

Sedbergh & District

LOOKAROUND

February 2023

Issue 417

Donation £1

It's Lookaround AGM on the 21st and you are welcome to attend - see page 21. But there is so much more to read in here: poems, articles

stories (104 pages). And we have two new advertisers, the Green Gardener and Simon Shaw's new business, please try to support them both. *Ed.*

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COVER PHOTO
Cricket Pitch and Library
Jan Harrison

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LOOKAROUND

DIARY

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

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

Wed 1st February - St Andrew's
 Wed 8th February - St Andrew's
 Wed 15th February - St Andrew's
 Wed 22nd February - 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



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For advertisers key points to note are as follows :-

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

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

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

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

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NEW CHAPTER IN STORY OF ENGLAND'S BOOK TOWN

Mike Glover

The charming Dales town of Sedbergh has an association with books going back centuries.

And wherever you look, it is still difficult to escape reading matter from tomes to leaflets, hardback and paperback, from antiques to the latest thrillers.

Every other business seems to sell or lend books, whether it is cafes, pubs or shops.

The local Tourist Information Centre stocks books and there are several charity shops with shelves full.

Even the town centre bus shelter stocks books to borrow or exchange.

So, it is no wonder that this year sees a new attempt to revive its status as England's official book town.

It already has the backing of distinguished authors with links to the area. Now the hunt is on for new trustees to do the hard work behind the scenes.

Way back in 1782, a book club was formed "which has existed without interruption up to the present day."

So wrote Rev. W Thompson in 1910 in his history of Sedbergh, Garsdale and Dent called 'Three Picturesque Yorkshire Dales', even though local government reorganization moved all three into Cumbria, they are still in the Yorkshire Dales National Park.

"Members came from all around and, besides the chance to borrow and read books, they were treated to an annual dinner at a cost of 3 shillings and 1 pint of wine, so it doesn't sound as though it was too serious a group," wrote the scholarly reverend more than a century ago.

Book Town organiser Carole Nelson, whose outdoor clothing shop, The Sleepy Elephant in Main Street also sells books, explains more modern moves to associate the town with books.

"It was in 2004 that Sedbergh became England's Book town, by its own decision to join the International Organisation of Booktowns and to, more or less, take the title for itself," she says.

"Starting as a social interest company the Booktown encouraged book sellers to bring their businesses



2023 Sedbergh Spring Show



Saturday 25th March 2023

in the People's Hall

The entry forms will be in the Spar, the Post Office and the Information Centre, or look on sedbergh.org.uk

Please note cash only on the day



to Sedbergh and started to run a programme of events and classes.

“Yearly Book Festivals followed which continued until Covid closed everything down.

“We are now hopefully through that horrid time and 2023 will see a very determined effort on the part of the Sedbergh Booktown Literary Trust (the Booktown Charity) to, once again, offer classes and events.”

The move is being supported by the biggest book shop in the town, which was bought by Heather and Paul Thomas in 2020, just as the first corona-virus lockdown struck.

Heather and Paul had moved with their family from the Midlands to Sedbergh eight years ago, just because it was just such a nice place

to live. Paul, worked in IT and spent most of his time on the road, so where they lived didn’t matter.

Heather became involved in various marketing initiatives and was appointed the town’s project manager by a board of local authorities. As such she organised the book festival in 2018.

“We had never owned a book shop before and we were closed as often as we were open in our first year, with the pandemic.

“In 2022 the cost-of-living crisis, and particularly the price of fuel, affected the numbers coming to us, so we are very keen to help promote Sedbergh as a book town,” says Heather.

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Westwoods, in Long Lane, which in its previous lives has been the village hall, a cinema and even a factory, now has 100,000 books in stock.

Previously it was second-hand, rare and antiquarian books, but Heather and Paul are increasingly stocking new books.

Heather adds: "As a person who loves books, it is a good thing for Sedbergh to be a book town, and it gives the area another string to its bow.

"Sedbergh is a beautiful place and attracts people to walk the river and the fells, so it has outdoor appeal, but now people can also come here because of books, like a Northern Hay on Wye."

One of the new authors featured is Caitlin Lynagh, aged 31, who is also assistant manager at Westwood. Her fourth fantasy and sci-fi novel, Quantum Messenger, is about Robots becoming sentients.

"The book town designation generates revenue and jobs in the town and attracts people who come here normally for the walking. Lots of walkers like to buy books as well," she says.

BBC Radio 4's Infinite Monkey Cage presenter, Robin Ince, features Westwoods in his new Bibliomaniac book after a traumatic previous visit to the shop. He was back on February 1 to promote it.

One patron of the book town is the Cumbria-based author Mike Craven, who's The Washington Poe books are gaining a world-wide audience, with TV series and films in the pipeline.

He says: "When Sedbergh Book Town invited me to be their patron I knew immediately that I wanted to be involved.

"Their desire to ignite the love of reading into the next generation struck a chord with me and I am excited to be on board.

"I worked for Cumbria Probation for sixteen years and have been a full-time author since 2015. Through both professions I have seen first-hand how reading can help tackle life's big challenges: from improving mental health to combatting fake news; from better-developed empathy to increased employment prospects.

"Reading really is a silver bullet and I look forward to helping promote Sedbergh Book Town far and wide."

The other patron is Eric Robson, former Chairman of Cumbria Tourist Board and panel member of BBC Radio 4's Gardeners Question Time. He is also Chair of Wainwright Society.

The Trust has 3 vacancies for Trustees and wants to hear from anyone with expertise and /or interest in matters literary. More details from carolen@carole1998.plus.com or call in to Sleepy Elephant for a chat.

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SEDBERGH BOOKTOWN LITERARY TRUST 2023 PROGRAMME

Carole Nelson

March classes commence

1. Creative writing, bi-weekly class welcomes anyone over 16 who wishes to explore and polish their writing skills.

2. Poetry Club, weekly class/group which offers Poetry buffs the chance to polish their own poetic writing and every second week gives members the chance to introduce their poetry enthusiasm to the rest of the group with recommendations, readings and discussion

3. Folk Songs for Sedbergh, how to put the folk legends of Sedbergh area

into song format. Subjects from History Society files can be used as ideas, with how to write a lyric, how to fit a lyric to an existing traditional tune, how to compose an original melody. This work will lead to a performance and filmed for the Booktown and Sedbergh websites.

4. Bookbinding, occasional classes on aspects of bookbinding.

**IF YOU ARE INTERESTED IN
JOINING ANY OF THE CLASSES
PLEASE CONTACT**

carolen@carole1998.plus.com or
01539621770, or call in to Sleepy
Elephant for more information.
Classes will start in March or after
Easter.



Proudly presents

'Alice in Wonderland'

Adapted from the book by Lewis Carroll

Written by Helen Leslie Bromley

Directed by Viv Hailwood

Please come and support live theatre and have some fun at Sedbergh People's Hall.



Thursday 9th February	7:30pm	Adults: £9:00
Friday 10th February	7:30pm	Under 18's: £6:00
Saturday 11th February	2:00pm	(OAP's £6:00 for Thursday 9 th February performance only)
Saturday 11th February	7:30pm	Family ticket (2 adults/2 U18's) £25:00

Bar and raffle

Tickets available from the TIC (72 Main Street) from late January.

June 2023 RENAISSANCE...
.....A 4 day book festival to relaunch Sedbergh, England's Booktown. Programme tba.

October 2023 LEADERS and the LED..... An exploration of the burning topics of this time, war and politics, digital coercion, climate change technology and sacrifice, religion and moral belief, what is truth? The format will be loose debate with audience participation on subjects introduced by experts.

November 2023 The Bluecaster Plot.....a play about when the Strickland family of Sizergh tried to enclose the common land around Bluecaster.

FRIENDS OF THE DALES Forthcoming free events

Digital Talk: Plastic Free Woodlands.

Wednesday 1 February 2023, 4.30pm

50 million trees must be planted each year to counteract Britain's contribution to climate change. Trees often need protecting from grazing animals or harsh weather conditions to become established, however without radical changes to the way we plant trees, 1.5 billion plastic tubes may end up littering the environment and damaging ecosystems by 2050. Mike Appleton, Plastic Free Woodlands Project Officer for Yorkshire Dales Millennium

Trust and Vice President of Friends of the Dales, Mark Corner, will talk about the YDMT project to break our reliance on plastic and find sustainable alternatives in woodland creation.

Digital Talk: Raptor Persecution

Wednesday 22 February 2023,
4.30pm

Investigations Officer for the RSPB, Howard Jones, will bring to life the cases and day to day work of fighting wildlife crime, with a focus on North Yorkshire – the worst place in the UK for bird of prey persecution.

Both these talks are free and by Zoom, to book your place email victoria.benn@friendsofthedales.org.uk

Social Stroll

Wednesday 22 March 2023,
9.30am – 1pm

The first of our Social Strolls, created for people who want to walk over less arduous terrain with time to chat and socialise. This walk promotes the benefit of using buses to get out into the Yorkshire landscape, this one incorporating a linear route back. After meeting at Skipton Bus Station, walkers will take the bus to Gargrave, returning to Skipton by the Leeds Liverpool canal tow path.

This walk is free, but booking is essential as numbers are limited. To secure your place email: victoria.benn@friendsofthedales.org.uk



ZERO WASTE

We were blown away with the amount of items we received from the community through our reverse advent calendar challenge. Thank you so much. These items will be split between our Sedbergh Community Cupboard households over the coming weeks. Helping us to support some of the most vulnerable in our community.

Sedbergh Community Cupboard exists to help people in our local community who are struggling financially. We act in a similar way to a food bank, by providing those who need it with meal kits and toiletries. Often this helps as it is needed for a few weeks but, sometimes, for longer.

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

If you would like more information or to register please contact zerowastesedbergh@gmail.com or call 07833534710

As always our community cafe runs every week at Cornerstone Community Church on New Street. Thursdays between 2pm - 4pm. We have teas, coffee and cake, and on the 2nd Thursday of each month we hold Knit and Natter. We're also a registered 'Warm Spot'

If you would like to volunteer with Sedbergh Food club please get in touch with zerowastesedbergh@gmail.com or call 07833534710

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SIMON SHAW T/A LAKES SCAFFOLDING

Simon Shaw

As some of you may be aware, I took the decision not to reopen my scaffolding company in 2023 for many reasons, including health. I would like to take this opportunity to thank all my customers for their support and custom over the last 10 years.

This year I have decided to try something totally different, details of which are in my new advertisement in this issue.

Thank you for your continued support.

Lookaround would like to wish Simon every success in his new venture.
Ed.

LATE NIGHT OPENING

*Chris Wood, Chair of Directors,
Sedbergh CIC*

Late Night Opening on 14th December was on a cold (very cold), frosty evening. The market stalls in St Andrews and Sedbergh School Library were very busy and people enjoyed visiting the many shops that had kept their doors open for the event. The band played and the choir sang carols on Main Street. The queue at the Thai food stall was enormous. Kids loved Jenny from Matrix Circus performing as a clockwork doll then amazing them with flaming tricks in her Fire Show (even if the firemen who were also watching looked a bit alarmed).

The 2022 event was organised by Sedbergh Information Centre and we would like to thank everyone who helped. Steve Longlands and Ian Hutt did a great job with the trees and lights, Andy Cobb stepped in at the last moment when the real Santa was unable to attend, Martin Lewes kept everyone informed as Town Crier. Thanks also to the many local businesses who sponsored the event, to the information centre volunteers, and especially to centre manager Debbie for putting so much time into the organisation.

TIME TO GET WALKING AGAIN!

John Harris

With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

Walking in Cumbria <https://www.walkinginengland.co.uk/cumbria> has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (who maintains the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Cumbria (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

SEDBERGH MUSIC FESTIVAL

Tony Reed-Screen

Last August after the very successful 2022 Festival I wrote about the future of the festival as I wished to stand down along with many of the Committee. I have received a few enquiries and some volunteers who would like to serve on the Committee. However, nobody has volunteered to take over from me or from Janet Dodds as Treasurer.

It is therefore with great reluctance that I must inform you that there will

ROYAL BRITISH LEGION SEDBERGH BRANCH

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

For more information, visit our website:

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



not be a 2024 Festival. I hasten to add that this will not be the end of concerts at St Andrew's. We will continue to welcome the Town Band and the Sedbergh Orchestra, and I hope that we will host occasional concerts from both international and local artists.

Lastly, I would like to take this opportunity to thank all those people who have supported the festival during the past twenty years.

SEDBERGH CALENDAR 2024

Debbie Wilson

At the time of writing, early January we still have a few Sedbergh 2023 calendars left at the Information Centre but our thoughts are already turning to the 2024 edition. If you are a budding photographer and would like to see one of your photographs of the local area feature please email a high resolution copy to tic@sedbergh.org.uk All photos need to be landscape, the closing date is March 31st.

VETERANS CHRISTMAS

*Brian Capstick
Rawthey Project*

Thank you to everyone who supported the Veterans Christmas. Between Christmas Eve and Boxing Day, Mike & Hannah hosted 16 disadvantaged & vulnerable veterans and their families (total 26) at The Dalesman Inn.

Their gratitude and thanks were boundless. A special thank you to Mike & Hannah for your generosity and continued support. Sedbergh at our best.

Well done to all involved! Ed.

The Green Gardener

Steve Bateman
Gardening for Wildlife
No pesticides used



Contact me on 07825871858 or
email steve.bateman14@gmail.com

THE GREEN GARDENER

Steve Bateman

Gardening for Wildlife (No pesticides used).

Contact me on 07825871858 or email steve.bateman14@gmail.com

After 24 years working as a post person in and around the Sedbergh area I have decided to follow my dream of becoming a gardener, and will be starting in April 2023.

I trained at Myerscough college back in the 90's and have always had a strong interest in horticulture. Please contact me for all your gardening needs.

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

CONGRATULATIONS SERGEANT ROBERTSHAW!

Carole Nelson

In February 2023 Mac Robertshaw will be 95! As the poem says he and Cicely (his wife) arrived in Sedbergh in 1965 so by then they will have been here for nearly 60 years. Not only was Mac the Sergeant of Police but after he left the force he became Sedbergh's own Private Eye!

Cicely and Mac were also easily recognized for all this time for roaming the hills with whole gangs of Crookrise Pointers, dogs which are famous all over the world, but born and bred in Sedbergh.

So huge HAPPY BIRTHDAY MAC have a lovely day from all your friends in Sedbergh.



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Sergeant Robertshaw

It was in the early sixties
Sergeant Robertshaw came to town
With five trusty Constables
In the Dales both up and down

So burglars, poachers and shysters
Please be full aware
If these men should catch you
From prison bars you'll stare.

At weekends they were busy
With coaches Blackpool bound
But traffic cop Len Mitchell
Would soon direct them round.

Now the Sergeant had a meeting
We've got to make a stand
'Gainst unruly sort of behavior
At Sedbergh Wanderers Dance.

So handcuffs and truncheons ready
To the Peoples' Hall they'd go
And Peter Craven telling them,
We've got to make a show.

The force then joined Cumbria
And things are not the same
We rarely see a policeman
And we'd never know a name

The Sergeant must have loved the
job
He's never left this place
Walking dogs and sight seeing
With a smile upon his face.

The Sergeant's now retired
Of olden times he pines
I saw him only yesterday
He'd parked on yellow lines!

Written by Dick Brooks



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TIM'S COLUMN

Tim Farron MP

I know it is a bit late in the day to wish you happy New Year but the Lookaround print schedule means this is the first time I have been able to contact you through this fine publication. Please do accept my apologies but also my very best wishes for 2023. I am sure we all hope it is a bit of a better year than the last one.

MPs have been back working in the House of Commons since the 9th January and as ever I have tried to hit the ground running.

Actually, whilst I remember, I am literally running every day in January to raise money for Wave Forward, a wonderful charity that supports the mental health and wellbeing of young people in South Cumbria. You may remember I did this in January last year and was quite proud to raise £7000 for them. If you would like to support them and me again or for the first time then simply go to the Just Giving website and search on my name. It would be great to raise even more money this year, they certainly need it.

Anyway back to the day job. Since I returned to the House of Commons I have been largely focused on two areas, health and housing. Both of which are issues I have been working on for longer than I care to remember.

On health before Christmas I was raising with ministers the serious problems we face in our part of the world. At least two GP surgeries in our area are under threat because of the Government's decision to cut the

"minimum practice income guarantee". This is a policy that was introduced to ensure that GP surgeries that serve small populations spread across large areas, as we have in some parts of South Cumbria, earn enough to make it worth their while to keep going.

The situation in dental services even more is shocking. We all pay our taxes but only a third of us are getting NHS dental care in return. The situation is a bit better for children but only just. About half of children are having to have their dental treatment paid for, I assume by their parents. I worry for the state of all of our teeth.

Since Christmas I have been pleading with the Health Minister to do something to reduce waiting times for cancer treatment in South Cumbria. During the last three months of 2021, 43% of people diagnosed with cancer in our area had to wait more than 2 months to start treatment. We all know how important it is to get cancer treatment underway as soon as possible after diagnosis, obviously to improve the outcome but also to relieve the stress on both the patient and their families.

On housing, before Christmas I proposed an amendment to the Levelling up and Regeneration Bill. This would have given councils the powers to restrict the numbers of second homes in their areas. Sadly, my amendment was voted down by Conservative MPs but on a slightly positive note the minister did advise me that the Government was planning to start consulting on plans to allow councils to restrict the

number of short-term lets in their areas. This might at least go some way to easing the dreadful housing shortage we face here.

