

Sedbergh & District

LOOKAROUND

November 2022

Issue 415

Donation £1

Don't forget that the December/January edition of Lookaround will be in full colour, so if you are an advertiser make sure we have a sparkling colour advert.

If you're looking for a handyman we have a new advertiser, Guy Williamson, see his advert on page 11. And if you're looking for a job see the advert on page 3. *Ed.*



ST ANDREW'S CHRISTMAS FAIR

**The Fair is on Saturday
19th November 10 a.m. until 2 p.m.**

**Father Christmas 12 noon until 1.30.
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crafts, cakes, books.**



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welcoming you!**



**CLOSING DATE: 15th of every month for everything
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e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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Ingmire Sunset

Sue Whiteley

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Every Wednesday 9:30am to 11:30am

Wed 2nd November - Royal British Legion

Wed 9th November - Town Band

Wed 16th November- M.S. Research

Wed 23rd November- Ladies N.F.U.

Wed 30th November - The Bells

Groups who would like to run a Coffee Morning

please call Lynda Briggs on 07904 055 259

or email lebriggs@hotmail.co.uk



ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

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editor@sedberghlookaround.org.uk

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07464 895425

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

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

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SEDBERGH TOWN TWINNING GROUP

Garth Steadman

The Town Twinning Group regret our inactivity over the last two years due to circumstances beyond our control. We were due to celebrate 15 years of twinning between Sedbergh and Slovenia prior to the Covid lockdown and we had all sorts of events planned but unfortunately they had to be postponed. Our very supportive Slovenian Ambassador to the UK, Tadej Rupel, left office at the start of the pandemic and we continue to maintain friendship links with him and his wife Valentina. Their family is now based in Ljubljana but they hope to visit us here soon. Tadej has been succeeded by Simone Leskovar and we were looking forward to meeting her here in October. In the event she was unable to come but we were fortunate to host her deputy, Jakob Brenčič, instead.

A linden tree, a symbol of Slovenia, and the long awaited Slovenian-style beehive, were presented to Sedbergh by the ambassador's deputy and the large turnout of people who attended



St Andrew's were treated to an excellent concert provided by David Burbidge and his choir, Lakeland Voice. We appreciate their efforts as many of them travelled a long way to attend the event and should be commended for their efforts. Their command of the Slovenian language, which they used to good effect in many of their songs, was particularly impressive.

Jakob was shown around Sedbergh, visited many of the business premises and was impressed with the displays of beekeeping and bees. He was accompanied on a walk around Sedbergh and along the fell wall below Winder, to allow him to get a feel for Sedbergh and its surroundings. In addition he visited the community orchard to view the cherry tree, which was given to us by our twin town, Zreče, to celebrate the 15th anniversary of our twinning. The tree is now highlighted by a magnificent carved sign, courtesy of Alan Steadman

Thank you to all the people who turned out to support Jakob's visit and the whole event was a huge success. We'd like to thank our local shops for decorating their windows with a beekeeping theme and our

apologies to those shops which Jakob didn't have time to call in on.

We presented him with a photo album with scenes of Sedbergh, its people and events, and we'd like to extend our thanks to the local photographers who provided the images of Sedbergh and the Howgills.

We also gave Jakob 'a taste of Sedbergh' to take back to the embassy in the form of some traditional Cumberland sausages donated by the Meat Hook butcher's shop in Sedbergh. (Traditional Cumberland sausage achieved Protected Geographical Indication (PGI) status in March 2011)

'A smell of Sedbergh' came from the Sedbergh Soap Company who manufacture soap products designed for sensitive skin. They donated a gift pack of a selection of their products.

We would like to thank Sedbergh School for their hospitality and the excellent buffet lunch they provided in their Hirst Centre.

As always St Andrews Church welcomed everyone and provided the perfect venue for the music event. The linden tree has been planted in an attractive location on the south side of the churchyard.



PEOPLE'S HALL



Sandra Gold-Wood

Hello, fellow citizens of Sedbergh. Of course next month I will do a full write up of a year at the People's Hall but for now I will just do a quick update.

The PH has broken even financially this year. The PH financial year ends in Sept when we hold our AGM. The books have shown almost a complete match on out-goings and incomings which is just great news. There are plans to modernise the lighting in the Main hall and to decorate. With the central heating being enjoyed by hirers the PH is certainly holding its own. This is obvious by the bank balance, which is balanced. We, the PH committee, are delighted with the way in which the bookings have taken off since lock-down and we look forward to a great festive season in the PH.

There are plans to plant of trees between PH and Highfield Rd. This is 'the Queen's Canopy Garden' and is part of the late Queen's Platinum Jubilee celebrations.

If you have thoughts and ideas that you would like the committee to hear, then please do consider becoming a member of the PH committee. You will receive a warm welcome along with tea and biscuits. Many thanks for your support.

Look out for full run down in the Dec Lookaround.

Many thanks on behalf of the People's Hall committee.

SEDBERGH INFORMATION CENTRE & HOWGILLS BOOKSHOP

Debbie Wilson

Traditionally the Centre has always sold Christmas Cards, and these have been Charity cards; due to restructuring following Covid the company who used to supply these can no longer do so. The Directors have taken the decision to make a donation directly to two charities, 25% from the sale of each Christmas card pack will be donated to Sedbergh Community Cupboard and The Trussell Trust. As well as Christmas Cards we have a wide range of gifts, stocking fillers and the Sedbergh Calendar.

The Centre and Bookshop are open 7 days a week between 10am and 4pm staffed by Volunteers who do either a morning or afternoon shift. We are currently seeking a new Volunteer to join our team on a Thursday morning due to the relocation of the Volunteer who did this shift. We'd also like to hear from you if you'd be interested in volunteering on a more occasional basis as we always need people to cover for holidays. If you are interested please do contact me at the Centre on Sedbergh 20125 to find out more..

SATURDAY TREE PLANTING

Peter Apps

Wednesdays are obviously not suitable days for people who work to come out and plant tree saplings. Our Childrens' Wood and SEN group plant tree saplings in the Sedbergh Primary School catchment area over



the winter months and we have a successful mid-week group that has so far planted over 3,000 trees on carefully chosen sites around Sedbergh.

We would like to see if there is enough interest to start a Saturday morning group.

Dependent on interest (and weather!), this may only be on one or two Saturdays per month.

If interested, please contact me, via peterapps@icloud.com or phone 07751689531.

We are also trying to get hold of some old rucksacks, dry bags or anything with shoulder straps to convert for carrying tree saplings, guards and canes or stakes to planting locations. These sites are usually some distance from where vehicles can park. We only need a few and condition is not a concern as long as the shoulder straps still work.

Finally, if you have planted or have self-sown saplings in your garden that are outgrowing your space, please let us know so that we can find homes for them. Thank you!



BOXES OF HOPE

Pam Dent

For anyone who hasn't quite finished making up this year's Christmas shoe-box, time is running out! The deadline for handing in completed boxes to either the Post Office or the Information and Book Centre, 72 Main St., is Saturday 12th November. Spare children's hats, gloves, small toys etc. are also welcome for topping up "thin" boxes and have been known to appear on my doorstep in the past. Otherwise, give me a ring on 20042 and I will collect. Thank you.

TROTT MUSICAL FOUNDATION

Nicola Cann

Applications for funding for music tuition from the Freda Trott Musical Foundation for the Spring term 2023 are open. The closing date will be 22nd December.

We have a new website and applications can now be done online. Paper forms can still be obtained at McGarry & Co Solicitors in Sedbergh in case anyone needs one.

See trottmusic.co.uk for more information.

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.



OPEN HOUSE

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ROYAL BRITISH LEGION - REMEMBRANCE SERVICE

David Parratt

The Royal British Legion do hope that you can join us at 10.30 am on Sunday 13th November in St Andrews Church for the Remembrance Service and afterwards at the War Memorial in the Churchyard to remember those who paid the ultimate sacrifice in wars past and re-commit ourselves to peace.

There will be a short ceremony at the War Memorial at 11.00 am on the Friday 11th November to remember the anniversary of the signing of the Armistice at the end of the First World War.

THOMAS SEDDON - A VISITOR TO HANDLEY COUNTRY

Colin Cowperthwaite

I'm unsure when or where it was first published, but I have been loaned this article by Tommy Brooks of Sedbergh, whose family once farmed at Wandale.

The Liverpool to Newcastle coach was about halfway on its journey when it drew up, just north of the Cross Keys at Cautley, between Sedbergh and Kirkby Stephen. A small boy alighted, alone, his belongings in a bag and a label stitched to his coat, informing the world that he was Thomas Seddon, bound for Handley's Bridge, Cautley.



The year was 1841 and the boy was five years old. The child would watch the coach, rumbling and lurching towards Rawthey Bridge, which then marked the boundary between Westmorland and Yorkshire, before he set off across the river and up the fellside to his grandad's 38-acre farm, Wandale.

This district had been populated with Handley families since the 16th century, but a search through the census shows a drastic reduction in general, and Handleys in particular, during the 19th century. The first census, for which the population was named, and ages given, was in 1841, and this provides proof for the family legend that young Tom used to be sent alone to stay with his grandparents each summer.

On June 10th 1841, the Wandale household consisted of Joseph and Ann Handley, their daughter Jane, and "Thomas Seddon, aged 5, visitor". At that time there were four families of Handleys farming that sparse finger of land known as the Fell End Angle of Ravenstonedale. Now there is none.

Joseph Handley had inherited Wandale as a child, from his uncle Philip, so when Joseph married Ann Hunter from Dent, at Lea Yeat Friends' Meeting House in 1809, he was already in possession of the farm. It is situated high up on the fellside facing east and is approached by the steep and narrow lane which leads from the main road at Handley's Bridge, passing the cluster of buildings known as Northwaite, and continues as a track, on past Wandale towards Adamthwaite.

Joseph and Ann reared a family of eight, one boy and seven girls, on this tiny grass farm, where sheep were kept for wool rather than meat, and where each girl left home to seek work as soon as she was old enough. Mary, the eldest daughter, was 16 when she left home for Kendal in April 1828, before going on to work in Liverpool, where she met James Seddon. Mary brought James home for their wedding at Brigflatts Friends' Meeting House in 1834, but they made their home in Liverpool. Mary Seddon was a widow soon after the birth of her son, Thomas.

The summers which young Tom spent at Wandale made a great impression on him; he retained a love of the district, and strong ties with other local families on both sides of

the county boundary, for the whole of his life. As a child, so it is said, he had been taught to tickle trout in the Rawthey on Sunday afternoons! Much later, when he was a respected boot and shoe manufacturer in Leicester, he pursued his fish more legitimately from a Narthwaite cottage which he rented for his annual fishing holiday. A week or fortnight at either Narthwaite or Cautley became routine in the Seddon family - an event which continued through three generations.

His boyhood jaunts to Westmorland ceased when he was sent to Ackworth for four years schooling. His father had been there before him. Tom left school in 1849 and began his apprenticeship with a leather merchant in Liverpool. He was brilliantly clever with figures - one of his Ackworth school friends described him as "a calculating prodigy" - an attribute which would be much valued by a firm involved in transactions concerning the irregularly shaped skins which would have to be assessed for size and value.

Tom's first marriage in Liverpool, in 1859, ended with the death of his wife after the birth of his first child. Certainly Alice Handley, Tom's aunt, who is known to have moved to Liverpool to care for his motherless child, had disappeared from the Narthwaite census by 1861. Thomas Seddon moved to Leicester and his new job entailed some travelling round the country; with so many friends and relatives there was no need to search for lodgings when he was in the area. While he was

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spending a night in Sedbergh with a Handley aunt - which, of so many, is not known - Elizabeth Holme from Kendal was visiting the same lady. They were introduced, but Tom's response was little more than a courteous nod, and Lizzie is known to have been desperately shy. It is no wonder that it was some time before they met again, and eventually, in August 1869, were married. They were second cousins, sharing the same great-grandparents, Isaac and Mary Handley of Narthwaite.

Lizzie Holme had also attended Ackworth School - in fact, the couple had been there at the same time - a situation which makes the fact that they had not previously met, hard to believe. At that time the only fraternising allowed with the opposite sex at Ackworth, was between cousins; Ackworth cousinship was an institution which could challenge all genealogists. Tom and Lizzie made



their home and brought up their family in Leicester, and their three children followed their parents to Ackworth. Holidays were spent in Northwaite, or in Kendal, where they visited Lizzie's mother and sister. Tom was an excellent businessman and very generous. His good works were not confined to Leicester, where he is said to have provided Leicester Football Club with its first turnstiles, they spilled over to Lizzie's relatives in Westmorland.

During the 1890's he built the County Mews in Sandes Avenue, Kendal, an enterprise which was conducted by his wife's nephew. The architect was Stephen Shaw and the premises opened for business in 1895. The building is still recognisable as the Palladium Cinema, though it is hard to imagine that, until after the 1914-18 war, it provided stabling for 60 animals and offered coach trips, "Landaus, Victorias, conveyances for funerals and weddings a speciality". He also built houses on Castle Garth and owned other property in Kendal, including some delightfully situated cottages, Spring Gardens. There is little evidence today of his involvement, other than his voting

rights entered on the Burgess rolls and his old account book which records the rents, rates and improvements that he made.

Tom Seddon died in 1908 and was buried alongside his Handley, Hunter and Holme forebears in the Friends' Burial Ground at Brigflatts. His sons and grandchildren continued to visit Cautley, and their photographs survive. At one time they stayed at the Cross Keys, from which the murmur of tumbling water from Cautley Spout could be heard on a still evening. When the Sedgwicks moved from the hotel to High Wardes Farm, and continued to take visitors, the Seddon family patronised their new venture. Jessie Seddon, Tom's eldest grandchild, made a sketch of Wandale on her last visit sometime in the 1930's, showing a picturesque though rather dilapidated, forlorn, hill farmstead. Now it is no more than a ruinous pile of stones. But it is easy to imagine young Tom, climbing up the fell behind the house and on to the roof, surprising his Granny by dropping pebbles down the chimney, straight into the porridge she was stirring for breakfast!



