

Sedbergh & District

LOOKAROUND

Dec 2022 / Jan 2023

Issue 416

Donation £1

Here's our Christmas Edition, 104 pages, in colour and full of the usual variety of articles and local advertisers. A special welcome to

our new advertiser, Sedbergh Joinery, and, of course, a very Happy Christmas to all readers, advertisers, and contributors. *Ed.*



The poster features a festive border with a string of colorful Christmas lights at the top and a row of stylized houses at the bottom. A green Christmas tree is visible on the right side. The text is centered and reads:

Christmas Late Night Shopping
Wednesday 14th December 5:30-8pm

- * **Matrix Circus Fire Show** *
- * **Santa's Grotto** (booking from 1st December) *
- * **Town Band * Organ Recital * Carols** *
- * **Shops and Pubs open** *
- * **Market Stalls * Street Food** *
- * **Christmas Trail** *

Sedbergh Information Centre 015396 20125

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

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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COVER PHOTO
Lake District Snow

Ed Welti

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

Wed 7th Dec– Manna House
Wed 14th Dec– Allotments Association
Wed 21st Dec– St Andrew's
Wed 28th Dec - Closed

Wed 4th January - Closed
Wed 11th January– St Andrew's
Wed 18th January – St Andrew's.
Wed 25th January - St Andrew's

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



ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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Single Column 2.56" x 7.5"	=£25.00
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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,

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

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Sedbergh and District Lookaround

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Sort Code:

20-55-41

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PLEASE REMEMBER TO
INCLUDE THE INVOICE
NUMBER IN THE
REFERENCE**

FINDING LIFE AND LIGHT THIS CHRISTMAS

Revd Andy Burgess

At Christmas time we give thanks for the birth of Jesus Christ, born in a humble stable in Bethlehem over 2,000 years ago. He came at a difficult and dangerous time for his native Jewish people, who suffered oppression from the imperial might of the Roman Empire. And yet into the darkness of the night, the light of the Christ Child shone as a beacon of God's love for humanity.

2022 has been a difficult year for the world. Globally we have felt the impact of the fallout from the pandemic, the Russian invasion of Ukraine, and the mounting effects of climate change. In our own country, political instability, the death of HM Queen Elizabeth II, and the cost-of-living crisis, have affected us all in different ways.

At Christmas we do not forget or turn our back on these issues. Rather, we are reminded that it is precisely in the midst of our struggles that God makes himself present. It is when things can seem most desperate that we glimpse the life and light that is abundantly poured out for us in Christ.

There are many opportunities to gather with others and contemplate the mystery of the Christmas message this year. Please do join us at one of our Christmas services across the Western Dales this month, and be reminded of the hope that we are called to. Full details are at the rear of this publication.

Christmas blessings be with you this season,

Revd Andy Burgess, Western Dales Mission Community Leader,
andy.burgess@westerndales.org.uk

Seasons Greetings To You

From All
At
LOOKAROUND



OPEN HOUSE

Every Tuesday

Coffee, Craft & Chat

10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



Sedbergh
Grief Share

07498 870267

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

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

THE RAWTHEY PROJECT Veterans Christmas

Sheila Capstick

Regrettably we lost Tom Thacker to suicide in September but, in the days before his death, Tom asked his close friend to relay his thanks for the memories of spending Christmas 2021 with us at the Dalesman Inn. Although Tom had battled a shattered mind for many years, the kindness and generosity of our community never left him.

In Tom's memory, the Dalesman Inn are hosting a veterans Christmas in support of Tom Harrison House (www.tomharrisonhouse.org.uk). Fourteen disadvantaged or vulnerable veterans and their families will arrive on Christmas Eve, and enjoy a free Christmas break until Boxing Day, including Christmas lunch, courtesy of Mike & Hannah.

This is the fourth year that the Dalesman have extended their generosity, and it is Sedbergh at our best. If anyone would like to help or would like the details of the children attending, so that they can buy small gifts, please do get in touch.

THE CROSS KEYS TEMPERANCE INN AT CAUTLEY

Chris Clowes

Chris Clowes and staff would like to wish all our customers & friends are very Merry Christmas along with, above all, a healthy and happy New Year.

Thank you all for your support and kindness during the past year which has not been an easy year for very many of us. Your friendship and kind words have been very much appreciated.

Sorry, but The Cross Keys will be closed from the 18th December to the 2nd January. We've never closed like this before but I am going to South Africa to take the money to our creche/ early learning centre which was so kindly donated following Alan's death.

Travelling with me will be Alisha Brewer who many of you may remember worked with us at The Cross Keys and now works at Settlebeck Primary. For many years she has wanted to visit South Africa and now feels that this may be her best opportunity. Thanks from me to Settlebeck Primary for allowing her to

break up a little earlier I am sure the experiences she will get will be useful and interesting. Also travelling with us will be Anne Jones who many may remember from her days at Yew Tree Cottage in Sedbergh. Because Anne was born in South Africa she was the first person we turned to for advice and guidance and since our first visit she has been out there with us many times and was very much involved in the setting up of our creche.

In the New Year I will include some photos and details of your trip.



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Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

"BACON, BRIE AND CRANBERRY PLEASE"

Julia Pritchard

At the end of October, I received a frantic message from my son saying "Had I heard the terrible news?" On my negative reply, he then proceeded to tell me the very sad news that 'On a Roll' on Sedbergh main street has closed for good and that it was all over the Sedbergh School Twitter feed!!

My son, now an Old Sedberghian, frequented the delightful shop almost every day to get his usual sandwich and to have a chat with other school, mates and friends. The shop was invaluable when he was revising for his A Levels, as his mid-morning brain food and, then when the exam period arrived, I would go in and pay for a weeks' worth of bacon, brie and cranberry for him to access after every exam.

Both my son, and a lot of the past and present Sedbergh School pupils are so sad to see it go, as it was not just a great eatery, but the staff genuinely cared, listened and engaged with them throughout their time at Sedbergh. As a very grateful parent, I truly thank you both so much.

WESTERN DALES BUS Changes to S4 and S1 Services

Rebecca Atkinson

Most of our services are slowly recovering from the pandemic, and many of our regular passengers have now returned, but unfortunately, this does not apply to all our journeys between Sedbergh and Dentdale. The costs of fuel and maintenance

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

Volunteer Treasurer

Western Dales Bus is a local community charity, which provides a valued community bus service with the help of 25 volunteers. One of these is our Treasurer, who is about to retire after 10 years of working with us, and we are looking for someone to replace him.

The role includes

- Paying bills as they become due, and banking cheques when received.
- Maintaining accurate financial records, using accounting software such as QuickBooks Online.
- Producing financial projections and end of year statutory accounts for audit, and filing with the Charities Commission and Companies House.
- Submitting VAT returns when appropriate.
- Providing information for grant applications as required.

It would suit someone with accounting or financial experience who

- can work effectively, both independently and with other people
- is well organised and precise
- has high levels of numeracy, literacy and IT skills
- is willing to undertake training to learn new skills

If you have good Excel and computer skills and would like to find out more about this role, please contact Jock Cairns, Director, Western Dales Bus, on 07989 403119 or at jockcairns@outlook.com.

for our buses have risen considerably, so now that the summer visitors have left, we have regretfully decided that we must now shorten some of our routes.

So, from 5th December, we will be making the following changes:

Saturday: S1 Kendal Shuttle.

This service will start at 08:35 at Maryfell, and will not come to Dent before doing so as at present. Other journeys to and from Dent on Saturday will remain unchanged.

Friday: S4 Kirby Stephen Connect.

This service will no longer come to Dent, but will run between Sedbergh and Brough only.

FRIENDS OF FARFIELD MILL

The [Friends of Farfield Mill](#) were delighted to welcome Marjorie Bidgway to launch our new programme of talks with a fascinating presentation of her vast collection of buttons down the ages and some of the stories behind them.

Informative and engaging, Marjorie's good-humoured talk took us through the history of buttons from them being denounced by the Church as the "Devil's Snare" (for becoming an obsession) through Elizabeth I Queen of recycling, to the politics of the British Button Society.

Who'd have known? We certainly didn't – and all about an everyday item we use so casually, although



Lakeland Voices

wishes everyone in Sedbergh and Dent a very merry and melodious Christmas, and a happy and harmonious New Year.

Carols Concert - Dent Meditation Centre, at 7.30pm, Friday December 9
And workshops to learn folk carols - from 10am Saturday and
Sunday December 10 & 11 - all taught by ear, no need to read music.

Tickets from David Burbidge, 015396.21166 www.lakelandvoice.co.uk

those gathered in the Mill tearoom that evening will never button up in quite the same way again. We look forward to hosting more interesting events in the New Year, including talks on our beloved local Red Squirrels and visiting Swifts. For more information on these and other activities of the Friends of Farfield Mill, please contact friends@farfieldmill.org.

SPELLBOUND THEATRE **Alice in Wonderland**

Heather Pakeman

It's hard to believe that our production of 'Hercules-the Panto' was a year ago- time flies. We are now getting very excited about our next production which will be an adaptation of 'Alice in Wonderland' taken from Lewis Carroll's book and re-written by Helen Leslie Bromley. There are still all the crazy characters from the original but with some new

ones thrown in, to create an imaginative and cohesive story with plenty of jeopardy, silliness and fun. Expect some singing and tea-party shenanigan's which may flow over into the bar for alcoholic teapot heaven- or just tea!

We're hoping that we can brighten up your February with some entertaining drama as spring starts to approach. We look forward to welcoming you into our 'Wonderland' at the People's Hall. See our advert for more details.

Spellbound Theatre's AGM will be on Thursday 26th January'23. Please keep an eye open for posters nearer the time for a time and venue. All are welcome especially if you are interested in joining us front of stage or backstage.

**Spellbound
Theatre**



Struggling with the cost of living?

Visit cumbria.gov.uk/costofliving

BOXES OF HOPE CUMBRIA

Pam Dent

Thank you to everyone who has contributed in any way to the success of this year's Christmas shoe-box campaign, especially to those who donated in excess of 130 boxes to bring Christmas joy to children identified by our partner charity in Romania as being most in need of your gifts. Thank you to the leaflet and drop-off points, to box coverers and knitters of hats, and those who contributed all manner of things from beanie babies to bars of soap or cash to help the boxes on their way. By the time you read this the boxes from across Cumbria and beyond should have arrived in Romania, followed by a team of local volunteers to give them out in person to wide-eyed boys and girls gathered in community halls or remote road-side villages. On behalf of all of them, thank you. Craciun fericit! Happy Christmas!

LAST POSTING DATES FOR CHRISTMAS

Royal Mail

Cards & Letters

UK 2nd class Mon 19th Dec.

UK 1st class Wed 21st Dec.

Missed those? Special delivery with Saturday guarantee final date is 23rd Dec!

Parcels

Wed 21st Dec Large parcels using Express 48.

Thurs 22nd Dec smaller parcels using Express 48.

International

International last posting dates vary by continent and country starting with Africa and Asia on 7th Dec.

The Post Office has a useful leaflet with all the dates in.

Don't forget to sign the petition to save our Post Office if you haven't already.

CHRISTIAN AID IN SEDBERGH AND DISTRICT

*Anne Pitt,
on behalf of the committee*

Thank you to all who supported our Coffee Morning in October. The event raised £233.25 a splendid amount, thanks to the generous donations of baking and other homemade consumables, raffle prizes and attendees.

POPPY APPEAL RECORD RESULTS

David Parratt

The Sedbergh Branch of the RBL raised £12,726 in the 2022 Poppy Appeal – a record for the branch. Many thanks to all those who contributed.

THE ROYAL BRITISH LEGION Sedbergh & District Branch Centenary

David Parratt

The Sedbergh & District Branch was formed on 11th December 1922 and on Sunday 11th December this year the Branch will be celebrating its centenary with a special service in St Andrews Church at 0930 to commemorate this historic event. There will be a display of cascading poppies in the Ladies Chapel and at the Lych Gate, as well as a number of information panels in the church, which will include a history of important events and milestones and the work and responsibilities of the Branch.



Guest Carol Service - All Welcome
5.00pm Sunday 11th December 2022
Sedbergh School Chapel

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email: info@garsdaledesign.co.uk

web: www.garsdaledesign.co.uk

As the Branch looks to the future, we remain dedicated in our mission to ensure the welfare of our veterans and their families is cared for and the adaption to the changing needs of our Armed Forces community remains at the heart of everything that we do.

You can help by becoming a member of the Sedbergh & District Branch. You don't have to be part of the Armed Forces community. Everyone is welcome.

For further information, please contact:

David Parratt, Chairman
dmparratt@gmail.com 015396 20964

Nigel Whiting, Secretary
nigelwhiting306@gmail.com 015396
21358

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

All types of fencing
and general work
undertaken . All
enquiries welcome

**Chris Harper
Fencing**

Call on 07957515711 or email
charper6020@icloud.com
for info

CANARY GIRLS

Sandra Gold-Wood

Here we are facing the end of 2022. How quickly the year has gone, sand through our fingers. A great deal has happened over the year, although our progress is somewhat stunted by our lack of Charitable status. Nevertheless, donations continue to pop through my letter box and enthusiasm is high. People are very interested in the Canary Girls Memorial project and, like us Trustees, they are puzzled by the way these women have been overlooked for so long.

On Oct 18th I gave a talk at Grange to members of the U3age in Victoria Hall, which went extremely well with such an encouraging

response from my large audience. In November I actually gave a talk here, in Sedbergh, to our very own History Society and another to Burton in Kendal History Society. The next talk on the books is in January 2023 and it will be over the border in Lancashire.

If any of you are members of the Royal British Legion you may have noticed on page 15 a picture of a splendid memorial to the horses of WW1 with the strap line,

'Animals Deserve to be Remembered Too!'

I whole heartedly agree; the way these animals were treated was certainly appalling. However, forgive me as I just have to say that, surely Canary Girls deserve to be



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remembered too. I am sure too that no one would dispute this. If only we could get the Charity Commission to grant our registration. I am told that they just have a list of tick boxes and those, who apply, have to fit into prescribed wordings. The Trustees are waiting to hear from Cumbria Voluntary Services to see if they can help with this. Unfortunately, the young woman I was working with is off sick.

Nevertheless, 2023 will be the year of the Canary Girls!

Once again this year I was privileged to lay a wreath of yellow poppies on the war memorial in St Andrew's Church yard. Other places around Cumbria are also laying yellow wreaths to remember the Canary Girls which is marvellous.

Thank you and a very Merry Christmas to everyone one who has so kindly and generously supported the CGMP.



CANARY GIRLS QUIZ

Sandra Gold-Wood

For those of you who have already done the quiz, the answers are on page xx. For anybody who would like to do it now for fun, here are the questions. And the answers are, of course, on the page already mentioned.

1. Who was UK PM in 1960?
2. The 'Soap' that arrived on TV 1960?
3. Which Royal married in 1960?
4. In 1960 the government issued which Act?
5. 1962 which band had a hit with Telstar?
6. What was Telstar?
7. On which Beatles album can you see: Mae West, Fred Astaire and WC Fields to name but a few?
8. In 1963 who closed the railways?
9. Who was the first female UK Secretary of State?
10. In which year did Top of the Pops first hit the telly?
11. Who was elected as the UK PM in 1964?
12. 1966 England won the World Cup but who scored the final goal?

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 daleswaytherapies@gmail.com



THE CROSS KEYS

Tearoom in Cautley

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

015396 20284

Crosskeyscautley@outlook.com

www.cautleyspout.co.uk

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

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

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

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

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

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

13. Which year did London find Traffic Wardens on the Streets?
14. In which Kinks Hit is 'Carnabetian Army' mentioned?
15. In 1967 which Minster of Transport brought in the Breathalyser?
16. Who was the second man in space?
17. In which year did Danny Blanchflower refuse 'This is your Life'?
18. In 1968 Martin Luther King was shot and killed in which US City?
19. In 1963 which Lord led the inquiry into the Profumo affair.
20. Which model was voted the face of 1966?

DENTDALE CHRISTIAN FELLOWSHIP

Sarah E Woof

October was a very busy month as we arranged and held two events and started planning others for later in the year.

We celebrate some of the Jewish Festivals and in the Autumn we hold Tabernacles events. This year with the help of huge cardboard boxes we celebrated in Carnforth and in Dent. The Carnforth event took place in the Free Methodist Church Community Centre to enable our families from that area to get together. The children built shelters with boxes, danced with flags during the worship and we all

H & M

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enjoyed a bring and Share buffet and each other's company.