Of course, these aren't the only issues I have been fighting on but they are all I have space to tell you about here. If I can help you with these or any other issues drop me an email to tim@timfarron.co.uk or give us a call on 01539 723403.

SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

The Council held its meeting at 7.30pm on Thursday 12th January 2023, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh. The next meetings are scheduled are on Thursday 23rd February and Thursday 13th April 2023 (no meeting in March).

Parish Council Precept

Members had continued to note the ongoing and predicted rise in expenditure/utilities/energy when they considered the Budget in 2022 and a Precept request for 2023/2024 was formally agreed - £42144.10. The increased sum was, unfortunately, necessary to meet rising costs and whilst the increase was over 6% it was noted that this was equal to an annual increase of approximately £2.50 (for the Parish element of the Council Tax) based on an average Band D property.

Future Car parking in Sedbergh

Members 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 strategy'

for the community which included the future provision of Electric Vehicle charging (ongoing current project).

Other matters

Various other matters, including Finance and Amenities and the Bowling Club plans to improve facilities, along with Planning matters were discussed. The parish council owned street lighting improvement project, the memorial plaque for Antoni Gosiewski and Legacy monies bequeathed. Also, general Correspondence, including support for 'hedgehog highways' and a letter from Sedbergh CIC over the future organisation of/continuation of Late Night Opening.

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*

The Nativity play in the afternoon of Christmas Eve was a super production bringing back into use the Time Machine, which gave so much enjoyment in the summer at Holiday Club. The church was filled with parents, grandparents, and, of course lots of children. It was lovely to be able to welcome visitors to Sedbergh, especially Veterans and their families spending Christmas at The Dalesman, and probably paying their first visit to Sedbergh.

The church silver sparkled on the altar table during the Midnight service on Christmas Eve, and the main service on Christmas Day. The crib with its wonderful figures, the bright Christmas tree and the glorious flower decorations added to the ambiance of all the services.

Now the stable and contents have been packed away, the tree has gone for recycling whilst the tree lights, tinsel, and shiny baubles stored in boxes for another year.

Many of you may have had some rain coming into your homes which is not surprising with the amount that has deluged us over recent weeks. Unfortunately, our church has suffered too. The Lady Chapel had a couple of leaks and the tower has two rather damp walls. Like any house, God's House always needs

something doing to keep it in the best possible condition, not only for ourselves as we use it now, but also for future generations.

We hope to take our plans for the re-ordering the West End of St Andrew's a little further as the year goes on. As you can imagine the general maintenance of a Grade 1 Listed Building comes at a high cost and to take our plans forward, we shall need to seek assistance from grants, and our own fundraising.

So, a busy year ahead!



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EVE 5-7.30pm
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£20 1 class - £35 2 classes - £45 full day

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

At the end of November the Headmaster accompanied Josef Mycielski taking pizza vans to the Ukraine to feed displaced Ukrainians and soldiers near the front line. Josef started his many trips for Siobhan's Trust to Ukraine by asking the School for help and the School contributed two collections of clothing, money and blankets etc. to start it off. The Prep School has also made collections.

Two major appeals were conducted to help the Ukrainians at the end of term: 300 boxes of clothes were despatched to Ukraine on 10th December, and a fund was raised to

buy a mobile pizza van costing £40,000 to send out to Ukraine. Unfortunately the price of the van rose to £56,000, but by the end of term £65,000 had been raised. The van called The Wolf visited the School at the end of the Morgan Run and everyone was welcome to try a pizza. The School wishes to thank all who contributed to the two appeals. The School flew the Ukrainian flag on the last day of term and throughout the Christmas holidays

Prep school boy Louis Hoskin (son of Housemaster Philip Hoskin) had raised nearly £7,000 by the end of November 2022 playing his saxophone in the street in Kirkby Lonsdale, following the £9,500 he

raised the year before. The School ran an on line Charity auction for Siobhan's Trust. The Prep School held its Elf run to raise money for St John's Hospice. Evans House reached their target of raising £2,500 for Restart Africa, an orphanage in Kenya that the School has supported both physically and financially in the past

At the end of term the School had its usual day working for the community and charities with such activities as wreath making, carol singing in Kendal market and in Liverpool, conservation, litter picking, fun with infant school pupils, raising money for the Brathay Trust, mending swings, packing bags to deliver to the homeless in Liverpool, sorting donations at the Morecombe Bay food bank, work at Ghyll Head, an equestrian yard and the Ripon Walled Garden, and a range of projects in and around Morecombe and many more

The Year 10 photographers had a day out in Edinburgh visiting the Camera Obscura and the National Galleries.

The Prep School is in the process of creating a mountain bike track

The autumn term was the fiftieth anniversary of the start of the Duke of Edinburgh awards in the school.

Mrs Bolton's Globe entitled Anchor in History – Glimmer of Light featured in Leeds Art Gallery when the King visited

The School was sad to hear of the death of the Reverend Theodore Harman on 19th October. He was

School Chaplain for 30 years from 1957.

On 30th November, and 1st and 2nd December the School produced a superb production of Jesus Christ Superstar in modern dress with Kalashnikovs and crowds taking selfies. An interesting casting was two girls as Peter and Pontius Pilate.

The Prep School had their usual extremely busy end of the autumn term starting with two nativity plays by the youngest, and the next youngest, and the older children producing Bah Humbug. They joined in the Christmas Fair in Kirby Lonsdale and saw Matilda. They held a carol and instrumental performance in the Church. The Christmas concert followed and then the Carol Service in the upper school Chapel to finish the term on the morning of 14th December, which was beautifully sung and very well read by the pupils from the King James version

The upper School finished their term with their carol services, the first service being on Sunday 11th December at 5pm and open to the general public. The choir performed beautifully and the congregation joined in enthusiastically. The second for the parents finished the term on the afternoon of Wednesday 14th December

Mrs Dallas from the Prep School began her Headship at Ben Madigan, Belfast, in the New Year.

The Rawthey Ball took place this year on Saturday 28th January for years 12 and 13.



The new Lent term started on Sunday 8th January and half term is from 10th to 19th February.

Music

The first practice of the Sedbergh Choral Society took place on Monday 9th January, and this year is rehearsing "royal" music such as Handel's Zadock the Priest for a performance at the end of term. Everyone is welcome to join this Society which consists of both Town and Gown

A recital by the music scholars, Mr Nokes, Jen Hartley took place on 26th January in the Thornely studio.

Running

The first of the Epic runs took place on 11th with four more on the

following Wednesdays , and the first of the Wilson Run qualifiers

The Rawthey Run took place this year on 19th January and the Morgan Run on 28th January when the "Wolf" pizza van was exhibited.

Netball

The U16 VII won the Cumbrian County Finals on 23rd November

Cricket

The Prep School have new indoor cricket nets.

Harry Brook OS has starred in Pakistan. After his performance in the 2nd Test Sangakkara said "It's not as if he's gritting his teeth and hitting it as hard as he can, he's just got so much power, so much balance and his way of going though the ball. His positioning in unbelievable, his hand

LOOKAROUND

AGM

2023

**At 19:00 TUESDAY 21st February
72 Main Street in the Rawthey Room**

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speed is good and he hits the ball far with such minimal effort.” He gained 100s in all three of the test matches against Pakistan and set the English Test record of 27 runs in one over. He has been “snapped up” by Hyderabad Sunrisers for £1.3 million.

The School has once again been named in the top 100 cricket schools (both private and state). Three recent captains are playing for Yorkshire and last year’s has been signed up by Lancashire. The girls are also representing counties and universities, while Becky Glen OS has played for Scotland

The School will be welcoming Lancashire for three 50 over fixtures this year. The first will be on 7th July – Lancashire v Southern Vipers. The second is Lancashire v The Blaze on 19th July, and finally Lancashire gets its One Day Cup campaign under way against Essex Eagles.

Mihika has been training with the English ladies team and has played for the UAE ladies.

Skiing

Lucy in year 9 is training with the English team, having previously skied for Australia

Rugby

Mr Simon Mulholland was named @NextGenXV Schools Rugby Director Rugby of the Decade

The first XV played RGS Newcastle away on 17th November and won 40-8. They played Woodhouse Grove School at Wharfedale RUFC on 23rd November and won 36-5. They played Wellington on 23rd November

in appalling conditions of rain and wind at Broadstreet RFC but won 21-13 in a closely fought game. The 2nd XV also won 57-5. Both games were streamed live on Twitter. They won 31-17 against Mount St Mary’s College. The game against Loretto on 10th December was cancelled due to frozen pitches.

At the end of the autumn term the 1st XV flew to Thailand to join the inaugural World Schools Festival to take on seven of the world’s top rugby Schools: Trinity, Millfield, Cardiff & Vale from the UK, St Michael’s (Ireland), Hamilton Boys (New Zealand) and Grey College (South Africa). They lost their first game to Millfield but won against the South African invitational side. This put them into the competition for the Shield which they finished by winning.

Henry played for the 1st XV on 3rd December and was the fourth generation of his family



to do so.

Forthcoming Events

Due to demand, the Prep School is holding an Open Week from 28 February to 3rd February

The 4th Epic run is a 1.45 pm on 1st February, followed by the 5th on 8th February

A Parents’ and Pupils’ Ball for year 12 is at 7 pm on 4th February

The Northern Inter-county XC Championships are in Durham on 4th February

The House Singing competition (part songs) is on 9th February

Half term begins on 10th February at 2pm

Kung Fu & Kickboxing

Classes in Sedbergh
Everyone Welcome!

Mondays
6.30pm - 7.30pm

Cornerstone Community Church Hall
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Contact: Stuart Byatt 07739 490039



英倫功夫協會
BRITISH KUNG FU ASSOCIATION

The Scholarship assessments take place on 23 February

The first of the four Wilson run qualifiers is on 22nd February at 1.45 pm, followed by the next three Wednesdays

There will be a performance of A Shropshire Lad by the pupils on 23rd February at 5 pm in the Thornely Studio

The Ten Mile Relay is at 4.15pm on 27th February

The Wilson Run is on 21st March at 2.30pm followed by the Wilson Run concert in the evening

The Sedbergh Choral Society concert is on 23rd March at 2.30 pm in the Hirst Centre

The Year 10 History and Classics Trip to Turkey leaves on 23rd March

On 24th March the Geography trip to Iceland leaves

Term ends on Friday 24th March and the summer term begins on Sunday 16th April

THE WILSON RUN Tuesday 21 March 2023

DJ Harrison, Headmaster

I am writing in advance of the Wilson Run which is one of the biggest events in the School calendar. The event has been raced every year since 1881; it is one of the oldest School races in the country and perhaps the hardest.

For these reasons, the race attracts a lot of support from the School, parents and Old Sedberghians. We recognise that the event is not universally popular because of the disruption it causes other members of our community and I write to apologise if you are inconvenienced in any way.

We know that both runners and spectators can cause disruption and seek to manage this as follows:

Road Closure

On race day we will start the race on Back Lane in the traditional location and complete the race on Lupton pitches. There will be some disruption on Back Lane and along the road to Kirkby Stephen when the race starts, this will involve a rolling road block for about 20 minutes from 2.25pm. There should be less disruption on Loftus Hill than in previous years.

We know that the large number of visitors creates congestion in the town. We have sought to reduce this by offering hospitality in the School but expect that this will have only limited impact. I am sorry for this aspect of the disruption.

Above all, we hope that you may enjoy this special event. Our pupils race at the very top of their sport and

the run is full of excitement, friendship and colour. We would be delighted if you are able to join us at the start along Back Lane or the finish on Lupton Field.

If any aspect of this event gives you cause for concern or dissatisfaction, please don't hesitate to contact us and we will do our best to rectify the problem. The aim is to minimise the disruption and keep the impact of the road closure to a minimum.

Runners

Runners will be supervised by marshals and running staff during the Wilson Run on 21 March and the qualifying races on Wednesday 22 February and 1, 8 and 15 March.

Pupils are instructed that they must:

1. Only run on pavements or single file along the edge of roads with no pavements.
2. Give way to pedestrians and other road users.
3. Give way to vehicles, including if they are running on single track roads used by farmers.
4. Stay on the race course.
5. Not climb walls or fences.
6. Close gates no matter whether they find them open or closed.
7. Not disturb animals.
8. Not drop litter.

Pupils in breach of these rules will be disqualified.

Supporters

We have issued the strongest possible guidance to visitors to respect the local community and issued instructions on the Countryside Code, in particular about

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dogs. We have discouraged support for qualifying races.

On race day we have instructed visitors as follows:

1. To park in Boarding House yards, and to avoid prohibited spaces in Sedbergh or private driveways.
2. To watch the race from either Green Hill (Mile 2), Spectators' Hill (Mile 6) or on Baugh Fell.
3. To drive to vantage points on the course, they should watch at the start or at Ten Mile Lane and then at Danny Bridge, or at Cautley and then at the Finish. In this way we seek to minimise the amount of disruption to local traffic.

Response

We would be happy to address any concerns that you may have about the event and, in particular, the road closure on Loftus Hill. Please do not hesitate to come back to me as soon as possible if you have any queries. headmaster@sedberghschool.org

TODAY

Sue Baxter

Ice capped Howgills,
Ohhh what a delight,
Do you think it may snow?
Ohhh I think it just might!

There's a stillness about us,
A calm, serene day lies ahead,
White, crispy meadows,
Lurred me out of my bed.

Not a breath of a wind,
Its eeeerie today,
Not a cloud in the sky,
The sun's here, to stay.

Blue sky all above us,
The Howgills outlined,
Time to get moving
While this day is divine.

Hats, coats and gloves on,
Now out for a walk.
Find somebody interesting
To stop and have a quick talk.

It's always the weather
A bit of gossip or two,
A friend or a neighbour;
Someone out of the blue.

A delight to see you,
"Have a good Christmas" you say,
And off you trot gaily
To enjoy the rest of your day.

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MY FINAL SOUTH AFRICAN TRIP

Chris Clowes (Cross Keys)

It couldn't have been a colder start, avoiding twisted ankles negotiating the Cross Keys frozen car park to our waiting vehicle at 6.30 in the morning.

But thanks to Bob Brewers careful driving we arrived at Terminal 1 in Manchester in good time albeit rather bleary eyed.

Some four hours later we arrived in a snow-covered Munich where, due to flight cancellations and changes, we had to shop duty free etc for several hours till our next flight at 6pm bound for Cape Town.

We – I, Alisha Brewer from Cross Hall, Anne Jones previously of Yew Tree Cottage Sedbergh and now near Glasgow and a friend from Manchester Edna Bridgen – landed at 6.30 the following day to a pleasantly warm mid 20 degrees morning in Cape Town. Straight out of the arrival's door and the first thing you see is Table Mountain.

Removing several articles of clothing we found our way to the car hire area with poor Alisha being the youngest and we decided fittest negotiating our baggage trolley!

The car hire people took pity on the four "sexy ladies" and gave us an upgrade of vehicle for free.

I tootled off to get the car whilst the others looked after our cases.

So here I am behind the wheel of a very new automatic SUV make unknown and given only the vaguest vehicle instructions (forgot to ask if it was petrol or diesel) driving round a large parking area to pick up my companions and their luggage. The

chap said go to the end and turn left so I did- up a one way - the wrong way – a kind chap indicated I should reverse and take the next left but this was a new automatic to me and it took a while to find reverse!

However, the sun seems to make everyone laid back and not at all stressed and eventually I found the girls and the luggage and off we went.

Obviously, I and Anne have done this journey many times but always with my late husband Alan in charge. So now it was my turn and I have to say it all worked well making sure we were in the correct lane and not heading directly to Table Mountain but heading east towards the Garden Route. That morning the mountain

was clear, and you could see the cable car making its way to the top.

Often when the South Easterly wind blows the mountain is covered with a tablecloth of clouds.

I felt a little like a tour guide pointing out areas of Interest and explaining what we were seeing. Out of Cape Town heading east is a long flat stretch of road passing through an area called the Cape Flats on Mitchell's Plain. This is a smaller version of the township near Johannesburg (Soweto). But still a vast rambling dirty mess of shacks and goats and cows and jumbles of overhead cables and satellite dishes. All divided into differently named areas. Khayelitsha one of the apartheid regimes last efforts to

Find a Warm Welcome in Sedbergh

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



A Brew at Browns

**EVERY MONDAY AND FRIDAY, 10AM-12PM,
IN TERM TIME, BROWNS OF SEDBERGH**

Sedbergh School are offering a warm space to enjoy a complimentary hot drink and biscuits with some nice conversation.

For more information contact Sarah
sarah.barge@sedberghschool.org

Coffee Morning

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

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

enforce non whites into special areas. Langa, Phillipi and many more where the casual tourist is advised not to wander into where there are heavy gang cultures.

Then on to Somerset West full of new houses and a good-sized mall and up and over Sir Lowrys Pass where it's generally always windy but there is an area to pull in and view the vast expanse of the population explosion over to Table Mountain and then out to sea. Often the baboons are a nuisance at this point – looking for scraps of food.

Then we come into the Elgin Valley full of vineyards and orchards growing apples and pears and roses - the roses are planted to warn of

disease to the vines as they would be the first to succumb.

We stop for breakfast at a farm stall - Lufthansa's was not the best – and we tuck into poached eggs, or in my case croissant with scrambled eggs and smoked salmon or delicious bowls of fresh fruit, granola and yogurt along with 5 roses tea or good coffee. All for little money because of the pound to Rand exchange.

