

Sedbergh & District

LOOKAROUND

March 2023

Donation £1

Issue 418

Lots going on in Sedbergh this month and next, including the start of the Poetry Club (as highlighted below) part of the increasing activity on the Book Town front.

I was also intrigued by Steve Wharton's Cumbrian Folk Songs (see ad on p26/27) and gave him a listen on his web site. If you like folk it might be for you. I'll be going! *Ed*

A Feeling for Poetry

Sedbergh's new **Poetry Club** is about to burst into life with a fantastic, fun course to help all those who love poetry, be they readers or writers, to expand their expertise and knowledge.

Karen Newis has designed 4 afternoon sessions

2.15 – 3.15pm Rawthey Room at no 72 Main Street

Thursday 16th and 30th March and Thursday 13th and 27th April 2023.

Course cost £20 inc. refreshments.

A Feeling for Poetry –

Sessions will include: De-mystifying poetry;

A Unique Voice; Share your favorite poem; How to listen to poetry;

Basic analysis; Form and structure; Your own story;

Memory and the Senses; Capturing a feeling from the heart.

This course is designed to inspire you and to build your confidence

to write and perform your own poetry.

Please ring Sleepy Elephant on 01559621770 to register

or email info@thesleepyelephant.co.uk Poetry Club.

A Sedbergh Booktown event

CLOSING DATE: 15th of every month for everything

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

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

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COVER PHOTO

Nuthatch

Andy McMullon

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

Wed 1st March - St Andrew's
Wed 8th March - Christian Aid
Wed 15th March - St Andrew's
Wed 22nd March - St Andrew's
Wed 29th March - 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 :-

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Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

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07464 895425

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

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

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REFERENCE**

SEDBERGH ENVIRONMENTAL MARKET

Michelle Hartley

In February, we had our fourth eco market which was another great success with lots of information stalls, and environmental businesses. There were a few big national organisations, like the RSPB, who have been working since 1889 to protect nature. Although their original focus was on birds over the years they have expanded to preserving, and protecting all wildlife and habitats. There was also the Woodland Trust, a fantastic woodland conservation organisation protecting sites all over Cumbria and the UK, including the nearby Hebblethwaite Hall Woods.

More regional groups included, Recycle for Cumbria which campaigns for waste reduction, in particular food waste, and were providing great advice and tools to help with this. Cumbria Badgers came along to talk about their vaccination programme against bovine TB, which they hope to one day eliminate it in all species. Cumbria Woodlands advocates making every woodland ecological and economical, by supporting research and training and helping landowners create, and manage woodlands. Cumbria Action for Sustainability were promoting their 'Cold to Cosy Homes' programme, which addresses issues of winter warmth and reducing people's energy



2023 Sedbergh Spring Show

Saturday 25th March 2022 1pm to 4pm

Closing date for entries Saturday 18th March

Don't forget to get those forms in.

Come along on the day to enjoy the exhibits,

Town Band & refreshments.

Free to enter an exhibit

£1 admission to the show (cash only)



consumption, and their carbon footprint.

There were also two great local organisations, Growing Well is a mental health charity that supports recovery through horticultural activity on their organic farm. This January they opened their second site next to Tebay Services, supplying it with fruit and vegetables at zero food miles. Lastly, was our very own Wild Garsdale Pike, a youth led environmental organisation that helps people aged 13 to 24 to explore and learn about environmental issues, through practical conservation, and research experience on the beautiful slopes of Garsdale Pike.

For those wanting to indulge in fantastic eco products, there was the

Little St. Cloud Company, makers of soy wax candles from sustainable sources, and local suppliers in great scents, such as Rock Salt & Driftwood and Black Plum & Rhubarb. Along with diffuser refills and eco packaging, their heating is from biomass, with aims to have solar panels too. Nisha Halo Jewellery brought gorgeously designed jewellery, all made from 100% recycled precious metals, which prevents further damaging effects from mining. Her eco-mindedness extends to natural products being used in the jewellery making processes and recycled packaging. Local handweaver, Ali Sharman, was there too with her beautifully woven wool products

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using fleece from local farms, and, as a member, of Fibreshed, which promotes the production of clothing using natural resources from defined regions, along with regenerative farming practices.

Lovely vegan soaps were available from Kind & Loving, which uses natural clays, plant oils and herbal infusions, creating scents such as Peppermint & Ginger and Palmarosa & Patchouli. These soaps and solid bar shampoos, and conditioners were all in recyclable packaging. There was also Shed 1 Gin, a 'Green Small Business', certified since 2019, and winner of the Gin Guide to Environmental Sustainability for three years running. Local and organic apples and botanicals are used to make their great gins, such as Cuckold's Revenge and Giggle in the Ginnel. Lastly, a delicious vegetarian lunch was served by Waterside Café from Kendal, using lots of local and organic ingredients. The main menu included a fabulous plant based burger on a homemade ciabatta bun and a spicey Moroccan style stew with sour dough bread. Fresh salads and sweet flapjacks and crumble slices rounded off this tasty meal.