AUDREY HEPBURN'S CHILDHOOD

Karen Bruce Lockhart

Audrey Hepburn was born Audrey Kathleen Ruston in Belgium on 4th May 1929. Her mother was a Dutch aristocrat, Baroness Ella Van Heemstra, who had wanted to be an actress but whose father thought it would bring disgrace on the name. Aristocratic daughters were supposed to marry well and produce children. Audrey had two half brothers from her mother's earlier marriage. Her father was born of English and Austrian parents, and through him she was entitled to an English passport. Her father seems to have had social ambitions and researched his ancestry, apparently

tracing his forefathers to James Hepburn, 3rd Earl of Bothwell (the father of the famous lover of Mary Queen of Scots). He decided to add the name to his and Audrey suffered her first change of name: Audrey Kathleen Hepburn Ruston. Because of her father's travelling she learnt to speak five languages: Dutch, English, French, and later Italian and Spanish

Both parents were ardent Nazi sympathisers and members of the British Union of Fascists and were openly involved in fund raising and recruitment. Her father was a member of the Belgium Fascist party as well as the BUF. An article written in the Blackshirt entitled The Call of Fascism written by her mother can be found on the internet. They toured

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Germany with Mosley's BUF delegation to observe conditions under the Nazis, and met Hitler. However, almost immediately after this, when Audrey was on six her father (a banker) deserted the family. She always said in later life that she never recovered from this and it made her feel insecure. When years later she tried to renew contact with him he was completely disinterested. She used to say that she remembered her mother sobbing for days, but nevertheless her mother was back in Germany with Unity and Pamela Mitford attending the Nuremberg Rally within a few months, and on her return she wrote an editorial in the Blackshirt praising Hitler's Germany

Audrey meantime had been attending boarding school in Kent and learning to dance. In 1939, apparently thinking that a neutral Holland was safer in case of the outbreak of war, her mother moved Audrey and herself to Arnhem in Holland where she had relatives and Audrey's grandfather had been mayor. However, in May 1940 the Germans invaded Holland. Audrey's

mother fraternised with the German officers openly. On one occasion she organised a cultural evening in Dusseldorf for the Dutch Nazi party. The Dutch underground suspected the Baroness of being an agent for the Gestapo. Before the war she had displayed a swastika and German eagle on the wall of her house.

Despite her mother's aristocratic background she had no money, even the grand ancestral home in the background was rented. Her mother had to earn a living and sold furniture, while she and her daughter settled into a modest appartement in Arnhem. She changed her daughter's name to Edda Van Heemstra to avoid attention being drawn to the fact that she was English

After walking out on the family, Audrey's father became involved in a corporation with financial ties to the Third Reich. By 1938 her was being investigated by both the British and Belgian Parliaments, and was alleged to have received £110,000 from German industrialist to publish an anti-communist newspaper. His two business partners were a Nazi lawyer and a member of the Gestapo. In

June 1940 he was arrested as an enemy of the state and interned on the Isle of Man for the rest of the war. After the war he lived in Ireland.

However, her mother renounced fascism when her brother was among Dutchmen rounded up and shot as a reprisal against saboteurs (having to dig his own grave). One son had to go into hiding to avoid deportation to Germany and the other was deported. Audrey's mother fled to a small nearby town. She worked with the Resistance and nursed wounded allied soldiers.

There is considerable debate as to whether Audrey ever worked for the Resistance in an active role, although many Dutch children were used couriers as the Gestapo considered children, especially girls, under 14 to be too young. There is some evidence that she worked for Dr Hendrik Visser 't Hooft, an underground leader, whose hospital was a centre for resistance. She is said to have delivered Resistance newsletters written on paper half the size of a table napkin and stuffed in her socks and clogs. Because she spoke English she is said to have been used to take messages to downed British pilots. However, she did dance to raise money for the Resistance. She had started to study dancing seriously. Concerts were held in secret with guards to warn of the approach of the Germans, and Audrey later said "The best audiences I ever had made not a single sound at the end of my performance"

In the Hunger Winter (see last month) she was often reduced to

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eating tulips bulbs and even trying to make an edible mulch out of grass. Breakfast was usually hot water and a slice of bread made from brown beans, with broth and a potato for lunch. She went for up to three days without eating at times. They were often without power, heat or water.

This version of Audrey's background was heavily suppressed by Hollywood as it was felt that her parents' Nazi sympathies would damage her career. Even now it seems difficult to obtain reliable information.

Her childhood undoubtedly influenced her devotion to children suffering from starvation and loss of parents in her later years.



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

2022

Wednesday 16th Nov



FIFTY YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from November 1972. As my own collection of newspaper cuttings is almost exhausted, I am most grateful to Raymond Campbell for allowing me access to the extensive scrapbooks of his late brother Maurice Campbell.

Sedbergh's Christmas 'Lights' - after all

Sedbergh and District Chamber of Trade decided unanimously on Tuesday that Sedbergh should have Christmas illuminations this year. At a previous meeting, members were told that there were insufficient funds to pay for lights, but the treasurer, Mr A. Bramham, reported that the financial position had improved in the interim. The secretary, Mr H.W. Eastham, said there had been considerable public interest following the report that there would not be lights at Christmas, and a number of local citizens had come forward with offers of financial help. The chairman, Mr R. McGuire, agreed with the suggestion that the public should be encouraged

to participate in the venture, and it was agreed that collecting boxes should be placed in local shops, inviting the public to contribute. There are 128 traders, business and professional men eligible for membership of the Chamber, and the secretary was instructed to write to them asking for support. Christmas illuminations will continue for a month from December.

Harvest Festival

Harvest Festival services were held at St Gregory's Church, Vale of Lune, Sedbergh on Sunday. The morning service was conducted by the Rev T.A. Harman of Sedbergh School, and at the evening service, conducted by the vicar, Canon D.A. Rogers, the preacher was the Rev G.P. Wedgwood of Dent. The organist at both services was Mrs M. Jackson. Part of the gifts of harvest were distributed locally, and the rest were sent to Kendal Green Hospital.

Local Wedding



The marriage took place at Ravenstonedale Methodist Church on Saturday of Mr Frank Capstick, elder son of Mr and Mrs G.H. Capstick of Birkhaw, Howgill, to Miss Judith A. Capstick, only daughter of Mr and Mrs E.T. Capstick of

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Lockholme Hall, Ravenstonedale. The ceremony was performed by the Rev S. Routh of Tebay, and the organist was Mrs T.W. Capstick, Sedbergh (bride's cousin). The church had been tastefully decorated by Mrs K. Allison. The bride, who was given away by her brother Mr Norman Capstick, wore a full-length model classic-style gown of white grosgrain trimmed with guipure lace, falling into a train. The bridesmaid was Miss Ruth Capstick (bride's niece). The two small attendants were Alison and David Capstick (bride's niece and nephew). The best man was Mr Donald Beaty and the ushers were Mr Hird Capstick (bride's brother) and Mr Edmund Capstick

(bridegroom's brother). During the signing of the register, Mrs Nora Alderson (bride's cousin) sang "Amazing Grace". The reception was held at the Black Swan Hotel, Ravenstonedale. The bride received a Wedgwood flower container from members of Ravenstonedale Young Farmers Club, and the bridegroom received pyrex ware from Sedbergh Young Farmers Club, of which he is an advisory committee member.

3,000 join Sedbergh Revels

Ignoring bad weather on Saturday, a crowd of 3,000 people flocked to Sedbergh's ninth annual bonfire and firework display, sponsored by Sedbergh Gala Day Group. A spectacular 250 pound display and

giant bonfire was held at Howgill Lane playing field, with the fireworks ignited from a field loaned by Col. R. Gregory. Sideshows and stalls did a roaring trade, and a total of 1,000 hot dogs were consumed. Sixty two children entered a turnip lantern competition, the winners of which were: Under 10 - 1. A. Cannon, 2. M. Hall, 3. P. Winn. Over 10 - 1. W. Mason, 2. A. Winn, 3. H. Hunter. In the competition for the best Guy Fawkes, the winners were W. Kay, R. Mason and H. Hunter. The competitions were judged by Mr and Mrs Marney (Mr Marney is headmaster of Sedbergh Primary School). After the bonfire a beat dance for younger people was held in the People's Hall, while for "old-tyme" enthusiasts there was a separate dance in the Masonic Hall.

Sedbergh loses a Noted Citizen

One of Sedbergh's best-known residents, Mr Harvey Augustus Askew of Town End, Sedbergh, has died aged 89. A member of a very old Sedbergh family, Mr Askew could trace their ancestry back locally to 1547. The family coat-of-arms featured two sheep and a horse. Mr Askew's grandfather opened the first

cobbler's shop in the district, in premises underneath what is now Dent Foot Methodist Chapel. He married the former Miss Elizabeth Herdson of Barbon, who died some years ago, and his only son died in May. As a young man, he founded the family grocery business by collecting orders from farmsteads in the area, travelling by bicycle. By this means, he acquired much of his extensive knowledge of Dales folklore and dialect. An expert angler with a unique knowledge of local rivers and streams, his advice was always eagerly sought. He knew the countryside and its inhabitants and particularly the droll wit of the farmers and countrymen with whom he lived and worked for over eight decades. His funeral service was held at St Andrew's Church on October 25th, followed by interment at Sedbergh Cemetery. "A bit of old England has passed on, and we shall not see his like again".

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VALLEY LIGHTS

Colin Cowperthwaite

A newspaper cutting from 55 years ago - courtesy of the late Maurice Campbell - regarding the arrival of electricity in Grisedale.

Electricity has arrived in Grisedale - but it may have come just 10 years too late to save the community life of this lovely but lonely valley stretching up between the 2,200ft peaks of Baugh Fell and Swarth Fell in Yorkshire's remote north-western peninsula. Ten years ago there were eight busy farmsteads and enough Dales folk to rattle the windows of the tiny chapel at Sunday afternoon services. Today, when electricians have extended the power lines over the hillside out of Garsdale, most of the chapel's congregation of six come from outside Grisedale, and only two of the farms are still occupied - and at one of those the amenities of electricity have been declined! Mr and Mrs Jack Thwaite have refused a service which is an essential in most Yorkshire homes, but they have "nothing against electricity". It is merely that at their time of life and with no children to succeed them, they don't feel it worthwhile to convert their home at



Mouse Syke Farm, from bottled gas to a medium they have never used.

Both have watched TV with friends, but Mr Thwaite doesn't think they will miss that. "My wife doesn't like it. I do in a way, but I can manage without it", he said. Mr Thwaite is convinced there would have been more people in the dale if such luxuries had come sooner. He was born in Grisedale and has lived at Mouse Syke for 31 years. "When I was going to school there were 37 of us going over the fell on a half-hour walk to school. It's only about 10 years since people started leaving the dale. There used to be eight farms, all busy". Electricity or no electricity, Mr Thwaite says "I'm as happy as a king. I couldn't live in a town". The poles carrying the new power line stop at Blakemire Farm, home of Mr and Mrs Richard Pratt and their family. Mr Pratt was delighted the first time he switched on. "We had been working in the fields until dark, and when we switched on the lights in the yard outside it was like daylight", he said.



Mrs Pratt is waiting for a new oven to replace her bottled gas stove, and she looks forward to television. But she would rather have had a road. A narrow, metalled road winds up the middle of the dale, but it is still a half mile walk through the fields to Blakemire. They have never been snowed in - "the County Council do a wonderful job" - but Mrs Pratt said it is "dreadful" in winter. "There are plenty of worse places", said Mr Pratt. "There's good land in this dale, better than in Garsdale, but the farms at the top are being 'ranch'd' from outside now. They would have been occupied yet if we had had electricity and roads sooner".

60 YEAR OLD PHOTO



Elsa Wood c.1945/1950 with her dog and some friends enjoying the sunshine on Main Street. Can you identify the friends? Let us know!

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ALBATROSSES FROM SPACE Wildlife detectives needed!

Marie Attard, BAS

Fancy visiting the Antarctic from the comfort of your living room – Have you watched Frozen Planet 2? Do your bit for wildlife. "We urgently need the public's help to monitor this iconic species. All you will need is a tablet or computer, and a keen eye." (PS this can count as a skill if you are doing your Duke of Edinburgh Award).

Soar over satellite images and become a conservation scientist to help survey albatrosses from the comfort of home.

Albatrosses are the birds of legend, myth, and awe. They're beautiful, winged giants, soaring over oceans for weeks at a time. But they're in danger. Intensive fishing, climate change and invasive species are making life for albatrosses harder and harder.

That's why we've teamed up with the British Antarctic Survey on a project called Albatrosses from Space. Together, we're taking a bird's eye view to count individual birds, from space. It's incredible to view

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these majestic birds using satellite imagery, but we can't count them alone. In fact, we could really use your help.

If you'd like to become an albatross detective, read on to find out how to get involved in this exciting project.

From the stars to the sea

Using high-resolution satellite images, The British Antarctic Survey (BAS) team has found a way to pinpoint the albatrosses. It's not entirely clear what you're seeing at first, but once your eyes adjust, you realise the small white dots you're looking at are individual birds within the breeding colony.

We're currently focusing on Wandering Albatrosses on South

Georgia, in the South Atlantic Ocean. Although Wandering Albatrosses nest in relatively flat, grassy land, the islands of South Georgia feature sheer, rocky cliffs and outcrops. Accessing the islands is dangerous and expensive for researchers. Using satellite imagery to count the birds is less risky, causes no disturbance to the birds or their habitat, and also saves time and funding, opening up previously inaccessible areas for surveying.

The wingspan of a Wandering Albatross is an immense 11 feet - the greatest of any living bird. Their bodies alone are over a metre long, meaning they show up in satellite images as creamy white dots! The project is being led by the 'Wildlife From Space' team at BAS, which also monitors walruses, penguins, whales and seals via satellite imagery.

"These giants of the bird world spend most of the year at sea but return to remote islands to breed. The best time to count is when they are incubating their single egg, so we take satellite images during this time. Albatross detective counts will be used to develop automated detection

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in the future.” Peter Fretwell, British Antarctic Survey

Albatrosses need our help

Albatrosses can live well into their 50s, forming lifelong bonds with their mates. They glide over the seas with exceptional ease, harvesting energy from the winds close to the water to gain lift. The oldest known albatross is a Laysan Albatross named Wisdom. She's at least 70 years old, and in December 2021 raised another chick.