Full, hot, tired and happy we drive a few more miles and I point out the Thandi orchards and vineyards followed by the sign showing the way up an unmade road to Thandi Creche. But that's for another day, as we turn off the main road and head

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

again to the coast to the town of Hermanus.

Up and Over another pass the Hoew Hoek pass we drop down into different country side leaving the lush green of the vineyards and orchards to join the “bread basket“ of the Western Cape. Vast empty brown fields that disappear to the horizon with the occasional green patch, which is being irrigated where barley, corn on the cob(mealies), Lucerne, and wheat are grown and have recently been harvested. Now and then we see a few sheep, nothing like ours here in the dales where grass is abundant but dusty coloured creatures that blend in with their surroundings foraging on whatever is left in the fields along with shrubs and herbs. They are fit and healthy but taste different.

Dropping all the time the area is getting greener again and suddenly we see the sea and know we are approaching Hermanus – my hometown for several years whilst we were working on the Thandi Project. The town advertises itself as having champagne air and its bay Walker Bay is famous for the Southern Right Whales which arrive every year between June and November to mate and to give birth. It truly is an amazing experience to watch them breach and splash their huge tails into the ocean – just having fun and showing off. Every September the town has a whale festival where a chain of people line up along the cliff paths to cheer and welcome the whales. There is lots of music and the whales seem to appreciate this and really show off.

I have laid in bed on occasion and listened to the whales “ talking to each other”!

And so we have reached our destination just over 24 hours after leaving home.

We are too early to book into our accommodation, so I decide to do a short tour of the area. We drive high up over the town to a viewing area where I can point out the main features of the Town. We drive on a narrow road lined with proteas and everlasting flowers and watch the sun birds darting in and out.

Then, down into the town – a trip past my old home, shared by many of you from Sedbergh over the years, where we catch up with a friend not seen since pre covid – down the dirt road to the nature reserve for a quick look hoping to see one of the many tortoises that wander around there, and then to Spar – much the same as Sedbergh’s but with some slightly different foods, and so stocked up we head to our guest house.

We were SO lucky. From the 16th December to around the 6th January is the height of the holiday season in a South Africa – All the building firms, schools etc Break up for the holidays and just about everyone heads for the coast and in particular Hermanus. Booking early, I managed to secure a great guest house at a reasonable price close to the sea and town. It could not have been better – a bit quirky and interesting but we each had our own suite with huge king size bed, en-suite facilities plus kettle, fridge, toaster, microwave and double hob along with our own outside seating area with BBQ and a

communal area with a plunge pool. We were all together in the four rooms on the ground floor and rarely saw any of the other guests so felt we had the place and the pool to ourselves.

Hermanus is in an area called the Overstrand. Rather like us here as a part of SLDC. The Overstrand is a part of the Western Cape as SLDC is a part of Cumbria.

We arrive in South Africa to discover Load Shedding, Eskom who supply the electrical power are unable to keep up with demand. Plus, they have the added difficulty that certain elements of the population are cutting cables either to make a point of the still great divide or to pinch and sell the copper from the cables. This results in around 7 hours a day without power usually 6 till 8 or 8 till 10 then 2 till 4 and early evening and during the night. So, we found many generators all over trying to keep restaurants and shops open, and we had to plan our morning cuppa. The worst we heard were hospitals without power .

My reason for this trip was primarily that I didn't want my first Christmas without Alan at home, and whilst I had some more than kind offers from family and friends, I felt I should do something completely different. And it was very different. We were surprised to discover that there were very few Christmas trees and decorations around - mainly because of the power problems but this period is now more regarded as a holiday and Christmas seems to be sadly a thing of the past. We booked a Christmas lunch at a restaurant on

the beach. We had lamb! A couple were playing carols and other music on Violin and guitar and a group appeared with banjos and saxophones also playing carols. It was hot and very sunny- the beach was full, and it wasn't Christmas - but that's why I was there!

My other reason to be there was to close my bank accounts and more importantly to visit the Creche and give them the donations received following Alan's death and to spend some more funds on them and to make a plan for the way forward.

We all visited the creche. Alisha works at Sedbergh primary, so I was eager to get her thoughts and comparisons. When we arrived, I immediately lost Alisha under a hoard of children . She had an immediate affiliation with the children and for over half an hour she was involved with the children even though they





didn't speak the same language. It was great to see.

We were met by all three members of staff and lots of children even though it was the holidays. We learned that in the 12 years since we started the Creche they needed new toys plus a printer for the office. We also found sadly that someone had broken in and stolen our swings from the play area.

So, we spent a happy morning the next day in toy shops. Alisha suggested the best educational toys plus we bought lots of balls and hula hoops and Lego and of course a new printer. Anne kindly bought some new saucepans and lots of tinned food and rice. We wanted to buy chickens etc but because of the power problems we decided against frozen food.

The next day Edna and Alisha had an early morning start on a safari, so Anne and I delivered all the goodies to the Creche.

I had a long chat with Elizabeth our headmistress. Thanks to donations received for Alan plus other monies previously donated the crèche is secure for a reasonable time. My worry has been for the long term.

Thankfully the community of Lebanon where the Creche is situated have a body of trustees who have agreed to maintain the property and the land that is Thandi Creche and whilst there I drafted a letter from the trustees to the local council to ask for their support which I am sure will be forthcoming. Also, the three ladies who run the Creche have daughters who they have now enrolled at a local teacher training college who are keen to continue when their mothers retire, so all good, positive news.

Hopefully at some point I can sort out the play area.

Meanwhile on safari, Alisha and Edna had a great time coming close to giraffe, zebra and elephants and seeing rhinos and hippos, wildebeest and lions. And that night we had ostrich for supper!

My work done we had lots of time to discover the area and by the time we'd done we had driven over 1000



miles! From Table Mountain on a very hot day and a visit to Cape Town Waterfront down to Agulhas the southernmost tip of Africa where the two oceans the Indian and the Atlantic meet. A day trip over the Franshoek pass and on to Stellenbosch and the heart of the winelands. Coming home via Stoney Point – home to hundreds of penguins.

Another trip found us on a very fast boat trip out to deep waters looking for whales and dolphins. We found 60,000 seals swimming around and basking on a rather smelly island.



We visited lighthouses, botanical gardens, mission villages and wineries.

We shopped a lot and ate a lot of interesting and good food. Met a lot of lovely people and one particularly grumpy waiter who we eventually won round.

All in all, a great trip. My mission complete along with three happy travelling companions.

Writing this I want to return but there is still a lot of world out there to visit !

And so, the journey home. A lovely warm Saturday morning so rather than sit around waiting to go we

ventured back to Cape Town and the famous Kirstenbosch botanical gardens on the reverse side of Table Mountain. Through the smart suburbs of Constantia and Newlands. We wandered and admired the beautiful plants, trees and grounds. A quick final visit to the shop where I bought a Guinea Fowl apron, got lost and Alisha and I walked what felt like miles to find the car and collect the other two then negotiate Cape

Town and on to the airport. Of course, we took a wrong turn and found ourselves heading up to Table Mountain but with a bit of half remembered journeys we made our way through the centre of Cape Town, past the castle and the railway station and into the mess of six lane routes which thankfully took us to the airport.

A wait for our flight to Frankfurt then a tiresome overnight trip of over 11 hours with not the best of food offered and another long tiring wait for a connection to Manchester where Lufthansa were unable to offer any refreshments other than water and a tiny chocolate bar .

But we arrived on time. Pouring down with rain which we hadn't seen for two weeks. Hurriedly trying to locate warm clothes we left the airport to be gratefully collected again by Bob Brewer and so began the last leg of the trip home,

My dog Nell barked at me till she realised who I was then we had the best of cuddles. The fire was blazing in the parlour – a gin and tonic awaited, and I was happy to be home.

FAMILY MUSINGS

Sarah Woolf

Greetings ! In other words it's a tad late to say 'Happy New Year' so, greetings.

Between Christmas and New Year I had no idea what day it was or even the date, it is still a bit like that! Some days are 'grandchildren ' days, they come and we play with toys, look at books and generally giggle our way through. Other days are rest days, writing days, even baking or tidy up days, none really need a name or date. Except Toddlers day and the weekend.

It was like that in Dec too when the flu struck us both, quite good in some ways to both be poorly at once as it meant there wasn't one bright cheerful person being rather annoying. Of course we needed 'looking after' but we were looked after very well by family and friends. Wood, coal and food arrived as if by magic tho we weren't too bothered

about food, living mainly on eggs and soup.

It hung around did the cold, thru December and into January and as other asthmatics know these colds can cause issues with breathing, but sorted with steroids and antibiotics for me, and the non asthmatic layered Vick vapour rub on as if his life depended on it, maybe it did, forcing me to exile into the guest room. So we coughed the nights away from either side of the wall, met sometimes during the night over honey and hot water then snatching sleep thankfully when it came.

We missed so many events, having the local school children to sing carols outside our house was such a treat and I made it to the Crib service which was obligingly in the afternoon.

Then, we began slowly to improve, what joy to sleep the whole night through in bed, to eat proper food, get outside, mix with people, still needing and still having rest.

Part of our family have spent 5 weeks in Thailand having most amazing adventures and keeping us supplied with photographic evidence. I got fed up of all the rain here and all the sunshine there but they had earned their trip so it was the right way round.

A trip to RLI where everyone looked after me so very kindly and well and then treatment for the DVT in my leg and useful information for other issues. All adds to this rich tapestry of life that is 2023 I think mine needs some bright colours just now, what about yours?

Thanks and happy New Year.

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ROYAL BRITISH LEGION UPDATE 2022

*David Parratt
Chairman
RBL Sedbergh & District Branch
BR1443*

The branch strength at present is 120, of which 75 are full members and 45 are affiliated members from Sedbergh School. We have achieved success in recruiting new members during the past year, partly through the White Hart Social Club who continue to be supportive and the efforts of Keith Wood and also through a recruiting campaign when committee members manned a stall at the Artisan Markets in July and August. These and other initiatives will need to continue to maintain a credible membership in the future.

Branch Officers and Committee Members are as follows:

President: Tony Reed Screen

Chairman: David Parratt

Treasurer: Martin Gray

Secretary: Nigel Whiting

Poppy Appeal Organiser:

David Parratt

Standard Bearer:

Keith Wood

*Branch Community Support Sub-
Cmtee:*

Rose Pease, Keith Birbeck, David Parratt

Other Committee Members:

John Pease, Myles Ripley, Sandra Gold-Wood, Dennis Whicker

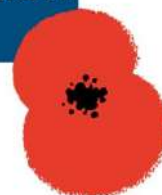
Sadly, Nick Cross stood down as Branch Chairman and as a member of the Committee at the beginning of the year. He remains a member of the Legion. He was thanked for his contribution to the branch, in

particular as Chairman and for his efforts with the Poppy Appeal.

A proposed 3 Year Plan was produced by David Parratt in January. This covered all the disciplines and responsibilities for the branch and the aim is to concentrate on essential priorities moving forward. It was considered that there were a number of challenges, not least of which is membership and recruitment and how to attract younger members, especially those who may wish to play an active role in the management of the branch in the future. A Face Book page was also created for the branch by Myles Ripley to help promote branch visibility.

Various events were held throughout the year. The branch held its annual dinner at the Sedbergh Golf Club on 13th May which was well attended. In early June, to celebrate the Queen's Platinum Jubilee, branch members planted a Rowan Tree in Queen's Gardens together with a commemorative plaque. On 14th June at 1100, the 40th anniversary of the Falklands conflict was commemorated at the town war memorial with the Last Post and the laying of a wreath.

During the year, Brian Capstick provided a further update to committee members on the 'Rawthey Project', a veteran's rehabilitation programme developed by Brian since leaving



the army as a Warrant Officer. The branch continues to support this very worthwhile project which is also supported by BAE Systems who are providing funding. Now that the project has achieved charitable status through the 'Blue Beret Charitable Trust', the Legion at County level has agreed a £20K legacy donation, in addition to £5K from the Kendal branch. Brian Capstick is working up a plan to develop a proof-of-concept rural recovery hub at Birks Farm, to provide emergency accommodation for veterans and other beneficiaries in support of their recovery, with the branch as joint applicants in the planning stage submission.

On 16th June, David Parratt and Nigel Whiting visited Birks Farm to meet with veterans involved in the rehabilitation programme and to witness it first hand in action which was very rewarding.

In early September, the Legion marked the sad passing of Her Majesty The Queen, the Legion's patron. A wreath was laid at the town memorial and on Sunday 18th September, a special commemorative service was held in St Andrews Church. Keith Wood was present with the branch Standard and Myles Ripley gave a tribute on behalf of the branch.

The Remembrance Sunday service was held on 13th November. On completion, a two-minute silence took place at the war memorial, followed by the laying of wreaths and a lament was played. Attendance was larger than usual in glorious weather. An excellent Remembrance concert was

held in the evening in the church courtesy of the Town Band.

A Poppy Appeal Coffee Morning was held on 2nd November in St Andrews and £286 was raised towards the campaign. The Sedbergh branch wishes to thank everyone that has been involved in helping with the Poppy Appeal and the general public for their continued and generous support. An incredible £12,729 was collected. This is a record for Sedbergh & District with the previous best being £10,720 in 2018. There was a significant increase in the use of the card readers, but cash donations were also up, exceeding expectations overall by some margin, particularly taking into account the current increases in the cost of living and energy prices.

On 22nd November a branch training day for committee members was held in the People's Hall Committee Room, given by John Daly, the County Training Officer. This covered all aspects of branch management and administration.

The branch has continued to provide Branch Community Support at local level. In conjunction with this, the Dalesman once again hosted veterans and their families over the Christmas period. The veterans had been taking part in an addiction recovery programme being provided by Tom Harrison House, a charity based in Liverpool. On Christmas morning, Sedbergh Branch committee members, Keith Birbeck and David Parratt accompanied the veterans and their families on a two hour walk around the Sedbergh area. Unfortunately, the weather was very

inclement, but it made their Christmas lunch in the Dalesman afterwards that much more enjoyable!

The Sedbergh & District Branch was formed in 1922 and our centenary took place this year on Sunday 11th December 2022. A special service was held in St Andrews Church to mark this historic event and the centenary pennant attached to the branch Standard, was blessed at the beginning of the service by Reverend Andrew Burgess. Attendees included Tim Farron MP who read one of the lessons. A photographic record of the event was taken for the branch archives. Various display boards in the church were also produced to

emphasise particular aspects of the branch. These included: a branch history of important and significant events; the work of the branch and responsibilities; GP90-2018 Pilgrimage to Ypres – the largest event in RBL history (Keith Wood and Sandra Gold-Wood represented the branch at this event); The Rawthey Project and The Royal British Legion Standard. In addition, there were poppy displays in the Ladies Chapel and at the Lych Gate. Once again, the branch wishes to note its grateful thanks to Barbara and Derrick Hartley and all those who helped in providing the displays.

As part of the 3 Year Plan and the aim to engage with younger members of the community, the



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Sedbergh Scouts Group became affiliated with the branch towards the end of the year and various ways of working together are being explored.

The Sedbergh Branch needs to continue to recruit volunteers and new members to keep up its good work. If you would like to become a member or learn more about the Legion, please contact either David Parratt(Chairman) on 015396 20964; email dmparratt@gmail.com or Nigel Whiting(Secretary) on 015396 21358; email nigelwhiting306@gmail.com for an application form. For more information, visit our website: <http://branches.britishlegion.org.uk/branches/sedbergh>

The National website is: www.britishlegion.org.uk



RURAL WHEELS

Rural Wheels provides door to door transport for people who do not have, or are unable to access scheduled transport or have a volunteer driver available.

The service can be used for a variety of purposes including:

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- doctor, Dentist or Optician appointments
- visiting friends or family in hospital
- shopping
- visiting friends or family.

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therefore cannot be used for transport to day care, school, nursery or college and cannot be used for hospital appointments/treatment if Patient Transport is available. If you need transport to get you to your hospital appointment please check your eligibility for Patient Transport by contacting the Patient Transport Service run by North West Ambulance on 0800 032 3240.

Rural Wheels uses a 'Smartcard' to pay for travel and a central booking system to plan journeys. Passengers need to apply for the Smartcard before they are able to travel. The value of the Smartcard can be topped up with the transport provider or alternatively at some local post offices, libraries and mobile libraries. Transport requests must be booked by telephone before noon the day before travelling and passengers may be asked to be flexible about their travel time and also to share transport which will be at a reduced fare.

Apply online for Rural Wheels (just google Rural Wheels) and you will find other information about the service on the website.

TRANSPORT VOLUNTEERS

Myles Ripley

I hope that one of your New Year resolutions may have been to volunteer for a community activity? In that case, may I bring to your attention the Voluntary Social Car Scheme? A small (very small) but perfectly formed team of drivers in the Sedbergh area provide transport services to those who can't access transport. There are 33 schemes set up across Cumbria to provide transport for all members of the community of any age (Under 18s must be accompanied by an adult). Voluntary Social Car Scheme is intended for those people who have no other means of transport. We have volunteers who provide a door to door service across the county to collect you from your home and take you to your chosen destination for a reasonable cost. The service can be used for a wide variety of purposes including; making connections with public transport, doing the weekly shop, medical appointments, or just for visiting friends.

We currently have 4 drivers, one of whom is non resident in Sedbergh but kindly volunteers when he is in

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town. We don't have many calls for our services but inevitably when the requests come in, they are all for the same time and day! We are looking for more drivers and a new coordinator who would field the incoming calls and organise the drivers to cover them. As a driver, your expenses are covered including parking fees if required. There is no minimum time commitment! And a discount from a number of local businesses to take advantage of. Clearly you have to have your own car with valid insurance and MOT!