If you were unable to come to this market, keep an eye out for future events, or if you would like to get involved in the next market or the Sedbergh Environmental Network contact us at sedberghcomarket@greencobweb.co.uk. There are so many ways to help the environment, please visit our Facebook page for information, tips and learn about other eco events nearby.

DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

After all the excitement of the Pumpkin Party and the Baking thru the Bible at Christmas things went quiet for us. The Baking club was run as an ecumenical event with help from lots of people, after school on a Monday and we are planning another. Baking thru the Bible at Easter for 4 weeks leading up to the school holidays.

On Easter Saturday, April 8th we are hiring the Methodist Church and celebrating Passover with a sit down two course meal. The Bible account of the first Passover will be read and all the different aspects of the feast explained in an easy to understand way. We hope families will come and this is for all ages, we just need to know for catering so please book in by April 2nd. There is no charge, however a donation box will be available but without any pressure.

Meantime, planning has begun for the annual Festival, the first weekend in Aug, more about that nearer the time.

For prayer requests, information or to book please contact John and Sarah on 015396 25212.

**Sedbergh
Sheepfest** 
2023

Sheepfest is baaa...ck

Bank Holiday

Saturday 26 August

Get ready to make a sheep!

www.sheepfest.co.uk

SEDBERGH SCOUTS

Bill Maudsley

After a long break due to Covid, Sedbergh Scouts are now back up and running.

Scouts is open to Boys and Girls ranging in age from 6 to 14, they are split into three sections.

Beavers 6 to 8 years

Cubs 8 to 10 years

Scouts 10 to 14 years

We have spaces available in all sections.

Some of the activities we take part in are camping, hiking, boating, archery, shooting, climbing, and lots more.

Upcoming activities in the next 6 months are

Beavers:- Rachel Chaplow activity day – Sleepover.

Cubs:- Mike Sloan activity day – Water activity event – Hike – Weekend Camp.

Scouts:- Navigation camp – Weekend Camp.

All sections are taking part in the St George's event at Great Tower Scout Camp with lots of activities including crate stacking, high rope course, tomahawks etc.

Contact Bill on 07989201481 for more info.

SEDBERGH TOWN TWINNING AGM

Looking to the Future

Dave Smith

The Sedbergh Town Twinning Group has reformed after Covid and we have made a very successful start with the visit of Jakob Brenčič, the Slovenian Deputy Ambassador, on the 17 October 2022. We are now aiming to plan for the future of Sedbergh's twinning activities with Zreče, our twin town in Slovenia.

We invite all residents of Sedbergh and District to our AGM on Thursday 16 March in the People's Hall Committee Room at 7.30pm. Refreshments will be available from 7pm onwards.

The format of the meeting will firstly be an informal get together to recognise what Sedbergh's Town Twinning has achieved so far, over the last 17 years, and what the Town Twinning Group can now aim to achieve for the people of Sedbergh. We will be considering new opportunities, fresh ideas and a range of activities that could benefit both individuals and groups in the town. Our positive and rewarding relationship with our friends in



OPEN HOUSE

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Renew Wellbeing Café

Cornerstone Church Sedbergh



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Slovenia has enriched the lives of so many of our residents, both young and old. Now is the time to renew our close bond, and trips to Zreče are already on the agenda. The first visit will probably take place at the end of May and the next visit for young people aged 14 and over and who are still at school, will most likely be in February 2024.

This will be followed by the AGM, the first since the beginning of the Covid outbreak. We look forward to seeing members and welcoming new ones.

Finally there will be a business meeting to which all present are invited to attend.

Please do come along whether you have been to Zreče and Slovenia before or whether you even knew that Sedbergh was twinned with Zreče. Bring family and friends, and find out more.

CHRISTMAS LATE NIGHT OPENING - AGAIN

*Chris Wood, Chair of Directors,
Sedbergh CIC*

Since my article in the last issue of Lookaround there have been various discussions about the future of Late Night Opening, and who should organise it. A lot of work is required, which used to be done by the now disbanded Chamber of Trade. Sedbergh Information Centre took on Late Night Opening last year in the absence of anyone else to organise it. However, we do not feel that we have the resources to do so every year.

We have given a questionnaire to all the businesses on Main Street and Finkle Street, asking for their views about future events, and also asking for help with the organisation. Thank you for the responses we have had so far. Please could anyone who has not yet replied do so as soon as possible?

I am sure everyone would like to see this traditional Sedbergh event continue. If you would like to get involved with this year's Late Night Opening, please contact Debbie on 015396 20125 or email office@sedbergh.org.uk

DENT HERITAGE CENTRE

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GARSDALE CAROL SINGING

William & Mary Airey

After discussion and a lot of
"heartsearching", we have decided to
call it a day as regards Carol Singing
in Garsdale.

It hasn't been an easy decision to
make, but we feel it is the right one,
as we are all getting older! It is the
end of an era (another one). I
remember carol singing in Garsdale
over 70 years ago, and it was
happening quite a few years before
then. We have many memories of
people and places. Someone said we
should write a book, but – perhaps
not!