These remarkable creatures are struggling, though, with population numbers in decline. Fisheries, invasive species and climate change all pose a serious threat. At sea, albatrosses contend with the perils of commercial fishing lines and trawl

cables. Longlines are 10s of miles long, and seabirds that try to steal baits can be hooked and drowned as the line sinks (termed 'bycatch'). It's thought that around 100,000 albatrosses are killed by longline fishing gear every year.

On the land, albatross chicks can be attacked by invasive species such as mice, rats and cats. Often these species were accidentally introduced to these remote islands by sailors. At least 13 of the 22 albatross species are affected by invasive species.

Most of the world's 22 albatross species are at risk of extinction. The Wandering Albatross is listed as Vulnerable by the IUCN (International Union for Conservation of Nature).

Open House

EVERY **TUESDAY**, 10AM-12PM
CORNERSTONE COMMUNITY CHURCH

Come and relax, chat, drink coffee (other beverages available!) play games, pursue hobbies and generally just 'chill'. For more information contact Janice on 015396 20229

Coffee Morning

EVERY **WEDNESDAY**, 9.30-11.30AM
ST ANDREW'S CHURCH, SEDBERGH

Join us for tea, coffee, a chat, and the occasional raffle! (St Andrew's Church is open daily from 8am-6pm.) For more information contact Susan on 015396 20754 or Tony on 015396 21081

Zero Waste Cafe

EVERY **THURSDAY**, 2-4PM
CORNERSTONE COMMUNITY CHURCH

Hot drinks, cake, children's corner, and gentle activities. For more information contact Suzie on 07833 534710

Little People Baby & Toddler Group

EVERY **FRIDAY**, 9.30-11AM, IN TERM TIME
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A place for toddlers, parents, and carers to be together and catch up. For more information contact Vicki on 07989 435795

If you would like help with transport to any of these events, please contact the event organiser.

Illustration used with permission © Joyce Lee

It takes almost a year from laying an egg to rearing a single chick for a Wandering Albatross. The parents then take the following year off, to recover. This means populations recover slowly if adults die in fisheries, putting these species at real risk of disappearing if we don't reverse the trend.

"Pairs of Wandering Albatrosses mate for life. Their fantastic and elaborate courtship displays involve 'dancing' while raising their spread wings, calling and puffing out their chest." Richard Phillips, British Antarctic Survey

How to become an albatross detective

Counting individual albatrosses is a fantastic way to monitor populations and breeding numbers. It also helps us to evaluate our conservation actions and their impact on albatross recovery. It's crucial work, and we'd love you to be involved.

Anyone can take part in this project – you don't need to be an expert, we'll show you exactly what to look for in the satellite images. Our long-term goal is to form a flock of albatross detectives so that together we can complete the world's first worldwide albatross census. Getting people involved at this early stage will help this project go from strength to strength and make a real difference to albatross conservation.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Our swifts are now settled in their main wintering ground in the Congo in Central Africa. In January they often move eastwards towards Mozambique and also further south. But why bother migrating? Why would a small bird put itself through this feat of endurance? It must be that the risks of staying outweigh those of moving on.

Typically, migration is driven by the availability of resources such as food, the accessibility of nest sites and safety from predators. For insectivores the great advantage of breeding in the north is the much greater length of daylight, making the

foraging time for insects far greater. In the far north, with its huge abundance of insects, the midnight sun allows for non-stop foraging.

Birds use many techniques to navigate, using cues from the sun, stars, and the earth's magnetic field. It appears that this ability may be genetically hard wired in them. While birds perceive the sun and stars through normal vision, we still don't know how they perceive the magnetic field. One new theory is based on a recent discovery of magneto-sensitive proteins in the photo receptors in birds' eyes and bills. But this alone is not sufficient to explain navigational achievements: for example, albatrosses fitted equipped with head magnets still managed to

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find their way across the Southern Ocean.

Interestingly, birds' brains are lateralised – each half performs different function. For example, pigeons use only their right nostril in homing, while information about the earth's magnetic field is only interpreted by the right eye in robins.

What determines their migration route? Most migrants return to the same breeding area each year, regardless of conditions encountered en route. Birds look to optimise the route to minimise energy expenditure and reduce hazards. Our UK swifts take the western route to the Congo, through Spain, Gibraltar and western Africa. Some Scandinavian Common Swifts however take a direct route

through Italy, crossing the Mediterranean and across the Sahara. Sand martins undertake a 'loop' migration, flying in autumn via the western Mediterranean but returning in spring in a loop via the east. Honey buzzards switch between completely different flyways throughout their lives and still return to the same place to breed next year. Incredibly, for their winter location, wood warblers were found to return to the same clump of trees in Burkina Faso every year.

For larger migrants such as storks and cranes, young birds learn from travelling in groups with older birds. How birds learn migration routes has important implications for re-introduction schemes, with species



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like the corncrake needing to hatch at the site where you need them to return to the following spring.

Whooping crane need to be imprinted on human foster parents and are flown behind microlight aircraft to teach them their routes!

Tiny electronic tags are the key that have given us this insight into bird behaviour and the wonders of bird migration. They proved that our common swift remained airborne when not breeding, and can accomplish its spring migration from Africa to the UK in just 6 days, truly a marvel.

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

SEPTEMBER WEATHER

Brian Wright

As the days shorten and nights lengthen the temperatures generally fall and this month was no exception. Although we did not have a frost, night time temperatures were generally lower. Winds were steady but a pattern seemed to emerge in that many days started absolutely calm until the sun came up. As usual most wind was from a westerly direction. Although much of the country has had drought conditions for most of the summer we have had some rain with 95.3 mm (3.8") falling this month. Most of that fell in the first and last weeks of the month. Parts of west Cumbria had 130mm in (5.2") one day!!!

We seem to have lost all our tits. All have stopped coming to feed. As they don't migrate do they move south or into town for a warmer winter? Even sparrows seem to be in smaller numbers when feeding. We are still getting some magpies, much to the annoyance of one of our dogs who can't stand them clacking! Unfortunately, the rats seem to have had a good summer. An eradication campaign is underway!!

Carlisle was a bit of a disaster this year selling all the gimmers but no tups, plus the fact I got a 'phone call the following Tuesday to say there was a tup in a pen. As it was a bank holiday he had been there 3 days without food and water!! You can imagine my response!! I had to drive back up to collect him. I had come home under the understanding he had been sold. The problem of having upset prices!!

DENTDALE, HEAD TO FOOT

Mike Steele, Secretary, DDHF

015396-25054

07813-806209

mds@hallbankcott.co.uk

Our October meeting was a visit to Levens Hall Gardens, which was much enjoyed by those who went.

Fortunately a warm dry day allowed the group to saunter around the gardens, notable for their box hedges and tall blue flowers, with numerous water lilies on the pond. Deer grazing across the other side of the gardens added to the ambience of the time of year.

It seemed likely that the house would be closed at the end of the season, however it was found to be open, so an interior visit was made to view the ornate ceiling plasterwork

and leather panelling, the latter most unusual for the period in which it was built.

The lunch time food was an unexpectedly high standard, so much so that some of the group made it their main meal of the day and what was originally thought to probably be a half day visit turned into a full day, rounded off by afternoon tea at four o'clock.

We shall certainly return in the Spring of next year.

Our next meeting is on November 4th, when Yvonne Cerutti of Sedbergh will talk to us about "Fascial Fitness, Head to Toe". Do come and join us at 14:00 in the Sedgwick Room of Dent Memorial Hall!



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SEDBERGH LADIES' N.F.U.

Caroline Sandys-Clarke

The speaker at our September meeting was Gina Pennington from Penningtons Coffee Roasters and Tea Merchants of Kendal.

Penningtons was founded by Dave and Gina Pennington at the beginning of May 2018. They had both had a lot of experience of the coffee and tea business having worked for Farrers of Kendal. The company are based on Kendal Business Park and have a small shop alongside their roasting/packing factory. Although the pandemic proved a real challenge to such a newly formed company, Penningtons survived, there are now 5 members of staff and they have their own van for delivering to hotels and guest houses all over the Lake District. Penningtons import green coffee beans from Brazil and then do all the roasting of the different beans. Dave and Gina also sell syrups to flavour coffee and barrel age green coffee beans for 3months to make whisky flavoured coffee. De-

caffinated coffee is also produced but rather than use chemicals.

Penningtons slow roast the beans and use Swiss water.

As well as all the different flavours of coffee, Penningtons blend many different types of tea both loose leafed and in bags. And now they do hot chocolate. Gina told us there is actually more caffeine in tea than in coffee. The company have worked hard to have excellent green credentials with all the tea bags, coffee pods and packaging being biodegradable. A short meeting followed.

For our meeting on the 15th November we welcome Jo Baker from the Bowland Soap Company. On the 23rd November there is a coffee morning in St Andrews Church to raise funds for Dementia UK. Visitors are always welcome to our meetings which take place in the committee room at the People's Hall at 7.30pm on the 3rd Tuesday of the month.



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DENTDALE W.I.

Thelma Belfield

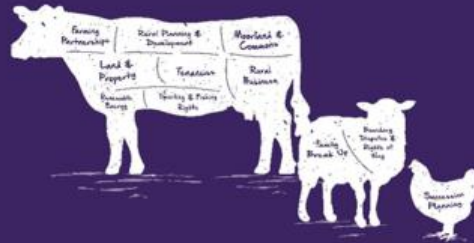
The August Bank Holiday weekend in Dentdale has traditionally been associated with a rural Show and Gala and, whilst over the years there have been changes, the celebrations remain a popular and well attended event. In the past our WI has provided home baking, ranging from competitive entries of baking and preserves at the Dent Show, holding a cake stall and, more recently, providing very popular delicious Afternoon Teas at the Bank Holiday Monday Gala. In recent years the Gala has seen further developments to include a Car Boot Sale. The restrictions imposed by Covid 19 have impacted on the provision of

afternoon tea, so our WI adapted to the changes by holding a stall selling cakes, scones, tray bakes, sandwiches and other scrumptious goodies, plus handmade crafts. This has proved popular and, on August Bank Holiday Monday this year, we held a highly successful stall, raising £400 towards the Memorial Hall funds.

Moving on into September and looking forward to our September meeting we were all extremely saddened to hear of the death of HM the Queen. Jackie, our president, together with other committee members discussed the potential cancellation of our meeting as a measure of respect during the period of national mourning. However, it was

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decided that the Queen, herself a member of the WI would have followed her personal mantra, and supported us in continuing with 'normal service', and so it was a sombre commencement to our September meeting with a minute's silence of respect in memory of our beloved Queen. Later in the meeting we sang the National Anthem to celebrate the proclamation of our new King Charles 3rd.

Our speaker for the evening was Debbie Haine, the Pilgrim Storyteller. Debbie arrived in her black cloak decorated with colourful motifs of all her stories. She told us that as a young girl she was not a great reader but enjoyed being read to, and it was this experience that prompted her

interest in storytelling. She began by giving us details of how story telling began thousands of years ago around camp fires and in caves. When the printed word was introduced they had books for storytelling. In modern times a survey found only 1 in 17 children had a book. Going nearly full circle there are many story tellers around entertaining us all now. Stories from India, China and Africa were told, and a special new one she had prepared for us from Cumbria. The stories incorporated some beautiful singing. Members were asked to pick one of the motifs from her cloak and Debbie told us the story of the Dragonfly. Debbie had us all entranced and proved story telling was not only for

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children. She has self published a book of her tales entitled Truth & Tale which is available directly from her website and also on Kindle. On behalf of all of us Kate gave a warm vote of thanks to Debbie and to her partner who had chauffeured her. As it was our annual Open meeting we then all enjoyed an excellent Jacobs Join supper with a table filled with delicious food.

As always there were business matters to discuss and Jackie began by formally thanking everyone for their support to the recent Gala cake and craft stall, particularly for the outstanding amount of home baking and craft items. Next up was our forthcoming fund raising event on Friday 28th October when the Kitty Brown fashion boutique is to present an evening of fashion with our own members modelling different outfits, and with the opportunity for all of us to purchase something new to wear. This event will raise much appreciated funds for the St. John's Hospice, our chosen charity for 2022. Four members have volunteered to model clothes and from past experience the evening will be fun filled and enjoyable, so put the date in your diary and come and join in the fun.

We were reminded that payment for our Christmas lunch was due by 1st October and finally details were confirmed for our late summer outing to Bay View garden centre for lunch and shopping on the 30th September. The evening concluded with the drawing of the raffle, and Chris and Noreen were the lucky winners.

My report this month covers both our September and October meetings and with autumn encroaching, the temperature dropping and beautiful changes of colour to the leaves on the trees we said goodbye to summer and on a very, very wet Friday morning, eleven of us set off for the Bay View garden centre. It certainly was not gardening weather and, sadly, we were not able to enjoy browsing amongst the many beautiful plants. However, we had an excellent lunch, great food, good company and extremely prompt efficient service, followed by a browse round the many beautiful items in the garden centre shop, whilst the rain poured down outside, completely obliterating the normally

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For our October meeting, Jackie our president, was absent and Catherine, a former long standing president of our group, kindly stepped in to chair the meeting. Catherine began by reminding us that November was our AGM and our president and committee would need to be re-elected, and voting slips were available for this. Members with no previous committee experience were encouraged to consider putting themselves forward. Preparations for our Kitty Brown fund raising evening were well advanced and our four volunteer models Jenny, Cathy, Sharon and Karen were making plans to visit the boutique to select their outfits.

Having been entertained at our September meeting with traditional stories from the past, our speaker this evening was completely different with a much more serious topic. Catherine formally welcomed and introduced Peter Knapton from the 1st Responders Team. The title of his talk was 'How to save a life' Peter talked about the work of the First

Responders, who are all volunteers but form part of the North West Ambulance Service. The Ambulance service provides equipment, training and insurance and, very importantly, welfare backup. Some of the callouts are traumatic and support is vital. Most callouts are for strokes, heart attacks, breathing difficulties and falls. There are 8 active volunteers in Dent, which is very good. There have been over 300 callouts since 2003 and 24 so far this year, which is well above average. Peter explained that the main factor in survival is speed. Responders carry pagers so they can be contacted immediately, these do not work properly in Dent so SMS messaging is used to support the system. The WI initially supplied laminated location cards for each house in the dale and these are still used, but Peter encouraged everyone to download the apps What3Words and OS Locate to ensure an accurate location can be given to the Ambulance Service.

