving some of those much needed pennies. Below are a few tips that might help:

1. Make your own cleaning products: Vinegar has been used for years to clean everything within your house and beyond. This amazing natural product is safe, inexpensive and an effective cleaner. Vinegar can also be combined with other products like bicarbonate of soda to expand its

cleaning usefulness. Don't like the smell? By infusing it with lavender, orange peel, lemon peel or any other herb will quickly remedy this.

2. Only buy what you need: By purchasing just the amount of food that you need will not only save the pennies but will also save a huge amount of food waste. Food Waste Facts UK state that the average UK family spends £470 a year on food that is binned and not eaten.

3. Reduce, Reuse, Repair, Recycle: This does not just apply to plastic bags and bottles. By reducing our need for more clothing, reusing what we have, repairing what needs fixing and recycling what we no longer need we will reduce the



# Garsdale Design

We provide architecture, planning,  
urban design, 3D geodesign and  
heritage services for the  
Dales and Lakes

Our skills and experience are unrivalled  
whatever the size of the project

Our service is personal and tailored  
to individual needs

We are an RIBA Chartered Practice



## Contact details:

**phone:** 015396 20875 (office hours)

**email:** [info@garsdaledesign.co.uk](mailto:info@garsdaledesign.co.uk)

**web:** [www.garsdaledesign.co.uk](http://www.garsdaledesign.co.uk)

350,000 tonnes of clothing that goes to landfill every year. That's around £140m worth of used but still wearable clothing that goes to waste in the UK every year.

4. Turn it off: By turning off all your electrical appliances you will save electricity and of course, those much needed pennies. Over the course of a year, a television that is left on standby will consume £25 worth of electricity. Now multiply that with the number of other appliances we have in our homes - microwave, kettle, games consoles, computers - all left on during the day and overnight. If you are not using it at the current time - **TURN IT OFF!**

5. Walking is good for us: We are all fully aware of the benefits of a good walk but it is always easier to just jump in the car and nip to the shop. Try and set yourself a challenge and not take the car unless you REALLY need to. Walk the kids to school (or they can walk themselves) and maybe shop at local stores rather than paying for fuel to get to Kendal or Lancaster. Every little bit helps.

6. Shop Local: As above, saving fuel is a great way to save the pennies and by shopping local you are also supporting your local community and the businesses that are struggling as well. It may actually surprise you that most of the shops are compatible with local supermarkets and online stores, offer a better service and better goods.

---

## SEDBERGH ENVIRONMENTAL MARKET

*Michelle Hartley*

Back in mid-August the Sedbergh Environmental Network had our third Eco Market after a lengthy delay after Covid. In the last two years issues regarding the environment have become increasingly more important and the success of the market reflected this.

There was The Zero Pantry, Sedbergh's very own plastic free shop, where you can buy any amount of a product by filling paper bags or reusing your own bottles or containers, preventing plastic usage and food wastage. They also have a great selection of eco non-food products. Jitterbugs is the ultimate in upcycling, fantastical sculptures are

made from anything and everything including spark-plugs, old tools, keys, tins, wood boxes and old maps. Rosebank Crafts had a range of reusable fabric products with an emphasis on beeswax wraps which were sold in a variety of sizes and a fantastic and fun range of patterns. Barn Craft produces natural soy wax candles with vegan friendly oils. The whole business is eco with refillable diffuser bottles, eco packaging and a low carbon footprint as 60% of their suppliers are within 75 miles of their

Yorkshire Dales workshop. Urban Village Retro brought a variety of household items created from recycled and upcycled wood. These beautifully crafted items ranged from trays and birdfeeders to spoons, bowls and coin boxes.

Blackhorse Farm Flowers grows British seasonal flowers sustainably without the use of pesticides or herbicides, only organic peat free compost and natural homemade teas. Everything is grown just outside Sedbergh which keeps their carbon footprint low. Humble Bumble creates beautifully scented herbal soaps, shampoos bars and balms using herbs and wildflowers that are grown in their back garden in a biodiversity positive way without the use of fertilisers and pesticides. Coniston Stonecraft creates



incredible stone objects from local slate quarries keeping their carbon footprint low. This is further supported by a small hydro-electric station on Church Beck that provides power to the workshop, water from the Beck is also used as a substitute for oils to cool the machinery that cuts and grinds the slate. Dentdale Bees & Mayfair Organics is a local 70 acre farm part of 'Organic Farmers and Growers' producing a wide range of farm products from wax and wool to fruit and veg. The animals are used

in conservation grazing and trees and hedgerows are being planted to improve biodiversity and prevent soil erosion.