We would like to thank the people
of Garsdale for their support and
generous giving over the years for
Action for Children (formerly National
Childrens' homes), also a special
thank you to our Singers who "turned
out" in all weathers, you were great!
I'm sure we all look back on our Carol
Singing Years with great pleasure.
Thank you all

*We apologise that this article
intended for the February issue was
mislaidd and we are pleased to include
it in this March issue.*

Ed.

SEDBERGH PEOPLE'S HALL

Dr Gina Barney

Notice of Annual General Meeting
to be held on Monday 3 April 2023 at
7.30pm in the People's Hall
Committee Room. The agenda
includes: Apologies, Minutes of the
meeting held 4 April 2022, Matters
arising Chairman's Report,
Treasurer's Report, Election of
Trustees.

The Hall is looking for new
trustees. Enquiries to 015396 20790.

The meeting is open to all
residents of the civil parish of
Sedbergh.

SEDBERGH BRITISH SCHOOL TRUST

Mrs Jean Cope, Hon Sec.

The trustees will meet on
Wednesday 15th March 2023 to
consider GRANT APPLICATIONS
from suitably qualified persons who
have attended local authority schools
in SEDBERGH AND DENT, and who
seek FINANCIAL ASSISTANCE to
further their education or for
vocational training.

Applications should be in writing
and addressed to: The Honorary
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LENT LUNCHES

Tony Reed Screen

Lent Lunches at St Andrew's are now in full swing and will continue every Wednesday until 5th April. Come and join us for delicious homemade soup, bread rolls and fruit, all for £3.50, and a chat among friends. As in previous years the proceeds will be split between St John's Hospice and Manna House

ROBERT ARMITSTEAD 1882

Martin Dodds

While clearing out the vestry at Cornerstone Community Church recently, several old, rather worn and sometimes damp books have been found.

These included a three-volume set of John Wesley's sermons, with the name Robert Armitstead 1882 handwritten inside one of the volumes.

Can anyone identify who this might have been?

I am told that the name Armitstead with a 'T' in the middle of the name was not common in this area at that period, though there are examples of Armistead without the extra 'T'.

However there certainly have been Armitsteads with the 'T' associated for many years with the New Street Methodist chapel, at least in more recent times.

It seems possible that Robert Armitstead was a Local Preacher in one of the Methodist circuits, since in those days local preachers were expected to be familiar with John Wesley's sermons.

If you have any information, please contact Martin Dodds on 20308



Dentdale Run 2023

The 39th annual Dentdale Run in aid of Dent CE Primary School will be held on

Saturday 11th March 2023

Start: 13:00

Distance: 14.2 miles or 7.9 miles

Trophies and prizes for overall and vet categories

Tea, sandwiches and cake for all entrants

One of the most scenic road races you will ever run!

Enter at:

<https://racebest.com/races/57k8v/enter>

**More information at
www.dentdalerun.com**

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)

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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

THE BAG LADY

Jane Orton

Sitting here watching the World go by
Could be quite a pleasant distraction
If my stomach was full and my
shoulders were dry
And my smile got a friendly reaction.

If the soles of my feet had some
shoes on
And my hands were not permanent
black

I could get up before they had dew
on them
And apply for the things that I lack.

But it's hard to find good motivation
When you can't see the wood for the
trees
And I only cause slight consternation
When I'm begging here down on my
knees.

I don't ask for a lot, just a chance to
be me
And a place I can lay down my head
My skills are not needed, I'm useless,
you see
I'm too old for learning, 'They' said.

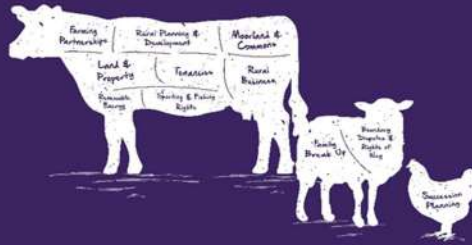
If I had half a chance I could learn a
new trade
Though my fingers are stiff now and
sore
It's with spending long hours at a
loom in a mill
And through sleeping too on the floor.

I could go to the seaside, or even
The Lakes
But the people there frown even
more
I compete with the birds for the bread
and the cakes
That folk throw out, too stale, from
their door.

Don't feel sorry for me, 'cos I'm used
to it now
But please, give me a smile when
you pass
The Summers are warm, but the
Winters are long
I was happy when I was a lass

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ADVANCE NOTICE OF TIMETABLE AND FARE CHANGES

Rebecca Atkinson

The Western Dales Bus summer timetables start on 1st April and contain several changes.

S6 Tuesday and Thursday: Kirkby Stephen to Penrith.

The S6 Tuesday service will be unchanged, but from 4th April it will also run on Thursdays. This is because the high demand for the Tuesday service has meant we have often had to turn passengers away when the bus was full. Running the service for the extra day will increase the opportunities for passengers to visit Penrith, and will

also give passengers from Brough four opportunities each week to visit Kirkby Stephen.

S5 Wednesday: Kirkby Stephen to Kendal.

To do this, from 5th April we are moving the S5 Thursday service to Wednesday, Kendal's market day. This will maintain access to Kendal for

passengers from Kirkby Stephen and villages along the route, as well as continuing to provide a weekly service between Kirkby Stephen Station and the centre of the town.