He then invited us to learn how to do cardio pulmonary resuscitation using a resuscitation doll and a training defibrillator. Anne S. volunteered first and several other members took the opportunity to have a go. Peter stressed that the most important thing in saving a life when the heart has stopped is doing chest compressions, which can be done by anybody and is a skill which everybody should learn. He ended his talk by reading out a letter from a paramedic thanking the First Responders for their assistance at a recent callout. There had been only one paramedic available and the First



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Responders were a vital part of the team. Peter thanked the WI for their part in setting up the service.

I, personally, have experienced the excellent care our First Responders provide, and cannot praise them too highly for their support when you are not enjoying the best of health. They are without doubt a huge benefit to our community. Barbara gave a grateful vote of thanks to Peter for his interesting and informative talk.

As usual we ended our evening with tea and biscuits, on this occasion with Marjorie enjoying a well deserved holiday, Anne M. provided the delicious homemade biscuits. Catherine thanked Wendy and Anne S, our hostesses, for the

evening, the competition was won by Chris with her good idea for a fund raising event and Anthea and Barbara were lucky raffle prize winners.

Next month is of course our AGM and we have homemade cake to look forward to with our cup of tea, traditionally provided by the committee at every AGM and, once the formal business of voting and election of officers and committee is completed, we are being treated to a mystery competition, and it is quite intriguing to look forward to a mystery event, so if you would like to join us, you are sure of a warm welcome, and homemade cake. We look forward to seeing you.

KILLINGTON W.I.

The Afternoon W.I. for the Entire District

Wendy Fraser-Urquhart

We were lucky with the weather. Today it was cloudy. Our spirits usually lift when it is sunny but, as we were anticipating an illustrated talk at our meeting, we were glad that it was overcast. It meant that the pictures would show up more clearly on the screen. We were ready to journey from the Arctic to the Antarctic with Ernie Hailwood, to hear about the Adventures of a Geologist in the Wild. Now quite what would one expect from that title? I was particularly eager to find out as geology is one of my enthusiasms and has been since my student days, many eons ago. Nowadays, most of us are familiar with terms such as continental drift, sea floor spreading and mid-ocean ridges, and have observed how the coastlines of the Americas and Africa could fit together like pieces in a jig-saw. But how, why, and when, these movements have taken place is less well known. Ernie's geological journeys and work over the years have added to the evidence and explanation of these



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happenings. His presentation, in a scientific and entertaining way made it much clearer.

The journey on which he took us started in an isolated and totally uninhabited mountainous area of eastern Arctic Greenland. This was reached by flight in a cargo aircraft, followed by flight in a small, light aircraft, and finally by helicopter, able to land on a very limited area of flat land. He and his Danish colleagues, all their equipment and food, were off-loaded, and they were left in the rocky, snow strewn wilderness to get on with their work. This involved climbing to examine lava flows which formed the steep mountains, and to measure the magnetism trapped in

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Sun 4th 10.30am Morning Worship, Speaker Harry Hutchinson

Mon 5th 7pm Gospel Evening with the Longton Family

the rocks to provide evidence for past geological happenings. The only sign of life during their stay was a visit from a beautiful Arctic Wolf Cub which was happy to lap up some reconstituted milk which they proffered. No sign of Mummy Wolf though! Let's be thankful for small mercies.

Geological adventures at the opposite end of the globe consisted of an expedition on a ship fitted with a drilling rig to drill cores from hundreds of feet beneath the sea bed of Antarctica. The seas in the Southern Ocean were incredibly rough but the equipment was able to cope with it. The magnetism of the core samples provided more

scientific evidence of what has happened, and is happening to our earth's crust. Now! Here is a little fact for quizzers – Antarctica separated from South America 32 million years ago. Not a lot of people know that!

Ernie was warmly thanked for his fascinating and informative talk, and let me add that if you have a chance to hear him speak, don't miss it!

Then it was time for tea, and on to our usual business. In Susan Sharrocks absence, having a much needed and well-deserved family break, the meeting was chaired by Margaret Denton, our Vice President. Next month will be our AGM. Marion Wood, our secretary, will be resigning. She has organised our

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happenings happily and so efficiently for several years for which we are most grateful. She will be a hard act to follow. Volunteer is required. We heard that our team of Christine Drury and Lindsay Gray had done well at the WI Federation Reading Aloud competition, and our groupies really enjoyed it. Lots more of us enjoyed our lunch outing to Ireby Farm Café and shop. I even started my Christmas shopping, a doormat and a doorstep! We have another lunch outing planned, also a visit to a WI quiz at Orton, and three members are off to the Literary Lunch. Margaret Denton, Dilys Evans, Joan Perkins, and Susan Raw all received our birthday wishes. Sally Cragg won our raffle, and the competition for an interesting rock was won by yours truly, with something pretty and shiny, but not a diamond!

Our next meeting will be on Tuesday 15th November 2022 at the People's Hall which will be our AGM. This will be followed by a talk from our own Sally Cragg entitled South American Travels. I don't think that she will have camped in rock and snow!

HOWGILL/FIRBANK W.I.

Audrey Hoggarth

We met at Firbank Church Hall for the Annual General Meeting. We were down on numbers due to different reasons. Our president Sarah opened the meeting with a minute's silence in memory of her majesty queen Elizabeth II.

On to the business, and time to reflect and take a look back at events and happenings over the last year. We have had some excellent speakers throughout with some interesting topics. Two members attended the autumn and spring Council meetings. We entered a team in the federation Quiz, and we were pleased to be placed in second place. We supported Sandra Gold-Wood with her canary girls campaign. We helped with teas at the Sedbergh book fare.

The highlight of the year was our 70th Birthday celebration. According to records Howgill W.I. was founded on March 5th 1952. It was remarkable that our founder member Mary Stainton on the 3rd March 2022 found herself in the same hall being presenting with a 70 year membership certificate by federation Chairman, Karen Hanks, and Bridget Postlethwaite was congratulated with a 30 year certificate, for their contribution and loyalty to the W.I. A celebration cake, made by our president and cut by Mary, was enjoyed along with party food and a choice of drinks. We continued our celebrations in the company of guest of honour and centenarian, Mrs. Olive Clarke. as we raised our glasses to 70 years of Howgill WI, a

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memorable occasion in the company of an amazing lady.

Our two fund raising events were successful and our coffee morning was well supported. In June we hosted two separate walks and afternoon tea was provided for those who took part, boosting our funds. Due to this our treasurers report proved a healthy bank balance.

We proceeded with the vote for president. The result was unanimous Sarah was re elected and is happy to continue as our president. The committee remains the same. Sarah thanked members for their continued support throughout the year.

To sum up, I feel 2022 has been a special year due to our 70th year, a milestone in the history of Howgill WI. I feel sure we can continue and prosper, and look ahead to 2023 and beyond.

SEDBERGH W.I. REPORT

Moira Folks

As I write this on the first glorious frosty morning of the autumn, October 13th, we can look forward to a very colourful few weeks ahead as the trees gain their autumn hues. Let's hope we're blessed with sunshine and blue skies to make the most of them! Now, though, I must

turn the clock back to our activities in late September. Firstly, we had a successful coffee morning in St Andrew's Church rooms on 21st September, raising

about £195 to be shared between our Sedbergh WI funds and the Rural Women in Action Fund to help poor countrywomen in deprived areas abroad. This is a new name for what used to be called the Pennies for Friendship scheme, recommended by the National WI. Our sincere thanks go to all who supported us by

theWI
 INSPIRING WOMEN

buying raffle tickets, baking or buying things from the stall, as well as serving tea and coffee.

With quite a few of our members busy with holidays or other responsibilities, the walking group didn't meet in September, and the lunch group was reduced to two, so Valerie introduced Lynda to Levens Kitchen on 29th September. The Craft and Chat group met at Valerie's home on 6th October. Most of us, eight in all, had a go at making little booklets by folding a sheet of A4 paper, then decorating it before we had tea and cake. Others were busy rag-rugging or knitting. The next day, four of us took up an invitation from Sedbergh Library to join a craft 'taster' session where we were shown examples of Monoprinting by class leader Karen, and were then invited to try it out for ourselves. This involved painting a simple picture in thick acrylic paint onto a smooth surface and then pressing a piece of A4 paper on top of it, smoothing it out carefully, then lifting the paper and letting the paint dry. A second, and quite different effect, could be gained by adding more paint to the original paint on the board and using a

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second piece of paper or even fabric to print on it. It was fun!

Since a very bad cold prevented me from attending our main October WI meeting and book club, I asked Christine Chamberlain to report on them for me: 'The speaker booked for our monthly meeting on 12th October to tell us about the work of Kendal Mountain Rescue should have been Tony Womack. Unfortunately, he was unable to attend so our President, Ellen Morrison, stepped up at short

notice to compile and present a Quiz. WI members and several welcome guests formed teams of three or four, and we all enjoyed the collaboration within the teams. There were three rounds: Food & Drink; Film & TV; then General Knowledge, which included a range of interesting and, sometimes, challenging questions. It was an enjoyable, informal, sociable evening and we are very pleased that two of our guests have now become members. Our book club met at Pam's home on 13th October to discuss *The Seven Deaths of Evelyn Hardcastle* by Stuart Turton. The protagonist wakes in a forest not knowing who he is, or indeed where he is, or how he got there! He thinks he has just witnessed a shooting and that the killer is the unseen man who drops a compass in his pocket and tells him to go east. Arriving at an isolated mansion, dishevelled and distraught, he is recognised and acknowledged as Dr Sebastian Bell. However, he, and the reader, gradually discover that he is in fact Aiden Bishop and that he must inhabit eight 'host' bodies and repeatedly relive the same sequence of events, viewing and experiencing them from eight different perspectives. He can only be freed from this trap by solving a murder. He believes that there are others in the same situation and that only one can leave, so they are in competition. Whom can he trust? Can he change anything in these repeating loops? Everyone agreed that this 'fantasy thriller' was confusing, far too complicated and far too long (505

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pages!). There was general agreement that it was tedious and annoying, so several gave up on it. However, the few who completed the book felt that the ending was redemptive. There are revelations that enable the reader to understand the complexities of the plot but there are also twists that stretch credulity too far. Although a couple of readers said they had enjoyed the book, nobody said they would recommend it. 'Too clever by half' is perhaps a representative summary. The average score was therefore a low one: 4/10.' Many thanks to Christine for contributing this report.

Our next meeting, on November 9th at 7.30pm in the People's Hall committee room, is about the 'Signs and Symptoms of Cancer'. Dr Chrissie Hunt of Sedbergh Medical Centre is well qualified to speak on the subject. We look forward to being enlightened and educated on a



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subject which has touched most of our lives, directly or indirectly. The saying 'Ignorance is bliss' is totally untrue: Ignorance is in fact dangerous, as is embarrassment about bodily functions which may prevent people consulting their doctor and lead to dangerously late diagnosis.

Please come along to the meeting and learn about something which may save your life or someone you care about!

SEDBERGH GOLF CLUB

David Lord

2023 will see the 30th anniversary of the opening of probably the most scenic golf course in the area, certainly unique in being the first and only course within the boundaries of one of this country's most picturesque locations, the Yorkshire Dales National Park.

It was a dream for two farming families, the Handleys and the Wilsons that turned into reality. Not without its problems along the way, the new course became, and to this day remains, a shining example of what can be achieved with hard work and determination. The views are beyond price and no amount of money could buy the stunning setting in which the course is located.

The most significant problems came from objectors in the shape of Mike Harding, the singer entertainer, then living in Dentedale and a leading light in the Ramblers Association. The course would "destroy a beautiful area forever" and phrases like Dales Disneyland hit the press! The objectors took their case all the way to the Ombudsman and the then Secretary of State, Michael Heseltine, in a futile attempt to overturn the planner's decision but thankfully to no avail. As with all such cases however, the saga delayed things by over a year and cost thousands of pounds.

Then, and now, all the evidence clearly shows that far from detracting from the environment, the course actually enhanced it. Now that the land was not being heavily grazed by sheep and cattle, wild flowers

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proliferated and local naturalist Colin Armistead soon reported significant increases in the variety of birds and insects to be seen.

The course construction company, Maxel Golf, found the work a stark contrast to some of their previous developments, which included Slaley Hall in Northumberland, Westerwood in Scotland and San Roque in Spain. The YDNP officers were very supportive in achieving a result where all interests were protected, and it all led to a great and sunny day in August 1993, when the Rt. Hon. The Viscount William Whitelaw officially opened the course.

The years ahead would not be all plain sailing, but again hard work and great determination by all involved, brought things to where we are today, 30 years later with arguably the best 9-hole course in the north.



SEDBERGH GYM

Nigel Chamberlain

The new Management Committee elected at the June AGM has been busy as requests to join have increased which have meant more inductions and related administrative work. The increase in use of the facility has meant more work for cleaning staff too.

We decided to suspend the carbon dioxide monitoring logbook which we had asked members to fill in on entry and exit. These recordings have been valuable in setting ventilation extraction levels through the day to make the facility a safer environment for exercising. Thank you to those members who have helped with recordings.

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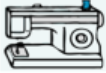


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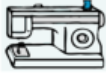
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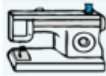
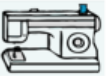
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Another recent decision was to have more regular committee meetings online in between quarterly face-to-face meetings with a view to streamlining decision-making. We have considered ways of increasing our income to keep up with increased expenditure, not least of which will be energy costs. While reluctant to raise membership rates and charge a fee for inductions, we may have to consider doing both. Meanwhile, we will be actively seeking external grant support.

Rosemary Lewes, our long-standing and much-valued treasurer has retired. Her multifaceted skills and dedication to keeping our community gym viable will be greatly missed. Ipek Manaley has taken over the banking role. However, we are looking for someone with payroll skills. Most of us on the committee do not have specific skills, just a willingness to make a contribution and keep the gym functioning.

NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

john.carey@settle-carlisle.com

It has been a busy time at the station with another phase of the remedial works recently completed. Having carried out the platform window restoration together with the high-level painting and woodwork repairs in the early part of the summer, the recent period was to allow for the installation on the new west window, complete the exterior decorating and joinery and we have pretty much accomplished that, albeit, slightly closer to the wire than we would have liked. Indeed, there was frantic activity on the Friday prior to welcoming guests again on the Saturday. However, the station has never looked better in recent times, and it is a pleasure to see cameras pressed against the train windows. In addition, we have been able to show quite a few visitors including interested Dentdale residents around the house whilst we have been working.

Regular readers will be familiar with the long running saga of the west window and nobody was more



relieved than myself when the new window arrived on site, having been constructed by Wonder of Wood, a local joinery manufacturer. This was the culmination of nearly 18 months of negotiation with the Yorkshire Dales National Park, the principal issue being the inclusion of double glazing. Thankfully, common sense prevailed! The installation was carried out in a day and not before time too as the original window virtually collapsed as the glass was removed such was the extent of the decay. Most agree that the new window, manufactured in Accoya, a resilient softwood more accepting of paint, looks fine and gives fantastic views out over Dentdale. It will be there for many years to come.

Meanwhile, the joinery repairs and external redecoration continued and, as before, we have been assisted by excellent local tradesmen Edwin and Philip Middleton (joinery), Steven Alderson (decorating) and Julian Wilkinson (building) who have all gone the extra mile to help us. Of course, we must not forget our volunteers, Ken McLurg (handy with a paint brush) and Colin Luckett but also Diane Wharton, our locally based housekeeper on whom we rely. But it does not end here for we are already planning the next phase



which will involve repointing the building traditional lime mortar. Once all that is done, we will have completed all of the difficult bits and it should be plain sailing from thereon. At least we hope!

One of the joys of working up at the station is the passing of the occasional steam train and we have seen quite a few. On one day recently we were to be treated to not one but two steam trains in opposite directions in the space of a few minutes. Various photographers were already staking their positions as is a common occurrence at the station and the general opinion was that the trains would pass a little further north at Garsdale. Onlookers eagerly greeted the sight of the northbound steam service approaching the station and you've probably already guessed where this is going. Yes, the southbound steam service passed behind it exactly at the same time and out of view but with considerable whistling. What bad luck and probably around the same chance of this occurring as seeing a total eclipse of the sun! However, a few lucky people on the bridge did get a good view.

Back to more mundane things, the railway has been plagued by

industrial action over the last few months with little chance of a swift resolution. As far as the S&C is concerned this means no trains at all on strike days whereas on some lines there has been a skeleton service. There is little we can do about it but we have asked for the faster reinstatement of services on the day following action as, thus far, the first trains have been cancelled whilst the railway gets back into action creating a double blow for the few commuters who currently use the line. Fortunately, the rail operator seems to have listened and the situation has improved. Meanwhile, working up at the station on strike days there is a strange eerie silence!

We continue to argue for a better timetable however, having attended a few meetings recently, it is a bit like treading treacle. There seems to be a resistance to change and the original timetable thrust upon us in 2018 was possibly more for operational convenience of the railway rather than focused on the customer. Even in a situation where the train operator agrees that there is a compelling case, such as the 1340 ex Carlisle, which speeds through Garsdale and Dent stations without stopping, to fit in between two freight trains we are faced with Network Rail resistance to move these. One might reasonably conclude that the passenger service was simply slotted in around the freight paths an afterthought. As a

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result, there is a 4-hour gap in the timetable at both Dent and Garsdale. It will be 2023 at least before we see any improvement but in the meantime the matter has been taken up by one of our local MPs.

Whilst writing about rail, I should remind as to the benefits of the Dales Railcard which offers a one-third discount off a standard daytime fare for journeys to any station between Leeds and Carlisle at a current cost of £10. These can be obtained via the Development Company at www.settle-carlisle.co.uk and will require proof of local residency or, alternatively, FoSCL membership. Even better, the railcard is shortly to give a winter offer running from the end of October until the end of March

2023 which, this year, will be 50% off any fare on the route and reduced fares for accompanied children. This really is a must-have.

We must also wait patiently to for any development on the local bus services. The transition period in local government has also created a hiatus during which nothing much will happen. We must be optimistic that fresh thinking will seek out new opportunities and that the Cumbria policy of no support for scheduled bus services will be reversed. It certainly needs some joined up thinking. One problem however is the absence of small operators and a dominant player in the county which has creamed off the more profitable routes. In the past operators have



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diversified with coach operation, school transport and haulage and bought and sold vehicles as they won contracts and took on routes. We already have contact with the new portfolio holder.

These days the specification for vehicles is ever more prescriptive particularly to allow for low floor disabled access and all buses above 16 seats have to be compliant, no bad thing in itself but adding a cost burden and a barrier to some small



operators. Another issue for the small operator is simply creating spare capacity for the occasional breakdown or servicing. Therefore, it would be preferable to parcel up a number of connecting routes and hand to a single operator thereby creating an economy of scale. By including schools transport and

services people actually want the costs will diminish but the harsh truth is that rural bus services do not make money. The same is true of the railways but then these are heavily subsidised out of the public purse.

All of this sounds like gloom and despondency but at least there are some local services even if many are not daily and do not cater for work or education journeys. These include



the Western Dales Bus which serves the station every Saturday and provides several other useful services during the week. Indeed, it is possible to leave Sedbergh Post Office at 0958 on a Saturday and make a day trip to Carlisle on the train throughout the winter months. A little further up the line the Little White Bus provides a service to Hawes with onward possibilities along Wensleydale. Please do get out and use the services whether bus and rail. As always, if we can be of any assistance on either mode, please feel free to contact via the e mail above.



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CANARY GIRLS

Sandra Gold-Wood

Hello everyone. It was so good to see so many of you at the Canary Girls coffee morning on Sept 28th. I am delighted to tell you that the coffee morning raised £314.00. What a marvellous amount. Once again the generosity of the people of Sedbergh and District amazes me. And there is someone I would especially like to thank and that is Kelly Proctor: she came along to help and brought some of her fantastic cakes to sell for the cause. Indeed, thanks goes to everyone involved with the coffee mornings and not just ours. So thanks to Anne, Tony, Dee and Linda,

Jasmin and any one I may have forgotten for the work they do almost every week setting up and clearing away. Of course thanks to Sandra Longlands who always does a splendid job on the raffle. Not forgetting a big thank you too everyone who kindly baked for us.

On Sept 10 in Grange the WI held a coffee morning for Canary Girls which I attended and won a teddy bear. Many thanks to Grange WI for taking the trouble to fund raise for the CG's.

As you will all know the Canary Girls Trustees have been working to get us registered as a Charity. It has been difficult to understand what it is



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we have been getting wrong. Yes, it was 'the wording', but what exactly is the right wording? It is difficult to know but with the help of Cumbria voluntary services we are pretty sure we have identified the key issue. I am confident that the next time we apply we will have those magic 'right words' and we will get our Charitable status. Marvellous! 2023 is going to be the year of the Canary Girls and the yellow poppy.

Talking of next year; we have a good many speaker bookings and more coming in which is most promising. Once we are a Charity the real work will begin with applications to trusts for the kind of money that will build us a memorial. Don't forget

if you belong to group or association of any kind please think about having one of us along to talk about those Canary Girls, this is one of the ways we raise funds and awareness.

I must apologise that the Canary Girls play 'They Also Served' that was planned for Sunday Oct 23 had to be postponed. It is unfortunate but I was unable to get any men for the male parts. I would have had to re-write it with just females parts and I just did not have enough time to do that. However, that may be exactly what I will do so watch this space as they say.

The trustees and I thank you for all your support over the last year.

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

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

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Katy Wood

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Co-ordinator Laura's Story:

My first phone call on Monday was from Pauline who goes to the hairdressers every Friday. Pauline asked if she was able to get another lift next week as she, and friend Dorothy, needed to get to the doctors to have their booster jab. I spoke to our drivers and was able to organise this for them both, she was extremely

grateful and said that Dorothy would be very pleased.

Since I have started, I have had the pleasure of speaking to so many lovely people. Having the ability to help people in such a meaningful way, hearing how happy they are, that they can get out, see friends, have their hair washed, go to the doctors or get some shopping, is incredibly special and I would recommend this role to anyone.

Driver Myles Story:

I picked up my client at 10am from her home – she is regular customer so we know each other quite well so we chat away about this and that as we drive across to Kendal to get her shopping from a bigger supermarket than we can support here in



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Laura *"Since I have started, I have had the pleasure of speaking to so many lovely people. Having the ability to help people in such a meaningful way, hearing how happy they are, that they can get out, see friends, have their hair washed, go to the doctors or get some shopping, is incredibly special and I would recommend this role to anyone".*

For more information contact **Katy** on **07788 396194** or visit **www.cumbria.gov.uk/voluntarycarscheme**

Sedbergh. I know that she will be about an hour, so I have brought a brew and the paper with me while I wait for her to do her shopping. All done. I get on back home, fill in the paperwork for the journey and that's it! A simple job that has helped someone.

Your story starts here:

Please get in touch – volunteering surrounds you with other friendly volunteers and grateful neighbours. Beginning with a chat, we could see your days feeling fulfilled.

The Sedbergh scheme, like so many others in Cumbria are looking to recruit more volunteers to help manage the growing need to get people out and about who have no alternative transport options. It's a great way to give a little back, as we all know one day, we all may need this too. All expenses are reimbursed.

Contact Katy

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65 (option 5)

Email:

integrated.transport@cumbria.gov.uk

Website: [www.cumbria.gov.uk/
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Tony Reed Screen

As I reported to the Annual Dinner in May business is more or less back to normal and the Branch is on an even keel. (Excuse the metaphor but I thought it would appeal to the seafaring members of the Committee.) A very creditable £8,000 was raised during the 2021 Poppy collection and Remembrance Sunday was witnessed by a packed church and a larger than usual attendance at the War Memorial. The poppy display and the exhibition which had been masterminded by Barbara and Dereck Hartley for the dedication of the new Standard in September were given a second airing. The exhibition was visited by the Primary School and members of the Committee were in attendance to tell them about the Legion.

In January Nick Cross decided to stand down as the Branch Chairman and from the Committee. At this point I would like to express my appreciation for Nick's tremendous contribution to the Branch during his years on the Committee and most

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recently as Branch Chairman. As a result of his resignation, we have had a major re-shuffle and David Parratt is now Chairman and Nigel Whiting has taken over as Secretary. Martin Gray continues as our Treasurer. Other Committee members have rallied round and all the functions of the Branch are being met. I am delighted to welcome Keith Wood and Sandra Gold-Wood back to the Committee and it is most reassuring to have Keith organising this year's Killington poppy collections.

David Parratt's three-year plan has given the Branch a much-needed focus and we are beginning to reap the benefits most noticeably through the recruitment of new members and the affiliation of the Scouts as junior members. Last year membership was

121 consisting of 66 adults and 55 from Sedbergh School. This year the total is 120 but there are 75 adults and 45 from Sedbergh School. I hope that in time the Branch strength will exceed 100 adult members.

We have continued to keep in close contact with the Rawthey Project which has now become a registered charity. We hope that in addition to the funds promised by BAE it will be possible to draw upon RBL central funds to assist the project and the Branch will be putting in a joint planning application with the Project to develop accommodation at Birks Farm to house veterans undergoing rehabilitation.

Looking to the future preparations are well in hand for Remembrance Sunday with the usual routine in the

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church starting at 10.30 am and at the War Memorial, and the Town Band will be in concert in the evening. Looking slightly further ahead to Sunday 11 December we will be celebrating the 100th Anniversary of the Branch. A new exhibition and the poppy displays will be in the church and there will be a special celebration service in the church at 9.30 am.

It has been a busy year with many positive outcomes and I am confident that the Branch will continue to buck the trend across the country of failing branches and we will continue to thrive in our second century. I am indebted to the members of the Committee for their support and commend them to you.

GEORGINA'S SINGING GROUP

Georgina Devine/Ed Welti.

Georgina has been keeping herself with lots of activities and activity groups, many of them using Zoom across the internet. These groups became active during the Covid lockdowns and continue to survive and prosper in these (slightly) more normal times. One positive outcome of the pandemic.

One of the highlights of her week is the Makaton Karaoke, organised by the Pathways Group, with the other participants from across northern England . About 10 people meet up on Zoom, the participants request songs, the organiser sets the song going and everybody sings along, singing vocally and/or using Makaton

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signing. People can also dance if they like. Examples songs are The Proclaimers – On My Way, George Ezra, Green Green Grass, and Any Dream Will Do, from Joseph and the Amazing Technicolour Dreamcoat. Georgina became involved in this group in March this year and enjoys it very much.

As well as the singing Georgina also takes part in Craft Group over the internet with Manchester friends, and with the People First Group in Kendal. She is very active with all these groups and has received several awards. Here she is with her Outstanding Achievement Shield.



TIM'S COLUMN

Tim Farron MP

As I was checking through the diary to prepare for writing this column by reminding myself what I had been up to during the past month I wondered how much of it might have been a waste of time as it is so hard to know what this Government is actually planning to do over the coming weeks and months (please let us hope that they won't be around for years).

I am writing this just after the time when the Prime Minister has fired her Chancellor of the Exchequer and replaced him with Jeremy Hunt. So one of the things I wanted to report back to you on may have been pointless. In the debate about the mini-budget (remember that?) I made it very clear to the previous Chancellor that I thought it was wrong that his plan to double the point at which stamp duty is paid on the purchase of property applies not just to ordinary people like you and me but also to those with enough money to buy a second (or third or even fourth) home. I asked him why he felt it was a good idea to provide tax incentives to people in that situation, particularly as the ownership of second homes does so much damage to areas like ours. As seemed to be common with that Chancellor he did not seem to be particularly interested in challenges to his views of the world.

As I write this, the reduction in Stamp duty is still in place but by the time you read this who knows?