Providing information on the environment was The Children's Wood, a sub group of the Sedbergh Environmental Network whose volunteers plant

trees and hedges around the parish for anyone who is interested and has some land. Over 3000 saplings have been planted in the last few years of a variety of species. Dark Skies is a landscape charity dedicated to protecting, maintaining and enhancing the Cumbrian landscape with an emphasis on helping businesses, local authorities and others to reduce light pollution. Cumbria Master Composters, part of 'Garden Organic', is an organisation



stramongate press

*printers*

*printers*

*of*

*Sedbergh Lookaround*

Stramongate Press Aynam Mills  
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448  
fax 01539 730253  
e-mail [info@strampress.co.uk](mailto:info@strampress.co.uk)  
website [www.strampress.co.uk](http://www.strampress.co.uk)

that promotes composting in local communities. It provides basic information on how to get started, but also helps with more complex inquiries for those already composting. The Lune Rivers Trust is an organisation that conserves, protects and rehabilitates the Lune River and its tributaries. In the past it has carried out a Natural Flood Management project in Sedbergh (2 phases) and worked with Sedbergh Primary School releasing elvers into the Rawthey River. Lastly, Zero Waste Sedbergh is a fantastic local group running a variety of eco projects. Its Food Club works with FareShare, a food redistribution charity, by providing food to locals that was destined for landfill, thereby reducing food waste. It also runs a school uniform recycling scheme which freely redistributes pre-loved uniforms saving them from landfill. It has been running for many years with a large selection of Sedbergh Primary school items and is now building up a collection of Settlebeck uniforms too.

With such a great turnout we are looking to have eco markets a few times a year! If you were unable to come to this market, keep an eye out for future events, or if you would like to get involved in the next market or the Sedbergh Environmental Network contact us at [sedberghcomarket@greencobweb.co.uk](mailto:sedberghcomarket@greencobweb.co.uk). There are so many ways to help the environment, please visit our Facebook page for information, tips and to learn about other eco events nearby!

## **MICHAEL'S MISSION A Miracle in Time**

*Sandra Gold-Wood*

Michael was crouching in a half destroyed building in a battle torn town. The sound of gunfire was all around. His mission was clear, he carefully checked his position noting that his target was half a mile away across the enemy's path. If he chose to walk through a hail of bullets it would draw unwanted attention. Knowing that the time would be right shortly, he waited and when hush descended he took his cue. Running confidently from where he had been sheltering he headed directly toward the target.

On the other side of town Sabine was finishing her shift, she knew her

parents were waiting for her at the bus station and she was anxious to get away. Suddenly there was a kind of whistling sound followed by a rush of air which seemed to suck the breath from her lungs. This was followed by an earth shattering blast as the bomb hit the hospital building. Time seemed to stand still, and everything was hushed. The soundless minutes ticked by as bricks and dust fell around her. Sabine stood motionless feeling as if she were in a dream, she was quite unable to believe that the destruction around her was in any sense real. Then with unexpected ferocity sound returned to the scene and the screaming began.

Sabine was a student nurse but she'd received no training for dealing with this kind of tragedy. Slowly she scanned the wreckage of twisted bed frames, mattresses, shelving, and injured people around her. Doing her best to come to terms with the devastation, her hands automatically brushed the dust and dirt from her face and clothes while she wondered how she had escaped injury. As soon as her uniform became visible people called to her, their shattered expressions bringing tears to her eyes. What could she do? She knew so little, so she prayed that there was a doctor somewhere. A man lay close by, he was writhing in agony as he held up his hands to her. Kneeing beside him Sabine spoke softly trying to sooth his dying moments, his words were jumbled. It was difficult to understand him and then in a moment she realised what he was saying, he was talking about his love

## **PHYSIOTHERAPIST HCPC Registered**



**John Bannister**  
Chartered Physiotherapist

**John Bannister**  
Sun Lea, Joss Lane, Sedbergh

**Tel. 07877301088**  
**Email [john@jb-physio.com](mailto:john@jb-physio.com)**  
**Web [www.jb-physio.com](http://www.jb-physio.com)**

**Competitive rates**  
**Home visits available**

**Flexible appointments to meet  
your needs**



for his wife and child and with this his breath left him. Sabine gently closed his eyes and went on to the next casualty. When she spotted Doctor Novak tending a woman a sense of immense relief washed over her as she made her way toward him.