S4 Friday: Sedbergh to Brough. Very few passengers use this service, apart from those travelling

Western Dales Bus

Sedbergh Red Squirrel Group

Local conservation
for **your** red squirrels.

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

sedberghredsquirrels100@gmail.com



within Kirkby Stephen itself, or between Brough and Kirkby Stephen, so it will cease to operate after 31st March. The changes to S6 and S5 maintain the present opportunities for those who live near Kirkby Stephen station and increase opportunities for passengers from Bough.

S3 Friday: Sedbergh to Hawes (summer only).

This will run on Friday this year, starting on 14th April, thus avoiding early closing day in Hawes.

S1 Saturday: Dent Station to Kendal.

The only change on this route is the addition of a return journey to Dent Station, leaving Sedbergh Post Office at 18:55.

Fares We have only been able to charge £2 for all single fares since January 1st because the government has reimbursed us for doing so, but the scheme will end on March 31st. We will not be able to cover our costs beyond that date without this government support, and so regrettably our fares will have to return to their previous level from April 1st.

SEDBERGH ART SOCIETY

Jenifer Alison

The Art Society has been flourishing with very good attendances at Saturday sessions and on Wednesday Mornings. We thank you all for your support and enthusiasm.

About Painting Days and Tutored Workshops

Our AGM will take place at the beginning of the Painting Day on March 11th in the Cornerstone Church Hall at 9.30. It should finish before 10.30 am, when refreshments will be available. The painting day will then continue until 4.30 as usual.

Our workshop day on 28th January with Karen Lester, visiting tutor and professional artist from Greywalls Studio, Lindale, was extremely enjoyable and informative. Everyone went away having tried new techniques with watercolour and pastel, feeling very positive and fired up to work more with these two media. Our heartfelt thanks to Karen!

On untutored Painting Days, participants are free to work on their own paintings. However, each session we offer a project. On February 18th we shall be painting a colour version of a monochrome picture, and on March 11th we shall be painting upside down (!)...We won't be upside down, but the picture from which we are working will, as well as our own painting. This means we won't be 'hung up' on painting actual items, but instead will be painting shapes. The results can be very rewarding. Anthony Barrow, who is running a workshop for us on March 25th, demonstrated this technique a few years ago.

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The Portrait Group

Forty Years of painting portraits!

We have arrived at the end of an era for the Sedbergh Art Society portrait group as we know it. This is how it began in 1981. At a meeting of the Sedbergh Art Society, a member remarked that it was a pity there wasn't a Portrait Class locally. Hilary Moore suggested that if we wanted to do portraits we didn't need a class, but we could simply get together in our homes and ask someone to sit for us. So, the portrait group was born, and has continued ever since! Members took it in turns to play host, rearranging their sitting rooms as best they could and asking a willing friend to sit for them. They enjoyed a break for refreshments and this friendly hospitality added much to the attraction of the meetings. Up to a dozen people took part, and met fortnightly during the winter months. Over the years the group must have drawn or painted a remarkable total of some 400 sitters, and a display of some of the portraits has been a feature of the Society's Annual Exhibition for many years. New members have joined and others

have left. It was a great pity that Social Distancing requirements during the Pandemic meant the meetings had to cease. Hilary now feels it is time for her to resign from organising the group. She would like to take this opportunity to thank all the members who have been so generous in their hospitality, and most of all to thank all those brave people of Sedbergh who have done their very best to sit still and put on a good face for show!

The good news is that some of the members would like the Art Society to continue with a Portrait Group. The Wednesday group has come to the rescue. After some thought, they decided to use the first Wednesday of alternate months as a portrait session, starting on Wednesday 1st of March, followed by May 3rd; July 5th; September 2nd and finally November 1st. There would be no additional cost for members of the Wednesday group who wish to partake in the portrait session. However, they would ask those of the Society, who are not Wednesday group members, to contribute by paying £3 on the day. If this is successful they are happy to



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2023

Wednesday 15th March

Thursday 20th April

Wednesday 17th May



continue with this arrangement until someone is willing to take over Hilary's format, organising sessions to be run from alternating portrait members' homes in the Sedbergh area. If you are interested in supporting the Society in this way, please contact Gill Impey or myself – contact details below. I am sure Hilary would be happy to give advice.

If you would like more information about the Society, please visit our website,

www.sedberghartsociety.com

If you wish to become a member, please contact David Calvert

www.davidcalvert53@gmail.com

You could also ring Jenifer Alison 01539 824666, or Gill Impey 01539 726640

DENTDALE, HEAD TO FOOT The Last Few Events!

Mike Steele, Secretary, DDHF.
015396-25054 / 07813-806209
mds@hallbankcott.co.uk

Our December meeting was the traditional Christmas Jacob's Join, where we enjoyed Christmas fayre and mulled wine.

The "over 60's" Christmas Lunch on December 10th was enjoyed by 100 residents of Dentdale and after a recess of two years because of the pandemic proved as popular as ever.