If you would be interested in finding out more, please get in touch with mylesripley@btinternet.com

TENANTS IN DAMP HOMES

Citizens' Advice

As the weather has turned colder, I've noticed black mould and damp in our flat. Our letting agency said they would speak to our landlord, but nothing has happened. I'm really worried about how this might affect our health. Our tenancy agreement isn't up for eight months, what can I do?

Unfortunately, it isn't always easy to work out the cause of mould or damp. This can make it difficult to work out if your landlord is responsible. The most common causes are rising, penetrating, construction and condensation damp. On our website there is information that may help you work out what type of damp you have, who is responsible and what you can do. Check your tenancy agreement too for mentions of repairs and damp. <https://www.citizensadvice.org.uk/>

housing/renting-privately/during-your-tenancy/dealing-with-repairs/

A landlord will have to act in relation to damp if it makes the property unsafe for someone to live in, e.g. if it is making them ill. The landlord will also be responsible if the damp is related to repairs they should have carried out, like if heaters are broken.

One of the most common causes of damp is condensation. To prevent this, it's important to keep homes well-heated and well-ventilated, but this is expensive. You may be eligible for help to insulate and heat your home.

If your landlord is responsible for the damp in your property but doesn't act, you can report them to the local authority. If you're in social housing you might also be able to use the landlord's formal complaints procedure. Visit our website to find out more. If it reaches the point where you want to get out of a fixed term tenancy agreement early, do speak to an adviser first. Call (nos below) for personalised support.

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

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

THE NEW-FANGLED CONTRAPTION

Jane Orton

Information is the purpose of computers large and small
We put it in then take it out and hang it on the wall
We fill them up, they let us down, or that's what people say
Computer's down again you know? It happens every day.

Can't have your cheque, the files are lost, the man is trying to fix it
You said last week you'd sent it, well, that really takes the biscuit!
Your discount's gone you realise? And could be interest too
But t'programme cannot cope with that, and nor can I, boo hoo.

The bloody thing keeps bleeping, saying, 'NO, you can't do that'
Then it wipes the screen of all my work, so I go and kick the cat
I type it in again and this time press a different key
So it stores it in another file, but where? I cannot see.

I switch it off and boot it up again and plead my case
I've GOT to finish this report, so PLEASE do not erase
The text that I've just finished 'cos I need it for my boss
If not on his desk by morning he'll be very VERY cross.

It says, 'To screen or printer?' so I tell it, 'Print it now!'
It asks so many questions, when and where and who and how?
But finally, I get it and it's good, just what I seek
On this new-fangled contraption and it only took a week!

NOTES FROM DENT STATION

John Carey

Friends of the Settle Carlisle Line

As this will be the first article of 2023 it seems opportune to wish all a pleasant new year. It will certainly be an eventful one as we make plans to continue our conservation work at the station whilst balancing with the need to gain income. It doesn't seem that long ago since we completed the last phase, but the next significant piece of work will involve repointing the

building in traditional lime mortar which we hope to start in May 2023. This will hopefully cure some of the damp issues particularly on the exposed west elevation where there are many open joints. The inappropriate cement pointing applied in the past has simply cracked and disintegrated.

Indeed, lime mortars are much more appropriate to this type of building for very good, tried and tested, reasons and allow the joints

between the sandstone masonry to breath. In contrast, the harder cement mortars have no ability to flex and trap moisture behind leading to frost damage. Ultimately, the cement mortars would be damaging for the stonework. We have already received listed building approval, in principle, and will need final sign-off from the listed building officer once we have completed a sample panel.

Along with most properties, we have been hit hard by the increased energy costs, particularly, for heating oil which reached an all-time high before Christmas but, thankfully, is settling back down again. It is strange how such world events can impact on fairly remote and distant Dent. Whilst we have endeavoured to make efficiencies where we can, we simply cannot escape the fact that old buildings are fuel-hungry, and require to be heated, without which the damp would quickly set in. Being a Grade II listed building, we are limited as to what modifications we could make and, indeed, we have recently encountered the problems of trying to introduce a double-glazed window! We can sympathise with those in rural areas faced with the same problems, and where limited energy options are available.

Meanwhile, life is never dull on the railway but sometimes for the wrong reasons. The freight train derailment at Petril Bridge, just outside Carlisle, on 19th October caused major disruption to services with the line being truncated at Appleby. An onward bus link was provided to

Carlisle increasing journey times somewhat. The good news is that the railway was reopened on 7th December, but it shows just how vulnerable the line is when things go wrong. It is not that long ago that the Eden Brows landslip occurred with devastating consequences.

As most will be well aware from the regular BBC news reports, the continued industrial action has impacted upon rail services across the country. Whilst in other areas, limited 'core' services have operated, this has not proved to be possible on the Settle-Carlisle, due to the reliance on traditional manned signal boxes. This meant that services have been suspended for up to 6 days at a time. For our part we have urged that all attempts should be made to recommence services, as quickly as possible, following any period of industrial action, and challenged where the rail operator has added an additional day for the comfort of remobilising. This was rather adding salt to the wound.

Following some initial optimism in November there is no sign that the dispute will be immediately resolved, and industry commentators would suggest that the strikes might be a



monthly occurrence until a settlement is agreed. Whatever the rights and wrongs, and I do not attempt to offer an opinion, except to say that there is no doubt that the railway system needs to be 'fit for purpose' and better aligned to the needs of the travelling public. A 7-day railway is a necessity in this day and age.

As a user-group the Friends monitor the performance on the line on a daily basis and it was of concern to see a number of cancellations and delays which are unrelated to strike action or Pettril Bridge. Often these issues are due to poor resourcing, including crews and stock both of which can be diverted to more pressing needs. We noted a decline in carriages over the recent period,

something which we fought long and hard to rectify, and this led to rare overcrowding over the Christmas period. This might be an issue with the number of special offers becoming available. We have naturally taken these issues up with Northern.

As I have often mentioned, there is a very real danger of the Settle-Carlisle line being regarded solely as a 'tourist' or 'heritage railway' whereas, for some passengers, it is a means of going about their everyday life, potentially to employment or education and, of course, long-distance travel. Critically, it should be regarded as part of the rural transport strategy for the area where regular buses are few and far between.

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Indeed, we need to ensure that the key services are available at each end of the line which will afford economic opportunities to residents of these areas. Cost of travel is another factor, and it must be remembered that many in the rural economy exist on lower paid employment as compared with urban counterparts. For this reason, we have continued to challenge the pre 0815 restriction applied early last year in respect of the Dales Railcard as being particularly unfair.

On that note, it is however worth reminding that the Dales Railcard still offers a considerable benefit to local residents with 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 accompanied children. This really is a must-have.

One other important piece of news is the government £2 single bus fare initiative which started on 1st January and runs until the end of March 2023. This is at a time when there is very little good news on the bus front and, clearly, an attempt to get more



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people back onto buses, and away from the private cars. Bus ridership has decreased markedly since Covid, and it is suggested that there may still be some caution amongst the more vulnerable users. Meanwhile, car use has increased considerably.

Most bus operators have availed themselves of the £2 scheme, as has the Western Dales Bus serving our very own Dent Station on a Saturday. Indeed, for an excellent day out why not take the S1 Saturday bus departing at 0958 from Sedbergh Post Office to Dent Station and hop on the train to Carlisle using the current Dales Railcard offer? This would involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back to Sedbergh. Please check www.westerndalesbus.co.uk for bus running and times.

For rail journeys please consult www.northernrailway.co.uk which will give also details of any potential disruption. Meanwhile, if we can be of any assistance on any bus or rail matter please feel free to contact via john.carey@settle-carlisle.com and we would be pleased to help.

DIALECT AND ACCENT

Martin Dodds

I am not an expert in this area, just an interested amateur, so what I say is based on my personal intuition, experiences and opinions, and is very much open to challenge!! It is primarily focussed on the situation in England.

As I understand it, 'accent' refers to the way words are pronounced. Dialect on the other hand includes pronunciation, but also may include grammatical differences and the use of some different words.

Language is an important characteristic of human society. It helps us as individuals and as communities to express ourselves. It also becomes an integral part of our identity, both individually and as a local community. Frequently individuals and communities take justifiable pride in their local identity, and dialect and accent are usually an essential part of this.

The presence of varied traditional regional accents and dialects reflects the long and varied histories of different parts of the country. As a result, there is a richness and variety of local identities and associated speech. These can be identified at a broad level, such as 'Northeast England', or 'West Midlands', or 'Yorkshire' and so on. Within each of these broad regions, there are further local nuances and differences. In general individuals from one locality will be able to communicate without too much difficulty with those from another part of the same region.

The presence of these local and regional variations in dialect and

accent also adds richness to our national culture, giving it a greater wealth of interest. These features are cultural and social assets to be valued and respected.

Traditional dialects and accents have not stood still over time but have evolved gradually in response to new influences. I suspect that the rate of exposure to new influences has accelerated in the last 150 years.

Immigration has had a variety of influences. For instance, it seems plausible that the 'hard a' of northern counties may reflect Scandinavian settlement more than 1000 years ago. More widely, the influence of the Normans on English generally can be traced in some of the differences between Anglo-Saxon and

Chaucerian English. Later migrations of Flemings and Huguenots brought yet more new words to parts of the country.

The legacy of Empire, and of our years as part of the EU, has also seen the arrival of minority communities, often with their own languages, but also with distinctive ways of speaking English which can be compared to our traditional regional differences. These communities add further linguistic and accent variety to the cultural wealth of the country.

At the same time there have been powerful tendencies towards linguistic centralisation and standardisation.

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While variety is enriching, sometimes regional speech and accent is difficult for people from other regions or backgrounds to understand. When travel began to increase inter-regional contact, this became inconvenient, especially for business. This seems to have led to a sense that there should be a 'standard' form of English taught in schools. This also was picked up in the early broadcast media, so that 'BBC English became part of the 'norm'.

One side effect of this was an inference that regional speech patterns were somehow 'second rate', or even just 'bad English'. I think this may have had a discouraging effect on many people

who began to feel they were being expected to feel ashamed of their local dialect or accent, or who began to see it as an impediment to 'getting on' in life.

This tendency may have been reinforced by 'social class' perceptions. I am not clear when the so called 'upper classes' developed forms of speech which were mutually comprehensible at the national level, but which also distinguished them clearly from the 'lower orders'. This seems to have become the 'King's English'. The effect of this was to emphasise that those with power and wealth tended not to use regional speech, so perhaps again the latter was seen as a 'disadvantage'.

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Another circumstance may have been the concentration of wealth and 'upper class' culture in the capital, with a corresponding assumption that 'provincial' life and speech were inferior.

At the same time, 'Cockney' and other London local speech continued to thrive in the metropolis, and I have the impression that for a while some authors and media broadcasters used 'Cockney' as a stereotype for the speech of ordinary people.

The combination of practical difficulties in communication, and the pressures of status seem to have triggered a loss in confidence in the worth of local speech. Many local speakers became self-conscious about their accents and dialects. This

may not have been helped by the frequent use of 'dialect' for comic effect in the national broadcasting media.

This still seems to me to be a live issue. I am personally wary of trying to use a regional accent in its 'home area', or with individuals from that area, in case I cause offence, though none is intended, rather the reverse.

I am glad, that while there seems to have been a continuing erosion or dilution of local speech use, there are robust local accent and dialect speakers who are proud to use their local idiom to everyone.

It seems to me that both the sensitivity and the assertiveness are symptoms of a failure of society to perceive the value and respect due to

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the richness and diversity which accent and dialect provide.

In essence, 'Posh', King's English and BBC, are themselves merely other 'group-based' dialects and accents. I would argue they have as much validity as any other, when you strip away any associated social-class baggage, as long as the speakers are not seeking to impose them on the listener or pretending that they are somehow qualitatively 'better' than other dialects and accents.

This leaves hanging the question of comprehensibility. It is true that some accents or dialects are difficult for others to understand. The degree of difficulty may vary depending on many different factors both in the intrinsic character of the speech in question, and in that of the individual trying to understand.

Thoughtful people who regularly use a local dialect or accent with each other have often used a modified form of language to talk to people not sharing their background. This is a practical and constructive habit, but it should not be taken to mean that the speaker should be ashamed of the regional idiom. It should be welcomed as a generous concession between equals for the convenience of the listener.

I can imagine that this principle could also be applied more formally in other situations, for example, in recruiting and training for call centre telephonists, or key workers in health and social professions. Candidates with strong regional or ethnic speech patterns could be expected also to master pronunciation closer to say, BBC English, or perhaps 'standard

American English' for work purposes. This is not to deny the intrinsic value and significance of the original speech forms, but is suggested both as a practical point for the benefit of the business and the individual in the workplace, and out of respect for their clients.

Could we all become 'bilingual' in English, using our regional or group dialect and accent within our own communities, and using something approximating to a 'standard' form of English when meeting people from a different background? It would be good if even in this modified standard English something of the original accent could be kept.

This may sound like a tall order, yet citizens of most other countries are

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often at least bilingual in the true sense of mastering quite different languages. It should not be beyond us?

English in all its forms will continue to evolve and change. Words will change their meaning. New words will appear. Old words may fade away. But would it not be worthwhile if this could include a more considered process, in which the value of different heritages could be valued and conserved, rather than merely discarded for bad reasons such as unnecessary embarrassment or misplaced shame?

If this mutual respect and appreciation were established, perhaps the genuine comedic potential value of regional speech differences could then be accepted without implying deliberate malice or denigration and without offence, but rather as a positive and amusing contribution to greater appreciation of the cultural wealth it reveals.

Why don't we decide from now on to encourage pride and confidence in the use of genuine local, regional and group speech types, and at the same time encourage respect for the authentic speech patterns of others.

MONKS, SHEPHERDS - WOOL Sedbergh History Society

Karen Bruce Lockhart

On 23rd November Harry Hawkins gave the Society a very interesting talk about the history of wool and sheep rearing in Britain. His interest had been sparked by his work on the history of Shap Abbey after he retired in 1996, when he realised the importance of sheep to the Abbey.

Archaeology has shown that sheep were kept as long ago as the neolithic period 3,000 BC. Parchment exists from 500 BC. Parchment is particularly interesting now as scientists can recover DNA from it which can show the developing story of sheep. Parchment can last for a very long time. Recently there was a move to preserve Acts of Parliament on paper, but because of the lifetime of parchment Acts are still preserved on parchment rolls.

There are no records of breeds prior to 1770 . in 1540 at the time of the Dissolution there seem to have been about 20 different breeds, but they were not named. There are about 60 now in the UK.

The original breed seems to have been the type found on St Kilda – to Soay sheep which were fed on seaweed to keep them off the pasture land. They were very small, brown and the wool was plucked not sheared. Through time other breeds were bred in. The Romans introduced white sheep and they also introduced fulling. In medieval times the British wool had the reputation of being so fine it was like a spider's web – Charlemagne liked the cloth made from British wool

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The Vikings were keen on sheep – they used wool to make the sails that drove their long boats. Old sails were often used to line roofs. It took enormous amounts of wool to make the sails. It would take one and a half tons of wool to make a sail for a ship which would take sixty men. A whole invasion fleet could use a million tons. The women pulling the wool from the sheep and weaving the sail would take about two years to make a sail. A great advantage of wool was the fact it was oily, and unwashed and uncleaned it was waterproof. It is estimated that a million square meters of sail would take two million sheep

With the coming of the Normans the Domesday Book shows that there were more sheep than all the other livestock altogether. They were mainly kept for their milk with meat, wool and manure their by-products. But 100 years later wool had become a cash crop. Monasteries were the biggest traders in wool – the white monks (Cistercians), Premonstratensians, and Gilbertines all specialised in sheep. Fifty thousand sacks of wool were donated for Richard I's ransom. In 1297 it was estimated that 50% of the nation's wealth was in wool. The majority was exported. Because it was valuable it was a source of tax, and Edward III squeezed the wool trade to pay for his wars in France.

The Flemish merchants became very important in the trade. Because of the wars with France, trade with France was not possible so the link between the English kings and Flanders became very important. The

origin of commodity trading developed in this trade in Ypres and Bruges – borrowing against the next crop of wool, and an international commodity market developed. Sometimes the borrowing was against the unclipped wool, and sometimes after clipping. Great lords as well as the monasteries became involved in this activity. Records show that women were also involved in the trade. Failure of the wool crop could push monasteries into bankruptcy, notably the year of 1291 when the herds were decimated by sheep scab. On one occasion Fountains had to be bailed out by the King – the continued success of the wool market was important for the King's war through the taxes.

Shepherds were very important. In Westmorland shepherds were the highest number given for any occupation. They were paid high taxes. Books were produced stressing the importance of high morals and such things as the importance of shepherds wearing mittens to preserve their hands.

Sheep cotts can be seen near Shap, Byland Abbey and Great Ashby. From the air the Y shaped shelters (so the sheep could shelter from the wind from any direction) and walls of the cotts can be seen. As the sheep were much smaller than modern sheep the walls did not need to be very high.

The effect of the scab in 1281 can clearly be seen in the records of one monastery – and the slow recovery thereafter. The recovery reached its height in 1307/8 with 3,000 sacks, but the years 1214/15 were beset by

murrain (scab), significant weather changes and it was very wet. The harvest failed and the count fell to 913.