'I'm glad to see you nurse, here find something I can cover this woman with,' he asked his voice choked with emotion and dust. Sabine noticed blood dripping from a wound on the side of his face which needed stiches. Sabine took off her apron and covered the woman whose clothes had been torn to shreds by the blast. They made her as comfortable as they could then together they moved on to the next casualty. Dr Novak took a bandage from his pocket and shook the dust off and gave it to her and asking her to do her best to bind his wound. Together with other survivors they traversed the bombed out part of the hospital covering the dead, comforting the dying and helping the wounded.

It was dark by the time Sabine finally got to the bus station, her family were long gone, probably believing her dead in the hospital bombing. There were many other people waiting all hoping to make it across the border before day break. The reports said the enemy was only a few miles from the city and it would be overrun my morning. Three buses came, all of them damaged, but no one cared as long as they carried them to safety. Sabine sat next to a woman who held a sleeping baby in her arms. They chatted cautiously as the bus began to move. Everyone

was on edge as with black smoke pouring from the exhaust they set off followed by the other two buses. It was not a comfortable ride as the driver had to swerve many times to avoid pot holes and burnt out vehicles. There were land mines on the road too but everyone tried not to think about this. A squad of soldiers at the roadside standing with a mine they had defused waved the buses on.

A few minutes later Sabine froze in her seat, she could hear a whistling sound, she was sure of it. There was no time to do anything as seconds later a large shell hit the bus and then another tipping it over. The mother she had been sitting beside was obviously dead but the child seemed

# H & M

CRAFTSMEN

KITCHENS | BEDROOMS | STUDIES



**Full design and fitting service**

*Showroom Open:*

*Mon-Fri 9am-5pm | Sat 10am-1pm*

**Ingleton | North Yorks | LA6 3NU**

**015242 41535**

**kitchensandbedrooms.co.uk**

alive, she grabbed him and found her way out of the wreckage. Again she wondered how she was still alive.

When the shock had begun to subside and Sabine became properly conscious she found herself sheltering in a partly demolished building. Looking around she could see just how dangerous her hiding place was, it was obvious that the building could collapse at any time. Part of her did not mind, for then at least the terror would be over. It was hard to calm herself, she was so afraid and her chest hurt. The baby in her arms had ceased to cry. Fearing the worst she couldn't bear to look down at his little face.

Suddenly a man wearing army camouflage was beside her and before she had time to be afraid he lifted her easily out of her hiding place and ran with her. Sabine held on to the baby and prayed, trying not to think about where he was taking her. There was a busted up car by the roadside and the man placed her in it. Was he going to leave her there she wondered? In minutes he returned, started the car and drove away. Sabine wonder how he'd managed to get the thing going. Glancing at him she saw a man who was completely focused on the road ahead, swerving now and then to avoid pot hole and debris. Up ahead she could see the border, she began to shake and was afraid she would pass out and drop the baby. The man reached out his hand to her, his touched calmed her and then baby began to wriggle on her lap. Sabine had been sure the baby was dead, tears poured from her eyes as the little one smiled up at her.

'How, I mean, I thought he was dead, what did you do?' She asked the man beside her.

'We are at the border, look over there, your parents are waiting for you Sabine.'

'What, oh, how, look, who are you?'

'Out you get now; I think that little one is hungry.'

The man came round to her side and helped her from the wreck of a car.

'Just a minute, how do you know my name, and how did you find me?'

'So many questions, be thankful that you are safe, the child you are holding, when he is full grown will make a wonderful discovery which will change people lives for the better, so, care for him well Sabine, my name is Michael Angel.'