The January meeting was a slide show of Old Dentdale slides which had been recently discovered by Mary Goad and was presented by Jeff Clegg on her behalf. Apparently she presented Jeff with two bags of



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"bits" from which he reconstructed the slide projector, replacing the original 1890 electrics with a low wattage LED bulb, which gave us a most interesting afternoon of old Dentdale and its people of that period. Most of the original slides were taken by Charles Alfred Swift of Sedbergh. Finally, we given a series of slides about the replacement of Dent Church roof in 1711 to 1713, shewing the old documentation, including the invoices showing that the lead was obtained from Hartley near Kirkby Stephen, from what is now the Hartley quarry.

Our February meeting was a talk entitled "My life in Journalism" which was given by Kathy Hunt. Born in Bradford, but brought up in Reading, she always liked composing stories

as a child, so not unnaturally, having passed the Pitman shorthand test at 100 words per minute at secondary school, it seemed a good idea to become a journalist. She started on the local newspaper, the Reading Chronicle, in May 1979 on the princely wage of £39.33 per week and was indentured for three years so that she could learn on the job and of course be unable to move to another employer until the indenture was completed. This meant utilising "who, what, when, where and why" for any story, plus having a thorough knowledge of Press Law, (oddly enough edited by a past editor of the Westmorland Gazette, Mike Glover).

As Lord Northcliffe said, "News is what somebody somewhere wants to

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Dance Extravaganza

An evening of music & dance

**People's Hall, Sedbergh
Friday 17th March**

Doors open 7:00 for 7:30

Tickets £15 (including Pie 'n' Peas supper)

Licensed Bar

Tickets available from Tourist Information Centre and Band Members

Sedbergh Town Band is a registered charity. No. 1086817

suppress, all the rest is advertising” so this is why bad news sells!

Initially all her stories were typed on an Imperial typewriter and the sent to the compositors who, using hot metal type, laid up the print on the “stone” which then went to the linotype machine for printing.

As time passed she was put in charge of health reporting, but left Reading in 1984 to go to the Bradford Telegraph and Argus as a general reporter, which was during the time of the Bradford FC, Valley Parade fire disaster in May 1985, before moving to the Northampton Evening Telegraph in 1987 as its Health Reporter. Following a move to the Oxford Times she met her husband and then moved to become deputy

editor of the Wharfedale & Airedale Observer, until the advent of children in the family caused retirement from the world of journalism.

Throughout these times technology has moved forward from the “hot metal” of the early days to Apple Mac’s today and in consequence local printing presses are not required, buildings become surplus to requirements and reporting can be actioned from site or from home. From 2009 to 2019, 320 local papers closed, including the Reading Chronicle, so much of local newspaper reporting has disappeared and other news media channels have taken over. Does this then mean that the free press is becoming less free? Certainly a local

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press not only serves local news, but also has a knock on effect with other local business, which means more local jobs. Possibly the best example in this area of a truly local paper is the Cumberland & Westmorland Herald. The Government is starting to realise that a local free press is disappearing and the DCMS is currently reporting on the sustainability of local journalism to see what policy changes might be needed to achieve this.

Our next meeting is on March 10th in the Sedgwick Room of Dent MH at 14:00, where Richard Gledhill will be talking to us about "Hannah Hauxwell revisited and films of Dales life from the 1950's".

DORCAS THOMAS MEDALS

Dorcas Thomas

A few weeks ago I was very surprised to learn that a notice had appeared on the Sedbergh Forum asking if anyone knew of a Dorcas Thomas, because some articles had been found belonging to her Father. Needless to say I was intrigued and both Angela Jones and my daughter, Bea, put me in touch with the gentleman concerned. He was a building contractor who had some men working on the house in Harpenden, which had been sold after my brother died, and a parcel wrapped up in a plastic Kodak bag had fallen down from the ceiling below the attic flooring. Inside were a

Tea & Company

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

Illustration used with permission © Joyce Lee



ring, a silver cup and some military medals.

This amazing man, Raphael Simmonds, had realised that these were interesting personal items and found out the name of the previous owner of the house: Pajaczkowski. He googled it, found the reference to my Father (plenty in the papers as he had lived to the grand old age of 111) and all his obituaries. One of them mentioned his retirement to Sedbergh and the name of his daughter. Last week I went down to Harpenden to meet Raphael, together with my niece from London, and we had a delightful time over a coffee, discussing his amazing detective work and talking about the man whose life he had found so interesting. The amazing thing is that nobody had known that my brother had hidden these precious items, so no one looked for them when the house was sold. How lucky that they were found by someone as honest as Raphael, who had a genuine desire to reunite them with their family, and has now become a friend.

SEDBERGH MARKET HOLDERS

Ed Welti/Market Traders

Sedbergh Market runs from early on Wednesday morning (I've been told some stalls are setting up at 7:00, by 9:00 they are all there) until lunch time. Recently 'Visit Sedbergh' (i.e. the Information Centre & Parish Council) has started posting information on our market traders onto the Facebook Sedbergh Forum, written by the traders themselves. The series will continue until to it has featured all current stalls. Lookaround thinks that our readers who don't partake in Social Media shouldn't miss out. If you haven't been to the market recently do go and have a look, at least. I use the market every week, and have done all through lock down and up to the present time, and would recommend all the stall holders.