Pagalotti's List in 1340 listed the sacks which went to the Italian Bardi Banking House. It was a list of sacks of wool straight from the fold (unshorn) selling for 9 marks a sack, the best in this area was 18 ½ marks per sack and the worst 10 marks. But Fountains in the East was getting 21 marks. The King only paid after the sacks had been weighed!

Everyone kept sheep, mainly for milk but also for wool for clothes. Wool had to be sent to Kendal to be fulled, but gradually local mills were constructed, and, for instance at one time there were twenty-four fulling mills in Kentmere

Nobody knows what a sack consisted of. There is some evidence in Lincolnshire that it was 100 sheep per sack, and elsewhere 10 sacks 1500-2000.

After the wars in Europe it became more difficult to obtain cloth from Flanders and Flemish weavers were imported all over England but particularly in East Anglia where the Flemish gable ends to houses can be seen

The Dissolution released one third of the land in England and it was bought up quickly. Middlemen collected the wool and took it to the cottages where the weavers were paid piece work.

The spinning wheel was invented in the 12th century. The speaker produced some photos of equipment used in the cottages – many items used right up to date.

SEDBERGH TOWN

Colin Cowperthwaite

An extract from a guide to Sedbergh, Garsdale and Dent published by Sedbergh Rural District Council 60 years ago:

What has already been said about the town deriving its importance in former times from its position is borne out by its very simple plan: consisting principally of the Main Street, which forms part of the old turnpike road from Kendal, up the Cautley valley to Kirkby Stephen; while the centre of the town is formed by the junction with this road of that leading to Dent - an old market town which, until comparatively recently, largely owing to the marble quarries in its neighbourhood, was of more

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importance than Sedbergh. At this junction is the Market Place, near to which stands the Parish Church; and from this point we may commence our description. Overlooking the Market Place is the Public Shelter and Reading Room, erected for the use of the town by the late Rev J.H. Evans M.A., Headmaster of Sedbergh School from 1838 to 1861.

Westward runs the road to the railway station, passing the old Headmaster's House, now one of the boarding houses of the school called Evans House, on the left, and the Widows' Alms-houses (1854), and the National School (1842). Further, on the left, is the Cemetery, and beyond this the Queen's Gardens with Memorial Cross given to the town by the late Mrs Upton-Cottrell-Dormer as a memorial to Queen Victoria. In the gardens is the

Bowling Green. About half a mile out, the road divides; the northern branch running to the Railway Station (1 mile) and on, past Ingmire Hall, destroyed by fire in 1928, once the home of Sir John Otway, the Royalist, to Kendal; the southern branch passes Brigflatts - the old Quaker Meeting House, second oldest in England - and is the main road to Kirkby Lonsdale, by Barbon and Casterton.

Eastwards, the Main Street passes the Congregational Church (1828), and Methodist Church, a new building to replace the original built in 1864, and the Cinema. On the left is Castlehaw Tower, and further on the right is Settlebeck where the road branching to the south-east leads up Garsdale, while the main road passes Thorns Hall, and old mansion which was for some time the



A VIEW OF SEDBERGH FROM WINDER.

residence of the Headmasters of the Grammar School; and then follows the Rawthey to Cautley.

To the south runs the Dent Road, with Memorial Fountain at the top corner and Memorial Cross to the Fallen in two wars at the bottom corner of the churchyard. Passing between the oldest surviving building of the School - now its Library - and the School cricket ground, the road climbs Loftus Hill, passes the School Chapel, the School House (the Headmaster's boarding house), the Vicarage, and descends to the village of Millthrop. Thence a lane on the left leads up to the Golf Course on the Riggs; while the main road runs westwards round the base of the hills into the valley of the Dee, and onwards up Dentdale.

To the north lies Winder, a spur from the great mass of the Howgill Fells. The only outlet for the town in this direction is an old road, known as Howgill Lane, which leaves the Main

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Street in a north-westerly direction just west of the Church, runs below Lockbank, the steep southern slope of Winder (an undoubted relic of Scandinavian nomenclature), and passes close under the fells past the hamlet of Howgill, to Lowgill.

Two other roads into the town should be mentioned. Back Lane runs from the Cinema, past the school football ground, to join the Dent Road just south of the Church. The short piece of road east of the Church (only a couple of hundred yards long), which connects Back Lane with the Main Street rejoices in the old name of Finkle - another Scandinavian relic, which is found also in several other north-western towns. The residential parts of the town are Guldrey to the west of Main Street; Castlehaw, Maryfell and Thornsbank to the east; and Havera, Fairholme and Bainbridge Road to the north. At the eastern end is Joss Lane, which leads up, past the County Primary School (1843), into Settlebeck Gill, and is one of the best approaches to the heart of the Howgill Fells.

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**JACOBITE RETREAT – KENDAL
TO PENRITH**
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Karen Bruce Lockhart

On 6th December Michael Thompson of the Teesdale Archaeological Society gave the Society an interesting talk on the part of the retreat by the Jacobites to Scotland which encompassed the section from Kendal to Penrith over Shap, and included the last “battle” on English soil at Clifton, just south of Penrith. This talk was one arranged by the Bedale Archaeology and History Society who very kindly allowed the Sedbergh Society members to join in by zoom

While in Kendal Prince Charlie slept in the building which now houses Charlie’s Café, probably on the top floor. It is said that the Duke of Cumberland, in command of the Government troops, slept in the same bed the following night – and indeed, it is said, in the same sheets. Another place that housed “rebel” troops was the former Angel Inn, which was built about where the Council offices now are, and was so called because some of the troops said they were met by an Angel there and fled.

The retreat took place in mid December in very cold conditions. The conditions contributed to the difficulty of getting wagons and guns over Shap. A not very clearly identified ford on a stream about three or four miles north of Kendal caused the rebels considerable difficulty as did the Wasdale Beck further on. Not only was it very cold but it was also dark, and the soldiers



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were working up to their waists in freezing water trying to get the hated wagons and guns through. Cumberland had ordered the magistrate to destroy the bridges in the path of the rebels but this does not seem to have been very efficiently done – for instance, on one bridge only the parapets were destroyed.

There were rumours of looting and rapine spread around the country but in fact the rebel army seems to have

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paid for all it took from the countryside, including a wagon from one farm to replace one that had collapsed.

The main part of the army finally reached Penrith, leaving a rear guard at Clifton commanded by Lord George Murray. Lord George formed his troops in an extended loop south of the church along the line of the old A6, which in the gathering dark formed an ambush. This worked and the Government troops were caught, but the skirmish (rather than a real battle) was very short, possibly on about 10 minutes, and there seems to have been only about ten soldiers killed, five Government and the rest "rebels". The Government troops have a gravestone in the churchyard, but the rebel soldiers are thought possibly to have been buried under the Grade II oak, now surrounded by a fence, which cannot be excavated because of its listing.

Lord George Murray's soldiers then continued the retreat in an orderly fashion to join the main army in Penrith and on to Carlisle. The retreat was in no way a rout.

GET LOST - IN THE ANCIENT TRACKWAYS OF THE LAKE DISTRICT AND CUMBRIA Sedbergh & District History Society

M.J. Leigh

This intriguing title attracted a large audience for last week's meeting of the Sedbergh History Society. The speaker was Alan Cleaver whose interest in the topic was aroused in 2013 when he read the review of a book called Holloway by Robert Macfarlane who is well known for his books on landscape and the significance of place. In this case his subject matter was the sunken paths of Dorset and his exploration of these byways in the South of England stimulated Alan to develop, with his wife, a consuming desire to investigate similar tracks in his home territory of West Cumbria.

Locally, these footpaths were often called 'lonnings' and they did not feature in local maps. Typically, they were about half a mile in length and many of them were beautifully shrouded in greenery which provided a home for nesting birds. Many lonnings were named after individuals who were often unidentified elsewhere.

For example, Alan himself lived near Billy Watson Lonning but he could not uncover any historical evidence of the character's existence. Some of the names of lonnings were more generalised. For example, Parson Road and Poor Man's Walk give no evidence of the individuals who used the paths.

On other occasions a story has developed around the name of a

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lonning. For example, it was believed that the Lucie Gray whose name was given to a lonning near Threlkeld went out one winter's night, lost her way in the snow and died. Her story was also retold in a poem by Wordsworth

Some of the lonnings which were called 'corpse roads' were specifically used for transporting dead bodies, sometimes on horseback but alternatively, carried on biers to their place of burial. As only certain churches were licensed to bury the dead many corpses were carried for long distances. The court roads often developed religious significance which meant that they could not be used for other purposes.

Alan concluded his talk by referring to the more recent important system of footpaths that were central to the delivery of the post. In particular, he mentioned the very tough 15 to 16 mile route that was followed by the Shap postman and the foot paths that ran between the farms from the village of Dent to Dent Station.

He was warmly thanked for such a stimulating and unusual talk.

THE BAG MUCK STRIKE

*Karen Bruce
Lockhart*

Denaby is a small town south of Doncaster on the way to Sheffield. It is in the middle of the old Yorkshire coal field. In the 1890s it was described as "Hell on Earth" and "the worst village in England", although there were in fact others as bad. A somewhat biased report looking into gambling in 1899 described the village where "nearly all the men, and most of the women, devote their high wages to betting, where religion is forgotten, home life is shattered, where immorality and intemperance are fie, where wives are sold like cattle, and children are neglected".

Most of the mining villages surrounding Denaby had grown up on great country estates belonging to the richest men in England.. Those owners ran them on semi-feudal lines, looking after their tenants, their pensioners and the injured, whose ancestors had served the families for centuries. But Denaby was different. It had be quickly and cheaply thrown up by a mining company who brought in workers from all over the country. Both the Company and the miners were outsiders with no sense of community. Although reasonable (by the then standard) wages were paid it was piece work, so if they did not bring up coal the miners did not earn. The houses were two up two down, cheaply and poorly constructed, had no water or proper sewers laid on, no gardens, and were crowded together. Cholera, typhoid and diphtheria thrived. Rents were deducted from the miners' wages, and the company

had a grip on the shops and could control prices. The company's policy was to evict families whose breadwinner had died in an accident within weeks of the death. The pits were among the deepest in England, and haunted by fire, firedamp and chokedamp. The loss of life was very high – about 8 times that at the FittsWilliams's nearby pits.

In 1903 the problem of piece work came to a head. In order to get to the coal for which they were paid the miners had to remove a layer of marl. This could take them a couple of hours to remove, work for which they were not paid as it was not coal. The miners went on strike. At first they were supported by strike pay paid by the Union.

After 27 weeks the Company lost patience and obtained eviction orders from the courts. On 6th January 200 police marched into the village, and in the next three days turned 3,500 men, women and children out into the streets in the midst of winter – heavy snow fell. Some left the district but the majority lived in tents on the edge of the village. Their allowances of coal were stopped. The shops were forbidden to give credit. But that was not the worst. The Company backed a blackleg miner to take out an injunction against the Union paying strike pay. This came before a clearly biased judge who found in his favour on a technicality as to how the strike had been begun in terms of the Union rules.. The miners now had no houses and no pay. Furthermore the Company began to bring in miners from elsewhere. The men began to trickle back to work. The strike was

defeated after 7 months of bitter hardship. Five hundred men did not recover their jobs, and could not get work in neighbouring coalfields.

The legacy rumbled on. The Company, following a case known as the Taff Valley Judgment, sued the Union for £160,000 for loss of earnings from the beginning of the strike – it took four years and if won would have bankrupted the Union and strangled the Union movement. Ultimately the strike's legacy contributed to the beginning of the Welfare State, when Parliament passed legislation just before the Great War which gave a minimum wage for miners, and state pensions.

GARSDALE COAL PITS

Colin Cowperthwaite

This is an extract taken from a booklet by Frederic Riley, entitled 'Dentdale and Garsdale - a Handbook for the Visitor and Tourist'. It is undated, but appears to have been published during the 1930's. The area in the passage is of course adjacent to the 'Coal Road', which leads from Garsdale Station over the tops to Dent Station.

In connection with the coal pits which were worked for many years, Garsdale Common and the adjoining portion of Mossdale Moor have a past history almost unknown to the present generation, which makes strange reading nowadays. The lot of the miner even today may leave much to be desired, but the worst working conditions and the lowest rates of pay are certainly an improvement upon those which were obtained at the Garsdale pits.

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Both horizontal and vertical shafts were driven into the hills, the pit head equipment in connection with the latter being of a most primitive description. The winding apparatus took the form of a two-handled windlass, the men being lowered as far as 120 feet while seated upon an iron bar known as a "clutch iron". Owing to there being no pumps of any kind the workings were always more or less wet, and at times streams of water entering the shafts below the surface drenched the men to the skin before they reached the bottom. Low passages led to the workings, and through these galleries, often serving as water conduits, the coal was trailed by boys who had perforce to creep on hands and knees. A receptacle called a "corf", shod with iron and holding about a hundredweight of coals was used, a boy being harnessed to his

"corf" by chains attached to leather shoulder straps.

The conditions under which the men worked were extremely bad owing to the amount of water and the limited height of the roof. The pay was on par with the conditions. Pit boys for a full week's work received seven shillings. Out of these sums the boys had to buy their own candles, leather knee-pads, trappings and chains with which to trail the "corfs". The men had to provide their own pit clothing, candles, blasting powder, and working tools. So long were the hours of work that for several months in the year, many of the workers never saw daylight except on Sundays.

In spite of the low wages and execrable working conditions there was no dearth of labour, work of any description being welcomed in the dales at that period. Some of the men lived between four and five miles

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away from the pits, and walked the distance night and morning, carrying lanterns during the dark weather in order to find their way over the trackless fells. Winter was a trying time for the worker, a few rudely-built wooden huts being the only protection that was afforded above ground from the buffeting of the storms. The principal shafts stood upon the exposed fell at an altitude of 1,500 feet above sea level. Boundary walls in the vicinity of the pits have been known to lie beneath the snow for ten consecutive weeks.

The coal was sold at the rate of five shillings for a load of ten hundredweights, as much as a horse could haul over the moorland roads. There was a good demand for the

coal, and sometimes a score of carts, including the old tumbrel, might have been awaiting supplies. The workings eventually became waterlogged, and about seventy years ago were abandoned altogether. In passing over the old road from Garsdale Head to Dent one may still see heaps of shale near the old workings, which serve to recall a former industry, the passing of which occasions no regret.

For the foregoing particulars relating to Garsdale pits, the writer is indebted to Thomas Edward Sanderson, Richard Handley and Matthew Haygarth, three Garsdale natives whose combined ages total 220 years. All three as boys worked at the Garsdale pits.

50 YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from February 1973.

Secondary School

A party of musically-inclined pupils, accompanied by Mr R. Bush, attended a concert given at The Brewery, Kendal, last Saturday, and on Sunday afternoon a party of girl pupils at the school enjoyed a walk of several miles around Sedbergh and its environs, accompanied by their teacher Mrs G. Williams. On Friday, a group of fell walkers at the school, accompanied by their teacher Mr Brian Hinton, went to the weather recording station he maintains on Arant Haw, just 39 feet below its

1,989-foot summit. Rainfall for January in the Howgills at this altitude was 4.05 ins. Recent activities also included a visit to see the film "Mary, Queen of Scots". The group of 17 pupils, travelling by minibuses and car, was led by Mrs Williams and Mrs Fraser. On Tuesday afternoon, Mr Lord took a party of fifth year pupils to Kendal Town Hall, where they attended a school-leavers' conference.

Junior Guild

The Junior Guild met on Tuesday in the Methodist Schoolroom, when the register was called and the minutes of the last meeting read by Sandra Jenkinson. Judith Dixon read the lesson, and then Adrian Cannon, chairman, introduced the guest speaker, Mrs S. Raw, whose subject was "The Mirrors of our Lives". She was thanked by Alison Airey, seconded by Veronica Brown. The pianist was Nicola Taylor. At the following week's meeting, stories with a moral were told by the guest speaker, Mrs B. Gorst. Introduced by Peter Gorst, who presided, she was thanked by Janet Chamley and Sandra Jenkinson. The register was kept by Debbie Oram, and the lesson read by Veronica Brown. Judith Dixon was pianist, and the evening concluded with games.

Mr H. Chester dies aged 82

Mr Herbert Chester of 41 Maryfell, Sedbergh, died suddenly at his home last week at the age of 82. A native of Tow Law, County Durham, Mr Chester and his wife Ada, and their daughter Doris left Annfield Plain, where he had been a coal miner until the depression years, moving to Sedbergh in 1927. At Sedbergh he



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worked for the council for many years as a road man, in the days when his bicycle was the only means of transport, whether his work lay in Dentdale, Cautley, Garsdale or, further still, in Grisedale. During these years he made many friends amongst the hospitable dalesfolk, who unfailingly opened their doors to him offering shelter and warmth. Later he worked for several years at Sedbergh School Sanitorium as a gardener-porter, continuing until he was 70. A Methodist, he had a good bass voice and enjoyed singing in the Methodist Church Choir in his younger days. He was also a member of Sedbergh Choral Society. During the 1939-45 war he was in the ARP. Mr and Mrs Chester celebrated their golden wedding in 1965. Mr Chester leaves a widow, a daughter and three grandchildren.

Help for Animals

Two young Sedbergh schoolgirls, Judith Dixon, aged ten, of Station Road, and Nicola Taylor, aged nine, of Borrett, both animal lovers, have received a letter of thanks from the headquarters of the RSPCA for the One Pound and Sixty Pence they raised by carol singing in the district, which they donated to the society.