With that he turned away and spoke to the soldiers at the border post. In that moment her parents found her and enfolded her in their arms so happy to see her alive they had feared the worst. Sabine told them of her rescuer and turned to call him over but Michael was climbing into the beaten up car. Sabine was aware that she hadn't even thanked him. Perhaps she could catch him before he drove away. Telling her parents, she would just be a minute, she left the baby with them and went over to the border guards hut. It was too late Michael had left, she could see the car heading back toward what had been her home town. Sabine asked the border guards if she could leave a message for him, but the guards had no idea who he was.

**The End.**

## PERSONAL MESSAGES

### DOROTHY CALKELD

Happy 90th Birthday with love from all your family.

=====

### MASON

Happy 90th birthday Tom, on 7th October. With best wishes from your many relatives in and around Sedbergh.

=====

### FOR SALE

Slate Bed Pool Table 6' x 3' in good condition; converts to dining table. £200 Tel 07974 228065

=====

### 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.

## EDITORIAL

On other occasions, and for other recipients, such a huge outpouring of public grief would inspire in me an equally huge outpouring of cynicism. For instance, with Diana, I couldn't understand such a massive reaction.

Yes, it was sad that she died, absolutely tragic for her family. And yes, she had been placed in an intolerable situation, which did deserve some sympathy. But the idea that she was in some way remarkable didn't seem credible to me. She was an ordinary woman in an extraordinary situation, stumbling to work her way through.

But in the case of the Queen, I can't think of anybody in public life who has managed a role so well for so long. Not faultlessly, but with a willingness to learn and adapt. And with true intelligence, she understood herself, the requirements of her job, she worked out how to do it and did it with generally good humour. Many others wouldn't even have been able to understand what the job was.

And when did any Prime Minister last achieve the support of the majority of the voting population, 1945 I think it might have been? A quick perusal of YouGov, approval ratings for the Queen, in terms of how well the sample believed she had done her job, the rating is over 80% positive. That's a percentage usually reserved for dictatorships.

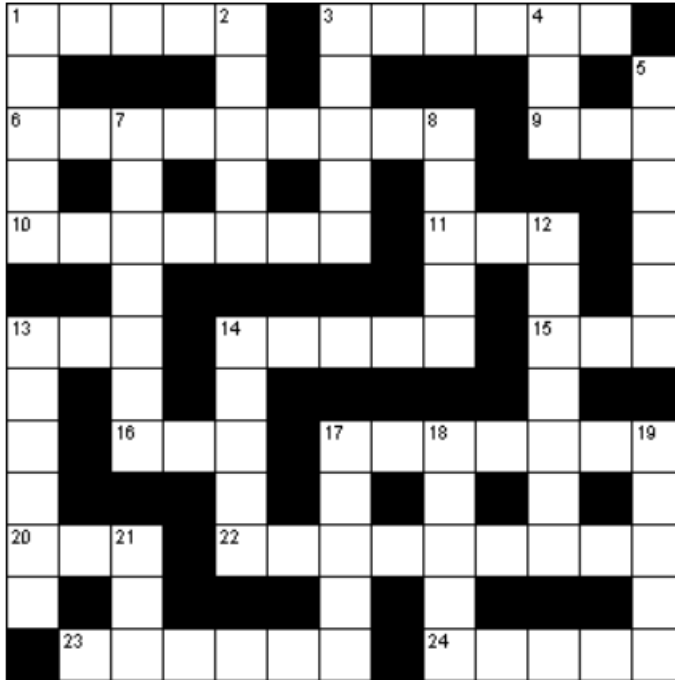
And now, with so many challenges in every aspect of people's lives, the commemoration of her death has shown an idea of Britain which might be idealised, but it rises above inept public figures, overly challenged services, struggling businesses, and gives some idea of hope and stability in challenging times. What would Britain have been without the Queen? Much, much poorer.