Another example. We learned from newspapers that the Government

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was planning to relax planning rules so that the threshold at which developers needed to include affordable houses in their plans rose from 10 to 50 houses. As soon as I heard this I wrote to the Housing Secretary, Simon Clarke, urging him to abandon these plans. As I told him we have almost no developments in our part of the world that include as many as 50 homes so this change could easily effectively bring to an end the building of any affordable homes around here. As I write the Government has not brought forward any plans so it might be that my letter persuaded the minister or it could be that the Government is in such a mess that it simply cannot decide what to do about anything.

These are just a couple of examples but there are others, I asked them to allow MPs to debate the trade deals they are negotiating and which the NFU has described as a betrayal of our farmers, I have urged ministers to take action to force water companies to stop polluting our rivers and lakes. Sadly in both cases there has been no action. But don't worry I will keep up the fight to ensure that should the current Government ever feel it is in a position to do something about anything it won't actively harm our part of the world.

Finally, thanks everyone who sponsored my entry in the London Marathon. Unlike the Great North Run I was actually able to take part in this race and I was really pleased to take 12 minutes off the time I achieved last year. We raised over £4000 for Air Ambulances. If you would like to support us, it's not too late, just go to the Just Giving website and search on my name.

If you need my help with anything just email tim@timfarron.co.uk or give us a call on 01539 723403.

Thanks for your support.

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SEDBERGH PARISH COUNCIL

Janey Hassan, Clerk

The Council held its meeting at 7.30pm on Thursday 6th October 2022, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh. The next meeting is scheduled on Thursday 10th November 2022 commencing at 7.30pm.

Post Office/Delivery Office

Members received an update in respect of the potential closure/transfer of the local delivery office and resulting threat to the Post Office. Members fully support both remaining in the community and will, as others already have, send a letter of support directly to Royal Mail and the Post Office. It was noted that they

were an integral part of the community, with extensive local knowledge, provide various financial services (otherwise no longer available) that would be lost during what is, envisaged, to be a time of economic growth for the town – not least with the housing development currently under construction.

Pathway construction – Howgill Lane/Havera, Playing field

Members noted the progress being made on the new pathway, within the boundary of the playing field, and hoped that it would be completed soon. With construction of the extended pavement at Havera (to join to the pathway) due to commence 10th October 2022.

Parish (owned) street lighting

Members noted the progress being made on the street lighting project, with grant applications currently being considered before any works to commence. If funding bids successful, this would include updating the Parish Council (owned) street lighting with more efficient LED lighting that would have capacity to progressively dim overnight. This project involved 26 of the Parish Council owned street lights dotted around the town.

Car parking in Sedbergh

Members noted that representatives of the Parish Council had recently met with the Sedbergh Economic Partnership to discuss car parking for the town. Looking at how parking might be increased/improved in the coming years.

Other matters

Included the recent decision not to progress the proposed Bandstand at

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Queen's Garden (due to increased expenditure) support for Rigmaden Bridge, the cutting back of some hedges in the town, Members also noting that individuals were responsible for keeping their hedges/shrubs from impeding footways and highways. Various other matters, including Finance, Amenities and Planning were also discussed, along with general Correspondence, the closure/removal of the pedestrian gate on the southern boundary of the playing field, Festive lights for 2022, EV charging, donation toward Late Night Opening (14th December 2022) and the memorial plaque proposed for Antoni Gosiewski.

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

CHANGES AT CORNERSTONE!

Nora Alderson

For the past 3 months the Cornerstone premises seems to have had an unrelenting layer of dust and dirty footprints. Hopefully not for much longer! Refurbishment of the Church began in early August with the removal of the pews and levelling of the floor. Work ran like clockwork for 2 months as the underfloor heating and new boiler were installed followed by the re wiring of electrics and sound system. We were thrilled that work was going so well but were brought back down to earth when the joiner called in sick with back problems. Although sympathizing with the poor man it did upset our schedule a little. After a short delay and a little re juggling, the decorators came in on mass and soon had scaffolding erected to reach the highest part of the ceiling and the beams. As the beams were changed from black to 'moles breath' we were amazed at the transformation already, with the underfloor heating proving a bonus for the workmen. The new lighting along with the complete change of colour scheme does not disappoint and gives a bright, light and welcoming space. Thankfully, we were able to call in a favour from a joiner friend who has now completed the internal woodwork in time for the carpet fitters and technical guys to come in and finish off. As this goes to print we are still waiting for the remaining 6 windows and front doors and delivery of the new chairs.

We have held our services in the hall for the past few months when up



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to 65 people have enjoyed worship in a more limited and somewhat cosy space. The dead line for re - opening for the Harvest Festival came and went but hopefully we are on target for early November when there is to be an Infant Baptism and for the Christmas Tree Festival starting on December 2nd We plan this to be not only a celebration of the refurbishment of our building but of the community coming together to celebrate the coming of our Lord Jesus. We are inviting individuals, groups and businesses to join us by decorating themed Christmas trees to reflect their organisation or business. There will be more information about this on Facebook and in this edition of Lookaround. We hope also that people will come and see our refurbished Church and visit the display of decorated trees and we encourage everyone to share in our weekend of celebration, worship and music.

Cornerstone Community Church (formerly the Methodist Church) is part of the Western Dales Mission Community and we look forward to a bright future working together to share the good news of the gospel of Jesus Christ.

CHRISTIAN AID Sedbergh and District

Anne Pitt

Like many large organizations it takes quite a long time for final results of fund raising to be known as funds trickle in from around the country. However the interim total in early September for this year's national Christian Aid Week stands at £4.4 million pounds. This amount is not sitting around but is already at work funding projects around the world.

On the Christian Aid website there is a video clip from Zimbabwe with two women telling how they have been helped by Christian Aid this year. There is a lot of famine due to climate change giving rise to hunger and poor health. Janet speaks of how she has been provided with chicks to rear to provide future food and income but also of the immediate need for food also being met which has helped to improve the health of her community. Jessica, a young mother whose husband has died recently, thanks Christian Aid supporters for the agricultural training she has been given to make the most of local farming potential and enabled her to join her village savings group.

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Their stories are typical of the way Christian Aid works at grass roots levels enabling individuals and local communities to start to build or rebuild their lives

Currently Christian Aid's emergency appeals focus on East Africa's countries hunger crisis with the longest drought in 40 years and also the Ukraine humanitarian situation with the consequences of war and displacement. Afghanistan has 22 million people facing hunger and starvation this winter. Haiti's people are struggling with the consequences of the massive earthquake and now also so many of Pakistan's people have lost everything in the catastrophic floods.

Here in our own country and community many face great financial

worries with fuel and inflation costs not being balanced with income. The enormity of need can be overwhelming and freeze us into inaction. However if we are able to give a little, combined with the little of others, those amounts can be very considerable and achieve much to help others along.

(May I encourage you to come and continue to help us make life changing potential by joining us at our coffee morning on Wednesday 26th October at 9.30am onwards in St Andrew's Church) N.B. As this accidentally wasn't published in the October edition, thank you to those of you who did support our coffee morning. We'll let you know the result in a future edition.

Sedbergh and District Lookaround

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School has started a campaign to raise some very considerable sums to celebrate the 500th Anniversary which will be in three years' time. Among the ambitious objects are the building of a transformative Technology Centre, additional fully funded scholarships, all weather pitches, green investment to upgrade the ageing boarding houses and refurbishment of the music centre and sports hall at Casterton.

The School has been named as a finalist in this year's Independent School of the Year Awards in the International Student Experience category for helping international

pupils integrate into school life. The winners will be announced at an awards ceremony on 11th October

The staff at the Prep School has been increased by one Harriet Charlotte Ruth who arrived in the Bunday family (Rupert Bunday is Director of Sport)

During half term day camps were held: Hockey with Betty Middleton for children 8-14, and Cricket with Asher Hart at the Hirst Centre for boys U10-U16 and girls U10-U16.

The School held an interschool academic challenge involving an afternoon of teamwork and problem solving. The overall winners were Aysgarth School and Mowden Hall

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A joint effort between the School and Eco Sedbergh collected masses of apples for use as food.

The weekend of the 7/8th October was Old Sedberghian weekend. An informal lunch was held in the Black Bull on the Saturday followed by rugby matches against St Peters York and hockey against Giggleswick. In the evening a dinner was held in Powell Hall. On Sunday the annual Commemoration Service was held in the chapel with a sermon by the Bishop of Ripon, and deafening singing by 600 voices. This was followed by tea and coffee in Queen's Hall, and Brunch in the Houses. A garden for Lupton House in memory of a girl who died shortly after leaving school was opened behind the yard

on Lupton field, the funds to built having been raised by the girls of Lupton House. In the afternoon there were matches between the School and the Old Sedberghians at shooting, hockey and netball, and the Old Sedberghians' rugby match against the Anti-Assassins (a team which plays charitable matches over the north of England and was originally founded by Sedbergh School masters in 1950)

The School was sad to learn of the death of Mel Corrigan who worked in the Learning Support Department from 2014, and who died on 19th September. Her funeral was held in the Parish Church on 27th September



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The whole School's charity for the year is Siobhan's Trust. The Prep School's charity for the term, voted for by the pupils, is the World Wild Life Fund. They began the term with a sponsored walk, and continued with a Come to School Dressed as an Animal day. The Prep School choir attended the Harvest Festival in Holy Trinity Church Casterton, and donations were divided between Manna House and Springfield Hostel in Kendal.

Josef Mycielski recently travelled to the Ukraine where he saw first hand the work being done by Siobhan's Trust to feed, support and engage with the Ukrainian people. He is organising another donation drive and list of those items urgently

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needed can be seen on the Sedbergh Community Forum. Collection is at the Prep School Pavilion 30th October 17.30-19.30 and 31st October 07.45 – 10.30

During half term the classicists have been on a trip to Italy. Mr Gorst from the Prep School will have set off to climb Kilimanjaro during half term to raise money for Siobhan's Trust

Music

On 7th October a concert, "A Night at the Movies" was held in Powell Hall. Some excellent singing was heard and no doubt the soloists will play a large part in the production of Jesus Christ Superstar at the end of term. 130 musicians took to the stage singing to an audience of some 200.

A Scholar's concert was held in the Thornely Studio on 2nd October
See future musical events below

Running

The U13 girls did well in the ESAA Schools' Cross Country Cup gaining first position and qualifying for the next round against teams from the rest of the North West region

The Prep School hosted their invitational cross country on 29th September to which 20 schools were invited

Squash

At the Prep School Frank retained his U13 Cumbria County Squash title Netball

On 21st September the School hosted the U16 South Lakes Netball in the Hirst Centre

Hockey

Carla has been selected a goalkeeper for the U16 German hockey squad

Rugby

In a home match on 1st October the School beat Ipswich 33-19. They played RGS Newcastle on 17th September away and won 40-8. Again away on 21st September they beat Kirkham 24-21. On Friday 23rd September they won against Woodhouse Grove School away at Wharfedale 36-5. On Saturday 8th October they played St Peter's York away. On 15th October they beat Blackrock College in Dublin

Sailing

The School's RNCCF brought home the RNCCF National Title by a whisker from Exeter after battling with spring tides and lack of wind.

Future Events

On the weekend of 24/25th June 2023 the Prep School will celebrate the founding 200 years ago by the Reverend Carus Wilson of the Clergy Daughters' School, which has ultimately become the Prep School

The First XV will place Denstone College at 2.45 pm on 5th November. They will play Llandovery College at 1 pm on Wednesday 9th November

The School Remembrance Sunday Service will be held at 10.45 am on Sunday 13th November at the Cloisters, to which anyone is welcome. The School will hold two minutes silence at the Cloisters on 11th November

The Chapel Choir past and present will sing Faure's Requiem at 2.30 pm on Sunday 13th November and everyone is welcome.

The School Fireworks will take place on Saturday 5th November at 7 pm in the field below Busk Lane, and everyone is welcome to watch this

On Saturday 10th December the 1st XV will depart to take part in the World Schools Rugby Festival in Thailand returning on 19th December

Jesus Christ Superstar will be performed on the nights of 30th November, and 1st and 2nd December with a matinee performance on 1st November at 2.30 pm. This will be at the Brewery Arts Centre and everyone is welcome. It is a ticketed event and tickets will be available on the internet in due course.

This year A Ceremony of Carols will take place in the Chapel at 7.30 pm on Friday 9th December. The Guest Carol service will be at 5 pm on Sunday 11th December. Everyone is welcome to both.

The School Carol Service (parents only) will be at 3 pm on 14th December after which pupils may go home with their parents. Term officially ends at 8.30 am the following morning.



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YOUNG PEOPLE'S FUND

Karen Bruce Lockhart

This Fund is provided by the Governors of Sedbergh School for the benefit of all young people (under 25) resident within the parishes of Sedbergh, Dent and Garsdale, as well as Killington, Dillicar, Firbank, Howgill, Lambrigg and Middleton for educational purposes

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a

primary school aged child who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8 might need violin lessons, but later in his or her career may require a very much more expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

Grant have been made recently to support the following types of activities –

1. Grants for laptops at university and for A Level courses
2. Grants for university textbooks
3. Grants for overseas educational travel
4. A grant for a residential field trip



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5. A grant towards a gap year placement abroad
6. A grant to assist with fees for an extra-curricular language course
7. A grant to assist with the cost of books, equipment and uniform for a vocational course
8. Grants towards the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical university course which requires a very expensive computer and might receive a larger grant. Another in Europe, while yet another may be going for six months

to work with a charity in a less developed country. It is also helpful to know what other steps the young person has taken to raise funds, demonstrating effort and commitment.

The next consideration of applications will be early in November and the Trustees hope that young people of the district will give early consideration to applying for a grant. Applications should, wherever possible, be made by the young person themselves rather than by a parent.

Application forms can be obtained from the School (mhm@sedberghschool.org) or from the Tourist Information Office.





The Zero Pantry

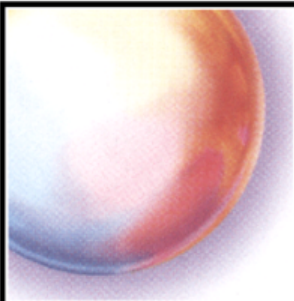
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SEDBERGH PRIMARY SCHOOL P.T.F.A.