The Baker - Coffee Kitchen Bakery

The Coffee Kitchen Bakery in Cockermouth has been making a whole range of sourdoughs, yeasted breads, cakes and other baked goods since 2011. Owned by Andy and Angela Walsh, the small bakery



is located in the historic Market Place in the town, close to the castle. They first started coming down to the weekly Sedbergh Market in 2020, just before lockdown, and have supported the market ever since. Most popular loaf on the market? Either the Three Seeded with its mix of linseeds, pumpkin seeds and sunflower seeds or the Wholemeal Sourdough. The Coffee Kitchen Bakery is a member of the Real Bread Campaign which means that the breads contain no preservatives or unnatural additives – they're mostly based around flour, water, salt and yeast. Most of our breads are vegan too. If you have any special requests, pop down and speak to Andy. He's there most weeks. Personally I go for the Malted Loaf, as it makes the best toast ever.

The Butcher – Low Howgill

Low Howgill is an award winning Butchers & Deli based in Appleby, Cumbria. It is a family business run by Steve Allison (the butcher) & his wife Jennie. All of the Beef & Lamb comes from Jennie's parents farm & everything else is either locally sourced or made by Low Howgill. Sedbergh market goers will be more familiar with Steve's dad John who usually mans the stall.



GIVING NOTICE AT WORK

Karen Evans
Chief Officer South Lakes Citizens
Advice

I've been offered a new job. The new company wants me to start as soon as possible but we're really short-staffed where I am now, and I don't know how soon I'll be allowed to leave. How should I bring all this up with my boss?

There are set rules about notice periods. First check your contract, if you have one. If you've been in your current job for less than one month, you won't have to give any notice, unless your contract says otherwise. If you don't have a contract, and your employer has no written record of you agreeing to a notice period, but you have been employed for more than a month, you have to give at least one week's notice.

Fixed-term contracts are a bit different, as you won't need to give notice if you intend to leave on the last day of your contract. Leaving before the end of a fixed-term contract usually means giving at least one week's notice, but again check your contract to see if this is different.

Although it may be tempting to hand in your resignation as soon as possible, it's worth waiting until your new employer has confirmed your new employment, for example by signing your contract or by giving you a start date.

It's then best to give your resignation in writing (email is fine), so that you have a record of the date you told your employer. You can find guidance on how to do this on the Citizens Advice website, where we

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have a page on hand in your notice.

Don't forget about your holiday days during your notice period. If you have any unused annual leave, speak to your employer about either taking these during the notice period or being paid back for them in your final salary payment.

Finally, sometimes people can change their mind about moving jobs or find their circumstances alter. If this happens to you, you should speak to your current employer to see what your options are and if you can stay in your current role.

If you face any challenges with an existing or potential employer, contact your local Citizens Advice or

visit the Citizens Advice website pages about what to do when you're leaving a job.

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

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



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

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

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

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

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

DEMENTIA DRUG NEWS

Alzheimer's Society

The Food and Drug Administration has today approved lecanemab, a new drug for Alzheimer's disease, for use across the US. Lecanemab is now the second drug aiming to slow down Alzheimer's disease to be approved in the US, another step forward in the generation of new treatments for one of the biggest global health challenges.

'We're proud that Alzheimer's Society funded research by Professor Sir John Hardy over thirty years ago, identifying amyloid as a key player in the development of Alzheimer's



disease, has led to this moment today.

'People affected by Alzheimer's disease in the UK will be wondering what this means for them - particularly given European regulators did not approve

aducanumab which was also approved in the US. There are still many hurdles before lecanemab could be available on the NHS. We need the regulatory authorities in Europe

and the UK to prioritise a rigorous, independent review of the lecanemab data, and for NICE to prepare to evaluate its cost-effectiveness.

'Frustratingly it is possible that lecanemab could be approved in the

UK without a system in place to get it to people who need it most. The upcoming ten-year plan for dementia must prioritise boosting stagnant dementia diagnosis rates and preparing the NHS to deliver and monitor the impact of these drugs.

Preparation is crucial not just in the short term for the potential arrival of lecanemab, but for the future as 117 other disease slowing drugs are currently being tested in trials.

'The promised doubling of dementia research funding through the National Dementia Mission must be streamlined into new ways to diagnose Alzheimer's disease earlier, new treatments and also research into other types of dementia, to give hope for everyone living with dementia now and in the future.

MATILDA – THE POEM

Georgina Devine

My art group and my sing and sign group
Went to see a film called Matilda
It was very good – I really enjoyed it
I enjoyed the happy ending
Because the girl didn't want to go to Spain
She wanted to stay with the teacher at school
Miss Trenchball was the villain
Matilda's dad Mr Wormwood didn't like her very much
And didn't like her going to school
We went to the Brewery
We had a pizza afterwards,
In a private room just for ourselves
Everyone enjoyed it
Rural Wheels took me
Sedbergh Voluntary car scheme brought me back

NOTES FROM DENT STATION

John Carey

Friends of the Settle-Carlisle Line

As we quickly approach spring, it has been fairly uneventful at the Station. Thankfully, and touch wood, we have escaped any serious weather events although there is always time! Apart from the steady rotation of guests we have continued to plan for the summer maintenance. It probably seems an anathema for anybody in the hospitality industry to close in the prime holiday period, but close we must if we are to carry out essential work whilst the weather is favourable, or at least we hope.