The Dent event in our home followed similar lines as we thought of the shelters people in Bible times built for themselves and for God.

Pumpkin Party on Oct 31st which was another great evening with families and children coming along.

Then the future events we have been planning -

Bake Thru the Bible, 5 Mondays after school, fun cooking activities to explore the Christmas story. Helped by folks from the church congregations in Dent.

Sheep Trail, handcrafted sheep will be displayed in windows around the village and a 'Sheep Trail' quiz

sheet will be prepared with links to the Nativity.

Some Sheep will trot along to the Scratch Nativity at the Methodist Church in Dentedale in Dec and all of them will be gathered together at the Blessing of the Crib on Christmas eve at Dent St Andrews.

Activity morning on Sat Dec 31st, 9.30 to Noon, place to be decided, a morning of painting and model making for children with parents coming too.

All these events are funded and arranged by DDCF and we appreciate the help we receive from the 'church' congregations in Dent.

As we reach the end of the year it will be time for a little rest and then we will be praying and planning Passover and Easter events and looking forward to our Festival weekend, Fri 4th to Sun 6th August 2023.

We pray you will be blessed with joy this Christmas and remember, if you need prayer for yourself or those you know please get in touch. God Bless.

John & Sarah E Woof. "Rhumes", Dent, LA10 5QJ. 015396 25212.

BRICKS & MIX



Property maintenance

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

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SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk

The Council held its meeting at 7.30pm on Thursday 10th November 2022, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh. The next meetings scheduled are on Thursday 8th December 2022 commencing at 7.30pm and Thursday 12th January 2022 at 7.30pm

Pathway construction – Howgill Lane/Havera, Playing field

Members noted the path was now complete, with some minor remedial works to repair the old fence.

Members hoped to order two new benches for the site in the new year. Members would additionally like to thank Cumbria County Council for funding the project, led by Sedbergh Parish Council, the path being an aspiration of the Parish for many years. Whilst it remained that no dogs were permitted on the playing field/play area, it was clarified that anyone walking a dog along the new path may of course do so, however, dogs must be always kept on a lead

Future Car parking in Sedbergh

Members noted an update following a further meeting with representatives of the Sedbergh Economic Partnership. Members will continue to look at how parking might be increased/improved in the coming years, noting the extreme pressure on the town's existing car parking spaces, hoping to create a future 'parking ambitions' plan for the community.

Other matters, including Finance and a potential uplift of up to 10% on the Parish Precept to assist with

escalating costs, Amenities, including the Bowling Club plans to improve facilities, and Planning were also discussed. Festive lights for 2022, EV charging, a grant for Gladstone House Social Fund (Community Afternoon Teas), the memorial plaque proposed for Antoni Gosiewski, Legacy monies bequeathed and general Correspondence.

Members would like to wish all a Happy and Healthy Christmas and the very best for 2023

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

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

www.sedberghparishcouncil.org.uk

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NEWS FROM THE PEWS

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

The poignant sound of half-muffled bells ringing before the Remembrance Sunday service set the scene for the powerful act of remembrance to follow.

From babes in arms to the very senior sitting shoulder to shoulder in the pews, many familiar faces, many unfamiliar coming together to sing powerful hymns and remember during the two minutes of silence those who fought and perished in defence of our freedom.

The Roll of Honour read so clearly by Sarah Campbell, Headteacher of Settlebeck and two pupils, Grace Wells and Charlotte Gardner never ceases to surprise with the very many names read out from our small country area.

The Last Post sounded and as the saying goes "you could hear a pin drop" during the following silence ended by Reveille and played so well by Peter Packham.

The mood was much lighter and brighter for the Town Band's annual Remembrance Concert in the evening. Stirring tunes like the theme from the film The Great Escape and

the Colonel Bogey march kept the feet tapping before Ewan Lewis the band conductor had us singing "The White Cliffs of Dover" leading to the very moving Pipe feature "Highland Cathedral" which drew the concert to an end.

Now we are on the way to celebrating Christmas. Each house will receive a Christmas card from the Western Dales Mission Community listing all the services and where they will be held.

This year our Nativity Play with Carols will be on Christmas Eve at 4.30pm which is at an earlier than usual time.

We shall look forward to welcoming you any of the services.

Wishing you all a Happy, Peaceful Christmas and all good wishes for the New Year.

PS: The last Wednesday Coffee Morning for this year will be on 21st December, starting again on 11th January 2023.

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TIM'S COLUMN

Tim Farron MP

Well 2022 has certainly flown by. It feels like no time since I was writing my Lookaround end of year column for 2021.

And what a year it has been.

Let's start on a positive note. We had an amazing result in the election for the Westmorland and Furness Council that takes over from both South Lakeland and Cumbria County councils in April next year. Every single councillor the Westmorland and Lonsdale constituency is now a Liberal Democrat. Councillors from other parties were elected by people in the parts of the council that are outside our area but fortunately not enough of them to stop us having a

majority on the council. Both Ian Mitchell and Hazel Hodgson (the councillors for your ward) got nearly twice as many votes as their nearest rivals. Clearly you must feel we are doing something right.

We are all very aware that you only gave us our victory because you have such high hopes for what we can achieve. So no pressure! Rest assured I have been working with the new shadow council to ensure that when everything rolls into place on the 1st of April we really hit the ground running and you notice some big differences.

On a less positive note the boundary commission has announced its revised proposals for how constituencies should be

*Sedbergh Community Swifts sends all readers
very best wishes for the festive season.*



*With kind permission from Huntley & District swift group

Contact us: ta.hoare@btinternet.com 01539 824043

organised at the next election. Sadly, they are proposing to move Sedbergh, Dent and Garsdale into a constituency that includes Carnforth and Morecambe. If the proposals go through (and they tend to at this stage) this will mean that at the next General Election, even if I am re-elected I will no longer be your MP. If it is any consolation (indeed you may be happy about it) I will also no longer be my own MP as they are proposing to move Milnthorpe into that constituency as well. The reasons for all of this are a bit too complicated to go into here, suffice to say that when David Cameron (remember him?) put in place the process to revise constituencies the rules he introduced made it fairly certain some of this constituency would move into Lancashire. I'm just really sad that it is going to be Sedbergh.

But I will continue to be your MP until whoever the leader of the

Conservative party is at the time decides to call an election. Given the current state of the country I really cannot see that happening in much less than the two years' time as that is the maximum the current government can remain in power.

As your MP I've been quite busy over the past month. I have been fighting for our farmers by challenging Government ministers on the trade deals they are making with Australia and New Zealand – it's interesting to see some former Government ministers are now doing the same thing. I have been pushing them to abandon plans to cut school budgets and to cut stamp duty for people buying second homes or homes they plan to let out. I've led a debate on the staffing crisis that we are seeing in our tourism and hospitality businesses. The list goes on.

But last and far from least I presented to Parliament the petition to stop Royal Mail closing the Sedbergh Delivery Office I launched with your local LibDem councillors. We got well over a thousand signatures. If you were one of them thanks for your support. I've also met with the management of Royal Mail to push them to change their minds.

This is my last column in Lookaround for 2022. Thanks for all your help and support. If there is anything I can do to help then please please get in touch. I still am your MP and I really want to help. As ever the email address is Tim@timfarron.co.uk and the phone number is 01539 723 403.

Have a great Christmas and all the very best for 2023.



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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

On 18th November the School launched a Christmas appeal for warm clothing for Siobhan's Trust to be packaged up and sent out to Ukraine where the temperatures can fall as low as -20C. Any contributions would be gratefully received, and should be delivered to the main school office above the Cloisters

In mid October the Prep School collected a large quantity of clothing and other necessities which was taken out to Ukraine in two loaded vans. During Half Term Mr Gorst from the Prep successfully climbed Kilimanjaro to raise money for Siobhan's Trust. On return after Half Term the School had raised a massive contribution to local food banks.

During half term the classicists went to Rome: Pantheon, Circus Maximus, Domus Aurea, Colosseum, Forum, Trajan's Column – and the weather in the mid 20s.

CCF cadets OS Jess Knibbs, Ollie Christy and Upper Sixth pupil Sam received their Lord Lieutenant's Award at Carlisle Cathedral on 13th October

The goat population at the Prep has increased by the addition of two pygmy goats, Millshake and Oreo. Winder House's population has been increased by a tiny scrap of a dachshund called Monty

Mrs Bolton, Head of Art, has created a unique piece of art in the form of a globe, as part of the World Re-imagined project, which involved 103 globes showcased in 7 UK cities

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exploring the transatlantic trade in enslaved Africans

Years 7 & 8 at the Prep have in their spare time constructed a computer from spare parts and connected it to a console from @sedberghschool and launched Core i5 computer club's Microsoft's Flight Simulator

On return from Half Term the School went onto the winter timetable with sport in the early afternoon and lessons in the late afternoon

Justine Mahon, the School's Nurse Manager, was interviewed for the Independent Schools Magazine about the School's policy of cardiac screening of all pupils over 14, working with Cardiac Screening in the Young, and the importance of this.

The School held a ceremony of remembrance at 11 am on Friday 11th November. And the main service of Remembrance was held on the Cloisters on Sunday 13th November on a brilliant autumn day. Two earlier small ceremonies were carried out earlier in the day – a piper playing the last post at 7.00 am, and a small service at the Boer War

Find a Warm Welcome in Sedbergh

Helping to reduce the 'Heat or Eat' crisis this winter



A Brew at Browns

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Coffee Morning

**EVERY WEDNESDAY, 9.30-11.30AM
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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

memorial between the Bursar's Office and the Chapel.

The weekend of 12/13th November saw Old Sedberghians Abby Ward (Scott) (women's rugby World Cup final), Harry Brook (cricket World Cup final) Tom Francis (rugby) and Cameron Redpath (rugby) representing their countries. ITV Border visited the School on 1st November to speak to staff and pupils about Abbie Ward captaining England at the World Cup – which, of course, England lost, but only just, playing with only fourteen players for most of the final.

Harry Brook contributed a useful 20 runs to England being crowned T20 World Champions against Pakistan

Music

A woodwind concert was held in the Thornely studio on 10th November at 5 pm. These concerts are open to the public who are very welcome

A performance of Faure's Requiem was held in the chapel on the afternoon of 11th November.

The inter-House Unison competition took place on Friday 4th November

Netball

The netball team went to Abu Dhabi during half term and found playing in 35 degree C very hard work

Cricket

Two OSs starred at Yorkshire Cricket Club when Harry Brook was

Tea & Company

LAST MONDAY OF THE MONTH, 2.30-4.30PM,
CORNERSTONE COMMUNITY CHURCH

A time of fellowship and fun, together with tea. All are welcome. For more information contact Barbara on 015396 20471

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

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

Community Afternoon Tea

FORTNIGHTLY THURSDAYS, 2-3.30PM
GLADSTONE HOUSE, FELL CLOSE

All are welcome for a brew, catch up, and cake. For more information contact Janey on 07966 134554

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
CORNERSTONE COMMUNITY CHURCH

A place for toddlers, parents, and carers to be together and catch up. For more information contact Vicki on 07989 435795

Illustration used with permission © Joyce Lee

voted Player of the Year, and George Hill Young Player of the Year. Harry Brook was also Player of the Series in the England v Pakistan T20 series. OS Tom Aspinwall (19 and an U19 England International) has signed his first rookie contract with Lancashire Cricket Club

Rugby

Just before half term four rugby teams went to Blacklock College in Dublin, bringing back four wins including that of the 1st XV. On 5th November the School lost to Denstone College in a hard fought and very muddy game 15-17.

OS Cameron Redpath, playing for Scotland, took time out to meet the Prep School pupils who had watched Scotland's game against Fiji.

Girls' rugby continues to develop in the School, with weekly training sessions on a Thursday afternoon

A Year 6 pupil had the honour of walking out onto the pitch at Twickenham with Manu Tuigali of England for their match against Argentina at Twickenham

Hockey

The U16 Hockey team managed to get into the final of the County Cup before the rain became too heavy and the final had to be put off to a later date.

The U18 boys are County Hockey Champions

At the Prep the Girls became U13 became Regional Girls Hockey Champions at Glenalmond.

Equestrian

Fifteen pupils and 18 Horses from both the upper school and the Prep attended the National Schools Championships at Keysoe during Half Term. The 75cm Arena Eventing Team finished 4th Nationally, and the 95 cm were National Champions. Kate took the Individual National title.

Shooting

OS Daisy Armstrong and OS Sarah Rorison have been selected to the Great Britain Under 21 Rifle Squad to go to the 2024 World Championships in South Africa

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 Servant's School which merged with the Clergy Daughters' School, and which has ultimately become the

Prep School

The 2nd XV will play Loretto 1st XV at home at 2.15 on 10th December

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 are available from the Brewery booking system.

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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DEMENTIA AT CHRISTMAS

Alzheimer's Society

Christmas means many things to many people—typically a time for food, family and festivities. But for people affected by dementia it can be more difficult. Here are 8 ways you can support people with dementia at Christmas.

There is always so much to consider at Christmas, and that's especially true for carers.

So, with help from our online community Talking Point, we've compiled a few tips to help you make the most out of the festive season. Here are some tips to help you support your loved one (and yourself) this Christmas.



8 ways to support somebody with dementia at Christmas

1. Put decorations up gradually
Introduce the Christmas environment slowly. Think about putting decorations up gradually over a few days so it doesn't come as a big change to the person's usual setting. Talking Point member Nae Sporrán said: 'This year I put the tree up on the first of December to brighten the place up and it made 'C' so happy, she especially likes the old wreath she has had for years even if she doesn't recognise it.'
2. Keep it simple and familiar
Someone with dementia may feel overwhelmed over the Christmas



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Get enraptured with our choice of **Festive Paper** and **Parcel & Post!**

But most of all, have a very happy and peaceful Christmas.

At Penny Black. We've got Christmas all wrapped up

period, so it's best not to overdo it. Keeping the day's activities low-key will help your loved one to relax.

Sticking to a familiar routine is also a good idea where possible. Having meals at regular times and in familiar surroundings will help to limit any potential confusion. Talking Point member Jaymor said:

'We kept it as just a normal day. Decorations, Christmassy food and goodies confused my husband and made him more anxious than he already was.

It was just too much for both of us. So for us there was no preparation.

'The children bought him clothes and his usual weekly supply of sweets and no Christmas wrapping in sight. He was used to his supply of

sweets but the clothing was put away without him seeing it.'

3. Get everyone involved

There are many ways to involve people living with dementia at Christmas time – from something as simple as hanging a bauble on the tree to doing a spot of Christmas shopping. The important thing is that they feel included. Talking Point member Soobee said:

'With Christmas cards, my mum still wanted to send them out, so I got her to write her name on a piece of paper. I then scanned, resized and copied them and printed them out onto computer labels.

'Mum helped me to stick in a few of the labels so she felt involved, and I wrote the recipients name in at the



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top and did the envelopes. We did about 25 cards for her that year and she would never have been able to write her name more than once.'

The activities handbook: Supporting someone with dementia to stay active and involved .

This handbook is for anyone who is caring for a person with dementia. It will help you suggest enjoyable and engaging activities for the person you're caring for.

4. Create a quiet room

A large number of guests can be overwhelming, so ask family and friends to spread out their visits over the festive period.

If things do get busy, designate one room in your house a 'quiet

room' where your loved one can relax without loud noise.

5. Bring back old memories

Whether it's an old song they used to enjoy or a classic Christmas film, find something fun you can take part in. Making a family photo album or memory box could be a nice way to spend time together. Talking Point member Agzy said:

'I have created a memory iPad which has nothing but hundreds of photographs of friends, family and places. Using my computer I have added names, year dates and place names.

'It has been a long labour of love but has paid off dividends as I update it regularly with new photos of interest to her.'

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6. Be mindful of food

Although many people eat a lot at Christmas, a full plate can be daunting for someone who has difficulties eating. If you're doing the serving, try not to overload your loved one's plate. We've also got lots more general tips to help with eating and drinking on our website.

Talking Point member BarbGee said:

'My husband was diagnosed with Lewy Body about 12 years ago and increasingly finds changes to our normal routine distressing. For the last few years we've just stayed at home by ourselves and kept Christmas really quiet.'

'Last year Christmas Day was one of his "bad" days and he actually stayed in bed, asleep, until tea time.'

He wanted scrambled eggs so that was our Christmas meal. I think my tip would be to not expect much, keep it simple and try not to be disappointed if it's all a bit dull. That's life .