Help Raise Money

Michelle Hartley

With the children now settled in school again, the PTFA is back in action looking to raise money for so many large and small things that cannot be bought through the regular school budget. Parents and local businesses have been very generous in the past, but we understand that people may be struggling this year, though still wanting to help the school. If you are an individual or a business and you want to support the primary school, you still can with Easy Fundraising. It is quick, easy and (best of all) free to do!

Easy Fundraising is the UK's biggest charity shopping site with over 7,300 participating shops and sites, with loads of big name retailers in home and fashion, mobiles and electrical, travel and entertainment and business and insurance. The participating brands will donate a flat amount or a percentage of your purchase to the charity of your choice. There is no added cost to you as the brand covers 100% of the donated money.

So, how does it work? First, go to easyfundraising.org.uk and click 'Sign up'. Next, click 'Find a cause to support' and enter 'Sedbergh Primary PTFA'. Then, click 'Sign up and support this cause' and create a new account (for free) through Apple, Facebook or your e-mail and you're done! Lastly, whenever you want to purchase through an on-line store, first sign into your Easy Fundraising account, search for the shop you

want, select it and you will be immediately transferred to the shop's website where you continue as normal.

Over the years we have raised almost £600, often just pennies at a time, but it all adds up! With Christmas fast approaching, many of us will be looking to purchase gifts, book travel arrangements or buy other essentials online. All of these can help raise vital funds for the school and enrich the lives of the children for years to come.

Please think of Sedbergh Primary School the next time you buy online whether it's for yourself, your business or for the festive season. Shop through Easy Fundraising and help out a great cause!



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Citizens Advice

The cost of things just keeps going up. I've made cutbacks and, at the moment, I'm just about managing but I'm really worried about how I'll cope as it starts getting colder. What should I do?

If you're finding it hard to stay on top of bills, struggling with rising costs, worried about energy bills - remember you're not alone.

South Lakes Citizens Advice is here to help. Simply call

- 015394 46464 – leave a message and we will call you back
- 0808 2787 984 someone will be there to provide advice

You can contact us via our submission page on our website www.southlakescab.org.uk – we will then contact you.

We can work with you

- to make sure you know what money you've got coming in and out each month. Look at what bills need to be paid as a priority.
- finding out if you're eligible for any benefits or support with your energy and living costs.
- advising on how to reduce living costs and providing information on other ways to increase your income.

The good news is there is help with rising energy bills. From October 1 2022, there's a limit on gas and electricity prices for most households - this is called the Energy Price Guarantee and will be in place for two years.

From October you'll also get £400 off your electricity bill. This is called the Energy Bills Support Scheme.

You don't need to do anything to get the money and you won't have to pay it back. The money will be paid in six instalments, £66 in October and November followed by £67 in December, January, February and March.

You should automatically receive the energy discount if you pay by direct debit, standard credit or payment card.

If you have a prepayment meter that isn't a smart meter, you'll get the discount via vouchers or as an automatic credit when you top up at your usual top-up point. Your supplier will let you know how they will issue it.

If you have a smart prepayment meter, the credit should be automatically added to your meter.

If you can't pay your bills, speak to your energy supplier as they have a responsibility to help you come up with a solution.

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

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

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NEW ALZHEIMERS DRUG?

Alzheimers Society

Eisai Co. Ltd. and Biogen

announced at the end of September top-line results for a major trial on the drug lecanemab in slowing down the progress of Alzheimer's disease. Alzheimer's Society comments on this Alzheimer's progression drug hope.

Key things to note:

- In top-line results from a phase 3 clinical trial called Clarity AD, lecanemab has been shown to slow down the decline in thinking and memory skills in people living with early Alzheimer's disease by 27%.

- Lecanemab is a drug that targets amyloid protein build-ups in the brains of people living with

Alzheimer's disease, marking them to be cleared away by the brain's immune system.

- Clearing away these amyloid protein build-ups has been long explored as a potential way of slowing down how quickly a person with Alzheimer's disease's memory and thinking skills get worse – but clinical trials have struggled to show any beneficial effects on symptoms in the past.

- This news represents a potentially game-changing step towards treatments that can slow down the progression of Alzheimer's disease in the UK – however, we await the full results, released on 29 November 2022.

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Alzheimer's Society, whose research 30 years ago was responsible for the importance of amyloid plaques in dementia treatment, responds to the latest news about lecanemab.

Dr Richard Oakley, Associate Director of Research, says:

This research could be game-changing in the treatment of Alzheimer's disease.

'For decades, people with Alzheimer's disease have been desperately waiting for a drug to slow down the progress of the disease, so this exciting news represents a real breakthrough moment in dementia research.

'Alzheimer's Society's research was responsible for the breakthrough

that showed the importance of amyloid plaques in Alzheimer's disease, which has made this research possible.

'We look forward to seeing the full data in November, to better understand how this drug could have a real impact on the daily lives of hundreds of thousands of people living with Alzheimer's disease in the UK.

'I believe that research will cure dementia, and this is a vital milestone on that journey.

We have never known more about dementia, and this is a pivotal moment.

'With further promising drugs in the pipeline, we can't stress enough how important it is that the Government

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For more information, visit our website:

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



recommits to the dementia mission, to get the funding needed to beat dementia and transform hundreds of thousands of lives.

'Now is the time to invest in research and tackle one of the biggest medical challenges facing the planet.'

TALES OF SHEERING GAYE VILLAGE

Sandra Gold-Wood

On September 1st 1962 a removal van drew up outside Stanley Hall a substantial house set a little way back from the central green in the village of Sheering Gaye. A collection of villagers had positioned themselves where they could get a good view of their new neighbour's furniture.

The villagers were always interested in Stanley Hall, and some could even remember the Hall when Squire Frederickson was the owner. The Squire they said was very fond of riotous parties. After him things were considerably quieter when Lady Patricia took on the Hall. The Lady was a gentle soul from a once aristocratic family who had fallen on

hard times. Just after the war ended Jacob MacLeish and his young family moved in. The villagers were pleased to see that the Hall come to life again as Jacob turned out to be a man who involved himself in the community, serving on both the Parish and District councils. Jacob's wife Gloria taught at the village school. Years passed and Jacob and Gloria's children went their own way and Jacob and Gloria retired. They decided to spend their golden years travelling the globe and so they sold up and set off to do just that. The villagers had wished them well and waited to see who would be next to inhabit Stanley Hall.

During the summer months the villagers speculated on who had bought the Hall. They agreed that whoever it was had spent a good deal of money doing it up. In the pub, in the post office, in the street and at the weekly market the villagers discussed the current events. No one could find out what was going on because the workmen were not local and did not lodge in the village: they arrived daily and left each evening. Naturally the villagers had chatted to

the workmen but even they did not know who the new owner was. Gradually everything inside and out was made new, painted, pointed and neatened and today the furniture van arrived.

As they watched the villagers deliberated; Would it be a family? Would it be a professional couple? In all their speculation none of the villagers could have dreamed up Millicent Hart.

It was late September when the arrival of a magnificent old Bentley rolled up outside Stanley hall. A number of villagers were standing on the green. They stared opened mouthed with surprise when out from behind the wheel stepped a mature woman wearing a pink velvet trouser suit and a red feather boa. The woman immediately starting walking over toward them waving excitedly. Some of the villagers quickly walked away while a few others felt rooted to the spot with their curiosity spiked.

'Good afternoon, one and all what a beautiful day this is, I'm Millicent Hart, just moved in, what is the name of this village by the way?' While she spoke Millicent shook the hands of all who were standing there, smiling

broadly at each of them and adding, as soon as I get settled I'll invite you all to a tea party, won't that be lovely?'

The villagers spent their platitudes and went on their way, some shaking their heads and nodding to each other more than a little surprised at Millicent. All except seven-year-old Violet Wheeler. Millicent looked down at the little girl, smiled and asked, 'What do they call you then?'

'Oh, me I'm Violet, and the village is called Sheering Gaye.'

'Well thank you Violet, yes, of course it is, I had forgotten, will you take me to the local shop please.'

So Violet and Millicent, a little girl in a blue coat that was too small for her, and the amply proportioned Millicent Hart in her pink trouser suit and feather boa made their way across the village green to the shop come post office, come bakers, come grocers. Inside the shop, Millicent introduced herself and then she asked Violet if there was something she would like. Violet hesitated but Millicent had already seen the child look at a small dressed doll which sat on a high shelf. Millicent put a few house hold essentials on the counter and then asked to see the doll.

Violet's eyes were like saucers as she watched Millicent handle the doll which turned out to be more than a little dusty; it had been on the shelf a while.

Millicent leaned over and spoke into Mrs Rowe's ear, offering the shop keeper half of the price tag. Mrs Rowe, shook her head and Millicent continued to barter until the price was agreed. Happy with the deal she had

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struck she then passed the doll to a very excited Violet, who could not stop thanking her.

Together they walked back to Violet's house where Millicent introduced herself to Violet's mother. Waving her goodbyes' Millicent then set off back across the village green to her new home, Stanley Hall.

'Delightful', she said as she stepped inside the house for the first time. Millicent was enchanted by the sunlit vaulted entrance hall. Everything had been done to her design and she was pleased. She had no unpacking to do as she'd had the removal people do that. This meant that she did not know where things were. Still, as she saw it, every cupboard and drawer was now an adventure.

At Christmas, Millicent organised and paid for a trip to a Christmas show for all the village children. This was a tradition she continued and as the years went by Millicent became truly a part of the landscape of Sheering Gaye village and Stanley Hall. Each year she held a garden party for the whole village with grand entertainment. Millicent never missed an event; school plays, Nativities, Carol Services, Christmas dinners, jumble sales, flower shows, summer fates and even litter picks.

Millicent was fully aware that none of the villagers believed the stories she told them of the famous and infamous people she had known in her past life. Little Violet had believed her but Violet was grown up now and taught at the village school. Nevertheless, she would pop round

to Stanley Hall to see Millicent each week for tea and a chat.

One afternoon in the depths of a particularly nasty winter when snow covered the village green for a week and no deliveries could get through. No post, newspapers, bread or groceries and people were beginning to get low on supplies. Violet thought of Millicent and knew she was unlikely to have much in store for times such as this. So Violet baked some bread, put some soup in a flask and started out across the village green to Stanley Hall. The deep snow made it all but impossible and she was about to give up when she spotted someone walking on top of the snow. To her complete surprise it was Millicent wearing snow shoes. As Violet watched, Millicent called out and waved. This action caused her to fall over. Violet in panic tried to scramble over the snow toward her. Violet's brother Norman had also seen what had happened and he was now stumbling over the snow too. Before long there were more than twenty villagers digging and hurrying to clear a path to Millicent. When they found her she was laughing and pointing at the sack of salt she had

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been carrying which had spelt out and was melting the snow around her.

'There you go chaps, that's the way to melt the snow', declared Millicent, her cheeks red with cold and her clothes soaking wet.

Violet's brother and his friend Ted carried a shivering but cheerful Millicent back to the Hall and Violet stayed with her. It was no use to call the doctor because he couldn't have got through to the village. Violet saw to it that Millicent had a nice warm bath and then built her a good fire in the bedroom. With Millicent tucked up in bed Violet brought her a hot water bottle and a cup of cocoa, liberally laced with brandy. Millicent chuckled as she sipped the brew and talked about what an adventure they'd had in the snow adding a few of her stories. This one was about how when she was skiing with Prince Rainier and Princess Grace, this and that happened. It wasn't long before Millicent was fast asleep and Violet went home across the pathway that had been cut across the green with shovels and salt.

In the night the temperature dropped dramatically and all over

Sheering Gaye water pipes had burst including Violet's. Norman and Ted came straight round to help her, in fact everyone chipped in and by night fall pipes had been repaired and water mopped up. Looking across the village green Violet could see a light in Millicent's sitting room window and was happy all was well. The following day the air temperature had warmed up, rain drizzled down and watery sunlight tried to brighten the grey sky. The snow had become slush and was being swept and shovelled to the side of paths all around the green. The post, the bread and papers along with the Doctor had arrived.

Violet met him outside Stanley Hall.

'Thanks for coming Dr Calvert, I'm sure Millicent will be pleased to see you.'

Violet used her key to let them in, calling out as she did so to alert Millicent of their arrival. There was no reply but that was not unusual as Millicent could be out in the garden or out walking she was not a creature of routine but of spontaneity.

'Here, have a seat Dr Calvert, I'll check around the house and garden, Miss Hart always keeps busy you never know where she will be.'

'Right you are' answered Dr Calvert as he sat down on one of the plush chairs in the entrance hall.

Violet, ran up the stairs, checking the garden for a window half way up, and seeing no sign of Millicent out there she ran up the next flight to the bedroom. There on the bed, was Millicent, a smile on her face and a bright pink feather boa draped across her chest. She looked so peaceful,

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Violet did not like to wake her, still with Dr Calvert downstairs she thought she'd better.

There was no waking Millicent. Dr Calvert confirmed that she had died in her sleep.

'You'll have to call the undertakers and contact her next of kin, sorry Violet I have lots more patients to visit and Miss Hart certainly doesn't need me, will you be alright?'

Violet said she would. Looking at Millicent, she really could not believe she was dead, she just looked asleep, so peaceful. Violet placed a kiss on her cheek and tears welled up in her eyes and she knew she would really miss Millicent.

In the kitchen she called the local undertaker who said he'd be there shortly and added his condolences. Condolences? thought Violet aren't they usually given to the next of kin and she was pretty sure Millicent didn't have any? How could she find out? Could she look through Millicent's things? Well, she told herself she'd better do so, who else was going to?

In the hours that followed as Violet went through Millicent's over stuffed desk she was astonished. Here, Millicent's life was laid out in; Photograph albums, letters, even love letters and dozens and dozens of thank you cards. It seemed that Millicent had not lied about her famous connections, she had been a sort after interior designer and had designed the décor for the cream of society along with plenty of Hollywood greats. Here was the evidence, photos of Millicent with

anyone who was any one from the 1930's to the 1960's.