Meanwhile, there is much to report on the railway. Whilst we have seen the issues of Petteril Bridge go away in December, the strikes seem to continue, albeit, there is the occasional glimmer of hope. It is probably true to say that some of parties are close to agreement. At the same time public patience is wearing thin, particularly for those who rely on the line for their daily business, whether for work, education or, maybe, hospital visits. It is a situation that few employers would tolerate for long!

As regular readers will be aware the Friends monitor trains services ,



and our line does seem to be prone to issues of creaking, sometimes Victorian, infrastructure. Recent incidents have been flooding on the line, we assume due to inadequately maintained culverts, signalling problems and, in one case, fallen masonry. We also found out recently that Network Rail were now closing signal boxes on a night-time, and we cannot help but think that this has led to a few issues we have identified on the first trains of the day, often the early commuter services to Carlisle or Leeds. Were this a 24 hour operation with trains running through the night we suspect this would not happen and faults would be discovered earlier.

We also noticed that there were delays in trains emerging from the depot in Leeds, which can impact on the first northbound train in the morning used by commuters to reach Carlisle. It seems that this was down to a new maintenance regime but we hope that the issue will have been resolved following our representations. However, not all issues can be blamed on the railway, and recent incidents have included a person on the line at Kirkby Stephen with a subsequent manhunt, and also a collapsed utility cable across the track at Ribbleshead.

Concerns have also been raised as to the sometimes short-formed trains where 2 carriages appear instead of the usual 3 or 4. Whilst we received



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assurances as to the carriage allocations in May 2022 the reality does seem to have fallen short of the promise in recent months, and there is little consistency. For much of the time, with reduced numbers of passengers wishing to travel post-Covid, this hasn't presented too much of a problem but, recently, we have seen a considerable increase in leisure use, particular on weekends partly due to the number of special offers. We have, naturally, asked the rail operator to address this.

Meanwhile, our discussions continue towards the goal of a more customer-focused timetable. Quite simply, the present timetable is not fit

for purpose and, we feel, is designed for the convenience of the rail operator and crews. A recent meeting was disappointing in that it now seems unlikely that we will see any dramatic changes until 2024.



However, we have managed to achieve a couple of extra stops on the 1340 train from Carlisle, which currently runs semi-fast missing out most of the intermediate stations and creating some 4 hour gaps in the timetable. From May 2023 this will also stop at Garsdale and Ribbleshead. We are seeking to do the same with a similar Sunday service. Progress is indeed tediously slow! Critically, we must ensure that the present resource is protected at a

The poster features a background image of a person standing on a hillside, looking out over a valley under a blue sky with white clouds. The text is overlaid on the image in white. At the top, it says "STEVE WHARTON" in large, bold, sans-serif capital letters. Below that, in smaller, lowercase sans-serif font, it says "in concert". Underneath that, it says "introducing his songbook" in a smaller, lowercase sans-serif font. The main title, "CONTEMPORARY CUMBRIAN FOLK SONGS", is written in very large, bold, sans-serif capital letters, spanning most of the width of the poster.

time when other lines are facing service cuts.

On a different note, it was pleasing to see that the heater in the southbound waiting room at Dent was back up and working after 3 years of asking. This is indeed a chilly place to be waiting for any great length of time in winter. Now it is to be hoped that similar attention will be given to the emergency phone located within the waiting room. One button for Northern control rings 'number unobtainable' and another for British Transport Police gives a recorded message, equally useful. Fortunately, when all else fails there is a phone to the helpful signalman located at the end of the platform. One of the problems is that the

maintenance is split between different functions and responsibilities. Finding the correct party is sometimes a challenge.

A further challenge is the lack of functioning customer information screen on the southbound platform. The screen was installed 2 years ago but never connected. It seems incredulous that such crude installations could have ever been installed, and are completely inconsistent with the adjacent Grade II listed station building. On other lines the screens have been happily positioned inside the waiting rooms and so why not on the S&C you might ask? For the installation not to be connected is yet a further insult. The reason is due to the necessary



Monday 27th March
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wayleave for the cable to pass under the Network Rail track. Incidentally, the screens and CCTV were a requirement of the 2017 franchise to install such on every station, no matter how remote. It just shows the inflexibility of the rail system and the facility to waste money!

We continue to argue for the lifting of the pre 0815 restriction on the Dales Railcard pointing out that it was originally designed to encourage local use of the railway but to no avail. Nevertheless, it is worth reminding that the 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.

It is also worth reminding as to the government £2 single bus fare initiative which started on 1st January and runs until the end of March 2023. 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.



FIFTY YEARS AGO

Colin Cowperthwaite

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

Primary School

About 40 children, members of the Sedbergh Local History Club and all from the top three junior classes at the Primary School, visited Kendal Museum last Monday, where they were shown round the exhibits by the curator, Mr Bell Pratt. They were accompanied by Miss D Evans and Mesdames P Ulbrich and P Buckland, and expressed the hope that further visits can be arranged.