People with dementia can experience changes in how much food they eat and when and what food they prefer.

7. Be flexible

It's easy to get caught up in Christmas traditions, but your festive season might begin to look different as dementia progresses. It's always worth having a plan B, and be prepared to change your plans if a particular element isn't working. Talking Point member Wildasba said:

'My mum loved Christmas with us but on Boxing Day, when we had other family and friends over (it was the same group of people every year, who she knew), she would get very stressed, sitting away from everyone else (sometimes out on the stairs).

'A couple of times she was abusive to other people and she was always clingy with me - the whole thing was overwhelming for her and she couldn't cope. This was despite asking who was coming, wanting to help with the preparations and being quite excited about it all.'

Even if they seem ok with the whole idea, don't take it personally if they behave the opposite. In fact, our mantra for coping with Mum, these last few years, is exactly that - Don't Take It Personally!

8. Plan ahead

If the person with dementia is living in a care home, it can be helpful to

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COMBATTING THE NEVER ENDING CYCLE OF STRESS

Neighbourhood Watch

As with many companies Avast, Neighbourhood Watch Cyberhood Watch partner, are very aware that our online behaviour can impact on our mental health. Avast are keen to support people to make good mental health decisions whilst being secure online. The following advice has been put together by Avast in partnership with yppah.

The last two years have put our physical and mental wellbeing to the test. If the separation from our loved ones for almost two years wasn't enough, there is the added stress of the energy cost crisis or observing the distressing battle being fought in Ukraine. Not to mention that in a crisis, it's easy to get overwhelmed with information. So how do you take back control during these turbulent and uncertain times?

Today's 24/7 news and social media can drain your energy and keep you in chronic stress mode without you even realizing it. Often, what makes us feel out of sorts is our constant attempt to control things that are beyond our reach. The overload is exhausting and stressful and the emotional turmoil can be overwhelming. It is important to switch off and unplug after getting the information we need. So how do we combat this never ending cycle?

Take the time to slow down and be present in the moment, instead of thinking and worrying about what happened in the past or might happen in the future. Take a walk, read a book or write a journal, to

ask the home in advance what their plans are for Christmas Day - particularly if they have coronavirus restrictions in place. Talking Point member Sarasa said:

'Mum's current home has a strict visiting policy so I doubt I could see her on the day even if I wanted to. I'll drop some present off earlier in the week. My mother in law's home is more relaxed, but I doubt they'd want all four of her children, partners and various adult grandchildren turning up.

'I guess they family will decide among themselves who visits when. My mother in law too has no concept of times or seasons so won't miss a big celebration.'

separate your mind from the immense flood of negative information.

Make time for you in the morning and in the evening. How you spend those few minutes at the beginning or at the end of the day can set the tone for the entire day or night. By practicing simple rituals such as waking up and going to bed at the same time every day whilst avoiding electronics at least one hour before bed you can positively impact your resilience, mental and physical wellbeing.

Spending 15 minutes on a short walk, reading a book or meditating early in the morning and before bed can positively affect our stress & anxiety levels. And whilst you might not be able to rid your personal stress entirely due to circumstances, you can bring it down to a level that both your mind and body can handle.

Maintain a positive attitude. Creating a habit of gratitude by reflecting on all the positive things in your life can bring about many positive changes both mentally and physically, after all our mission is to help you take back control of your

wellbeing; that all starts with your thoughts and intentions.

Complimenting people as a random act of kindness can have such a profound effect, both for you and the person to whom you give the compliment, this can cause a ripple effect that allows the positive energy back to you; try it out and challenge yourself to give out one complement to someone once a day for a week and start to see the change that you can create!

The fundamentals of wellness stem from exercise and nutrition. The relationship between our diet and our mental health is complex. However, research shows a strong link between what we eat and how we feel.

Research on mental health has demonstrated stress can be a major player when it comes to impacting our memory and ability to focus, our physical wellbeing as well as our ability to detect and avoid risks such as those we frequently take online whether that's through fake profiles, financial scams or clicking on bad emails with dodgy links. To help make your digital life a safer place consider downloading Avast One. You'll get access to your personal online guardian, helping to safeguard your privacy, speed up your devices, connect securely and avoid scams!

In life, you always have choices. What happens next is up to you. Taking back control of your health and wellbeing through self-discipline, engaging in simple daily habits and practicing gratitude is a great place to start!



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DEALING WITH SCAMS

Karen Evans
Chief Officer South Lakes Citizens
Advice

Last year I fell for a scam when I was doing my Christmas shopping. I thought I was getting a good deal but didn't realise I was being scammed until it was too late. How can I avoid the same thing happening again this year?

Scammers' tactics become more sophisticated every year, making scams tricky to recognise, but there are things you can look out for. If it seems too good to be true, it probably is, particularly things that cost a lot less than the normal price.

Be wary of people contacting you out of the blue on social media sites or via text and email offering an item for sale or deal on something. If you're buying from a website you haven't used before, spend a few minutes researching it. A good place to start is their terms and conditions. Look up the company's address which can normally be found in the 'contact us' section and should have a street name, not just a post office box. If it's a registered UK company you can check its details on the Companies House website. It's worth looking at different review websites to see other people's feedback – don't rely on reviews the company has put on its own website.

Scammers will often ask you to pay in an unusual way, or very quickly. For example, you're asked to send money through a transfer service like MoneyGram or Western Union or pay via vouchers. Never give away your personal information like a password

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If you've been scammed, you should report it. If you've transferred money in the last 24 hours, speak to your bank and the police. You should also contact the police if the scammer is in your area or you feel unsafe. You can also report the scam to Citizens Advice and Action Fraud. Don't feel embarrassed about reporting a scam – scammers are clever and it can happen to anyone. Reporting a scam helps track down and stop scammers, helping to

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prevent it from happening to others too.

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

FIFTY YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from December 1972 and January 1973.

Youngsters give Party for Elderly at Sedbergh

A united effort by pupils of Sedbergh Secondary School and Club 70 Youth Club members enabled 132 old folks to enjoy a Christmas party at the school last Thursday, as guests of the children. A Christmas meal was prepared by the boys and girls in the domestic science department, and served by their colleagues. Each guest received a gift of groceries or fuel (coal and logs) donated by the children and

friends of the school. Entertainment was provided by pupils, staff and friends, and consisted of a recorder group, a piano solo by Alma Konczynski, an accordion selection by the school groundsman, Mr J. Gardner, and a folk group made up of Mr and Mrs Roger Bush, Mr and Mrs Greg Williams, and Mrs Ford. There was also community singing. All costs of the event were borne by the pupils and Club 70, and transport from Garsdale was provided by Mr G. Metcalfe.

Methodists

The Guild meeting on Monday, arranged by Mr and Mrs G. Spencer, was entitled 'A Song and a Picture for You'. There was a quartet consisting of Mrs Doris Waller, Mrs Joyce Capstick, Mr T.K Gorst and Mr G. Spencer, and solos were sung by Mrs M. Wilde, Mrs A. Pratt and Miss Rosemary Harper. Slides of people and places were shown by the Young Wives' Group. The Rev. H.S. Hills presided, and thanks were expressed by Mr W. Armitstead.

Potatoes end up in the River

An 18-ton load of potatoes fell off a lorry into the river at Sedbergh on Tuesday night. An articulated lorry, driven by Mr Michael Harbin of Preston, shed its container load while negotiating Strait Bridge on the A683 at Cautley. The bridge, a notorious danger spot, is at a sharp right angle at the foot of Kettleridding and Burnt Mill hill. The container tumbled from the lorry, demolishing almost the entire west parapet of the bridge and crashed into the River Rawthey, which was in flood at the time. The driver escaped unhurt and the vehicle

was undamaged, but salvage operations to retrieve the container, damaged in the fall, have been delayed by the flood water. It is expected that the potatoes, in paper sacks, will be spoiled.

Junior Guild

At a meeting in the schoolroom, members heard the problems of the very old in a talk given by Mrs N.H. Dixon, a nurse at Kendal Green Hospital, who spoke of the work done among the elderly. She demonstrated aids used to make their life more


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comfortable, and to assist staff in the smooth running of the hospital. She was thanked by Nicola Taylor and Peter Gorst. Wendy Mason presided, and the lesson was read by Vivian Souter. Judith Dixon kept the register, and the pianist was Susan Conchie.

Gala Party

Sedbergh Gala Day Group held its annual Christmas and New Year party for local children in the People's Hall. The full committee, with their wives, turned out to help in catering and also in keeping order among the 218 children present. Entertainment included a Punch and Judy Show and some conjuring. As for the food, 30 pints of jelly, six gallons of ice cream, two gross of lollipops, and assorted cakes and sweets were quickly devoured. Each child also received an apple, the gift of Mr E. Morphet. Music for singing was played by the Steadman family, with father Tom (accordion) and sons Garth (guitar) and Alan (drums).

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Carol Concert

A carol concert given by the pupils of Sedbergh Primary School took place last Wednesday in the secondary school hall. More than 200 parents and friends attended, and carols were sung by a massed choir. Items were also given by three recorder groups and a violin group, with piano and guitar accompaniment. Musical direction was by Mr R. Bush and Mr W. Smith. A trumpet solo was contributed by Andrew Cheeseman. The headmaster, Mr E.S. Marney, thanked all for their support. A collection for the Royal National Institution for the Blind raised more than 11 pounds.

Advanced Driving Test double

When Mr Garth Steadman got in his car to take his Advanced Driving Test on December 14th he was determined to pass, for his wife had just got out of the car with a pass certificate. Two nerve-racking hours later he also received a pass, and the couple became the first Sedbergh husband and wife team of advanced motorists. "I just had to go first", said Mrs Carol Steadman. "I couldn't bear

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to stand waiting in Penrith for two hours. The hardest part of the test was giving a running commentary on what I was doing". Mr Steadman said that it was the concentration needed that gave him the most trouble. "You finish up mentally exhausted", he said. The two-hour test involved town, country and motorway driving, plus hill starts and manoeuvring. Mr Steadman said the accent was on "smooth, safe, progressive driving". Mr and Mrs Steadman live at Sunridge, Joss Lane, Sedbergh and they have both been keen drivers for 10 years. They decided the advanced driving test would be a challenge, after reading in the Gazette about a series of lectures being given by Cumbria Police. In preparing for the test, they helped each other out by criticising their driving. Despite this, the couple remained on good terms and say they are now completely happy with each other's driving.

THE DARBY WOMEN OF COALBROOKDALE

Karen Bruce Lockhart

We have all learnt about Abraham Darby III at school as the man who built the Iron Bridge at Coalbrookdale, and whose grandfather had invented the smelting of iron with coke instead of charcoal and so it could be said began the Industrial Revolution. The building of the bridge over the gorge was of importance not so much because he showed it should be built but because he showed it could be built

But in many ways as remarkable members of the Darby family were the women. The family was a Quaker family, and one of the things that made Quakers different was their attitude to women, whom they treated as equals with men (almost). Perhaps this is one of the reasons that Quakers feature so much in the great entrepreneur families of the 18th and 19th centuries, such as the Frys and the Cadburys, (both chocolate), the Coutts (banking) and the Palmers (biscuits).

The widow of Abraham 1, who founded the family fortunes by smelting iron with coke instead of charcoal, was Mary. She had fallen into the furnace as a child and had surprisingly survived to bear 11 children, seven of whom died young. She seems only to have suffered from asthma as an adult and a desire just to sit by the fire. When her husband died her son, Abraham 11, was only six, It was Mary, together with her son-in-law and another Quaker, who founded the

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Coalbrookdale company, although she died only a year later

Abiah, the wife of Abraham 11, was a great philanthropist, looking after the poor and prisoners. She had married young rather in defiance of her parents' wishes, but her child and first husband had died in a smallpox epidemic when she was only nineteen. She was 'rich in good works, willing to communicate, feeding the hungry, clothing the naked, visiting the sick and also the condemned and other prisoners in different jails'. She was responsible for the establishment of Sunday schools in Shropshire. She became a Minister in 1747 and wrote pamphlets, made speeches and

travelled throughout Britain on horseback preaching even when pregnant. She had thirteen children, only four of whom survived to adulthood. Her husband had sometimes accompanied her on her journeys. Her husband and family accepted that her work as a minister came before all else, even when they were unwell – her husband was dying when she was on one of her journeys.

Her daughter-in-law Deborah Darby took matters even further. She was the wife of Abraham's brother Samuel who had poor mental health. She also became a Minister and travelled as far as America visiting, it is thought, all the Quaker meeting

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houses – she went for three years when her husband was in poor health, her children 11 and 14, and Abiah near to death. She campaigned against war and slavery. It was a meeting with Deborah that persuaded the prison reformer Elizabeth Fry to become a Quaker

Abraham 111 had inherited the family iron producing business at thirteen and took over the running aged 18. Like his mother he looked after the poor, and particularly his workers. He started the building of the Iron Bridge, but he died a comparatively young man. He died of scarlet fever which his unmarried sister Sarah survived although she had been too ill to be told of his

death. She and his widow Rebecca, together with another sister and a sister-in-law, were left as the major equal shareholders, there being no adult male heirs. This was a time when women, particularly in the middle classes, were expected to be wives and mothers and not concern themselves with their husbands' work. Nor were they educated for anything else, although this was less true of the Quakers. Abraham's unmarried sister Sarah, together with another married sister Mary Rathbone, and their sisters-in-laws Deborah and Rebecca, ran what was now a major business until the next generation had grown to adulthood. Sarah was said to sit " in her drawing

room in great state surrounded by tables and papers, like a lawyer's office." She like her grandmother survived near death as a child of eight when a horse fell on her. She was extremely generous to members of the family. It was while these women were in charge that the company built the first ever steam locomotive for Richard Trevithick, the Cornish miner, in 1802. Sarah retired in 1802 and Rebecca became the senior partner.

Sarah and Rebecca, together with other family members, formed the Coalbookdale Bank, known as the "Petticoat" Bank, of which Sarah was the senior partner. Women in future generations also became bankers – one set up a bank in Penrith.

TWO LOCAL METHODIST CHAPELS

Colin Cowperthwaite

More research and information compiled by the late David Bracken. Sadly neither of these two historic places of worship is currently in use.

Cautley Methodist Chapel.

This chapel was built in 1845 after meetings had been held in houses in Hallbank and Dowbiggin for many years. Roger Moister, later to become the "Patriarch of Wyoming", preached at these house services on May 28th 1820, walking 21 miles to do so ! The land for the chapel was purchased opposite the old school (now demolished, and the site of the chapel car park) at a cost of ten pounds, six shillings and eightpence.

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Richard Martin of Dowbiggin, who was accepted for the Wesleyan Methodist Ministry in the year the chapel opened, attended the opening services and wrote: "Squire Booth led the proceedings ... which turned into a prayer meeting, and some 7 or 8 conversions took place". The graveyard has been extended on at least three occasions. Annual sports and sheep dog trials were held for Sunday School funds until 1976, in a joint event with Frostrow and Fell End chapels.

Garsdale Street Chapel.

Wesleyan Methodism spread to Garsdale from the south-west, but Primitive Methodism came from Hull via William Clowes's visit to Cotterdale and the revival there in the 1830's. The history of Garsdale Street Chapel begins on May 22nd 1840 when William Handley of Pry Hill sold a piece of ground measuring "ten square superficial yards" in "Midgeray Bottom" for the sum of "Five Pounds of lawful British money". The land was sold "Upon Special Trust and to the intent that a Chapel or Meeting House and School shall be erected thereon by the members of the Primitive Methodist Connexion resident in Garsdale". The

deed also specifies that "Use of the Chapel shall be in conformity with the provisions of a Deed Poll dated 1830 and signed by Hugh Bourne, James Bourne and William Clowes", and that preachers should "Preach no other doctrines but such as are set forth in the said Deed Poll". The chapel was lit by brass oil lamps for the first hundred years of its history, and at the beginning of the war the evening service was moved to morning until arrangements were made for blacking out the windows. Around the end of the war, a generator was installed to provide electric lighting. The members paid five pounds each towards this, and it was very effective when it worked, but the engine tended to stop in the middle of the sermon, possibly with the help of some of the local lads, leaving the preacher and congregation in darkness, so people took flash-lights with them just in case ! During the 1950's the chapel was lit by Calor Gas, then, when electricity came to Garsdale in 1961 the electric lighting was again used, but now with a more reliable source of electricity ! Many weddings were held in this small chapel, the last one being of William and Mary Airey in 1967, and the last christening was



that of their grandson, Solomon, in 2008. The Sunday School continued until the 1970's when there were no longer any children to teach. Sunday School met in the chapel at 1pm, and many of the children stayed for the afternoon service at 2pm. There are many happy memories of egg-rolling on Easter Tuesday, and of outings to Morecambe or Blackpool in George Metcalfe's bus.