Primary School

Pupils of the top class enjoyed a visit from Mr R. Winn, a local master builder, who gave a talk on his trade, and also a demonstration of building tools. The children look forward to visiting a building site at his invitation. Visiting the school at present are two students from Bingley College of Education, Miss Judith Barrett and Miss Joyce Handley whose home is at Pedgrocft, Sedbergh.

DENTDALE W.I.

Thelma Belfield

It seems no time at all since my last report but almost three months have passed and we have held our AGM, had an extremely enjoyable Christmas celebration, planted a tree to commemorate the reign of our beloved late Queen Elizabeth 11 and we are now looking forward to our New Year programme filled with lots of interesting activities and speakers. Reflecting on our AGM, we were fortunate that all our existing committee members were happy to continue for another year and Jackie Fisher was unanimously elected to continue as our president. Listening to secretary Rita giving her report on our activities throughout 2022, it was extremely satisfying to realise that, despite the two years of upheaval with Covid, our members had come back together as a group and carried on stronger and more determined than ever. Jackie in her annual report thanked everyone for their commitment and hard work throughout the year. Once the AGM business was completed we had all participated in a Christmas Quiz generating much fun and laughter, with groans when we realised we



were not as knowledgeable as we thought we were. All the merriment was helped by delicious cakes (courtesy of the committee) and cups of tea.

The start of a new year but also the end of the current one and we ended it on a high with our Christmas lunch at Kendal College restaurant where we all enjoyed a traditional meal cooked and served by very efficient, friendly and professional students. As always we concluded our celebrations with all of us receiving a 'secret santa' gift. The final event of 2022 was the planting of a tree. On 7th December several members, together with teachers and children from Dent primary school and supported by Lee Johnson, the Trees

and Woodland Officer from the Yorkshire Dales National Park Authority, met to plant a tree to commemorate the reign of Queen Elizabeth 11. The project was initiated by our WI and supported by a grant from Dent with Cowgill Parish Council. The children helped to plant the tree just below Dent car park showing how very well informed they are about both the reign of our late Queen and the properties and benefits of trees and their role in protecting the environment from climate change. Following Lee's advice we chose to plant a small leafed line tree which is native to the area, can cope with wet conditions, is relatively disease resistant and is beneficial to bees. We reflected on




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the fact that some of the children participating in the planting would be able to watch it grow into a very large tree and tell their children and maybe grandchildren that they had help to plant it.

A very uplifting end to the year and a motivating move towards the future and the New Year. January 2023 and we were looking forward to discussing potential Resolutions being discussed and voted for at the National WI AGM later in the year. Since 2020 we had devoted our January meeting to a full presentation and discussion on the Resolutions and this year Wendy, Alice, Jenny and Jackie had agreed to lead the debate. Wendy began with 'Save our Water – every drop matters. In our

own area, where we experience plenty of rainfall (and especially so in January) we often underestimate the urgent need to conserve water worldwide in this age of global warming. Wendy shared several tips on conservation of water and also reminded us that to meet the UK's target of net zero carbon emissions by 2050, plentiful water supplies for energy cooling would be essential.

Alice then went on to present 'Women to women – turning over a new leaf in the lives of women tea workers.' From personal experience Alice shared the plight and welfare of tea workers whilst on a visit to Sri Lanka. Heavy work, long hours and poorly paid labour, only 4% of the final price is allocated for labour costs. Alice urged us all to buy Fairtrade tea. The NFWI would call upon the UK tea companies and retailers to fix this system to give women tea pluckers a fair deal and improve their lives.

Jenny continued with the third resolution 'On-line Gambling Harm – Time for action' by explaining the damage gambling does to families. Often women are disproportionately negatively impacted by gambling related harms from someone else's gambling, leading to significant safeguarding issues, harm to finances and relationships and subsequently on mental health and wellbeing. Online gambling has substantially increased. According to the National Audit office, gambling companies yield from online gambling increased from £1billion to £5.3 billion between 2009 and 2019. Action is needed from government to



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provide more support for those affected and new legislation.

Finally, Jackie presented the fourth and final item 'Clean rivers for people and wildlife' Jackie opened her presentation by describing the quality of our rivers as shameful. In 2020 sewage was pumped into rivers and seas nationwide over 400,000 times, totalling more than 3.1 million hours of pollution. Within the UK there are over 600 designated bathing waters, mostly coastal with only two rivers. The law demands that councils must display information about water quality and pollution sources during the bathing season. Locally, bacteria has been found in the river Kent at Kendal and our local river Rawthey has had sewage leaking into it. The NFWI urges its members, the wider general public, local authorities and government to make, support and promote applications for official designated bathing sites on appropriate stretches of rivers in their area.

All four presentations covered a huge amount of information raising many issues and promoting lengthy discussion. As a group we are

required to vote for the Resolution we feel most strongly in support of and this process has begun. However, we all felt that there was much that could be done locally to address these issues by simply sharing information. Whilst the Resolutions presentation took up most of our meeting, as always there are other matters to share and the first was the announcement that our 80th Anniversary celebration plans are moving rapidly. Menus have been agreed, entertainment arranged, and invitations sent out to all our members, federation officers and all our local group WI's within the Lune Valley area. In March 2023 Dentdale WI will be 80 years old and we also hope to have a display of archived items from the past on display at our celebration. To bring our meeting to a close, we enjoyed a cuppa and some of Marjorie's delicious biscuits. The raffle was drawn (Anne S was the lucky winner) and our competition for an interesting item beginning with an 'A' was won by Thelma (apostle spoons) Pam was second with an ammonite and Alice third, with an arrowhead. It was quite amazing to see the number of different and interesting items all beginning with the letter 'A' Our February meeting is on the second Wednesday of the month and our speaker will be talking about 'Baking bread and other things' I do hope there will be samples to taste – fresh home-baked bread – scrumptious. Do come and join us.

theWI
INSPIRING WOMEN

SEDBERGH W.I.

Moira Folks

'Out with the old year...' We said farewell to 2022 in fine style with several cheery events. Firstly, on December 7th we held our Christmas Dinner at the Cross Keys at Cautley, a week earlier than our usual meeting so as not to conflict with Sedbergh Late Night Opening on December 14th. This meant we had a very seasonable bright and frosty moonlit evening for our drive out to Cautley, and a very crisp frost on the cars when we left to drive back through Sedbergh, where the Christmas decorations in a multitude of colours brightened the pubs, the town and Farfield Clothing on Joss Lane: congratulations to all those responsible for putting them up – it was a treat to see them! We had a lovely evening at the Cross Keys where Chris Clowes and her team had decorated the parlour and dining room beautifully and served a very good meal. Afterwards, we retired to the parlour and enjoyed the glowing fire and sang carols, accompanied by Valerie on the piano, as a fitting and cheerful end to our evening. Although 18 of our members were able to go to the dinner, a few could not, so Valerie put on a festive Craft and Chat session the following day to try and give everyone a chance to meet before Christmas. Once people had mulled wine in hand, however, the Craft part seemed forgotten, and Chat was the order of the day! Since the main aim was to get everyone together to chat, it was a great success!

Christmas is of course a time for giving to others and we didn't forget our link with Manna House in Kendal: Sandra Gold-Wood's coffee morning on December 14th raised £183 for them, in addition to Sandra Kemp's collection from members which went towards 12 hot water bottles, toiletries, coffee and chocolatey and biscuit items for their clients, all of them gratefully received. Many thanks to everyone who contributed.

Christmas book club met at Anne Pitt's home on 15th December with the usual festive treats at odds with the book under discussion: 'My Name is Monster' by Katie Hale, a dystopian tale that deals with a very bleak future. After the Great Sickness and the Great War, a woman scientist based in the arctic whose colleagues all died, finds her way home to Scotland but everyone she knew is dead. 'Monster' was the affectionate name given to her by her parents. She manages to survive by raiding shops and eventually finds a feral child who can't speak. She tells the child that her name is now 'Mother' and the child's name is 'Monster'. The second half of the book is about how the child adapts to her new life. It was a very bleak novel, but the writer's techniques won some praise. None of us could really recommend it. Anne's mulled wine and festive treats must have gone down very well after such a chilling novel! Average score about 6/10.

In late 2022 we had two sad items of news. Firstly, Doris Aldworth, Chairman of the Music and Drama Committee of our Cumbria-Westmorland Federation of WIs,

passed away in November. Wendy Fraser-Urquhart of Killington WI and Sandra Gold-Wood of Sedbergh WI, who had both known Doris in her official capacity, went to her funeral at Beetham Crematorium and to the Funeral Tea which followed at the Castle Green Hotel, where they were able to meet some of Doris's lovely family. Karen Hanks, our Federation Chairman, gave the WI Tribute to Doris, showing the true esteem in which she was held, as a very kind, generous and well-liked person. Many of us at Sedbergh WI have enjoyed the Reading Aloud Competition which Doris introduced many years ago and used to be held at Sedbergh People's Hall.

The second sad occasion was closer to home: our own loyal member, June Mudd, died on 23rd December, aged 85. June was a member of Frostraw WI for many years, as a committee member for some of that time, and then of Sedbergh WI when we changed our name. After the COVID pandemic she felt too vulnerable health-wise to continue meeting in groups, which we understood but we have missed her. Many of us remember her very fondly, especially her friendliness when we were new members, and as a keen member of our walking group. About ten of us went to June's funeral at Cornerstone Church on 13th January when the Reverend David Crouchley read out a long list of all the houses she'd lived in during her long life: it must be a near-record! I expect it was news to most of her loving family gathered in church too!

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Our sincere condolences go to them all – four generations, I think.

'In with the new...' Valerie's Craft and Chat on 5th January 2023 began our WI year with her house still full of decorations but only four of us there to enjoy them. With Epiphany coming up the next day, Val showed Ellen and Chris Williams how to make Epiphany stars, which were very successful, and I managed to make a Christmas card for next Christmas by recycling an old one – and yes, I know where I've put it ready!

It was a pleasure to see Dr Chrissie Hunt at our main meeting on January 11th. We had asked her to talk about 'Signs and Symptoms of Cancer' – not the cheeriest of

subjects but one we all need to know about so we can recognise danger signals and get help immediately, for ourselves or others. Information on screen was very helpful to keep our minds alert and to summarise the points Chrissie was making. She asked us for signs and symptoms that we knew about for different types of cancer, so the interchange made for a lively and educational evening. I can't go through everything Chrissie told us, so I will sum up by saying that 4 in 10 cancers can be prevented by following a healthy lifestyle, which means: STOP SMOKING; KEEP A HEALTHY WEIGHT; EAT FRUIT AND VEG; DRINK LESS ALCOHOL (MAX. 14 UNITS OF ALCOHOL PER WEEK); BE SUN SMART (USE 25-30 FACTOR SUNSCREEN); EAT LESS PROCESSED AND RED MEAT; EAT HIGH FIBRE; BE ACTIVE; EAT LESS SALT. That's a good list of new year resolutions for us all!

Thank you very much, Dr Chrissie Hunt!

Angela Dixon hosted our book club on January 12th. 'Blackberry and Wild Rose' by Sonia Velton transported us to the world of the Huguenot (French Protestant) silk weavers of Spitalfields in London in 1768; they had been ousted from Roman Catholic France because of their religion between 1685 and 1725.

France's loss was England's gain. Sara, a young girl, is packed off to London by her mother to make her way in London. She is tricked into working in a brothel but 'saved' by Esther Thorel, wife of a rich

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Huguenot silk master, who takes her on as a maid. Esther is a good amateur artist who would like to design silks herself, but her husband won't give her a chance: not a suitable job for a woman, he thinks! Esther rebels and tries to find a way. The author weaves a story which explores the techniques of silk weaving and the hard life of the downtrodden silk weavers, with a dramatic and emotional outcome. There is a great sense of place, and the characters are memorable. We all enjoyed the book and would recommend it, giving an average score of 7.5.

PLEASE NOTE a change of venue for our next meeting! It will be on Wednesday 8th February at 7.30pm in CORNERSTONE CHURCH HALL (side entrance) in New Street. Richard Chambers, who spoke to us last year about a marathon in the Amazon, will tell us about another exciting run! This time his title is: 'Running Around Mont Blanc'. New members and guests are welcome. For further information, please contact our President, Ellen Morrison, on 07702 919745.

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

We met at Sedbergh Golf Club on December 1st. for our Christmas celebrations. We enjoyed a lovely meal of our choice of two or three courses. There was a good party atmosphere throughout the evening.

The competition for an item from the twelve days of Christmas judged by the staff was won by Tanya Hoare. There was a good raffle with several lucky Winners. We continued with our usual dominoes and with a secret Santa – a present for everyone. It was a great evening of fun and friendship.

The first meeting of 2023 was held at Firbank with a new year and a new programme to look forward to, Sarah opened the meeting by welcoming members, visitors and our speaker Ross Boyer who was ready to give his talk. We were happy to switch our business until later on in the evening.

Rosses talk focused on bush craft and survival skills. Having grown up in the Cayman Islands he learned his skills in the forests and beaches. His trips take him to some of the wild and isolated places in the world. Beating the freezing conditions Ross makes his own shoes and hats, inside tents are warm with wood burning stove and spruce to sleep on. Bush craft and activities gives an immersive feeling of being in nature. The knowledge to handle certain tools, knives and axes are important.

Vera thanked Ross for sharing his 14-day adventure with us.

The competition was to draw a luxury item you would take on a

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desert island and explain your choice, Ross judged Sarah as the winner.

Moving on to the business. We have given a donation to the memorial bursary fund in memory of Barbara Axford. A lovely lady, former treasurer, and loyal member. We would like to offer our sympathy to Barbara's family.

We were made familiar to the four subjects we are asked to vote upon with a view to selecting one to go forward to the A.G. M in Cardiff in May.

Killington W.I. ladies are finalising details for the group meeting to be held on May 16th. We are happy to fill in with a duty that has not been taken up.

We have received an invitation for two members to join Dent W.I as they celebrate their 80th anniversary on March 8th. Looking ahead to our next meeting Anne Craddock will be introducing us to Boccia. Do join us to learn more on February 2nd at Firbank church hall 7.30.

You will be most welcome.

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

Wendy Fraser-Urquhart

“Procrastination is the Thief of Time!” or, ‘Never Put Off Till Tomorrow What You Can Put Off Till the Day After!’ Take your choice! But today I shall opt for the former. I have been home for two whole hours after our first WI meeting of 2023 and what foul weather it was today. My rain gauge having reached 2 inches [51 mm] has overflowed, so I have emptied it and will see how much more falls today. Quite a few of our members were not able to be with us today but those who had managed to defeat the elements, and various illnesses were well rewarded. Our

speaker, Martin Cooper, had spent many years of his life in the military and then become a diplomat as a Defence Attaché in Malaysia. We learnt a lot about Malaysia and the origin of its population:- 50% are Islam Malays, 25% are Buddhist Chinese, 8% are Hindu Indians, 1% are White British. Each group has very different characteristics and fits into a different social status. Life in Malaysia is much more relaxed than neighbouring Singapore. Its democratic system of government is one of the longest lasting in the world. We learnt a lot and all presented in an entertaining and lively way. Margaret Denton expressed our appreciation to Martin.

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Tea followed. It almost seemed too much effort to consume cake so soon after the festive season, but we managed! We were glad that Mary and Judith Stainton from Howgill WI joined us. We recalled our happy Christmas Lunch at the Golf Club. It seems a long time ago now. Time flies when you're having fun [or too much to eat!]. We looked forward to, and planned for, happy activities ahead. Our next meeting will be at the People's Hall, on Tuesday 14th February 2023 at 2.00pm. You would be most welcome to join us. We're a friendly lot. Our expert local speaker will be Malcolm Petyt who will tell us about the 'Footpaths and Bridleways in Britain. Considering the date, we may pass through a few Kissing Gates!

COMMUNITY FIRST RESPONDERS

Myles Ripley

Community First Responders (CFRs) are despatched by the 999 system and are not "allowed" to attend calls unless dispatched by our control centre at Estuary Point. We are dispatched to Category 1 and 2 calls normally, though we can sign up to an additional service – "low acuity" – if we wish.

Category 1 calls are immediately life threatening and include cardiac or respiratory arrests. Category 2 calls are serious conditions, such as stroke or chest pain, which may require rapid assessment and/or urgent transport.

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We are not called to under 12 years olds nor to Trauma, so we don't get called to road traffic accidents.

The low acuity service has been set up to allow CFRs to choose whether to be sent to situations such as the below:

- Accident pendant alarm press with no response
- Non-injury falls
- Minor difficulty in breathing (currently being treated by own GP)
- Chronic conditions that haven't worsened
- Falls (but now off the floor) causing minor injuries such as a skin tear

This type of call can take a lot longer than the more serious conditions as it may take some time to mobilise other support such as lifting equipment to get a patient off the floor. However, the main purpose of the CFR on scene is to triage the

patient and inform the Ambulance service so that a sensible clinical decision can be made as to which resources should be deployed. In the last 6 months this has saved hundreds of hours of ambulance vehicle time as other services may be more appropriate. For example, a recent call attended by a Sedbergh CFR resulted in the ambulance service providing a taxi to take the patient to A&E.

If you would like to learn more about our team and its activities please don't hesitate to get in touch with us mylesripley@btinternet.com We would also be very pleased to provide informal first aid training such as familiarisation with AEDs/ defibrillators and CPR.

We are very pleased to have recruited 4 new CFRs to our team in the last 12 months so we now have good coverage up into Garsdale.