*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 1 (SOLUTION ON PAGE 86)



### Across

1. Chilling with evidence of injury at the end of the day (5)
3. Supernatural forces displayed in havoc culture (6)
6. High-spirited due to unusual blue inlet (9)
9. Endless reading matter produces sound of displeasure (3)
10. Changed sprites into spiritual leaders (7)
11. Sounds like passing time with a twitch (3)
13. Star sign found in beetle oil (3)
14. Female residing in two mansions (5)
15. Perceive slight difference in pet adder (3)
16. Trap for profit but not gross (3)
17. Crumbling gardens create high risks (7)
20. Something peculiar in blood diet (3)
22. Spooky evening resulting from dislocated owl heel (9)
23. Legendary little men rearranged no gems (6)
24. Empower with some token dowry (5)

### Down

1. Sharp inclination to immerse in liquid! (5)
2. Living things could start with male chromosome replacement resulting in loud utterances (5)
3. Portents revealed in phantom ensemble (5)
4. Formula brew holds answer to workplace (3)
5. Something hideous discovered in author riddle (6)
7. Imaginary creature appears in runic ornamentation (7)
8. Giant featured in Tahiti tantrum (5)
12. On reflection, feline keeps more than one on the road (4-3)
13. Stirred up liquid on a log cut off from another body (6)
14. Outwit charlatan to reveal sorceress (5)
17. Replace rat tail costs with bad end for effigies (5)
18. So one entangled hangman's rope (5)
19. Tissue from some ursine wanted (5)
21. Discovered lair in fetid enclosure (3)



## PUZZLE 2 (SOLUTION ON PAGE 86)

8	10	7	15		6	2	13	5	4	2	13	
10		2		12		23		22		1		7
13	5	14	17	2		2	22	12	9	26	5	16
15		16		7				2				2
19	18 Q	10	19	15	5	14		6	9	5	23	2
		7		26		5				22		21
7	20	5		3	19	23	2	9		12	10	24
10		26				5		10		19		
25	10	13	13	24 Y		14	26	22	21	16	2	11
25				2				12		19		2
5	13	25	16	19	22	2		16	5	13	2	13
11		2		7		1		2		14		26
	23 V	2	7	15	5	1	2		12	2	19	13

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

## LOOKAROUND DETAILS

### **LOOKAROUND INFORMATION**

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

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

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

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

### **ARTICLES**

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

the text of the same email.