SEDBERGH & DISTRICT HISTORY SOCIETY

Karen Bruce Lockhart

The Society's first "live" meeting of the winter season took place in the Parish Church on 26th October when Mr and Mrs Hannam, who moved from Sedbergh recently, entertained

members with their family connections with the Furness Railway and its building

Before the railway was built in the early 1840s the journey to Dalton-in-Furness (a much larger town than tiny Barrow which only had about 300 inhabitants) was hazardous – the crossing of Morecambe Bay was considered the most dangerous highway in Britain and the coach journey could take three and a half hour. As a result Ulverston was very isolated. Various schemes had been put forward such as building on five miles o f piles from Morecambe to Ulverston

In 1843 a railway was finally built between Ulverston and Dalton to carry iron ore and slate – it was horse



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drawn to begin with but converted to steam power. An extension was built between 1844 and 1846. In 1846 it started carrying passengers

Mrs Hannam read out a letter preserved in the family of a boy aged 16 who went to work on the railway which his father also worked on, which was surprisingly modern sounding. It described his accommodation in Dalton for which he paid three shillings a week, and a recipe for nettle beer. A second letter complained his father had not come to see him. It said there were 600 labourers, and that he had changed lodging. He had had to buy two pairs of boots at 14 shillings a pair, and he had his trouser washed a week. He

had also bought a jacket for four shillings and tenpence. He now had a job as a timekeeper. The letters were written in the early 1840s and bore a penny red stamp.

Other family members worked on railways on the Indian Peninsula and seemed to have a habit of going out to Bombay only to die within weeks of arrival. One called Treadwell was awarded a contract but died aged 35 within 15 days of arrival. His wife Alice carried on the contract for the Western Gat out of Bombay with 42,000 workers on the line, laying miles per day with the workers carrying up to 3 tons a day on their heads. She produced an original telegram reporting one of the deaths.

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By 1869 the railway through Dalton had three platforms and was carrying up to 12,000 excursionists a year. Ironworks were built in Barrow and became the largest steel works in the world. 50 years later it was carrying 57,000 tons a year. Land was acquired to build the Kent viaduct and this enabled slate and gunpowder to be carried. Gunpowder was part of the slave trade triangle – gunpowder to Africa, slaves to the New World and cotton to Lancashire

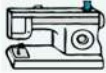
Two blue plaques have been set up in Grange – at the station and the Grange Hotel (the Railway Hotel) – which was vital to the development of the holiday trade.

30 YEARS OF ORAL HISTORY

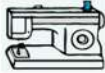
David Boulton

Thirty years ago Anthea Boulton and her team in what became the Dent and Sedbergh Oral History Society began interviewing local men and women born between 1905 and the 1950s to record a period of unprecedented change in the dales. The result is a unique archive of more than a hundred electronic recordings, all transcribed in print. Sadly, the project has now come to an end as time takes its toll on interviewers as well as interviewees! The Oral History Society will be dissolved by the end of the year. Happily, however, the entire archive has been enthusiastically accepted by the County Archives in Kendal, so its future as a public resource has been secured. The Society is most grateful to Kendal archivist Anthony Hughes for making this possible.

In its early years the Society was able to purchase and maintain high quality recording equipment through grants from the Dent and Sedbergh parish councils, South Lakeland District Council, the Dales National Park Authority and the Sedbergh and District Community Trust. In 2015 the Society published the first of two volumes of excerpts from the archives, "Telling It Like It Was", edited by Anthea Boulton and Veronica Whyman, followed by a second volume in 2021. A commitment was made that "all profits from the sale of both volumes will be donated to local charities and community projects in Sedbergh, Garsdale and Dent".



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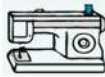
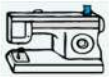
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When that commitment was made, there was no expectation that there would be any significant profits, given the expense of printing and marketing. But two factors changed that. First, the work that went into the books - the interviewing, transcribing, digitisation and editing - was entirely voluntary. Secondly, the books were instant local bestsellers. The result was that the Society has been able to fulfil its commitment by granting £1000 to Dent Primary School in support of an innovative history project, and £3000 to the Sedbergh Community Trust for distribution to community causes in Sedbergh, Garsdale and Dent.

History doesn't stand still and the next generation or two will see changes no less dramatic than those the Oral History Society has recorded. Perhaps a future generation of local historians will pick up the baton and tell how it was in the 22nd century.

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

We met at Firbank Church Hall on November 3rd. We had good attendance of members, and visitors, including a prospective new member.

Sarah opened the meeting by welcomed everyone.

WI News gave details of upcoming events highlighting the Olive Clarke Community Challenge - something for us to consider.

I was happy to win a family day ticket to Lowther Castle - 6th prize in the 2022 Grand Raffle.

Sarah and Audrey are to attend the President and Secretary training day on November 16th.

We entered a team in the annual fun Quiz with a pleasing result being placed 3rd.

The results of the competition points throughout the year were announced, 1st.Liz Moore with 17 points ,2nd Pauline Robson with 16 points 3rd.Ann Kendal 13 Points. Liz was presented with the Appleby Cup.

The competition for a miniature guy was won by Ann Kendal, with Pauline Robson second.

We continued on a Christmas theme guided by our two experts Pauline, and Ann and we created some impressive Xmas wreaths - all beautiful all different.

We now look forward to our outing to the Gift and Food Fair at Ripon Cathedral on 25th of November and also Xmas celebrations at the golf club on December 1st.



SEDBERGH W.I.

Moira Folks

The season of Remembrance is just over as I write this on November 14th; today the large red British Legion poppies were being taken down from around the town, and I am reminded that some yellow Canary Girls poppies were being worn at the Remembrance Sunday service in St Andrew's, Sedbergh, notably by our member, Sandra Gold-Wood, who followed the British Legion flag bearer at the Presentation of Standards. The Canary Girls Memorial Fund was started by Sandra to celebrate the contribution of women munitions workers in the First and Second World Wars. Our secretary, Valerie Welti, became very

interested, not only in the Canary Girls themselves, but also in the career moves of women inspired by those women working in what was previously a man's world, as the munitions workers did. Valerie's research into the gradual acceptance of women in the police force meant that she was prepared to speak to us at our November 9th meeting when our planned speaker was unable to come. 'Women in Policing' was her subject.

Assisted by photos on screen, Valerie covered a broad canvas spanning more than a century: before World War I there were no policewomen. The suffragettes – well educated, wealthy, often titled women (no strangers to police action against

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them!) put themselves forward as police volunteers, but the MPs they had helped into office refused to help them to further their aims. The need was there for women officers to escort women and children held in custody. Margaret Damer Dawson was concerned about the white slave trade, consisting of WWI refugees from France and Belgium who arrived at London stations, prey to criminals who tried to enlist them in prostitution. A committee of forty wealthy women with cars volunteered to take women and children from the station to safe lodgings. Margaret Damer Dawson offered to set up a Women's Police Force of volunteers who would have to provide their own uniforms in military style. Sophie

Stanley bought her uniform from Harrods and expected everyone else to buy their own! Lloyd George eventually realised they needed to pay women as police, not just have volunteers. In 1918, women appealed to Winston Churchill for a National Women's Police Force but to no avail. Meanwhile, Hull had its first Zeppelin raid and women volunteers helped the victims; they exposed drugging at Scapa Flow; they helped traumatised and shell-shocked victims; patrols rescued the drunks at Euston. By 1917 the Women's Police Service had justified their involvement in war duties. In 1919 they became an official part of the Metropolitan Police and Women's policing was accepted as part of the

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Police Force. In the 1970s the Sex Discrimination Act removed discriminatory practices. In 2017 Cressida Dick became the first female Police Commissioner – a great achievement. Many thanks to Valerie for telling the story of women’s policing with tremendous enthusiasm!

It was a busy week for Valerie, who hosted book club at her home the next day. ‘The Sealwoman’s Gift’ by Sally Magnusson was our book for the month. Set within a real historical framework, the Turkish raids in 1627 by Barbary pirates from North Africa on the coast of Iceland and especially the island of Heimaey, and the enslavement of over 400 Icelanders, who were then sold to rich people in

Algiers. Sally Magnusson weaves the fictional story of one Icelandic woman slave and her 10 years in Algiers. The descriptions of life in Iceland, on the slave ship and in the palace in Algiers are magnificent; the characters of the main players are sympathetically drawn; the only complicating factor is the unfamiliarity of the Icelandic names and the sheer number of different characters in the plot: luckily, there is a complete list of those characters at the end of the book, so an extra bookmark in those pages is useful! The average score was 7.5/10, but several marks, which were higher than the average, shows that this was one of our favourite books of the year and highly recommended by some people.

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There will be no meeting in the People's Hall in December as we are going out for our Christmas meal. Our next meeting will be in the People's Hall committee room on Wednesday 11th January 2023 at 7.30pm, when Dr Chrissie Hunt will be talking to us about 'The Signs and Symptoms of Cancer'. At the following meeting in the same venue, on Wednesday 8th February at 7.30pm we look forward to a return visit from Richard Chambers, talking about his Amazon Marathons. New members and guests are always welcome at our meetings. For further information, please contact our President, Ellen Morrison, on 07702 919745

KILLINGTON W.I. The Afternoon W.I. For The Entire District

Wendy Fraser-Urquhart

This has been another busy WI month. It started promptly on the first of the month with the "Literary Luncheon 2022". Now doesn't that sound grand, and Intellectual too? Each year the Federation organises this event and invites members from all the institutes in the Cumbria Westmorland Federation, about 73 separate institutes at the present time. Gathered were 112jjgg, of us plus our speaker Jean Harrod, acclaimed crime writer and former diplomat. During her career Jean served in many countries throughout the world and sets her novels in the places in which she has worked so all the details are authentic. Today she was telling us about her 10 years working in China just after the Cultural Revolution, with great insights into how the Chinese political system and mindset have evolved over many centuries. It was fascinating and enlightening. Look out for her new thriller, "Missing in Shanghai", which will be in the shops soon. What could be better than sitting in a beautiful hotel, looking out across the misty lake, eating a super lunch, and enjoying the company of friends old and new, and listening to a great speaker. I discovered that the member next to whom I was sitting has a daughter who lives in Sedbergh. Hello Liz Rice! I do not know you but I shall keep a lookout from now on.

Monday 7th November. I pause now. In half an hour I shall be off out

again, this time to a WI Quiz in Tebay. I don't think I can keep up with this mad, gay, social life. {and I will use that word, defined in my Concise Oxford Dictionary as full of mirth, light-hearted}! This is another Federation event with the same quiz taking place in six different locations, three in the afternoon and three in the evening. We had entered two teams, the Killington Klangers and the Killington Klappers. It occurred to me after I got home that if we had entered one team in the afternoon, and then another in the evening we could have ensured a win!! The questions were stupidly hard, which means that we didn't know the answers but we enjoyed the company and the refreshments! Tomorrow I shall take up my pen again, or rather rattle the keyboard with my fingers, as Tuesday 8th is our AGM. What excitement is to come?

Tuesday 8th November. Well, it came and went, and it was quite busy. In order to see that we didn't put a foot wrong we were happy to welcome two advisors from the Federation. The business of our AGM was smoothly conducted by our president Susan Sharrocks. All the important reports were approved and we were all set to sail forth into another year. Particularly notable was our thanks to our retiring secretary, Marion Wood, who has kept us on the straight and narrow for the last few years, and appreciation for our ongoing President. We were very happy to welcome Christine Drury as our new secretary. "Good on yer' Kid". We made plans for our

Christmas lunch and future outings in December and next year

Then it was onto the lighter part of our meeting. Sally Cragg, one of our own members and her husband had enjoyed an adventurous trip to South America at the beginning of this year. They had been to Chile and Patagonia and showed us pictures and told us tales of the remote and wonderful places they had visited. I think that the southern tip of Chile must be one of the most distant places on earth to which one could travel. Thank you, Sally, for sharing it with us.

We meet again on December 13th 2022 at noon for our Christmas lunch at the Golf Club. The first meeting of Our New Year will be at the People's Hall at 2-00pm on Tuesday 10th January 2023. Martin Cooper will entertain and inform us with a talk entitled, "Living in Malaysia, a multi-cultural society." Do come and join us.

I find it difficult to believe that another year has passed and It is time once again for the Readers' Digest and Killington WI to wish, "A Happy Christmas to All Our Readers!".



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at 1pm on the following afternoons:-*

2023

Thursday 12th Jan
Wednesday 15th Feb
Wednesday 15th Mar



NOTES FROM DENT STATION

John Carey

Dent Station is now prepared for the winter months although the house is far from closed down. Indeed, we are lucky to have a steady stream of guests throughout the year which is just as well if we are to meet the utility bills and keep the heating on! The station offers something for all seasons and many come for the isolation and, of course, the view down the length of Dentdale best seen through the new west window and with a good fire going!

It's never dull on the railway, although sometimes for the wrong reasons. The Settle-Carlisle seems to be prone to problems in recent years, often as a result of creaking Victorian infrastructure. It was not so long ago that we had the Eden Brows landslip and, more recently, the disruption inflicted by the storms. However, another serious mishap occurred when, on 19th October, a freight train derailed at Pettril Bridge Junction, just south of Carlisle, effectively blocking both the Settle-Carlisle and the Tyne Valley lines.

In all, 7 heavy freight wagons left the track and two ended up in the River Pettril causing damage to points and, indeed, the bridge itself. Recovery was always going to be a challenging task involving several agencies and installation of an 800-tonne crane on adjacent land. It was not until 13th November that the

lifting of the wagons could be undertaken due to the advance work that needed to take place to provide a base for the crane. The cause seems likely to be a faulty wheel on one of the wagons. Thankfully, such a scenario is unlikely ever to happen to a passenger train!

As a result, both of the lines are expected to remain closed at the Carlisle end until late November with Leeds to Carlisle services truncated at Appleby. To their credit, Northern organised a replacement bus service as quickly as possible, although this is not ideal for folks travelling north.

The timetable was slightly altered to allow trains to be operated from the south but, at least, most services have in fact run. Hopefully, by December train services will be back to some semblance of normality. Of course, the spectre of industrial action

hasn't entirely gone away but, thankfully, the RMT action planned for early November was suspended at the last minute as the parties engaged in talks. Nevertheless, this caused some disruption as, with the late notice just before a weekend, this was too late to completely lift the planned stoppage. Without doubt there is a need for modernisation of outdated working practices and most agree that this should go hand-in-hand with any pay award. Bluntly, the rail system as it currently exists does not best serve the travelling public who expect a 7-days a week train



service. As I write, ASLEF have just given notice of further action on 26th November, and so it goes on. Let's hope that common sense prevails and the threat of further action is completely lifted.

Meanwhile, the Friends continue to monitor train services on a daily basis and there have been a variety of problems. The reoccurring issue of 'leaves on the line' was apparent with trains struggling to start from some of the stations. The compressed leaf residue creates a Teflon-like coating on the track and prevents adhesion. This is normally removed with high pressure water but the rail-head treatment trains were disrupted by the Pettril Bridge closure. Leaf-fall has only become a problem since modern trains adopted disc brakes. Prior to this the brakes contacted with the wheel tread effectively cleaning any residue. In the good old days, steam trains were also equipped with sanding apparatus.

We are sadly no further forward in getting any improvements to the rail timetable. Having attended a recent stakeholder conference, the message was pessimistic as regards any changes in 2023. Only one glimmer

of hope concerns the mid-afternoon train which currently speeds through Dent and Garsdale without stopping. There is a slim possibility that this might be realigned to stop at some of the intermediate stations. Whether this will include Dent is doubtful. I well remember talking to foreign visitors in the summer months, having arrived back at Dent Station to find that there was a 4-hour gap in the timetable and a long wait. It would not happen in most European countries. Well, at least they had the consolation of the view!

Whilst on rail it is worth reminding as to 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, Dales Railcard holders can benefit from the winter offer running until the end of March 2023. This season, it will be 50% off any standard daytime fare on the route and much reduced fares for

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accompanied children. This really is a must-have.