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CARER SUPPORT SOUTH LAKES

Cheryl Duckworth

Carer Support South Lakes (CSSL) is an independent, local charity, based in Kendal. It has just celebrated 30 years. It provides a range of services to support and enhance the lives of unpaid Carers of all ages throughout South Lakeland.

There are over 13,000 unpaid Carers in the South Lakes alone, ranging in age from 5 to 98 – Adult Carers, Parent Carers and Young Carers. Initially, most don't think of themselves as Carers, because they are looking after someone they love and when you love someone it is natural to want to care for them. You may even be one yourself.

However, becoming a Carer can, for some people become a sudden responsibility (e.g., if a loved one is involved in an accident or becomes ill). For others, it can be a gradual process which develops over a period of time and depending on the nature of the caring responsibilities, the role can become increasingly more difficult to manage. Many Carers give up their income, education, employment prospects or pension rights to continue looking after someone. Others attempt to juggle work, school or other commitments alongside their caring responsibilities. As various pressures increase, this can lead to feelings of loneliness, isolation, frustration, and poor physical and mental health.

CSSL are here to help manage the impact of caring on the lives of unpaid Carers. We are the Carer's Carer. There are a range of services

available to help local Carers and we will assist you to access helpful information relevant to your caring role as well as emotional support, financial support, advocacy and opportunities to take a break. We understand the pressures that Carers are under and seek to walk alongside them during the most demanding of times.

If you are an unpaid Carer and not yet registered with us, please don't hesitate to get in touch. If you know someone who might be an unpaid Carer, please tell them about us. If you're not an unpaid Carer but want to support those who are, you could help us by volunteering a few hours of your time each month.

We are starting an informal support group for unpaid Carers in Sedbergh. This will run on the last Wednesday of every month. It's launching on Wednesday 22nd February between 2pm and 4pm and will be held upstairs in the Information Centre (72 Main Street). All unpaid Carers are welcome. If you are not registered with us, we can offer information on our services and take referrals on the day. Get in touch with us on 01539 815970 if you'd like more information, and to let us know that you are coming along.

Find us at The Carers Hub, 3 Wainwright's Yard, Kendal, LA9 4DP (near Booths) or get hold of us on 01539 815970.

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DEMENTIA TRAINING

Alzheimer's Society

If you are on a journey with someone living with Dementia, you may be interested to hear about and take part in some of the online training that the Alzheimer's Society provide. 'I felt the training was very good and pitched at the right level for our purposes. 'It helped me understand a bit more about how a patient with dementia 'sees the world' and will help me explain this to family/carers. This will hopefully, in turn, help them deal better with the daily pressures of looking after someone with dementia.'

Alzheimer's Society Learning Hub.

Improve your knowledge and understanding of dementia through an online learning experience. We have a wide range of interactive dementia courses available to individuals and organisations.

What is Alzheimer's Society Learning Hub?

Alzheimer's Society Learning Hub is an exciting, interactive, educational learning platform suitable for anyone who wants to improve their knowledge around dementia.

It offers a wide range of online interactive learning courses for families, friends and organisations from every sector.

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We have 14 dementia courses available now, with many more coming soon. Each course takes approximately 45 to 60 minutes to complete.

- Introduction to the dementia journey.

- Understanding dementia.
- Understanding the early stages of dementia.
- Engaging with people in the early stages of dementia.
- Responding to distressed behaviour.
- Creating dementia friendly environments.
- Supporting customers with dementia.
- Understanding the later stages of dementia.
- Supporting people with dementia at end of life.
- Supporting people in the later stages of dementia.
- Creating dementia-friendly care environments.

- Creating dementia-friendly customer environments.
 - A guide to planning ahead.
 - Bridging the gap between professional and family carers
- Dementia online learning prices Alzheimer's Society Learning Hub is suitable for individuals and organisations. Prices per online learning module start from £24+VAT per learner. Discounts are available for customers purchasing multiple logins or modules.
- AND Dementia UK have a new guide for those living with or caring for someone with dementia "Living with Dementia " <https://www.dementiauk.org/ilivewithdementia/sign-up/>

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COMMUNITY CATALYSTS **Join a growing network of passionate people offering care and support**

Jade Gibson

A new free development programme has launched to help people get set up working for themselves offering care and support to older and disabled people locally.

These “community micro-enterprises” could offer any kind of help at home, such as cleaning, cooking, shopping, trips out, sitting and chatting, support to dress and wash, DIY, gardening and more. Community micro-enterprises are run by passionate people who want to:

- Work locally
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Experience in caring for someone is great, but not essential, what really matters is your passion to make a difference in people’s lives.

The programme is coordinated by Community Catalysts - a social enterprise working across the UK, to

support local people to use their skills and talents to help other local people. The new programme is running in the South Lakes in partnership with Cumbria County Council.

The aim of the project is to make sure that people who need care and support to live their lives can get help in ways, times and places that suit them, with real choice of attractive local options.

For more information about setting up, or anything else – please don’t hesitate to contact Jade Gibson your local Community Catalyst for South Lakes:

-Call or text: 07435 943 933

-Email:

jade.gibson@communitycatalysts.co.uk

-Facebook: www.facebook.com/commcatssouthlakes

enterprise working across the UK to support local people to use their skills and talents to help other local people that may need support to live the life they want.

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ADMIRAL NURSE

Loraine Butterworth

I have worked as an Admiral Nurse with the charity Dementia UK for almost 23 years, now working on the Admiral Nurse Dementia Helpline and virtual clinics. Admiral Nurses are specialist dementia nurses providing support for families affected by all forms of dementia for both the person living with dementia and the family around them.

Unfortunately, we do not have an Admiral Nurse team in Sedbergh yet, but families are welcome to call the Helpline on 0800 888 6678 or contact via email at helpline@dementiauk.org

A virtual appointment can be arranged through the Dementia UK website. The website also has many downloadable leaflets and advice videos covering a wide array of subjects related to life with dementia.

Dementia UK have a new 'Living with Dementia' guide which can be downloaded from the Dementia UK website

<https://www.dementiauk.org/illivewithdementia/sign-up/> and you can then also receive regular support and guidance from Admiral Nurses if you wish to.

Dementia UK have recently published another resource for family and friends who are supporting someone living with dementia 'What you really want to know about life with dementia'. This book offers tools to live better when dementia enters your life, providing clinical information and guidance.

I have found the Dementia Connect website a very useful way of

finding local support for families living with dementia, using the 'Find support near you' link which will then direct to local memory cafes, singing groups, walking groups and other dementia friendly activities. I also regularly use the 'Playlist for Life' website which gives information and advice about making a personal musical playlist for a person living with dementia.

SUNSET BY THE RIVER LUNE

Sue Baxter

Ripples on the water,
Sunbeams all around.
Bare trees sway gently, in a breeze,
Their foliage, on the ground.

Geese fly in V's overhead,
Their journeys bound, untold,
In crimson sky's, high up they fly,
To keep them from the cold.

A dainty bridge arcs over the Lune,
Enabling us walkers, access over,
very soon.

To pastures green, that must be seen,
Nature's wonders to be found;
Paths lead the way, meander through,
The frondesence on the ground.



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

2023

Wednesday 15th March

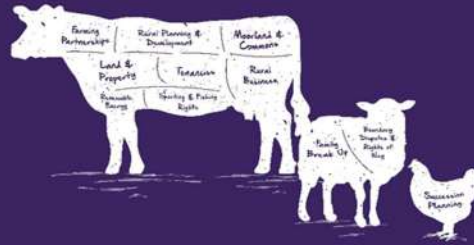
Thursday 20th April

Wednesday 17th May



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NOV/DEC WEATHER

B Wright

Continuing the wet theme of this year we finished with 120mm (4 3/4") for November and 150mm (6") for December. This also included a week a truly winter weather when it barely got above freezing night or day for the whole week!! Apart from this week winds followed the recent pattern with calm early mornings and breeze developing as the sun rises. Apparently it has been the warmest year on record, according to some. Certainly, apart from that one week, I have rarely had to even put gloves on let alone full winter gear.

We have seen, but more often heard, a single owl calling. The first

indication something is about is the loud clacking of the blackbirds alarm call. The bats must have died out or moved on as it is a long time since we saw one. As it is so mild they would have been about perhaps. The pheasants put in rare visits both in the garden and the field. Collared doves and wood-pigeon drop in from time to time as well. We usually know when there is a magpie about as one of dogs cannot stand their clacking and barks at them. She also barks at many other things as well! Until the frosty week the badgers continued to dig up the field. In fact, they have moved to a new area!! The tups, which were late in, seem to have done their job. Time will tell!

INVESTIGATING THE DECLINE OF THE SPOTTED FLYCATCHER

Catrin Eden

Some of you may have spotted a strange person around Sedbergh last summer. She was often seen hiding behind foliage with binoculars or hanging up insect traps. That was me – Catrin Eden – a PhD student from Lancaster University hoping to understand the decline of spotted flycatchers by monitoring the population in and around Sedbergh. Here, I aim to introduce myself, the bird and the project to you, the local residents.

Coloured a dull greyish brown on the back, and a beige-speckled white on the front, the spotted flycatcher is unlikely to catch your attention at first glance. But, if you stop and watch, you will be dazzled by the bird's aerial acrobatics and ninja-like hunting skills. Often seen perched on a wire or a branch, the flycatcher will shoot into the sky in pursuit of flying insects, catching them on the wing and returning to a branch or nest to eat them or feed them to chicks. This hunting style makes them best suited to woodland edges, or open patches of land edged with trees or fences.



Around Sedbergh, the species is often spotted hunting from trees overhanging rivers or streams – probably exploiting the abundance of flying insects in these areas. They can be distinguished from house sparrows by their upright posture and narrow beak.

Though their unremarkable colouring makes them difficult to spot when stationary, they become more obvious when they are busy heading to and from nests to feed their chicks. Nests are often found in dead or damaged trees, balanced precariously on the remains of broken branches, or tucked safely away in creeping plants (e.g., ivy or wisteria). Interestingly, flycatchers in the study area seem to favour nesting on houses or in gardens, and if you have a house near to trees you are likely to have a flycatcher nesting there – even more so if you have creepers on your walls!

Spotted flycatchers have declined by over 80% in the last 40 years, though the density in Sedbergh doesn't feel like it! The reason for this decline is unclear, although there have been suggestions that woodland quality, insect availability

and climate change may have had an effect. They overwinter in Africa and breed in Europe, which makes it difficult to determine where the decline is occurring. My project hopes to understand the impacts on the breeding grounds; in particular, how habitat quality, food availability and food quality influence breeding success. I hope to be able to untangle the drivers of success and failure and gain an understanding of how to support the species.

In 2022, 62 nests were monitored, of which almost half were on buildings. Due to this, we were heavily reliant on kind home and land-owners allowing us access to the nests, and expect the situation to be the same in 2023. Although this was only the first year of monitoring, the data show that nests on buildings were more successful than nests in more natural sites, probably due to reduced predation around houses. Predation was the main cause of nest failure, but it is not possible to say which predator(s) were responsible.

The flycatchers will soon be preparing to leave Africa, a northward journey that could take up to 2 months. The birds (and myself) should arrive in Sedbergh by May



2023. I welcome any volunteers that would like to help find nests and, if interested, I would be happy to spend a couple of hours demonstrating how to find them early in the season. I would also welcome any tip-offs of where flycatchers have been seen around the area, or if you see them in your gardens. When the birds return, they will get down to building nests quickly, and the sooner we find them the better! So, if you notice a flycatcher in your garden and would be happy for me to inspect further, please do get in touch with me at c.eden1@lancaster.ac.uk. In the meantime, please feel free to email me with any questions.

'PRIORITY SPECIES' IDENTIFIED FOR NATURE RECOVERY PLAN

Andrew Fagg

A draft list of 'priority species' for the Yorkshire Dales National Park has been debated today.

Priority species are those considered to be in need of 'additional, bespoke conservation work'.

Twelve birds are on the list including curlew and swift, which are respectively regarded as the sound of spring and summer in the Dales. Birds of the moor such as hen harrier and black grouse are also in the twelve.

Ten mammals, ten plants, eight butterflies and moths and one other animal – the white clawed crayfish – complete the draft list of 41 priority species.

The National Park Authority, which met this morning, endorsed the approach being taken to identify

priority species. It also agreed to work in partnership with the Yorkshire Dales Biodiversity Forum, and the local farming and woodland forums, to develop a final list for the Yorkshire Dales Nature Recovery Plan, to be published in June 2023.

The Yorkshire Dales Nature Recovery Plan will set out a long term vision for wildlife conservation in the National Park. It will succeed 'Nature in the Dales', the Biodiversity Action Plan which covered the period 2010-20.

The draft list of 41 priority species is markedly smaller than the list of 122 priority species in Nature in the Dales. The Authority's Senior Wildlife Conservation Officer, Tony Serjeant, told the meeting that only species with nationally significant numbers in the National Park ought to be included. He said conservation needed to be concentrated on species where a real difference could be made and monitored.

The Member Champion for the Natural Environment at the Yorkshire Dales National Park Authority, Mark Corner, said: "Owing to the efforts of people such as farmers and moorland managers, some species are doing better in the Yorkshire Dales National Park than in most other areas of the country. But we are keenly aware that the objective we and our partners set on nature recovery in the Yorkshire Dales National Park Management Plan is not going to be met. We need urgently to address the 'nature emergency' and help to reverse the declines in wildlife locally and nationally."

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He added: "It must be stressed that the draft list of priority species is not a list of most important or favourite species in the National Park. Rather, these are the species we and our partners have identified as most in need of additional, bespoke conservation work.

"I'd invite people to look out for the birds, bats and mammals on the list. People don't have to own or manage large areas of land to improve the prospects for some of these species. In some communities residents are installing nest boxes for swifts and encouraging house martins to nest. There is something that every person who lives in, works in or visits the Dales can do to prevent these iconic species from disappearing."

There are already local Sedbergh and District groups focussed on Red Squirrels and Swifts whose contact details are in our local groups listings in this magazine (Ed)



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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

During the months that our swifts are not with us we are still kept busy and there are always topics on the national Swift Local Network (SLN), and the international group (SMS) that we are involved with. They are excellent forums for sharing ideas and keeping up to date with research, and various activities. We get requests about putting up swift boxes, and we send submissions to the planning authorities about applications where swift nest bricks could be incorporated.

Our swift group also gets requests for help and advice from swift enthusiasts, who are starting up new groups, and we are always pleased to help and act as mentors for them. It is excellent news that two new swift groups have recently started in Cumbria, in Keswick and Penrith, and

we have been able to give lots of help. We also gave a talk for them that was very well attended – it was standing room only! Two other groups starting up in the Yorkshire Dales have also contacted us, and visited us, so we have been supporting and advising them as well.

Last autumn a petition to Parliament was started, seeking to make it compulsory to install swift nest bricks in new buildings. Swifts are red-listed and need all the help we can give if they are to survive, since it is loss of nest sites that is the main cause of their decline. Swift bricks are inexpensive, simple to install and require no on-going maintenance. So it would seem to be a no-brainer that they ought to be installed in all new builds – think of all those housing estates that you pass on your journeys. We spend a lot of time trying to convince developers how straightforward this is, as well as enhancing biodiversity. Swift bricks are the universal design for all cavity nesting birds so there is no need to put up separate boxes, such as sparrow boxes. In fact, sparrows prefer swift bricks and boxes – as many of you know!



The Petition: Make swift bricks compulsory in new housing to help red-listed birds.

It needs 100,000 signatures to be debated in Parliament. Please sign it as follows: you could use this link

www.tinyurl.com/mway969e (type it into your computer search bar). Or just type in swift brick petition into your search bar and it should open up. You could also sign from the Sedbergh Community Swifts Facebook page, click on the petition symbol. Alternatively use this QR code.



The petition was set up by author Hannah Bourne-Taylor, who presented it at Downing Street, after giving a speech – the Feather Speech – at Hyde Park. She was unclothed and her body was entirely painted in feathers. It took a specialist artist, Guido Daniele, a whole day to paint her. To see the amazing detail in close up, try googling her.

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



SHEERING GAYE VILLAGE

Sandra Gold-Wood

At Millicent's funeral the villagers had been surprised when some of her famous friends turned up to pay their respects. Afterwards at Stanley Hall the villagers, whilst enjoying the funeral tea had exchanged their accounts of the famous visitors and Millicent's tales of Hollywood life which they now knew to be true. By 8pm Mr Holbrook, Millicent's solicitor and the caterers had packed up and left Stanley Hall and now Violet was alone. Sitting by the fire she looked again through some of the wonderful scrap books of Millicent life until the warmth of the fire and the emotions of the day lulled her to sleep. Urgent knocking on the front door woke her, it was late, past 11pm. Violet, reluctantly left her comfortable seat and made her way to the door thinking that it was one of the villagers who had left something behind. To her surprise a travel worn stranger stood on the threshold of Stanley Hall and announced himself as Daniel Hart, Millicent's Nephew.

Violet let him in and took him through to the kitchen. As she put the kettle on the thought struck her that perhaps should have asked a few questions before inviting the man in. Looking over at him as the kettle hissed on the stove, she felt reassured; he really did bear an undeniable resemblance to his aunt.

'Sorry to be a bit forward Miss Carpenter but have you anything to eat in the house only I haven't eaten since lunch.'

Violet smiled at him telling him that there was plenty and quickly made up a plate of sandwiches, sausage

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rolls and a few cakes from the leftovers of the Funeral tea. Placing a pot of tea beside the food she poured them both a cup and told him to call her Violet.