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

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

a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

## 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.

## PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens

Bruce Loch Nature Area, Busk Lane

Cautley Spout, A683 towards Kirkby Stephen

Community Office, 72 Main Street

Cornerstone Community Church, New Street

Cumbria Wildlife Trust, Community Office

Dent Heritage Centre, Laning, Dent \*

Farfield Mill, A684 Garsdale Road

Friends Quaker Meeting House, Brigflatts

George Fox's Quaker Pulpit, Firbank

Golf Club, Catholes, Sedbergh \*

Information Centre, 72 Main Street

History Society, Community Office

Holy Trinity Church, Howgill

Jubilee Wood Nature Area, Castlehaw Lane

Langstone Fell, A684 Garsdale Foot

Motte & Bailey Castle, Castlehaw Lane

Pepperpot Folly, Busk Lane

Picnic Site, Ghyllas, Cautley Road

Picnic Site, Settlebeck New Bridge

Play Ground, Dent Village

Play Ground, People's Hall

Play Ground, Maryfell

Queen's Gardens, Station Road

St. Andrew's Church, Dent

St. Andrew's Church, Main Street, Sedbergh

St. Gregory's Church, Vale of Lune

St. John's Church, Cowgill

St. John's Church, Firbank

St. John's Church, Garsdale

St. Mark's Church, Cautley

Sedbergh Embroidery, StAS

Tennis Courts, Guldrey Lane \*

Winder Fell, above Sedbergh

\* = Entry Fee Applicable

# 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.

## OCTOBER 2022

04	1800	Evening Classes Begin (Sep)	SSAT
06	1930	Howgill & Firbank WI AGM (53)	FCH
08	900	Barbon Antiques Fair	Barbon VH
09	1430	Harvest Festival (9)	Gars MC
10	1930	Community Trust AGM (25,60)	PH
10	1930	Musical evening (9)	Gars MC
11	1400	WIK - Adventures of a Geologist (52)	PH
11	1930	Domino Drive	FCH
12	1915	Dent WI 25 yrs in Prison	DMH
12	1930	Sedbergh WI Kendal MRT (49)	PH
13	1300	Medical Centre Early Closing (13)	MC
14	1930	Italian Evening, Bingo	FCH
15	1800	Tabernacles (29,15)	Rhumes
16	1400	Christians against Poverty (29)	DMC
17		Visit by Slovenian Ambassador (57)	StAS
17	1100	Lakeland Voices in St Andrews (58)	StAS
18	1400	Sight Advice	PH
18	1930	Fraud Protection - Ladies NFU (48)	PH
22	1000	Apple Day till 2pm (26,22)	PH
22	1000	Dentdale Methodist coffee morning	DMC
23		"They Also Served" (61)	PH
23		Forgotten Heroines Play (Sep)	PH
23	1930	Major and James Concert (Sep)	Appleby
28	1930	Meetwood Flac	PH
31	1630	Pumpkin Party (29,31)	Rhumes

## NOVEMBER 2022

01		Boxes of Hope Collection Starts (Sep)	SIC
03	1630	The History of Buttons (26)	FM
03	1930	Howgill & Firbank WI Xmas Wreath	HVH
05	1900	Garsdale Bonfire & Fireworks (36)	GVH
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
16	1300	Medical Centre Early Closing (13)	MC
19	1000	Dentdale Methodist coffee morning	DMC
26	1030	Festive Farfield	FM
27		Festive Farfield	FM
27	1930	Prince Bishops Brass (Sep)	Appleby

## DECEMBER 2022

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

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

## DIARY KEY

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



## 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:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: <a href="mailto:Daleslea@outlook.com">Daleslea@outlook.com</a>	21789
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) <i>1T(ES), 1D(ES) NS, CH, L</i> e-mail: <a href="mailto:crosskeyscautley@outlook.com">crosskeyscautley@outlook.com</a>	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: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> website: <a href="http://www.scrogghouse.farm">www.scrogghouse.farm</a>	34032
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT <i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i> e-mail: <a href="mailto:ed_welti@btinternet.com">ed_welti@btinternet.com</a>	20770
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) <i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i> e-mail: <a href="mailto:hello@killingtontower.co.uk">hello@killingtontower.co.uk</a> website: <a href="http://www.killingtontower.co.uk">www.killingtontower.co.uk</a>	45845
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: <a href="mailto:booking@theroostcottage.co.uk">booking@theroostcottage.co.uk</a> website: <a href="http://www.theroostcottage.co.uk">www.theroostcottage.co.uk</a>	07927 295262

### KEY

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

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	07/18	Helpline	030 300	30003
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	10/22	Rosemary Hartley	07596	117035
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 1 SOLUTION

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

## PUZZLE 2 SOLUTION

8	J	10	U	7	S	15	T		6	D	2	E	13	5	I	4	Z	2	13	E	N				
10	U			2	E			12	B		23	V		22	M		1	G		7	S				
13	N	5	I	14	C	17	H	2	E		2	E	22	M	12	B	9	R	26	5	16	L			
15	T		16	L				7	S								2	E				2	E		
19	A	18	Q	10	U	19	A	15	T	5	I	14	C		6	D	9	R	5	I	23	V	2	E	
				7	S			26	O		5	I							22	M		21	P		
7	S	20	K	5	I			3	W	19	A	23	V	2	E	9	R		12	B	10	U	24	Y	
10	U			26	O					5	I			10	U			19	A						
25	F	10	U	13	N	13	N	24	Y		14	C	26	O	22	M	21	P	16	L	2	E	11	X	
25	F							2	E						12	B		19	A				2	E	
5	I	13	N	25	F	16	L	19	A	22	M	2	E		16	L	5	I	13	N	2	E	13	N	
11	X		2	E				7	S			1	G		2	E			14	C			26	O	
		23	V	2	E	7	S	15	T	5	I	1	G	2	E			12	B	2	E	19	A	13	N
1	G	2	E	3	W	4	Z	5	I	6	D	7	S	8	J	9	R	10	U	11	X	12	B	13	N
14	C	15	T	16	L	17	H	18	Q	19	A	20	K	21	P	22	M	23	V	24	Y	25	F	26	O



# 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 1<sup>st</sup> September.

# BUS SERVICES

## Western Dales Bus

**S4 Tuesday, Thursday, Friday - Kirkby Stephen Connect  
Dent - Sedbergh - Cautley - Kirkby Stephen Station  
Kirkby Stephen Co-op - Brough**