There are no changes of note on the local bus services and no real pointers as to which way the new Westmorland and Furness shadow authority will go. Ideally, the new authority should have its own public transport budget and remain independent of its Cumbria predecessors. Some tough decisions need to be made as to how to allocate resources, but far better use could be made of those resources available. Public transport is a necessity not a luxury. It is bizarre that there are labour shortages in the hospitality industry often caused by the inability of potential employees to get to work. Public transport is also essential to provide car-free access to the area and vital to the local economy. Now is the time to contact your new councillor.

I make no apologies for plugging the Western Dales Bus which serves Dent station every Saturday and provides several other useful services during the week. Indeed, it is usually 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 however I would suggest waiting until rail services are back to normal. 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 I can be of any assistance on either mode, please feel free to contact via john.carey@settle-carlisle.com

TOWN TWINNING

David Smith and Garth Steadman

On Monday 17 October the Slovenian Ambassador's Deputy, Jakob Brenčič, visited Sedbergh to present the town with a beehive and a linden (lime) tree in celebration of 17 years of friendship arising from our town twinning with Zreče back in 2005.

Jakob is a softly spoken young man in his late twenties and has only recently joined the Slovenian Embassy in London after serving in the Slovenian embassies in Paris and Berlin. Unfortunately he was able to be here for only a relatively short time and we had a busy programme so we apologise to those people who were keen to meet him but didn't get the chance.

The day started in St Andrew's Church where Jakob viewed a display of photos covering the 17 years since the decision was made in 2005 to twin with Zreče. The photos covered the many exchanges between the young people of Sedbergh and district (mostly from Settlebeck School) with Zreče School; David Burbidge's Lakeland Voices singers as well as choirs and musicians from both towns; a variety of trips by adult groups in both directions covering sport, history, culture and art and there were photos



of that seminal day in 2005 when Sedbergh had to make the choice to twin with a town in either Austria, Cyprus, France or Slovenia. Zreče came first by a very large margin.

There was also a display of Sedbergh scenes by Susannah Harpham and an album of photos of Sedbergh and the Howgills which was presented to Jakob as a gift from the people of Sedbergh to the Slovenian Embassy. The pictures in the album were all kindly donated by local photographers - David Burbidge, Suzy Bray, Mike Chitty, Colin Cowperthwaite, Connie Hodgson, Garth Steadman and Dave Smith.

Jakob viewed the beehive which is a gift from the Slovenian Embassy and which will be painted with scenes of village life in Slovenia in bygone days. There is a very strong tradition of bee-keeping in Slovenia and it is traditional to paint one's beehive with such scenes. The hive will be displayed in the garden outside the information centre before being stocked and transferred to Brigflatts Meeting House where it will be placed among Kevin Seward's hives.

After the church Jakob visited the Community Orchard to see a



previous gift of a cherry tree to celebrate the 15th anniversary or our twinning with Zreče. The tree is now highlighted by a magnificent carved sign, courtesy of Alan Steadman

The shopkeepers along the High Street had been busy over the previous week preparing window displays featuring bees and bee-keeping, and Jakob visited many of the shops, speaking to local people and getting a feel for Sedbergh life. We'd like to thank the shopkeepers for their imaginative displays and we're sorry if Jakob could not visit every shop since time was getting short before the concert in St Andrew's church at 11.00am. He enthused about the displays and the trouble that people had taken to celebrate the theme arising from the Embassy gift and international bee day which was on 20 August this year.

In the church David Burbidge and his Lakeland Voice singers entertained us with a variety of folk songs from both England and Slovenia. Lakeland Voice have been well tutored by David to sing Slovenian songs in Slovene, a famously difficult language to master. We'd like to thank the singers from Lakeland Voice for their wonderful performance.

It was a wonderful concert, after which we all retired outside to the linden tree, also gifted by the Slovenian people, and Jakob shovelled in some more earth to complete the occasion.

We'd like to thank St Andrew's Church for hosting the concert and providing refreshments as well as finding a perfect location for the

linden tree, a place where it will have ample room to thrive and reach for the sky. The churchyard has another lime tree on the north side and it gives you some idea of just how high we can expect the embassy's gift to reach. Lime trees typically grow to 65 – 130 feet tall.

A plaque by the tree reads: Linden Tree. Symbol of the Slovenian Nation, Gifted by the Slovenian Embassy on 17 October 2022, to mark the 17th anniversary of the friendship between Sedbergh and Zreče and in memory of Susan Garnett, founding member of the Town Twinning Group

After the planting ceremony Jakob transferred to the Hirst Centre for a buffet lunch kindly provided by Sedbergh School. Jakob then scaled the heights of the fell wall via Joss Lane before descending to Lockbank farm, taking in the view of Sedbergh and the hills and dales which were, for him, a revelation since the Slovenian landscape is very different being the second most forested country in Europe (62%), and he was especially intrigued by our sheep and bracken.

Jakob took home with him, a bag of gifts for the embassy which included:

The photo album entitled 'Sedbergh and Zreče Town Twinning 2005- 2022' .

A Sedbergh 2022 Calendar from the TIC.

An issue of the 'Sedbergh Historian' from the History Society.

A gift pack from the Sedbergh Soap Company.

A traditional Cumberland sausage, specially made for the embassy by

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the 'Meat Hook' butcher's shop – a taste of Sedbergh.

We'd particularly like to thank the Meat Hook and the Sedbergh Soap Company for their kind donations and Jakob was especially taken with the unusual sausage.

Jakob has since written a letter of thanks to the people of Sedbergh for their warm welcome and he referred to the contrast he felt between the atmosphere in the city and the open-hearted friendliness of the residents of our town.

Thank you to all those people who turned out to see Jakob and thank you to Sedbergh School for their kind hospitality and an exceptional buffet lunch.

SPRING SHOW

Marion Wood

The Spring Show in 2023 will be on 25th March. Following the success of last year, we are going to keep the slimmed down version. There will be no official opening or presentation ceremony, no entry fees or prize money. There will simply be an admission ticket fee (cash only). We will have the band playing again and serve tea, scones and cakes. The Cup winners' names will be displayed on a board and cups will be ready for collection on the day. We are hoping we have another lovely spring day. We want it to remain an enjoyable day to celebrate the talents we have in our community. Entry forms will be in the shops end of February.

We would like a one or two more members for our committee. We have about four meetings a year, there is not much to do until the Friday and Saturday of the Show which are two very busy days. The administration of the show is quite well sorted.

Any queries or volunteers please ring Marion Wood (21385)

Here are the classes for 2023

Handcrafts

- A patchwork or quilted item
- new item from something old (any material)
- A wooden item
- A bag of any medium (not from a kit)
- A cross stitch article (indicate if own design)



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- A tapestry (indicate if own design)
- A handmade cushion (max size 40cm)
- An item made from pompoms
- A piece of fused glass
- A handwoven item
- A homemade bracelet
- A card made from recycled material
- A spring wreath (not fresh flowers)
- A soft toy knitted, sewn or crocheted
- A toy made from recycled materials
- A dressed doll (the doll may be bought)
- Any craft item on the theme

"Coronation"
Garments

- A hand knitted garment in thicker yarn (double knitting or thicker)
 - A hand knitted garment in finer yarn (4 ply or finer)
 - A hand knitted scarf, snood or shawl
 - A crocheted article or garment
 - An apron sewn from material
- Flowers and Plants**
- A large houseplant over 30cm
 - A small houseplant under 20cm
 - "Coronation" a dinner table arrangement (W/D 45cm)
 - "Walk in the woods" an arrangement in a box (W/D 45cm)
 - An arrangement in a basket (W/D 45cm)
 - A Spring Wreath including fresh flowers
- Home Produce**

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- Fruit cake
- Four fruit scones
- Six biscuits of any variety
- Four cup cakes
- Gingerbread
- Gluten Free Lemon drizzle cake
- Teabread
- Round shortbread (minimum size 15cm)
- Six flapjack pieces
- Victoria sandwich (filled with raspberry jam)
- Quiche
- Pot of raspberry jam
- Pot of damson jam
- Pot of Seville orange marmalade
- Pot of any other fruit marmalade
- Pot of any other jam
- Pot of fruit jelly

- Pot of lemon curd
 - Pot of chutney
 - Bottle of homemade sloe gin
 - Bottle of any other flavoured spirit
 - A white loaf (handmade)
 - A mixed grain loaf (handmade)
- Art**
- Painting: Still life
 - Painting: Portrait
 - Painting: Landscape
 - Mixed Media Image
 - A page from your sketch book
- Photography**
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 - Local View (Cumbria or Yorkshire) (size minimum 8x6, maximum 12x10)
 - Winter (size minimum 8x6, maximum 12x10)

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Children (not school entries)

- A vegetable print (age 6 and under)
- A crown (age 7-11)
- 2 unbaked crispy cakes (age 11 and under)
- A jam jar of flowers (age 16 and under)
- Photograph of a flower (maximum 5x7) (age 11 and under)
- Photograph of a reflection (maximum 5x7) (age 16 and under)



Christmas Cheer from B4RN

Douglas Thomson

As we head into the festive season, some good news about B4RN at last. Digging work for the first phase of work in Sedbergh is underway, connecting the west and south of the town.

Through October work has been underway in the fields around town and in Sedbergh School land (we'd like to thank the School and in particular Glen Dugdale for their support). By the time you read this, street work should be underway around Guldrey, Havera and Loftus Hill.



WEEKLY CLASSES IN DENT

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If all works go according to plan, houses should start to be connected in the early part of 2023.

Phase 1 of the project, when complete, will provide B4RN connections to about a quarter of the properties in Sedbergh. “So what about the rest of the town?”, I hear you ask. Well, as always with such things, that’s a matter of funding.

We have detailed plans for installation into the rest of Sedbergh but as I’m sure you’re aware, B4RN is a community benefit society. They do not have the reserves of money available that big companies have, so before a project can commence work they have to be sure that there will be enough money available to complete the work – they can’t afford for the project to run out of money part way through and require a cash injection to continue.

B4RN’s funding for development work comes from two places – Government grants in the form of vouchers, and investment by the public in the form of share ownership.

The Government grant is worth £1500 per house and £3500 per

business. This may sound a lot, but when you bear in mind that the whole Sedbergh project will cost in the order of a million pounds, that’s a lot of vouchers needed!

So if you live in the rest of the town, how can you help? First and foremost, please sign up for a B4RN connection at <https://b4rn.org.uk/postcode-checker/> (or just search for “Get B4RN”).

Every completed sign up will result in the allocation of a voucher worth £1500 or £3500 to the project.

I know that many people have put off signing up because they don’t believe it’s going to happen – well, the pictures here and the work going on prove that it can happen, it just needs an extra push to get us over the finishing line.

If you want to support the project to a larger extent, please consider investing in B4RN (see <https://b4rn.org.uk/community/investors/>). Money invested in B4RN by Sedbergh residents is allocated directly to the Sedbergh project.

Perhaps you’re finding money a bit tight right now (aren’t we all!) and



Mole ploughing near the Church and Guldrey Fold.

you're not sure you can afford B4RN? Well, because B4RN is a community benefit society it does its best to help out. If you're currently in a contract with another ISP, take a look at Connect+ (<https://b4rn.org.uk/connectplus/>) – you'll receive a B4RN connection at a massively reduced price (£5 per month!) until your current contract expires. Also, B4RN offers a social tariff for those receiving Council Tax Support (see <https://b4rn.org.uk/b4rn-service/charges/>) of only £15 per month.

If you'd like more information, please contact the Sedbergh volunteer team by emailing B4SA@gmx.co.uk, or visit our facebook page (<https://www.facebook.com/b4stproject>), or contact B4RN directly (<https://b4rn.org.uk/>). Also do visit us at our stall in the Church on Late Night Opening.

It's taken some time, but we've proved that we can make B4RN happen for a quarter of Sedbergh. We can make it happen for the rest of the town, but this is where we need your support – don't delay, sign up today!

A YEAR IN THE PEOPLE'S HALL

*Sandra Gold-Wood,
on behalf of the Committee*

So much has happened this year! Bookings are up on 2021 by ten. The books have balanced. We have new heating and lighting, and other planned improvements are in the offing. During 2022, the PH has hosted weddings, christenings and funeral teas, dance classes, dog training, and tribute bands have graced the stage. Along with many kinds of exercise classes, there were meetings of WI's, Ladies NFU and the Art Society. There have been rug makers and weavers, carpet sellers and book fairs. The PH has accommodated fell running and cycling competitions, as well as the wonderful and very well supported 'Spring Show'. Plus the PH was pleased to see the Western Dales Mission return with the 'Holiday Club'. So good to see it back.

Talking of the Holiday Club; during the week they spent at the PH they raised the money to provide a toilet out in Africa. This toilet is now twinned with cubicle two in the PH toilets. I'm sure you will agree that is a brilliant idea. If more money can be raised, then we could build another loo in Africa, next year, perhaps?

If your organisation is interested in funding an African toilet then get in touch via the internet: <https://www.toilettwinning.org/>

Very soon the space to the left of the PH will be planted with trees to mark the late Queen Elizabeth's Platinum Jubilee. So ... and here comes the plug; if you are planning a 'Do' or you belong to group who

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perhaps have outgrown the space they use, then please do consider using your People's Hall. It was built by the community for the community and it is looking good for the future. If you are interested in serving your community, then, maybe, you would contemplate becoming a member of the PH committee; we offer a warm welcome.

Wishing a Merry Christmas to all our regular, occasional and future users.

Thank you for your continuing support,



LAKELAND VOICES CHRISTMAS SINGING

David Burbidge

It's that time of year again - and after a successful concert in October in Sedbergh to welcome the Slovenian Deputy Ambassador, who came bearing gifts from the east (a beehive and a Linden tree,) our Lakeland Voice singers have been busy practicing carols for the festive season. And you're all welcome to join us in the Dent Meditation Centre for our concert at 7.30pm on Friday December 9 when we will be singing alongside the Cowgill Folk Chorale, and the acapella harmony group Muldoon's Picnic, who are joining us from Glasgow.



We sing many of the carols which were sung hundreds of years ago, round the fire in cottages and farms across the country, as well as the Sheffield pub carols. These carols are derived from the days of West Gallery choirs, when the singers would gather alongside instrumentalists in a gallery at the back of the church. Many of these carols use the words of *While Shepherds Watched Their Flocks By Night*, of which there are several hundred versions, only one of which



is usually sung in churches today (using a tune called Winchester.) Until the late 17th century the only words which were allowed to be sung in churches had to come directly from the Bible - but then the King gave a royal decree that a poem about shepherds watching their flocks by night which had been written by his poet Laureate Nahum Tate could now be sung. For 80 years this carol was the only one allowed to be sung in

church - so the choirs put these words to many different psalm tunes which they sang the rest of the year, often referring to it as the "Nativity Hymn." The best known of which is a psalm tune from Kent called Cranbrook - which you probably know as *Ilkley Moor Bah't 'at*.

The Victorian Oxford Movement felt that much of this singing was too



lively and decorous for the sombre business of church services - so they banned the west gallery choirs, installing instead the local school mistress playing an organ accompanied by singing children. Throughout much of the country people reluctantly got on with the new songs, but in Yorkshire and north Derbyshire the west gallery choirs refused to give up, and continued their singing outside the churches. When it got too cold they moved into the pub...where they are still singing today.



As we will be, in pubs near Sedbergh and across Cumbria throughout December. I hope you can join us. If you would like to learn the carols, I will be teaching the tunes and harmonies to go with them in workshops in Dent on Saturday and Sunday December 10 and 11, and round the fire here at Farfield on November 26 accompanied by hot winter soup, mulled wine and mince pies. Don't worry if you don't read music - I will be teaching by ear to make it easy for you.

And then: "We singers make bold, as in days of old, to celebrate Christmas and bring you good cheer. In an innocent way, we'll be happy today, so we wish you a merry Christmas and a happy new year."

SEDBERGH ART SOCIETY

Jenifer Alison

Margaret's workspace during one of our Painting Days. The above picture was taken during our painting day October 29th, with the painting in progress just in the photo, top right. What else does a person need for a day's painting?

We have enjoyed several Saturdays since the Exhibition. It is good to be absorbed in our artwork, whilst enjoying the company and support of like-minded friends. Our next Painting Day is November 19th. Participants are being invited to create a work of art based on a poem, song or piece of prose which inspires them. Some of us will also be finalising the decorating of our

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Sedbergh Art Society Christmas tree, which will be on display with many others during the Christmas Tree Festival from 1st – 5th December in the Cornerstone Community Church. Don't miss that!