A knock at the door altered her to the arrival of the undertakers. Violet showed them in. The undertakers' car had of course alerted the villagers and lots of them had come calling. Violet showed them in and laid the evidence of Millicent's magnificent life before them. The villagers marvelled at the photos and cards admonishing themselves for not believing Millicent's stories. Violet asked for advice in finding Millicent's next of kin. One suggestion stood out and so Violet put an advert in the Times. Now the whole village waited to see who would turn up.

More tales of Sheering Gaye village next month.

EDITORIAL

Only a few days ago Liz Truss, loudly and aggressively, asserted that she wasn't a quitter. Even more recently (hours) Penny Mordaunt was insisting that there would definitely be a leadership election.

Why don't politicians on all sides just admit when there are difficulties? Presumably they believe they need to buoy up their supporters, or are simply afraid of the Press, ready to make a huge, self congratulatory, furore about any apparent weakness.

But the reason it is 'newsworthy' to report on politicians not avoiding the question is because they always do. If they spoke honestly we might be able to have more of an informed debate on all sides, instead of long boring tirades and assertions with no hint of reality.

Ed Welti

PERSONAL MESSAGES

THORNTON

Lynn and family would like to thank everyone for the lovely flowers, cards and heartfelt messages they received on their loss of Richard 'Dick' peacefully at home on 30th September surrounded by all his family. We would also like to thank Edward (JJ Martin Funeral Services) for his compassion and kindness at such a difficult time.

=====

ELI SCARR

10th November Happy Birthday Eli. 11 years old today. Love from Nannie and Grumps

MASON

Tom would like to thank all those who sent cards and good wishes on the occasion of his 90th birthday, 7th October.

=====

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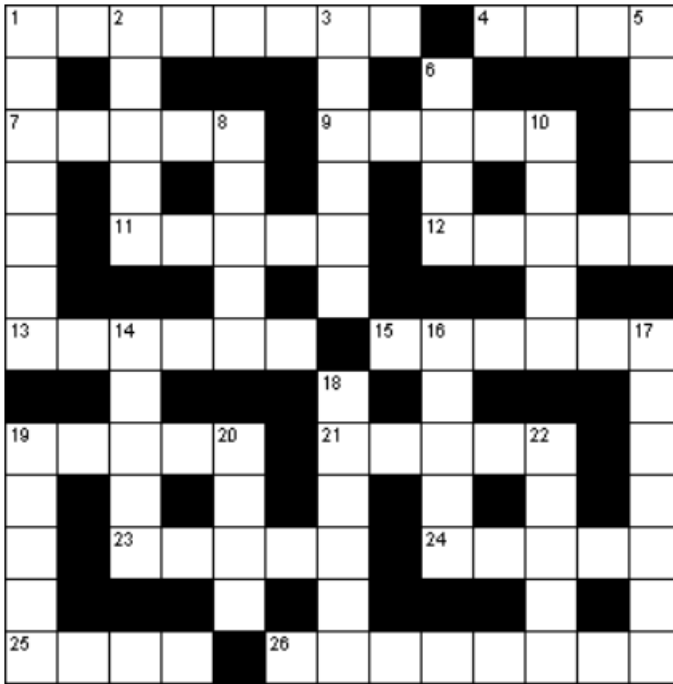
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PUZZLE 1 (SOLUTION ON PAGE 86)

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14	15	16	17	18	19	20	21	22	23	24	25	26

PUZZLE 2 (SOLUTION ON PAGE 86)



Across

1. Sounds like a precise minister of religion (8)
4. Amphibian appears in risotto advert (4)
7. Modify Aries for more pay (5)
9. Correct direction? (5)
11. Push ahead with flat-bottom boat perhaps? (5)
12. Fantastic change purse (5)
13. Detest display of cello at hen-party (6)
15. A scuba arrangement you can count on (6)
19. That chicken appears to emerge from egg (5)
21. Some thoughts provide assumption (5)
23. Circular route? (5)
24. Visit frequently end of the month with female relative (5)
25. Find work to be done in junta skirmish (4)
26. Lace tied loosely is easily broken (8)

Down

1. Sounds like a competitor touchdown (7)
2. Ascend first course followed by arm or leg (5)
3. Objective revealed in five-star getaway (6)
5. Furnishing style in suede corner (5)
6. Matures in village setting (7)
8. Elemental skill between end of June and end of March (5)
10. Subject displayed in photo picture (5)
14. Performer features in fact or fiction (5)
16. Sounds like a tree by the sea (5)
17. Unusual rattles cause alarm (7)
18. Tamper with stringed instrument (6)
19. Attire for nun is established custom (5)
20. Sounds like time belongs to us (4)
22. Nassau naturist revealed steamy situation (5)

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

EAT AND DRINK IN SEDBERGH

AL FORNO ITALIAN KITCHEN

MAIN STREET - 015396 34040

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

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

ON A ROLL

MAIN STREET - 07775 893354

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

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SMATTS DUO

MAIN STREET - 015396 20552

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

THREE HARES DELI

MAIN STREET - 014396 21058

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

WAFFLE CONE

MAIN STREET

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

WEAVERS CAFÉ

FARFIELD MILL, HAWES RD - 015396 21958

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

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.

NOVEMBER 2022

01	Boxes of Hope Collection Starts (Sep)	SIC
03 1630	The History of Buttons (Oct)	FM
03 1930	Howgill & Firbank W1 Xmas Wreath	HVH
04 1400	DHTF - Fascial Fitness (27)	DMH
05 1900	Garsdale Bonfire & Fireworks (Oct)	GVH
08 1930	Domino Drive	FCH
09 1000	Evocation - Miles Moore Ceramics	FM
09 1915	Dent W1 AGM	DMH
09 1930	Sedbergh W1 Cancer signs (37)	PH
12 900	Barbon Antiques Fair	Barbon VH
13 1030	Service of Remembrance (9)	StAS
15 1400	Sight Advice	PH
15 1400	WIHF - AGM (36)	PH
15 1930	Ladies NFU - Bowland Soap Co (28)	PH
16 1300	Medical Centre Early Closing (Oct)	MC
19 1000	Dentdale Methodist coffee morning	DMC
19 1000	St Andrews Christmas Fair (1)	StAS
19 1100	St Andrews Christmas Fair	StAS
21 1930	Domino Drive	GVH
23 930	Ladies NFU coffee morning	StAS
26 1030	Festive Farfield	FM
27	Festive Farfield	FM
27 1930	Prince Bishops Brass Ensemble (Sep)	Appleby
30	Jesus Christ Superstar (60)	Brewery

DECEMBER 2022

01	Kirkby Lonsdale Xmas Fair	KL
01 1900	Howgill & Firbank W1 Xmas Party	TBA
01 1930	Sedbergh Orchestra Concert (31)	StAS
02	DHTF - Christmas Jacob's Join (May)	DMH
02	Jesus Christ Superstar (60)	Brewery
02 1030	Christmas Tree Festival (35,(5-8/12))	CCCN
02 1930	Christmas Celebration	FCH
03 1900	Musical Evening with Local Talent	CCCN
05	Christmas Tree Festival (35,(5-8/12))	CCCN
05 1900	Gospel Evening with Longton Family	CCCN
09 1930	A ceremony of carols (60)	SS
10	DHTF Over 60's Xmas Lunch (May)	DMH
10 900	Barbon Antiques Fair	Barbon VH
10 1000	Dentdale methodist coffee morning	DMC
11 1700	Guest Carol Service (60)	SS
13 1930	Domino drive and mince pies	FCH
14	Dent W1 Christmas meal	TBA
14 1600	Sedbergh School end of term (60)	SS
14 1800	Late Night Opening Sedbergh (7,14)	Sedbergh
14 1930	Sedbergh W1 Christmas Dinner	PH
23	Evocation - Miles Moore Ceramics ends	FM
23	The Power of Water - Ruth Clayton ends	FM

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

DIARY KEY

AS	Art Society
BC	Sedbergh Bowling Club
BF	Brigflatts
BVH	Barbon Village Hall
CCCN	Cornerstone Community Church, New St
CM	Coffee Morning
CWT	Cumbria Wildlife Trust
DCMH	Dales Countryside Museum, Hawes
DCP	Dent Car Park
DCS	Dentdale Chapel Schoolroom
DHTF	Dentdale, Head to Foot
DMH	Dent Memorial Hall
DMC	Dent Methodist Chapel
FCH	Firbank Church Hall
FM	Farfield Mill
GC	Golf Club
GH	Gladstone House
GVH	Garsdale Village Hall
HS	History Society
HVH	Howgill Village Hall
HTH	Holy Trinity Howgill
JLCP	Joss Lane Car Park
KL	Kirkby Lonsdale
KPH	Killington Parish Hall
L	Library, Main Street
LHCP	Loftus Hill Car Park
MC	Medical Centre
MCD	Meditation Centre, Dent
PH	People's Hall
QG	Queens Gardens
RFC	Rugby Football Club
RR	Rawthey Room, 72 Main Street
SASL	Sight Advice South Lakeland
SCC	Sedbergh Cricket Club
StAS	St Andrew's Church, Sedbergh
StAD	St Andrew's Church, Dent
StJCC	St Johns Church, Cowgill
StJCG	St Johns Church, Garsdale
StMC	St Mark's Church, Cautley
SIC	Sedbergh Information Centre, 72 Main St
SPS	Sedbergh Primary School
SS	Sedbergh School
SSAT	Settlebeck School Academy Trust
SSL	Sedbergh School Library
STC	Sedbergh Tennis Courts
TBA	To Be Announced
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:- stay@drawellcottage.co.uk	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: alibramall@protonmail.com	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: Daleslea@outlook.com	21789
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) <i>1T(ES), 1D(ES) NS, CH, L</i> e-mail: crosskeyscautley@outlook.com	20284

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	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
Carer Support South Lakes Main Office	11/22	Kendal Office	01539	815970
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—rdnicolacann@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
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

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

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

PUZZLE 2 SOLUTION

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

BUS SERVICES

Woofs

From November 2021

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

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

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

Western Dales Bus

S1 Saturdays - Kendal Shuttle

Dent Station - Dent - Sedbergh - Oxenholme - Kendal

From 28th March 2022

S - Services run during Summer Time Only

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

BUS SERVICES

Western Dales Bus

**S3 Wednesdays - Hawes Hopper
Dent - Sedbergh - Garsdale - Hawes**

From 28th March 2022—during British Summer Time only

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

JOSS LANE & LOFTUS HILL CAR PARKING CHARGES

30 minutes = £0.50	3 hours = £3.20
1 hour = £1.20	5 hours = £5.00
2 hours = £2.20	All day (9 hours) = £6.00
Maximum stay = 24 hours	Annual Resident Permit = £60

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

BUS SERVICES

Western Dales Bus

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

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

BUS SERVICES

Western Dales Bus

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

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

BUS SERVICES

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

Sedbergh Post Office (see S4 timetable))	0914
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfell (pick up only)	1055	1333	1536
A66 Bridge End Inn(pick up only)	1100	1338	1541
Appleby, The Sands (pick up only)	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Town	1138	1416	1616
Sedbergh Town (as S4—see separate timetable)	1645

DENT RAILWAY STATION TIMETABLE

Valid from January 2022

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

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

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.49	07.54	10.34	07.03	09.08	10.40
09.16	09.16	11.04	09.38	10.41	13.38
10.48	10.48	14.01	12.13	12.13	16.33 (N)
12.17	12.17	15.53	16.04	16.04	18.03 (B)
14.43	14.43	17.48	17.32	17.32	18.41
16.46	16.46	20.20	19.38	19.38	20.26
18.15	18.15
19.44	19.44

PEOPLES' HALL HIRE RATES

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

LOOKAROUND EDITORIAL TEAM

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

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

Sedbergh and Dent
St. Andrew's Parish Church
Vicar of Sedbergh and Dent
Rev. Andy Burgess Tel: 20018
andy.burgess@westerndales.org.uk

Church Wardens:

Sedbergh: Tony Reed Screen 21081
& Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican
Cautley: Judith Bush 20058
& Maureen Hinch 20843
Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723
Firbank: Heidi Holmes
Howgill: Helen Hoggarth 20805
& Pauline Marshall 21651
Killington: Inquiries - Tony Reed Screen
21081

Dent & Cowgill

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

Church Wardens:

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

**SEE SERVICE TIMES ON
THE FOLLOWING PAGE**

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Parish Priest Kendal
Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30
Rev. David Crouchley Tel: 20329

SOCIETY OF FRIENDS - QUAKERS

Brigflatts
Sunday 10.30
Janet Chetwood (Comms Clerk)
Tel: 21715
Sally Ingham (Business Clerk)
Tel: 07939 569559

DENTDALE CHRISTIAN FELLOWSHIP

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

METHODIST CHURCH

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

PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

Becca Gilbert
Email: becgilb@gmail.com

UNITARIAN & FREE CHRISTIAN CHAPEL

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

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
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ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

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

4th Sunday	2.30pm, Afternoon Service
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Timetable valid from September 2022 onwards

*Combined plans for Western Dales Mission Community
November 2022*

	Time	6th	13 th	20 th	27 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	9.30am	HC	10.30am Remembrance Service	HC	Joint All-Age Service 6pm Advent Carol Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	CW	Joint Service at St. Andrew's 4pm- Messy Church	Service	Joint All Age service at St. Andrew's
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP	
St. John's, Garsdale LA10	11.15am	HC		MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Service		Service
All Saints, Killington LA6 2HA	2.30pm				Advent Sunday Service
Holy Trinity Howgill LA10 5JD	9.30am		Act of Remembrance		
St. John's Firbank LA10 5EF	2.30pm		Remembrance Sunday Service		
St. Andrew's, Dent LA10 5QL	11.15am	HC	10.50am Remembrance Service	HC	Joint All-Age service
St. John's, Cowgill LA10 5RJ	2.30pm		Remembrance Sunday Service		
Dentdale Methodist Chapel LA10 5QJ	2pm	Service	HC	Service	Joint service at St. Andrew's
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Wednesday	2nd	9th	16th	23rd/30th
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19:30	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer CW- Contemporary Worship			BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word		
Contacts- Brigflatts Meeting House please contact correspondence clerk 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

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

POLICE

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

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

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

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

November 2022