	Tu	Th	Fri	Fri	Fri	Fri
Dent Village	..	..	..	1017	..	1450
Sedbergh Spar	..	..	..	1033	1258	1506
Sedbergh Post Office	0914	0900	..	1034	1259	1507
Sedbergh Maryfell	0916	0902	..	1036	1301	1509
Cautley, Cross Keys	0924	0910	..	1043	1308	1516
Fat Lamb	0932	0918	..	1050	1315	1523
Kirkby Stephen Station arr	0938	0924	..	1057	1322	1530
Trains to Carlisle	0934	0934		1106		1501
Trains to Leeds	0920	0920		1146		1546
Kirkby Stephen Station dep	0938	0924	..	1106	1322	1530
Kirkby Stephen Pennine Hotel	0945	0929	..	1111	1327	1535
Kirkby Stephen Co-op	0946	0935	..	1112	1328	1536
Brough Clock	0954	..	..	1120	1336	1544
Brough Clock	1607	..	..	1130	1346	1554
Kirkby Stephen Co-op	1615	1623	..	1138	1354	1402
Kirkby Stephen Social Club	1616	1624	..	1139	1355	1603
Kirkby Stephen Station arr	1621	1629	..	1144	1400	1608
Trains to Carlisle	..	1704		1106		1501
Trains to Leeds	..	1714		1146		1546
Kirkby Stephen Station dep	1621	1634	..	1149	1400	1608
Fat Lamb	1627	1641	..	1156	1407	1615
Cautley, Cross Keys	1635	1642	..	1203	1414	1622
Sedbergh Maryfell	1643	1650	..	1210	1421	1629
Sedbergh Library	1645	1652	0950	1212	1423	1631
Sedbergh opp. Morphets	..	..	0951	1213	1424	..
Dent Village	..	..	1007	..	1440	..

# **BUS SERVICES**

## **Western Dales Bus**

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

Sedbergh Post Office (as S4)	0900	..	..
Cautley Cross Keys (as S4)	0909	..	..
Kirkby Stephen Station entrance (as S4)	0923	..	..
Kirkby Stephen, Pennine Hotel (as S4)	0928	..	..
Kirkby Stephen Co-op	0935	1139	1428
Kirkby Stephen Social Club	0936	1140	1429
Kirkby Stephen Station entrance	0941	1145	1434
Trains to Carlisle	0934	1106	1501
Trains to Leeds	0920	1146	1455
Ravenstonedale Kings Head	0947	1151	1440
Newbiggin on Lune	0950	1254	1443
Tebay Roundabout	0958	1202	1451
Killington M6 bridge	1008	1212	1501
Kendal Castle Green	1017	1221	1510
Kendal Bus Station	1022	1226	1515
Kendal Morrisons	1027	1231	1520
Kendal Morrisons	1037	1326	1530
Kendal Blackhall Road	1042	1331	1535
Kendal Castle Green	1047	1336	1540
Killington M6 Bridge	1056	1345	1549
Tebay Roundabout	1106	1355	1659
Newbiggin on Lune	1114	1403	1607
Ravenstonedale Kings Head	1117	1406	1610
Kirkby Stephen Station entrance	1123	1412	1616
Trains to Carlisle	1106	1501	1703
Trains to Leeds	1146	1455	1717
Kirkby Stephen Pennine Hotel	1128	1417	1621
Kirkby Stephen Co-op	1129	1418	1623
Kirkby Stephen Social Club (as S4)	..	..	1624
Kirkby Stephen Station entrance( as S4)	..	..	1629
Cautley Cross Keys (as S4)	..	..	1643
Sedbergh, Library (as S4)	..	..	1652