We have two visiting art tutors lined up for early next year. The aim of the first workshop, to be run by Karen Lester (28th January 2023), will be to paint a winter landscape – snow not essential – using watercolour and pastel. Some of you might have visited Karen's studio in Lindale, called 'Greywalls Studio'? The last time Karen visited us was in 2019. This was our last workshop before the Covid lockdowns – and many members have asked for her return.

The second workshop will be run by Anthony Barrow (March 25th 2023). We shall spend the morning painting a landscape with water-based paints, focusing on acrylics and collage. In the afternoon we shall be using watercolour with mixed media.

We have welcomed three new members recently, which is wonderful. If you would like to know more about us, visit our website: <https://www.sedberghartsociety.org>



WILDLIFE IN CHRISTMAS CULTURE

Catherine Leatherland

Christmas, and the festive season in general, has a swathe of wildlife associated with it. You are probably picturing it right now. This is no coincidence – it is steeped in our Christmas culture, we are brought up with it, and it has been passed on from generation to generation.

The associations may have evolved through time, but at their core they remain the same – wildlife has always been at the heart of Christmas. Will this continue, or is our Christmas culture changing?

Take a look back at the man who is claimed to have almost invented Christmas as we currently know it – Charles Dickens. In his iconic "A Christmas Carol he describes the cheerful ghost of Christmas Present with a green robe and holly crown. The ghost has filled Scrooge's room with food and decorations of holly, mistletoe and ivy, in a "grove; from every part of which, bright gleaming berries glistened". The use of evergreens as decorations in winter pre-dates Dickens by a long way, but his use of them in his most famous and long-lasting Christmas story epitomises their link to Christmas.

It's saying something that today, when flashing lights and decorations are easily accessible, winter evergreens are still chosen to decorate our doors and houses – we have a connection to them, they represent something for us.

It's not just literature that preserves wildlife's place at Christmas. Many of the more traditional Christmas carols

and songs contain wildlife imagery, from the Twelve Days of Christmas and Joy to the World (where both heaven, and nature, sing) to Deck the Halls With Boughs of Holly and Winter Wonderland (in which the “blue bird” has gone away and the “new bird” sings a love song- a reference to seasonal migration, although the exact identity of the “new bird” is debated!). Modern pop songs have tended to drift away from the wildlife theme – but people still sing the old ones; because they still have a place in modern culture.

Although modern examples of music and literature containing a wildlife theme seem fewer in number, they do still exist. Robins are a particular favourite for example in

both. It also doesn't mean we don't associate Christmas with wildlife – we're maybe just expressing it in a different way.

For example, 2020 seems to be the year of hedgehogs in TV Christmas adverts (see if you can spot the ones that use the wrong species!) and animals and evergreens often feature on Christmas jumpers. Head down any Christmas supermarket aisle, and you'll find plenty of robins, red deer, evergreens and wintry nature scenes. Many people take a Christmas Day walk – it helps to walk off the dinner, but also to experience the day; nature is integral to it feeling like Christmas.

Blue tits in snow © Mark Hamblin/2020VISION

A lot of things have changed over the years, and our connection with nature is among them. Fewer people have access to nature, it has less daily relevance to their lives, and as a result nature features less in peoples' vocabulary; people can't name or describe it. Revisions of the Oxford Junior Dictionary have resulted in the loss of nature words.

This is a problem – if you don't know something exists, it's very difficult to want to protect it.

Connection to nature is so important, it underlies everything that we need to do in order to restore the health of our planet. We should look at Christmas, and the unchanging influence of wildlife and nature in our Christmas culture and be inspired by it. What has kept that connection going, and how can we extend it to the rest of the year?

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SEDBERGH LADIES N.F.U.

Caroline Sandys-Clarke

Our meeting on 18th October was about scam awareness, fraud protection and staying safe on-line. Dinah Ball from 'Home Instead' gave a really helpful and informative talk about these subjects.

The problem of fraud, since Covid, has become a huge one and although the older generation are targeted more, statistics show that under 35's are more likely to fall for scams. Postal scams are still very common and can sound very convincing. Best to ignore them. Telephone scams are also common. It is possible to get a call blocking device to reduce unwanted calls.

Remember banks will NEVER ring and ask for personal information. Text messages can often look authentic, but don't click on a link to reply if you don't recognise the number. Emails: be very wary of opening any attachments from someone you do not know or if the wording seems slightly wrong.

Create safe passwords and keep them safe and be extremely careful if you are using public computers. Doorstep callers - remember reputable traders will never knock on your door to point out problems with your tiles or pointing. Be aware of being distracted whilst an accomplice enters your home. Never be afraid to ask callers to leave.

Dinah was thanked by our president Carol for her excellent talk. A short meeting followed.

As a complete change, our speaker for the meeting on 15th November was Jo Baker from the Bowland Soap Company who gave a fascinating talk about how she came to start making soap and subsequently set up her company, really as a result of covid.

She grows many of the flowers that she uses for giving the soaps their particular colour and scent, such as lavender, calendula, cornflowers and roses. She made soap making sound very easy and stressed that there are really only three main ingredients, oil or fat, water and caustic soda, sodium hydroxide or lye, but that the accuracy of the measurements is

crucial for success. As is keeping your soap making implements and utensils separate from your cooking ones! Although anyone can make soap to give to friends you have to have a licence to sell anything like soap and hand cream. Jo had brought a lovely selection of her soaps, hand creams and bath scrubs with her for us to see, smell and purchase. Jo was thanked for an amusing and most interesting talk by Marilyn. She very generously donated her fee for the evening to St John's Hospice. A short meeting followed.

Our next meeting is on 13th December and is about Video Photography. The speaker is Linda Allen



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FAMILY MUSINGS

Sarah Woof

First, my apologies to those who look forward to reading this column for missing the November issue. October was the busiest month for ages, so much going on and, somehow, 'Musings' slipped my mind. Thank you to those who got in touch to ask what had happened. For some it was probably a blessed relief, but that's OK, no one can please everyone all of the time. Sometimes it is impossible to please anyone but, as long as we are OK, that's just the way the cookie crumbles.

One of our grandchildren went off into the other room and was rather quiet.

We assumed he was playing with cars but, on investigation, found him sat in Grandad's chair with the biscuit jar between his legs and a chocolate biscuit in each hand. When asked how many he had had he held up one hand but, actually, I know there hadn't been 5 choc 'biccys' in there, and being a child of few words he just grinned.

We couldn't be cross as he looked so sweet.

This year has been partly a getting back to normal year and partly a challenging one, especially for those who have lived it without a special someone. In our communities there are people who show immense strength of character to cope with adversity in their own lives and the lives of others. There are those who are on many committees trying to keep organisations running and those who can't do that anymore but support from the side lines and we need them all.

The death of Queen Elizabeth and the proclamation of King Charles were notable events in our lives. The period of mourning for the Queen was handled professionally and caringly at local level, even a service for children to help them understand the momentous events going on around them.

As I write this it is a blowy autumn day and the leaves are doing a dance on the lawn. As you read this we will be on the countdown to Christmas and then on into the New Year. Whether the weather will be snow we have no idea, hopefully, yes at some point with which to build snowmen and the kids to go sledging.

Whether you celebrate the birth of Jesus in cold Britain or across the sea in some warmer climes, be you with family or friends or on your own, I hope for you this Christmas season brings happiness and inner joy. As 2023 arrives I pray a Happy and Healthy New Year.





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Our November meeting was a talk by Yvonne Cervetti on Fascial Fitness. No, I didn't know about it either, but apparently Fascia (pronounced fashea) were first identified in 1895 and it was only 100 years later in 1995 that more research was done before it became a now well-recognised medical phenomenon.

Basically all muscles, tendons and joints are covered in a very thin, elastic layer – fascia. Think of it as the very thin almost translucent layer over the muscle on a chicken leg and

you will not be far wrong. Because it is a “joining” medium it has to be kept supple, so stretching and moving are keys to keeping it all in shape. Literally, it is use it or lose it. In fact, one Indian practitioner some years ago decided to keep his left arm raised for a very long period and eventually found that he could not lower his arm at all, which all seems a bit extreme but graphically proved the point.

So when you wake up in the morning the very act of yawning and stretching is nature's way of reminding us to keep our movements supple.

As with our last meeting we asked for donations to go towards the

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Ukraine and this raised a magnificent £75 which has been sent off to the Disasters Emergency Committee and which included Yvonne 's fee for giving us the talk. Tellingly, her husband is half Ukrainian.

Our next meeting is on December 2nd and is our traditional Christmas Jacob's Join, do come and join us at 14:00 in the Sedgwick Room of Dent Memorial Hall!

The over 60's Christmas Lunch is being run by us again after a gap of two years due to the Covid pandemic and will take place on December 10th, 12:30 for 13:00 in the Memorial Hall. Tickets have already been sent out for RSVP return by 21st November. If you feel you qualify (permanent resident of Dentedale aged over 60) and have not received an invitation, please get in contact using the details above.

Our programme for next year is now in place and will start on January 6th 2023 with a slide show of Old Dentedale slides which have been recently discovered by Mary Goad and will be presented by Jeff Clegg on her behalf.

OCTOBER WEATHER

Brian Wright

Another wet month with 150mm (6 in) of rain!! Winds have been variable. Quite often it has been absolutely calm as it got light only for the breeze to come as the sun came up. Temperatures, as has been made clear on TV etc., have been much higher than the normal seasonal ones throughout the month. Only one night had a frost, far fewer than normal.

Whether it has been the unusual temperatures but bird activity has been most unusual. Very few birds, of any sort, have been visiting the feeders. One can only assume that it is so mild they are still finding their normal food. The tit families are very scarce. I can't remember when I last saw a long tailed tit. The only beast that have been around, in any numbers, have been badgers!!!! I can only assume that my field, without any chemicals, has a lot of worms. The badgers roll back the turf like rolling back a carpet!! Judging by the garden most of the leaves are now down. Clearing them is going to be a job!

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JUST ONE APPLE

Martin Dodds

Mars

Recently there was a report that suggested evidence had been found of microbial life forms in a previous epoch on Mars. The evidence suggested that these microbes were very efficient at extracting chemical elements from the Martian atmosphere of the time. This meant the microbes were very successful, and achieved growth across the whole planet.

As a result, the chemical elements in the Martian atmosphere were greatly reduced, changing its composition. Without these elements, the microbes were deprived of essential resources for their

continued existence. They became extinct.

Easter Island

It is thought that when the first south sea islanders arrived at the island we now call Easter Island, it was covered in forest, small remnants of which still survive in inaccessible parts of the central crater area. Over a few hundred years, the new arrivals flourished, growing in numbers and prosperity as forests were cleared for farming, building of sea going craft and living spaces.

With the loss of tree cover, erosion set in and the beneficial rains which had been filtered by the forests, allowing for the creation of humus, became destructive torrents washing

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soil away and not allowing time for the fertilising chemicals in the rain itself to settle on the land. There were no more resources for building canoes to go fishing. This loss of fertility and resources affected food production, and triggered fierce competition for land among the islanders, with fighting and deaths. Population numbers declined, and today the sub-tropical island is largely grass covered with a small permanent population relying on extensive ranching and subsistence garden plots, imported food, and tourism.

The Grand Banks

Off the coast of Newfoundland and Eastern Canada, European fishermen came across rich fishing

grounds, especially for cod. Fleets of fishing boats and brave hardy crews [possibly including some of my maternal Jersey ancestors], crossed the Atlantic and back, to take advantage of this resource. The industry thrived for a couple of hundred years. As time went on, growth in technology meant that bigger and more efficient fishing boats were built and used. Catch rates increased to bonanza levels.

And then crashed. Why? No one had wanted to believe that a rich natural resource could be affected by being harvested. They looked for some-one else or something else to blame, Seals? Cormorants? A similar story could be told of the Irish Sea herring fishery, and many others.

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South Georgia

Some of us will remember that the activities of a scrap-metal enterprise visiting South Georgia were part of the early stages of the Falklands War in 1982. Why would a remote, mountainous, sub-Antarctic island attract scrap metal merchants?

Because of the collapse of the whaling industry, shore stations had been abandoned in the 1960's and were derelict, with quantities of metal sheds, rails, vats and machinery rusting away.

The unrestricted slaughter of whale species one by one over two centuries, to provide resources for industries half a world away had led to the numbers of whales becoming too few to justify the effort and expense of further hunting.

Maggots

Fruit and crops can be plagued by infestations of maggots and other insects. Once they have consumed an apple, for instance, they move on to another. Sometimes, the abundance of fruit means that they move on even before the first individual leaf or fruit is consumed.

Locusts

I wonder whether climate change will lead to the expansion of the range of locust swarms into what are now temperate latitudes like the UK?

We are already aware of other insect species as well as birds, spreading north. Locusts descend on green areas, often of important agricultural food crops, and destroy

them by eating them down to the ground

So What?

Of course, the Martian microbes did not intend, or foresee, the consequences of their success.

The Easter Islanders seem to have drifted into decline by failing to make the connection between that decline and the evidence and experience of the changes they were themselves causing. The industrialised fishing and whaling industries were focussed on commercial profits and did not really want to know about conservation of stocks.

In all these cases, the 'success' in achieving growth, brought with it the seeds of its own destruction. You may well be able to think of other examples. The maggots and locusts are not aware of the destructive side effects of their behaviour on other species.

Environmental awareness has improved. Steps are being taken to help rebuild fish and whale numbers, and to begin to restore some degree of fertility to devastated Easter Island. Sustainable ways of controlling and managing plague species are being sought.

Yet on a world scale, important though these individual but piecemeal conservation measures are, they still seem to be regarded by many powerful organisations as a bit of a sentimental side show to the real business of making money.



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An Island in Space Our world is an island in space. Like Easter Island, its land-based resources are not infinite. Like the Grand Banks and the Southern Oceans, its marine resources are not inexhaustible. Even some renewable resources can be exploited beyond the point of recovery.

Just one Apple

Our world is a single unique 'apple'. There are no other apples to move onto. Yet it is suffering from a plague which is potentially more devastating than maggots. If there were other suitable planets, they would risk the same eventual destructive fate if the plague managed to spread to them.

The plague seems worse because the infestation is by a top predator species which is more capable than the maggots of anticipating the consequences of its own behaviour for itself and others; and yet as a whole, it seems reluctant to take the necessary action. The species seems to rate maintaining its short-term comfort over its long-term survival.

Which species do I mean? I think you know that already.

THINKING OF AN ECO-CHRISTMAS? HERE'S SOME TIPS ON HOW

Kim Bradshaw

For many of us, Christmas is not Christmas without a tree - but are you wondering which is the more sustainable, environmentally friendly option? Fake Tree vs Real Tree:

It is estimated that around 7 million real trees are bought each year in the UK to adorn our homes, which contribute to an extra 5 million tonnes of waste over the festive period.

However, this is not all bad. The Carbon Trust has found that real Christmas trees have a smaller carbon footprint than artificial trees when disposed of correctly. A natural 2m Christmas tree that does not have roots and is disposed of in a landfill has a carbon footprint of around 16kg of carbon dioxide. Whereas a 2m tree with roots, which is properly disposed of has a carbon footprint of around 3.5kg of carbon dioxide. Properly disposed of in this sense means burning it on a bonfire, replanting it or having it chipped by the local Council. Whereas a 2m artificial tree made from plastic has a carbon footprint of around 40kg of carbon dioxide. When compare to a real tree, disposed of properly, that would mean a fake tree would need to be

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used for at least 10 years to be greener than a real tree. Is your Christmas decoration eco-friendly?

The most sustainable Christmas decorations are the ones you already have. However if you feel you need a change, why not search out second hand decorations or make your own from sustainable materials. Swap your lights for LED. They use less energy and look just as good. Also, switch your lights off at night - it's safer and will save the pennies. How can I make my own decorations?

There are lots of great, fun ways to decorate your tree which don't cost the earth. Why not string coloured popcorn together instead of tinsel? How about making your own gingerbread tree or salt dough decorations? Or get the whole family involved and challenge each person to bring a decoration to hang on the tree? Turn it into a tradition and every year new decorations will appear which will mean something. To make salt dough follow the link below or come and pick up a pack from The Zero Pantry. <https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe> Bring this article in and receive a 10% discount.