Daniel smiled up at Violet and told her she was a life saver. They both laughed at this, and Violet felt something catch at her heart. To hide the blush that was spreading across her cheeks she studied the inside of her teacup. When she felt in control again, she asked.

'Well Daniel, I think you'd better tell me how you got the message about your aunt, if you don't mind that is.'

'I don't mind at all, and by the way this is the best meal I have had in a long time.'

'At least since lunch time,' interjected Violet which made them both laugh again.

When the laughter died down Daniel began his tale; explaining that it had been a while since he had seen Millicent because he was always traveling so letters didn't reach him unless he was back in Los Angeles, where a friend kept any correspondence for him. It was this same friend who had seen the ad in

the Times and had managed to get in touch with him.

'See Violet, I was in Peru, up in the Andes, my friend had a great deal of trouble locating me, and the only transport out of the mountains was by mule and those things don't hurry, then I was stuck in Lima for three days because there was a public holiday, and I couldn't get a flight out for love nor money.'

Daniel went on to tell Violet how Millicent had brought him up and adding some of his own experiences of Hollywood life. When in his teens he had wearied of all things Hollywood. Millicent had set up an allowance for him and encouraged him to go travelling. Firstly, he had gone along with some of the teenage offspring from the Hollywood community. However, he soon found his feet and went off on his own. Daniel told Violet that he'd had a great time happily embracing different cultures. Explaining that he'd lived with a tribe of Inuit in the Yukon, crewed yachts and oil tankers, worked on sheep farms in Australian, a kibbutz in Israel and experienced life at Everest base camp and finally settled for a few years in Italy where he had studied archology and philosophy. With the clock heading for 2am Violet reached out and placed her hand on his arm and confessed that she couldn't keep her eyes open. Together they walked along the landing and Violet showed him into the guest room.

'It's a bit cold in here, shall I light the fire for you Daniel?'

'Don't worry about me Violet, I don't really feel the cold.'

'Well, I'll say good night then.'
'Yeah, good night and thank you Violet'

As Daniel said this, he looked directly into Violet's eyes for a little longer than she wanted him too and she felt that tug again. Quickly closing the door and almost running along the landing to the room Millicent had always kept for her she flung herself down on the bed and sighed; 'What a day.'

That morning Violet had left for school leaving Daniel a note on the Kitchen table, she walked across to Sheering Gaye primary. Some of the village children called out 'Good morning, Miss Carpenter,' as she made her way into the school.

That same morning a letter had been delivered to the offices of the Denham Cornicle. It was written in a childish hand but Dave Walker had looked into the information it contained and felt it was worth following up, so he went to his editor's office.

'Look it's just a letter, there's no proof, it's just some kid making it up, why do you want to go all the way out to Sheering Gaye Dave, if you ask me their all weird in that Village,' stated editor Ken Forman.

'It's like this Ken, all these people are actually in this country filming at the moment, and well I think it might just be.'

'Just be, what, a load of rubbish, well it's your time, just make sure the



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mayor's daughter's wedding gets all the coverage he's asked for.'

'Will do, see you later,' with this Dave was out the door, letter stuffed in his pocket and car keys in hand.

Forty minutes later he was parked outside St Elizabeth's Church in Sheering Gaye village. Children were playing on the green. Dave asked them if they knew where he could find Billy Raymond, and they pointed to a wooden bus shelter on the far edge of the green. Dave made his way over to the boys who were sharing a cigarette. As soon as the boys noticed Dave the ciggy was concealed, and each boy put on an air of innocence. Dave couldn't help but smile.

'Which one of you is Billy Raymond?' At this question three of the boys looked toward the slightly taller lad with the scruffy blonde hair who stepped boldly forward and asked,

'Who wants to know?' This time Dave laughed out loud and suggested the Billy had been watching too many gangster films. Then he took the letter from his pocket and waved it at Billy who turned to his friends saying,

'It's ok gang, I've got a bit of business with this guy here.' Dave smothered another chuckle as he watched the boys walk away. Right Mr, what is it you want to know, and just so you know, the info ani't gonna be cheap.'

'I'm sure I can meet your price Billy, but you haven't told me anything yet, can you prove what your letter claims?'

'Course I can Mr, look 'ere,' from his pocket Billy took out the polaroid photos from the day of the funeral, I know them's a bit fuzzy Mr, but I'm not the only one who saw them ask anyone.'

Dave Walker took his wallet out and peeled off three one-pound notes and held them out to Billy, 'This enough for the photos?'

Billy's eyes were on stalks three quid was a six week's paper round money, but he had three friends and he liked to share. 'Make it a fiver and it's a deal'

Dave smiled and stuffed the money into Billy's hand, took the photos and put them into his inside pocket, 'That's all your getting son, now, let's go and have a chat with your friends.'

HAPPY FEET

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'Yeah, sure thing man,' answered Billy feeling emboldened by his newfound wealth. In his head he planned a trip to Wimpy where he would treat his friends to a slap-up tea at the after school.

Dave took out his pencil and pad and wrote up the boys account of the visitors to Millicent Hart's funeral. Next, he visited Stanley hall. The young man who answered the door seemed to know nothing about the incident having only arrived after the funeral telling him to ask for Miss Carpenter at the Village school.

At the school Dave introduced himself and ask to speak to Miss Carpenter. Violet had seen him coming across the green and knew instinctively he was press.

'I am she, let's go to my office shall we Mr Walker, I wondered how long it would be before someone from the press would come here, I don't have long before my class so, what is it you would like to know?'

Dave Walker followed Violet to her office and sat down in the seat that was offered and passed the photos across the desk and watched her

smile as she looked for one to the other.

'Trust Billy Raymond to get photos, well Mr Walker it's all true, so, what will you do with the information?'

For the first time since he had opened the letter from Billy, Dave wondered exactly what he would do? After all it was in fact old news and only likely to make the inside pages of the Denham Chronical. Ken had been right there'd been no point in coming here and it had cost him a three quid. 'Can you tell me one thing Miss Carpenter, why did they come to Miss Hart's funeral, Billy wasn't really sure.'

'Ar, well, Mr Walker that is a very long story, you see Millicent Hart had a very interesting life and worked for many famous people, she was an interior designer, and she was highly thought of by those she worked for and that's it in a nutshell, now I really must get on.'

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Driving away from Sheering Gaye Village Dave Walker felt disappointment seeping through him. Some events reporters he was, if only he'd been at Millicent's funeral. How, was he supposed to summon up enthusiasm for the mayor's daughter's wedding. 'Come on Dave, he said to himself, you're the creative one, there must be something?' And sure enough an idea came to him; he'd always thought he had a book in him and a book about Millicent Hart's life might just be it. Pleased with himself he tooted the car horn startling a few pedestrians.

In the Post Office there was much speculation; a letter bearing a distinctive USA post mark and had

caused quite a stir. Mrs Rowe, the Post Mistress to suggest to postman George Billings that he knock and see what response the letters arrival sparked. At Stanley Hall George knocked a few times, but there was no one at home and so disappointed he slipped the letter through the letter box. In the empty house the airmail letter lay forlorn on the mat awaiting a reader.

Daniel was out running. Those villagers who had seen him watched in astonishment as he ran across the green and up into the woods, wearing shorts and vest despite the December chill. Meanwhile, Violet was in the staff room umpiring the usual competitive carry on which always went with the schools Christmas play. Mrs Day wanted a traditional Nativity. This met with derision from Mr Simpkin who was all for a doing Jesus Christ Super Star. Mr Perry was asleep in an armchair; he was long past retirement age, but he was a very good History teacher and hard to replace still. Violet knew he'd have to go soon.

'Why don't we let the children decide Miss Carpenter?' enquired Miss Lovett, a student teacher on placement.

At this Lambert Quinn laughed. Violet shot him a look letting him know she disapproved. 'Well, Miss Lovett, I think we'll give it a try, I'll leave you to form a committee, one or two children from each class and see what they come up with. I'll announce it in Assembly tomorrow and I expect all of you to assist Miss Lovett in this event,' stated Violet fixing Lambert with a warning stare.

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Lambert didn't care a bit any interest he could glean from Violet made him happy. What could he do, he had fallen in love with her, and she hadn't an inkling. Still, he was prepared to play the long game sure he would win her heart in the end all he had to do was be patient.

Violet went home to her cottage and turned on her gas fire and picked up the mail. There was nothing of any interest, so she slipped the lot into the kitchen bin. The phone rang startling her. 'Oh, no, said Violet, thinking it was bound to be one of her staff wanting to complain about the Christmas play idea. Her best guess was Mrs Day. It turned out to be Daniel.

'Hey, Violet, there are you, how about you come over and I fix us some dinner?'

'Well, how could I refuse such an invitation, laughter and a certain fluttering welling up inside her, I'll be there shortly.'

Violet quickly, refreshed her make-up and changed into something more flattering than her work clothes and set off across the green to Stanley Hall. Entering by the back door she

found Daniel in the kitchen. They greeted each other and Violet could see that he was pleased to see her and yet she also noticed that he seemed troubled.

'Violet.' 'Yes'.

'I got a letter today, and well it's full of surprises and I, well, I want to talk it through with you, it's from Millicent's American solicitors and it concerns us both.'

Continued in next month's edition.....

LOOKAROUND EDITORIAL TEAM

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

PERSONAL MESSAGES

THREE PEAKS

Ian Mitchell and Andrew Mason completed the 3 peaks circuit on 16th October. 24.85miles,5080 feet of climbing in 7hours 39 minutes raising £1300 for Dent School. A fantastic achievement giving much needed funds to our school.

Congratulations, very well done.

=====

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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
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Rate 1	Private individuals, community groups, clubs etc based in: LA10, Firbank, Howgill or Killington								
Rate 2	Businesses based in LA10, Firbank, Howgill or Killington OR Private individuals, community groups, clubs etc not in Rate 1								
Rate 3	Businesses outside local area OR Statutory organisations								

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

* = Entry Fee Applicable

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 Calders 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.

FEBRUARY 2023

01	1630	Plastic Free Woodlands (9)	Online
01	1900	Robin Ince Bibliomaniac (1)	Westwood b
02	1930	Howgill and Firbank WI (67)	FCH
08	915	Walking Pilgrims walk	L
08	1915	Dentdale WI break baking (60)	DMH
08	1930	Sedbergh WI Mont Blanc run (64)	CCCN
09	1930	Alice in Wonderland - Spellbound (Dec)	PH
10	1930	Alice in Wonderland Spellbound (Dec)	PH
11	1400	Alice in Wonderland spellbound (Dec)	PH
11	1930	Alice in Wonderland Spellbound (Dec)	PH
12	1600	Messy Church	CCCN
14	1400	Killington WI	PH
14	1930	Domino Drive	FCH
15	915	Walking pilgrims walk	L
21	1400	Sight Advice	PH
21	1900	Lookaround A.G.M. (21)	SIC
22	1400	Carer Support Meeting (71)	SIC
22	1630	Raptor Persecution (9)	Online

MARCH 2023

01	915	Walking Pilgrims walk	L
08	930	Coffee Morning Christian Aid	StAS
08	1915	Dentdale WI 80th Ann celebration	DMH
08	1930	Sedbergh WI Annual Meeting	PH
12	1600	Messy Church	CCCN
14	1400	Killington WI	PH
14	1930	Domino Drive	FCH
15	915	Walking Pilgrims walk	L
15	1300	Health centre training afternoon	MC
21	1400	Sight Advice	PH
21	1430	Wilson Run (23)	Back Lane
22	930	Social Stroll (9)	Skipton
25		Art Soc Anthony Barrow Workshop (Dec)	TBA
25	1300	Sedbergh Spring Show (Dec)	PH
29	1000	Congruence - Isobelle Stothert	FM

APRIL 2023

02	1930	Concert BRADLEY CRESWICK	Appleby
05	915	Walking Pilgrims Holy Week walk	L
05	1000	Out of the Earth	FM
11	1400	Killington WI	PH
12	1915	Dentdale WI	DMH
16	1600	Messy Church	CCCN
18	1400	Sight Advice	PH
20	1300	Medical centre training afternoon	MC

MAY 2023

09	1400	Killington WI	PH
10	1915	Dentdale WI products, packaging...	DMH
14	1600	Messy Church	CCCN

15	1930	Killington WI group meeting	PH
16	1400	Sight Advice	PH
17	930	Coffee morning Christian Aid	StAS
17	1300	Medical Centre training afternoon	MC

JUNE 2023

11	1600	Messy Church	CCCN
13		Killington WI outing	tbc
14		Dentdale WI outing	tbc
15	1300	Medical Centre training afternoon	MC
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
12	1300	Medical centre training afternoon	MC
12	1915	Dentdale WI St Johns Hospice	DMH
22	1000	St Andrews Summer Fair	StAS

AUGUST 2023

04		DDCF Festival (Dec)	Rhumes
06		DDCF Festival (Dec)	Rhumes
08	1400	Killington WI	PH
09	1915	Dentdale WI YDNP Trees officer	DMH

SEPTEMBER 2023

12	1400	Killington WI	PH
13	1915	Dentdale WI open meeting	DMH
14	1300	Medical Centre training afternoon	MC

OCTOBER 2023

01		5757 Aske to Kyoto	FM
01		Thinking in Colour and Form	FM
08		New Landscapes - Peter Bolton	FM
10	1400	Killington WI	PH
11	1000	Monolith - Gina Tawn	FM
11	1915	Dentdale WI over the counter	DMH
12	1300	Medical Centre training afternoon	MC

NOVEMBER 2023

08	1915	Dentdale WI AGM	DMH
14	1400	Killington WI AGM	PH
15	1300	Medical centre training afternoon	MC

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.

NUMBER 46

MAIN STREET

Great sandwiches, rolls etc, perfect for taking with you when walking in the Fells (I speak from experience). Or pop in for a cup of excellent coffee!

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.

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	Karen Bruce Lockhart	Sed:	34603
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/22	TBA		
Lunch Club	03/18	Mrs I'Anson	Sed:	21757
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com		
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Miss Hassam	07966	134554
People's Gym	12/19	membership@sedberghgym.club		
People's Hall	07/22	Dr Gina Barney	Sed:	20790
Pepperpot Club - Sedbergh	04/22	Nicola Cann—rdnicolacann@outlook.com		
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Red Squirrel Group - Sedbergh	09/19	Mr Hopps sedberghredsquirrels100@gmail.com		
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	10/20	Mrs Gold-Wood	Sed:	20147
Schools				
Dent Primary	03/13	School	Dent:	25259
Dent Primary - Friends of	03/13	School	Dent:	25259
Sedbergh Primary	01/09	School	Sed:	20510
Settlebeck	01/09	School	Sed:	20383
Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sedbergh United Charities	09/19	Mr Sykes	07786	384917
Senior Golfers	01/20	Mr Braddon	0330	1138850
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/22	Sedberghswimmingclub@gmail.com		
Swimming Group for Over 50's	12/21	Linda Greensmith	07919	152526
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	04/22	Garth Steadman	07796164066	
Voluntary Car Scheme	06/22	Laura	07779	415644
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/19	Mrs Morrison	07702	919745
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect, please let us know.

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

BUS SERVICES

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

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

DENT RAILWAY STATION TIMETABLE

Valid from January 2022

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

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

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

Sedbergh and Dent
St. Andrew's Parish Church
Vicar of Sedbergh and Dent

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

Church Wardens:

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

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

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

Dent & Cowgill

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

Church Wardens:

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

**SEE SERVICE TIMES ON
THE FOLLOWING PAGE**

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00

Parish Priest Kendal
Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30
Rev. David Crouchley Tel: 20329

SOCIETY OF FRIENDS - QUAKERS

Brigflatts
Sunday 10.30

Janet Chetwood (Comms Clerk)
Tel: 21715

Sally Ingham (Business Clerk)
Tel: 07939 569559

DENTDALE CHRISTIAN FELLOWSHIP

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

METHODIST CHURCH

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

PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

Becca Gilbert
Email: becgilb@gmail.com

UNITARIAN & FREE CHRISTIAN CHAPEL

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

Anglican Service Times

ST ANDREW'S CHURCH, SEDBERGH

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

ST ANDREW'S CHURCH, DENT

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

ST MARK'S CHURCH, CAUTLEY

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

ST JOHN THE BAPTIST'S CHURCH, GARSDALE

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

ST JOHN THE EVANGELIST'S CHURCH, COWGILL

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

HOLY TRINITY CHURCH, HOWGILL

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

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

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

**Combined plans for Western Dales Mission Community
February 2023**

	Time	5 th	12 th	12 th	19 th	26 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	9.30am	HC	HC	HC	HC	All-Age Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	CW	HC 4pm- Messy Church	HC 4pm- Messy Church	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC			9.30am MP	
St. John's, Garsdale LA10	11.15am	HC			MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service	Service		Service
All Saints, Killington LA6 2HA	2.30pm					All-Age Service
Holy Trinity Howgill LA10 5JD	9.30am		HC	HC		
St. John's Firbank LA10 5EF	2.30pm		HC	HC		
St. Andrew's, Dent LA10 5QL	11.15am	HC	HC	HC	HC	All-Age Service
St. John's, Cowgill LA10 5RJ	2.30pm	Memorial Service			HC	
Dentdale Methodist Chapel LA10 5QJ	2pm	HC	Service	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Wednesday	7th	14th	14th	21st	28th
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	7.30pm	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.

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

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

Contacts– Quakers please contact Janet Chetwood 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
Health Centre, Station Road
*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:

February 2023