# BUS SERVICES

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

Sedbergh Post Office (see S4 timetable))	0914	..	..
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfell (pick up only)	1055	1333	1536
A66 Bridge End Inn(pick up only)	1100	1338	1541
Appleby, The Sands (pick up only)	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Town	1138	1416	1616
Sedbergh Town (as S4—see separate 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 <sup>st</sup> July 2022	Main Hall Fees					Committee Room Fees			
Time From	07:00	09:00	13:00	17:00	19:00	09:00	13:00	17:00	19:00
Time To	09:00	13:00	17:00	19:00	01:00 (Sun 23:45)	13:00	17:00	19:00	01:00 (Sun 23:45)
Rate 1	£12.00	£22.50	£22.50	£17.50	£42.50	£17.50	£17.50	£12.00	£17.50
Rate 2	£18.00	£33.75	£33.75	£26.25	£63.75	£26.25	£26.25	£18.00	£26.25
Rate 3	£24.00	£45.00	£45.00	£35.00	£85.00	£35.00	£35.00	£24.00	£35.00
Changing Room A Fees					Changing Room B Fees				
Rate 1	£9.00	£17.50	£17.50	£12.50	£17.50	£12.50	£12.50	£10.50	£12.50
Rate 2	£13.50	£26.50	£26.50	£19.50	£26.50	£19.50	£19.50	£16.00	£19.50
Rate 3	£18.00	£35.00	£35.00	£25.00	£35.00	£25.00	£25.00	£21.00	£25.00
<b>Alcohol Licence: £30.00 + £100 damage deposit</b>									
Rate 1	Private individuals, community groups, clubs etc based in: LA10, Firbank, Howgill or Killington								
Rate 2	Businesses based in LA10, Firbank, Howgill or Killington OR Private individuals, community groups, clubs etc not in Rate 1								
Rate 3	Businesses outside local area OR Statutory organisations								

## LOOKAROUND EDITORIAL TEAM

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

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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

Sedbergh and Dent  
St. Andrew's Parish Church  
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**

## *Anglican Service Times*

### **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
------------	------------------------

### **ST JOHN THE EVANGELIST'S CHURCH, FIRBANK**

2nd Sunday	2.30pm, Holy Communion
------------	------------------------

### **ALL SAINTS' CHURCH, KILLINGTON**

4th Sunday	2.30pm, Afternoon Service
------------	---------------------------

*Timetable valid from September 2022 onwards*

*Combined plans for Western Dales Mission Community  
September 2022*

	Time	2 <sup>nd</sup>	9 <sup>th</sup>	16 <sup>th</sup>	23 <sup>rd</sup>	30 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	9.30am	HC	HC	HC	All-Age Service	At Cornerstone 6pm- Commemoration of the Faithful Departed
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Contemporary Worship	Service 4pm Messy Church	HC	Harvest Festival	Joint Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP		
St. John's, Garsdale LA10	11.15am	Harvest Thanksgiving		MP		All Saints' Day Service
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		2pm Harvest Festival		Service	HC Service
All Saints, Killington LA6 2HA	2.30pm				All-Age Service	
Holy Trinity Howgill LA10 5JD	9.30am		Harvest Thanksgiving			
St. John's Firbank LA10 5EF	2.30pm		HC			
St. Andrew's, Dent LA10 5QL	11.15am	HC	HC	HC	All-Age Service	All Saints' Day Service 6pm- Commemoration of the Faithful Departed
St. John's, Cowgill LA10 5RJ	2.30pm	Harvest Thanksgiving		HC		
Dentdale Methodist Chapel LA10 5QJ	2pm	Service	Service	Service	Service	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.	Zoom or in person. For zoom please contact correspondence clerk below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	<b>Wednesday</b>	<b>5<sup>th</sup></b>	<b>12<sup>th</sup></b>	<b>19<sup>th</sup></b>	<b>26<sup>th</sup></b>	
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			
<b>Contacts- Brigflatts Meeting House please contact correspondence clerk 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063</b>						

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

### **Option 1 - 24hr Prescription line**

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

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

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

## **Dent Surgery**

### Currently cancelled due to Covid-19

## **Practice Nurse/Health Care Assistant clinics**

Available to book online – call reception to book

## **Saturday morning clinics**

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

For more information on all clinic times please see  
our website

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

## Bridging the Gap

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

## Location of Public Defibrillators

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

## **POLICE**

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

## **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](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125

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

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

## **VETERINARY SURGERY**

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 \*

Monday-Friday Appointment Only 1400 - 1500 \*

## **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

## **POST OFFICE**

Main Street - Phone 20406

## **MARKET DAY**

Wednesday

*Last Page Update:*

*July 2022*