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ZERO WASTE

Claire Moore

Zero Waste Sedbergh Community cafe runs everything Thursday 2pm until 4pm at Cornerstone Church on New Street everyone is welcome for a brew and cake. On the 2nd Thursday of each month we have Knit and Natter during our community cafe. Each month we will have a knitting 'expert' who will be able to help beginners.

As always our Sedbergh community Cupboard is here to provide help for anyone facing financial hardship. Please go to www.ZeroWasteSedbergh.com to complete a registration form or call 078333534710.

This year would you like to try something different during advent? Zero Waste Sedbergh would like you to support us by doing a reverse advent calendar. Each day in December add an item from the list below (It doesn't have to be exact, the list below is just for ideas!) to a box and bring it to Cornerstone Community Church, New Street on Thursday 22nd December between 2pm and 4pm. These items will then be distributed to our Community Cupboard households over the festive period - box of cereal, tin of soup, box of tissues, carton/tin of custard, packet of pasta, jar of coffee, tin of potatoes, jar of jam, bar of soap, tin of carrots, packet of crackers, packet of tea bags, tin of meat, tube of tooth paste, tin of peas, packet of cereal bars, bin liners, tin of fruit, jar of cooking sauce, milk, tin of fish, tin of baked beans, packet of biscuits.

MORE TALES OF SHEERING GAYE VILLAGE

Sandra Gold-Wood

It had been a month since Millicent Hart had died. The advertisement placed in the Times asking for next of kin to get touch had produced not a single reply. Millicent's solicitor had confessed that he had never expected the advert to bear fruit. Violet was disappointed and heavy of heart she had hoped that Millicent would have some family members to mourn her.

Today, Dec 7th 1973 the villagers were finally preparing to attend Millicent's funeral. As the villagers prepared for the funeral many wondered, and some hoped that maybe one or two of those famous

friends Millicent had talked about would turn up. Now, of course they knew she had spoken the truth. Most felt rather guilty at having thought Millicent a fantasist and some even wished they could have apologised to her in person. That, of course was not an option now so they would pay their respects at the service, scheduled for 2.30pm.

In the Vicarage Rev Grey, his wife Shelia, and their teenage twins, Ivy and Clifford chatted as they prepared to go to the Church. Rev Grey would be reading the Eulogy which he had carefully written, and he knew he would find it hard to suppress his emotions. Shelia and the twins were just looking forward to the excellent



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funeral tea that they knew would be laid on at Stanley Hall.

St Elizabeth's Church was decked with flower displays of white and pink Orchards and dark green Ivy. The Church was quiet now that the choir had finished rehearsing Millicent's chosen hymns. They had gone round to the Vicarage kitchen for a cuppa before the service began. Jonas Marshall, the organist was alone in the Church, he didn't mind as he had his own flask of tea, which he'd brought with him. Shortly he would be warming up the organ by playing some of his favourite pieces and he was looking forward to putting in a performance that would have pleased dear old Millicent.

Violet had risen early that morning and gone for a brisk walk during which she pondered, not for the first time on what would become of Stanley Hall. Around noon Violet popped her best shoes, her new hat and her make-up into a shopping bag all the while smiling to herself as she thought just how much Millicent would have appreciated the hat she had purchased especially for the occasion. Then she set off across to Stanley Hall. Violet had let the caterers in earlier and now they were bustling about laying tables and preparing food for what would be a feast worthy of Millicent.

Mr Holbrooke, Millicent's solicitor, met her at the door he had just arrived from London. Violet greeted him and observed that he appeared quite flustered.

'Oh, yes, hello Miss Carpenter, oh dear, you see, I have just had a phone call, bit of a shock really, it

seems a couple of Millicent's 'friends', Mr Holbrooke stressed the word, will be coming to the service.' At this point he began to wring his hands and pace. 'Honestly, I just don't know what to do Miss Carpenter, I mean suppose the press come, and those Television people.'

Violet found Mr Holbrooke's reactions amusing but did her best to keep the laughter from her voice as she sympathised with him all the while wondering who would be coming? All she felt was excitement at the prospect of a famous face or two turning up. However, she did agree with Mr Holbrooke that it would be best not to broadcast the fact around the village.

Soon after 2 pm almost all the residents of Sheering Gaye Village were making their way toward St Elizabeth's Church. It was not a particularly sad occasion; they'd all had time to come to terms with Millicent's passing but each of them held a memory of her and each in their way would miss her. Violet was among them wearing a smart two-piece, high heels, and an elegant hat. Heads turned and a rash of nudges broke out as most villagers had never seen Violet looking quite so chic. This pleased Violet though she was glad of Mr Holbrook's steadying arm as she crossed the green not being used to wearing high heels.

Standing by the Church Lychgate was a newcomer to the Village, one Lambert Quinn. Lambert only had eyes for Violet, he had thought her lovely the first they'd met, when he'd come to join the teaching staff and Sheering Gaye Primary. Now as he

watched her he knew he'd fallen in love and his face blushed scarlet at the thought.

Inside the Church the Choir were getting into their places and Jonas was in full flight filling St Elizabeth's with beautiful extended notes from the excellent organ whose recent restoration had more than a little to do with Millicent.

The Villagers were filing in and taking their seats, shaking hands with the Jacob and Gloria previous owners of Stanley Hall who had taken a break from globe-trotting to attend the funeral. The atmosphere was convivial more a feeling of celebration than a funeral which would have pleased Millicent. Violet and Mr Holbrooke took their seats in

the front pew, the spot normally kept for family members. Mr Holbrooke was on pins fearing that the press would crash the Church at any moment having got wind that some of Millicent's friends' could turn up. However, as the clock moved closer to 2.30pm he began to relax.

Rev Grey was pleased to see that the Church so full, it gladdened his heart and filled him with hope that maybe some here today would choose to follow Christ and come more often. As Rev Grey was mulling over these thoughts outside the Church a slick 1949 Daimler's glided to a halt. The children who'd been left to play on the village green while their parents were in Church watched mesmerised by the extraordinary car.

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A slim mature man stepped elegantly from the car and turned to offer his hand to another passenger, a petite woman whose fame like his own was legendary. They were joined by the two other passengers. Two extremely handsome men both instantly recognisable. In fact, all the passengers were very well known but to children they were just old people.

Inside the Church the bearers brought Millicent's coffin up to rest on their shoulders. The Verger nodded to the Choirmaster who nodded to Jonas at the organ. At this signal Jonas let his fingers burst onto the instrument and with gusto he launched it to the Grand March from Aida. How fitting thought Violet as the powerful melody filled her ears. Tears began to spill, and she dapped her eyes. To her surprise Mr Holbrooke was dabbing his eyes too.

The glorious organ music swept those gathered away on a beautiful musical journey and no one except the Verger noticed the four people who had entered the Church behind the coffin and now stood at the very back; he was stunned into silence by a look from the particularly handsome white-haired man.

Rev Grey moved to the pulpit as the music faded and began welcoming the congregation and calling upon them to bow their heads for a moment and give thanks for Millicent's life.

'Now we have a poem to Millicent written and read by Silvia Muffat,' said Rev Grey as he looked encouragingly toward fourteen-year-old Silvia. At the mention of her name Silvia had gone ridged in her seat,

her mother was doing her best to cajole her, but she would not me moved. All eyes were on Silvia and her mother, and no one noticed the well-dressed woman who floated rather than walked up the aisle until she spoke. There was no mistaking the voice of Betty Davis, and the entire congregation gasped in unison. Betty took the poem from the young girl and told her not to worry she would read it for her. The whispering from those gathered had reached deafening but with a wave of her hand Betty silenced them: then she began to read.

Millicent was a pink cloud who wore smiles and kindness on her cheek

To little ones she'd offer treats to older folk she'd have time to speak.

Once she found me crying, why? she had inquired, I had no reply

Her arm she slipped around me then and told me she would be a friend.

So together sing her soul to rest with love from each and every one of us.

Betty, then walked back down the aisle, complementing Silvia on her poem as she passed by. The poor girl was in a state of shock and her face flushed bright red while her mother stood open mouthed. By now every person in the Church had turned to see who else was there. All were surprised, impressed, delighted and astonished in varying measure, hardly daring to believe the visitors were real. How could these people be in Sheering Gaye village?

Jonas was absolutely delighted; there you go Millicent's he was

thinking as he launched into, 'To be a Pilgrim' which had always been a favourite of hers. The Church was suddenly filled with voices, everyone it seemed felt like rejoicing and it showed in the gloriously uplifting sound.

Afterwards, Rev Grey, his knees trembling, moved toward the lectern to read the Eulogy. The Reverend's mouth was dry from nerves; how could he, he thought, follow a poem read by Betty Davis! Before he had uttered a single word he was joined at the lectern by the famous visitors; each of them adding their own memories of Millicent.

The finale hymn was sung and when all heads were bowed for the blessings four people left the Church,

slipped into the Daimler and speed away. When heads were once again raised everyone's first thought was to go and speak to the famous visitors, but the visitors were no longer there. Some villagers rushed outside to try and find them. When they asked children, they were told that they had all got into the posh car and left.

Violet mused over the surprise visit, thinking how handsome Stuart Granger was in real life and as for Tony Curtis; My! Oh my! Meanwhile Mr, Holbrooke appeared visibly relieved, he had almost fainted when Betty Davis had walked up to the lectern. However, he did admit to Violet that he would have liked to have met Fred Astaire. Telling her

Sedbergh and District Lookaround

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how he and his mother had seen all his films.

It was with happy hearts and light steps that the villagers made their way to Stanley Hall. There was so much to talk about. They just couldn't believe it, and they realised that it was unlikely that anyone would believe them either, just as they hadn't believed Millicent. Violet walked with them listening to the various conversations and she realised that this was Millicent's last gift to the Sheering Gaye Village. It would certainly be something they would talk about for many years. What none of them knew was that twelve-year-old Billy Raymond had used his newly acquired Polaroid SX-70 to capture images of the visitors.

When the last of the Villagers had gone home, the caterers had packed up and left and a taxi had taken Mr Holbrooke's to the Denham Station, Violet allowed herself to yawn and take a seat by the fire.

'All gone, now Millicent', Violet said to know one and thinking she would stay tonight at the Hall as it would probably be last time she would get the chance. In the sitting room she looked through Millicent's photo albums and enjoyed again the phonographs of the great and the good that Millicent had worked for. The warmth of the fire and the emotions of the day caught up with her and Violet drifted off to sleep. Sometime later she woke with a start to a dead fire and urgent knocking on the front door. Checking her watch, she was surprised to find it was almost eleven a clock.



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'What, or rather who on earth is that', she asked the universe as she made her way to the door thinking one of the villagers must have left something behind. Feeling slightly cross she pulled the door open and prepared to confront the knocker. To her utter disbelief a somewhat travel worn man she had never seen before stood there carrying a large pack on his back.

'Hello there, Miss, I'm Daniel Hart, you know it's taken me forever to get here, have I missed Aunt Millicent's send off?

Voilet did her best to gather her composure as she held the door wide enough for Daniel and his back pack to get inside. To be continued.

CANARY GIRLS QUIZ ANSWERS

Sandra Gold-Wood

Now the bit you have all been waiting for; the answers to the 1960's Quiz Sheet (and quiz above).

1. Who was UK PM in 1960.
Answer. Harold Macmillan.
2. The 'Soap' that arrived on TV 1960? Answer. Coronation Street.
3. Which Royal married in 1960?
Answer. Princess Margaret.
4. In 1960 the government issued which Act? Answer. Litter Act.
5. 1962 which band had a hit with Telstar? Answer. Tornados.
6. What was Telstar? Answer. A Satellite.

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7. On which Beatles album can you see: Mae West, Fred Astaire and WC Fields to name but a few? Answer. Sergeant Pepper.
8. In 1963 who closed the railways? Answer. Dr Beeching.
9. Who was the first female UK Secretary of State? Answer. Barbara Castle.
10. In which year did Top of the Pops first hit the telly? Answer. January 1964.
11. Who was elected as the UK PM in 1964? Answer. Harold Wilson.
12. 1966 England won the World Cup but who scored the final goal? Answer. Geoff Hurst.
13. Which year did London find Traffic Wardens on the Streets? Answer. 1960.
14. In which Kinks Hit is 'Carnabetian Army' mentioned? Answer. A Dedicated Follower of Fashion.
15. In 1967 which Minster of Transport brought in the Breathalyser? Answer. Barbara Castle. Didn't she do well for herself?
16. Who was the second man in space? Answer. American Alan Shepherd.

17. In which year did Danny Blanchflower refuse 'This is your Life'? Answer. 1961. The programme never was live again.
18. In 1968 Martin Luther King was shot and killed in which US City? Answer. Memphis.
19. In 1963 which Lord led the inquiry into the Profumo affair. Answer. Lord Denning.
20. Which model was voted the face of 1966? Answer. Twiggy. You all got that one.

Because there is no Lookaround in January I can't tell you who has won, as the deadline for quiz sheets is the end of November. I'll pop a note up in the TIC and on the Sedbergh Community forum. Thank you all.

NANCY RECIPES

Nancy Mudoch

Fruit Gateux

Ingredients

- 8oz Cream Cheese
- 4 level tspn Caster Sugar
- Grated Rind of Orange
- 1 tblspn Cointreau
- ½ pint of Double Cream
- 1 pkt Sponge Fingers
- 2 tblspn Greengage Jam
- 3 Kiwi Fruit

Method

Brush a 2lb Loaf tin with oil and line carefully with greaseproof paper. Beat the cheese and sugar then add the orange rind, liquer and cream and beat until thick. Put 1/3 of the mixture into the prepared tin and smooth. Cover with a layer of the ½ sponge fingers. Spread this with a thin layer of jam and a layer of sliced fruit. Repeat mixture and layer then finish with the final 1/3 of the mixture. Cover with a layer of greaseproof

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paper. Freeze the gâteau until required.

Turn out onto a dish and decorate with the remaining fruit and a piping of cream. An ideal special treat for Boxing Day.

New Year Celebration Sweet

Ingredients

1 ½ pints Double Cream

1 x 15oz can of Custard

1 tbspn Brandy

4oz left over Christmas Pudding

4oz Mixed Glace Cherries (red, green, yellow)

Method

Whip the cream until it almost holds its shape. Fold in the custard gently with a wooden spoon. Add the brandy. Crumble the Christmas Pudding into small pieces. Rinse the cherries in hot water and pat dry on kitchen paper. Finely chop half the cherries, set aside well covered to use as decoration. Cut the remaining cherries into quarters and fold into the cream mixture with the Christmas Pudding pieces. Line the base of a 2lb loaf tin with vegetable parchment, spoon in the mixture and smooth the top level. Put into a the fast freeze compartment of a freezer for four

hours.

To remove from tin, dip the tin in hot water for 10 seconds. Turn onto serving dish, decorate with mixed cherry pieces down the centre. Serve at once.

Keeps for 2 months in the freezer if covered.

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Sight Advice South Lakes

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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.

Christmas Messages

DEVINE

Georgina would like to wish everybody in Sedbergh, Dent and District a very Happy Christmas and a prosperous New Year

=====

MITCH

To all my customers and friends – Merry Xmas and all the best for 2023. Thanks, Mitch

=====

MITCHELL

Ann would like to wish all family and friends a Merry Xmas and Happy New Year.

=====

MOORE

Helen would like to wish family and friends a Happy, Healthy and Joyful Xmas and a Merry New Year.

PERSONAL MESSAGES

BURTON

Happy Birthday “Bob” on your 80th Birthday on 9th December. All our love and best wishes from Judith and Tom Martin; Michael, Sally, Olivia, Anne-Marie and Denim. Have a good day. XXXX

=====

WANTED

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

EDITORIAL

As I’m sure I’ve said before one of my favourite jobs in Lookaround compilation is selecting the cover photo. I got all this year’s editions down from the shelf to see if I could select a favourite, and I couldn’t. Some seem quite significant though, the Ukrainian flag flying on the church, and again the church, full, to commemorate the late Queen.

I did like the collage of photo’s from Hercules on the February cover, it made it so colourful for a rather drab time of year. And the photo of the Howgills by our new Reverend, Andy Burgess (his first article was in the February edition). Many thanks to all who have given photos.

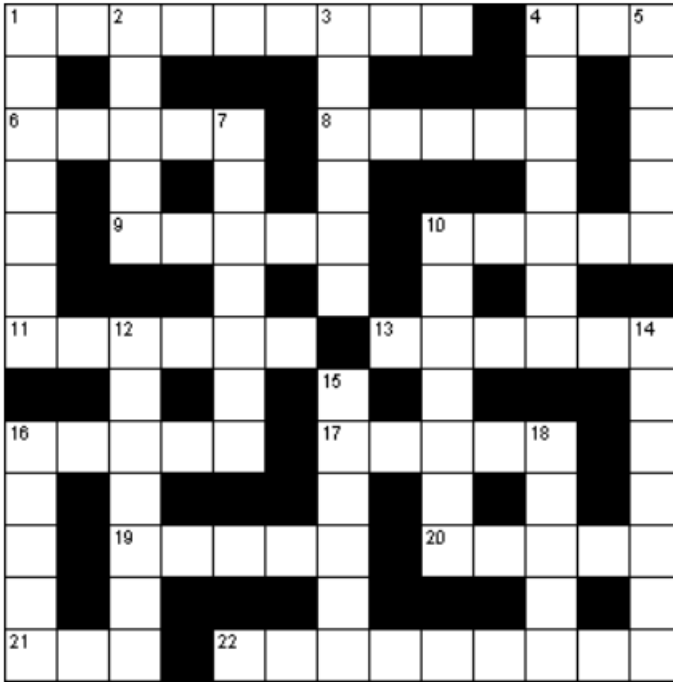
I’ve indulged myself for this edition and put one of mine on the cover. It doesn’t happen often. *Ed.*

LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman
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Karen Bruce Lockhart	Proofreading
Jane Fisher (T)	Proofreading
Katie Wood	Proofreading
Ed Welti (T)	Compilation and Vice Chairman
Valerie Welti (T)	Advertising Administration

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

PUZZLE 1 (SOLUTION ON PAGE 95)



Across

1. Change gentle arc into simple shape (9)
4. Constrictor found in Arab oasis (3)
6. Spear displayed in clan ceremony (5)
8. A final letter, in Greek (5)
9. Smallest amount discovered in whole asteroid (5)
10. Tom is confused and slightly wet (5)
11. Used to open a freehand letter, essentially (6)
13. Mix-up in game conundrum (6)
16. Applauds circuit between initial Castle and Square (5)
17. Room at the top included in seat ticket (5)
19. Regular kind of shirt phenomenon (5)
20. Distinctive elegance in dusty legacy (5)
21. Small insect found in pantry (3)
22. Female advisor sounds like a painful relative (5,4)

Down

1. English courtier and North Carolina have a name in common (7)
2. Waterway discovered in American alps (5)
3. Converted cave got rot (6)
4. Navigation direction all at sea in barge (7)
5. A separate role? (5)
7. Nabs eel, empowers change (7)
10. Very small head of state forms units (7)
12. Mine are still in closest proximity (7)
14. Adjusted tin cane so it appeared very old (7)
15. Design visible in habitat too (6)
16. Snake seen in Monaco brasserie (5)
18. Large rodent in decoy puzzle (5)

PUZZLE 2 (SOLUTION ON PAGE 95)

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

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
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 Dent Heritage Centre, Laning, Dent *
 Farfield Mill, A684 Garsdale Road
 Friends Quaker Meeting House, Brigflatts
 George Fox's Quaker Pulpit, Firbank
 Golf Club, Catholes, Sedbergh *
 Information Centre, 72 Main Street
 History Society, Community Office
 Holy Trinity Church, Howgill
 Jubilee Wood Nature Area, Castlehaw Lane
 Langstone Fell, A684 Garsdale Foot
 Motte & Bailey Castle, Castlehaw Lane
 Pepperpot Folly, Busk Lane
 Picnic Site, Ghyllas, Cautley Road
 Picnic Site, Settlebeck New Bridge
 Play Ground, Dent Village
 Play Ground, People's Hall
 Play Ground, Maryfell
 Queen's Gardens, Station Road
 St. Andrew's Church, Dent
 St. Andrew's Church, Main Street, Sedbergh
 St. Gregory's Church, Vale of Lune
 St. John's Church, Cowgill
 St. John's Church, Firbank
 St. John's Church, Garsdale
 St. Mark's Church, Cautley
 Sedbergh Embroidery, StAS
 Tennis Courts, Guldrey Lane *
 Winder Fell, above Sedbergh

* = Entry Fee Applicable

SOME WALKS AROUND SEDBERGH

WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs
 Sedbergh's own little Matterhorn with great views of the surrounding fells and dales. (Walk 1)

THE CALF 8 miles 2600ft 4-5 hrs
 A bracing ridge walk over Arant Haw and Calder to the highest point in the Howgills, . (Walk 1)

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs
 Fairly flat walk partly by the riverside, with the added advantage of the Farfield Café half way around. (Walk 2)

AKAY WOODS 2.3 miles 1 - 1.5 hrs
 Lovely riverside stretches, past the restored Pepperpot, then through woods above the river, with vestigial remains of Akay House. (Walk 3)

SEDBERGH SCHOOL 45 mins
 A stroll to see the sights of Sedbergh School (Walk 4).

FELL WALL 2.2 miles 1 - 1.3 hrs
 Elevated promenade above Sedbergh Town, not as energetic as going to Winder top, but still out onto the edge of the open country. (Walk 6)

BRIGGFLATTS 4.2 miles 2- 3 hrs.
 Along the Rawthey to the peaceful and historic Quaker Meeting House, then back through the fields. (Walk 7)

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs
 Across the wild (and possibly wet) Long Moor to Dent then back by Dentdale and the River Dee. (Walk 8)

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs
 A stroll across open country to the bottom of Cautley Spout. Some would say this is the second highest waterfall in Britain. (Walk 9)

CAUTLEY SPOUT AND BACK 10 miles 3150 feet 4.5 - 6.5 hours
 Gorgeous walk up the dale to the Spout, with a return over the tops for the adventurous. (Walk 9)

MILLTHROP AND ABBOT HOLME 5.1 miles 920ft 2.5 - 3 hours. Up over Frostraw, 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 Craggstons 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.

DIARY OF EVENTS

Dates are held up to 07/04/2024
 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.

DECEMBER 2022

01	Kirkby Lonsdale Xmas Fair	KL
01	1900 Howgill & Firbank WI Xmas Party	TBA
01	1930 Sedbergh Orchestra Concert (Nov)	StAS
02	DHTF - Christmas Jacob's Join (May)	DMH
02	Cross Keys Closed (6)	Cautley
02	Jesus Christ Superstar (Nov)	Brewery th
02	1030 Christmas Tree Festival (Nov)	CCCN
02	1930 Christmas Celebration	FCH
03	1900 Musical Evening with Local Talent	CCCN
05	New Western Dales Bus Timetable (7)	Buses
05	Christmas Tree Festival (Nov)	CCCN
05	1900 Gospel Evening with Longton Family	CCCN
08	1930 Sedbergh Parish Council meeting (17)	PH
09	1930 A ceremony of carols (Nov)	SS
09	1930 Concert in Dent	meditation
10	DHTF Over 60's Xmas Lunch (May)	DMH
10	Carol Workshops (9)	MCD
10	900 Barbon Antiques Fair	Barbon VH
10	1000 Dentdale methodist coffee morning	DMC
11	Carol Workshops (9)	MCD
11	930 British Legion Centenary Service (11)	StAS
11	1600 Messy Church	CCCN
11	1700 Guest Carol Service (21,11)	SS
13	Ladies NFU Video Photography (65)	TBA
13	1200 Killington WI Xmas lunch (47)	GC
13	1930 Domino drive and mince pies	FCH
14	Dent WI Christmas meal	TBA
14	1600 Sedbergh School end of term (Nov)	SS
14	1800 Late Night Opening Sedbergh (1)	Sedbergh
14	1930 Sedbergh WI Christmas Dinner	PH
18	Cross Keys Closed (6)	Cautley
24	1630 Nativity Play With Carols (18)	StAS
31	930 Activity Morning (15)	Rhumes, De

JANUARY 2023

06	DDHF Old Dentdale Slides (68)	TBA
08	1600 Messy Church	CCCN
10	1400 Killington WI talk Martin Cooper	PH
10	1930 Domino Drive	FCH
11	1000 Exspiravit - Decorum	FM
11	1000 Memories of the Yorkshire Dales	FM
11	1000 Once Upon A Thread	FM
11	1930 Sedbergh WI recycling (44)	PH
12	1930 Sedbergh Parish Council meeting (17)	PH
14	1000 Yoga Workshop	MCD
17	1400 Sight Advice	PH
28	Art Soc Winter Landscape Workshop (62)	TBA

FEBRUARY 2023

08	1930 Sedbergh WI Amazon marathons	PH
09	1930 Alice in Wonderland - Spellbound (40)	PH

10	1930 Alice in Wonderland Spellbound (40)	PH
11	1400 Alice in Wonderland spellbound (40)	PH
11	1930 Alice in Wonderland Spellbound (40)	PH
12	1600 Messy Church	CCCN
14	1930 Domino Drive	FCH
21	1400 Sight Advice	PH

MARCH 2023

12	1600 Messy Church	CCCN
14	1930 Domino Drive	FCH
15	Once Upon A Thread	FM
21	1400 Sight Advice	PH
25	Art Soc Anthony Barrow Workshop (62)	TBA
25	1300 Sedbergh Spring Show (54)	PH
26	Memories of the Yorkshire Dales	FM
29	1000 Congruence - Isobelle Stothert	FM

APRIL 2023

02	Exspiravit - Decorum	FM
05	1000 Out of the Earth	FM
16	1600 Messy Church	CCCN
18	1400 Sight Advice	PH

MAY 2023

14	1600 Messy Church	CCCN
16	1400 Sight Advice	PH

JUNE 2023

11	1600 Messy Church	CCCN
24	C2C Cycle Ride	TBA

JULY 2023

02	Congruence - Isobelle Stothert	FM
02	Out of the Earth	FM
05	1000 5757 Aske to Kyoto	FM
05	1000 New Landscapes - Peter Bolton	FM
05	1000 Thinking in Colour and Form	FM

AUGUST 2023

04	DDCF Festival (15)	Rhumes, De
06	DDCF Festival (15)	Rhumes, De

OCTOBER 2023

01	5757 Aske to Kyoto	FM
01	Thinking in Colour and Form	FM
08	New Landscapes - Peter Bolton	FM
11	1000 Monolith - Gina Tawn	FM
20	Monolith - Gina Tawn	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

EAT AND DRINK IN SEDBERGH

AL FORNO ITALIAN KITCHEN

MAIN STREET - 015396 34040

Delicious oven baked pizza and pasta for eating in or takeaway. Open for café food at lunchtimes (12-2) Sat, Sun Mon and Tuesday.

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.

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.



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
Peppercot 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

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

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

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

Trains to Carlisle	..	1048	1815
Trains to Leeds	..	1041	1732
Dent Station	..	1053	1737
Dent Village	..	1108	..	1505	1752
Sedbergh Maryfell	0835	1123	1315	1520	1807
Sedbergh Library	0837	1125	1317	1522	1809
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	0958	1258	1438	1643	..
Sedbergh Maryfell	1000	1300	1440	1645	..
Dent Village	1015	..	1455	1700	..
Dent Station	1030	1715	..
Trains to Carlisle	1048	1815	..
Trains to Leeds	1041	1732	..

BUS SERVICES

Western Dales Bus S4 Friday - Kirkby Stephen Connect Sedbergh - Cautley - Kirkby Stephen Station Kirkby Stephen Co-op - Brough

	Fri	Fri	Fri
Sedbergh Spar	1033	1258	1506
Sedbergh Post Office	1034	1259	1507
Sedbergh Maryfell	1036	1301	1509
Cautley, Cross Keys	1043	1308	1516
Fat Lamb	1050	1315	1523
Kirkby Stephen Station arr	1057	1322	1530
<i>Trains to Carlisle</i>	1106		1501
<i>Trains to Leeds</i>	1146		1546
Kirkby Stephen Station dep	1106	1322	1530
Kirkby Stephen Pennine Hotel	1111	1327	1535
Kirkby Stephen Co-op	1112	1328	1536
Brough Clock	1120	1336	1544
Brough Clock	1130	1346	1554
Kirkby Stephen Co-op	1138	1354	1402
Kirkby Stephen Social Club	1139	1355	1603
Kirkby Stephen Station arr	1144	1400	1608
<i>Trains to Carlisle</i>	1106		1501
<i>Trains to Leeds</i>	1146		1546
Kirkby Stephen Station dep	1149	1400	1608
Fat Lamb	1156	1407	1615
Cautley, Cross Keys	1203	1414	1622
Sedbergh Maryfell	1210	1421	1629
Sedbergh Library	1212	1423	1631
Sedbergh opp. Morphets	1213	1424	..

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

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

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

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								

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

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**

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### ROMAN CATHOLIC

St. Andrew's Parish Church  
Sunday 12.00

**Parish Priest Kendal**  
**Tel: 015397 20063**

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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

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### DENTDALE CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ  
Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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METHODIST CHURCH

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

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### PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

Becca Gilbert  
**Email: becgilb@gmail.com**

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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
December 2022**

	Time	4th	11 th	18 th	24th	25 th
St. Andrew's, Sedbergh LA10 5BZ	8am	<u>HC-BCP</u>	HC-BCP	HC-BCP		HC-BCP
	9.30am	HC	HC	HC	4.30pm Nativity Play with Carols 11.30pm Christmas Night Holy Communion	10.30am Christmas Day Service 6pm Choral Evensong
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Service	Service 4pm- Messy Church	Service 6.00pm Town Carol Service	6pm Christingle	Christmas Day Service
St. Mark's, Cautley LA10 5LZ	2.30pm	HC		Carol Service		9.30am- Christmas Day Service
St. John's, Garsdale LA10	11.15am	HC		MP		
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service			10.00am Christmas Day Service
All Saints, Killington LA6 2HA	2.30pm				2.30pm Nativity Play with Carols	
Holy Trinity Howgill LA10 5JD	9.30am		6.00pm Carol Service			
St. John's Firbank LA10 5EF	2.30pm		2.30pm HC			
St. Andrew's, Dent LA10 5QL	11.15am	HC	HC	HC 7.00pm- Carol Service	4.30pm Blessing of the Crib	10.30am Christmas Day Service
St. John's, Cowgill LA10 5RJ	2.30pm	HC		2.00pm Scratch Nativity	7.00pm Carols by Lantern	9.00am Christmas Day Service
Dentdale Methodist Chapel LA10 5QJ	2pm	Service	Scratch Nativity	Service		
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship.	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship.		Meeting for Worship.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	8.00pm Christmas Mass	
	Wednesday	7th	14th	21st		28th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP		HC-BCP
Quakers	19:30	Area Meeting Zoom worship – contact correspondence clerk below.	Zoom – contact correspondence clerk below.	Zoom – contact correspondence clerk below.		Zoom – contact correspondence clerk below.
Roman Catholics	21.00					Compline Night Prayer

HC- Holy Communion (HCx- Extended Communion)
MP- Morning Prayer
MP-NC- Morning Prayer Northern Community

BCP- Book of Common Prayer
EP- Evening Prayer
SW- Service of the word

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

Combined plans for Western Dales Mission Community January 2023

	Time	1 st	8 th	15 th	22 nd	29 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	9.30am	Joint Service with HC	Epiphany Service	HC	All-Age Service	Candlemas Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	At St. Andrew's	Service 4pm Messy Church	HC	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm Public Worship with HCx		9.30am MP		Taize Service
St. John's, Garsdale LA10	11.15am	SW		MP		Candlemas Service
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service		HC	
All Saints, Killington LA6 2HA	2.30pm				All-Age Service	
Holy Trinity Howgill LA10 5JD	9.30am		Epiphany Service			
St. John's Firbank LA10 5EF	2.30pm		Epiphany Service			
St. Andrew's, Dent LA10 5QL	11.15am	HC	Epiphany Service	HC	All-Age Service	Candlemas Service
St. John's, Cowgill LA10 5RJ	2.30pm	EP		EP		
Dentdale Methodist Chapel LA10 5QJ	2pm	Service	HC	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Wednesday	4th	11th	18th	25th	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19.30	Zoom meeting for Worship – contact correspondence clerk below.	Zoom meeting for Worship – contact correspondence clerk below.	Zoom meeting for Worship – contact correspondence clerk below.	Zoom meeting for Worship – contact correspondence clerk below.	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening Prayer			
Contacts- Brigflatts Meeting House please contact correspondence clerk 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063						

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane
*Access Codes to the 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