Call to Sedbergh

A party of 35 members of Sedbergh Methodist Church visited

every house in Sedbergh last weekend with details of a programme arranged at Easter, in the Call to the North campaign. Youth activities are planned, and an open-air service will be held on Good Friday on Sedbergh School cricket field.

School Project

Another effort in aid of the Sedbergh Secondary School Minibus and Garage project was held last week when 80 people enjoyed a domino drive, and twelve prizes were presented. Refreshments were prepared and served by parents and children. The net profit was 18 pounds. A second-hand minibus is being made available by the West Riding authorities at a nominal figure, and will be delivered this summer.



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The bus will then be re-sprayed. A garage is to be built to house the bus and a trailer, by senior pupils and parents. The cost of the bus and garage is estimated at 600 pounds. The headmaster of Sedbergh Secondary School, Mr P Roberts, declares himself "overwhelmed" by the support given to the school in this project, by parents and others in Sedbergh.

Mothers Union

The Deanery meeting was held in Garsdale Primary School, where members from Sedbergh, Cautley and Dent joined the Garsdale members, making a total of 42 people present. The meeting was opened by the Garsdale president, Mrs Irene Bergerud. Mrs Rogers of Sedbergh introduced the Rev D A Southward, vicar of Crosby Ravensworth and a former curate of Sedbergh, who spoke on "The Strength and Weakness of the Church". The collection of three pounds and 11 pence was in aid of a children's charity.

Miss Lunesdale Winner

After winning the title of Miss Cautley 1973 at a local dance in Sedbergh, 19-year-old civil servant, Miss Hazel Wilkinson, went on to win the title in the Miss Lunesdale final at Morecambe on Friday. She was chosen out of 20 entrants by the judges, Mr and Mrs I E Hargreaves of Yealand Conyers. "I was far too nervous to even think about winning", Miss Wilkinson told the Gazette. "I would have never entered the competition in the first place if I had not been pushed, but I did enjoy it". It was the first time she had entered this type of contest. Educated at

Sedbergh Secondary and Queen Elizabeth Schools, Miss Wilkinson, of 66 Bainbridge Road, Sedbergh, is employed by the Inland Revenue in Kendal. Her hobbies include walking, cooking, reading and collecting antique Coronation mugs. With the title came a prize of 15 pounds and a sash. Miss Gwendoline Raw of Low Dub, Dent, entered as Miss Hawes, was the runner-up.

Confirmation

The Bishop of Bradford took the Confirmation service for Sedbergh Deanery at St Andrew's Church. There were 13 candidates from six parishes in Sedbergh and Settle deaneries. Clergy present were the Rural Dean of Sedbergh, Canon D A Rogers; the Revs G D Rhodes (Sedbergh), E Allen (Langcliffe and Stainforth), and A J W Barker (Dent and Cowgill). Members of Sedbergh Parish Choir assisted, and Mrs T J Middleton was organist. Those confirmed were: Tina Coward, Susan MacDougall, Mr G Mason and Mrs E Pearson (Sedbergh), Sarah Wedgwood (Dent), Pamela Howell and Gillian Harper (Cowgill), also six members from parishes in the Settle district.

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AN IMPORTANT PERIOD IN THE HISTORY OF SEDBERGH

Richard Cann

Roger Lupton (1456-1540) from Hole House Cautley was ordained acolyte in York in 1475 and from that lowly position rose in rank and wealth in the church. Among the posts he held during his life was a chaplain to King Henry VII and Provost of Eton. The latter meant that he was in overall control of several organisations including a school. The present Eton College contains two of his buildings, Lupton Tower and Lupton Chantry. In his late sixties he decided to spend money on his home town by building and endowing a free grammar school which he combined with a chantry for prayers for him, his

family and the lords of the local manors and all their souls when dead. To fund this he bought 29 messuages and lands including the Lofthouse where the schoolmaster cum chantry priest was to live. The school was to be open to any boy but preference was to be given to his kin and boys from Sedbergh, Garsdale and Dent. Teaching of grammar (Latin and Greek) was to be free but any other subject had to be paid for. The date that the school began is not definite but two pieces of evidence suggest that it was functioning by early 1525 at the latest.

In the period 1510-1524 three boys were ordained acolyte in York, two from Dent and one from Sedbergh which suggests some sort of

Job Opportunities in Sedbergh

Sedbergh Information Centre

Artisan Market Helpers

Sedbergh Information Centre needs people to set up and take down the stalls for our monthly, summer Saturday Artisan Markets.

Two helpers are required 6:30-9:30am and 3:00-5:30pm for each market. Helpers will be paid £35 each for setting up, and £30 each for taking down gazebos and tables.

Depending on the number of applicants the work could be shared by several people each day and across the season.

Somebody with a van would be particularly useful.

Market dates are 27 May, 24 June,
29 July, 26 August, 16 September.

For further information please contact

Sedbergh Information Centre, 015396 20125
office@sedbergh.org.uk

education was available at times locally before Lupton's school. An acolyte took part in the ceremonial of the mass by carrying the candles for instance and ordination usually took place in a boy's late teens. Then in March 1525 two boys, one from Dent and one from Sedbergh, were ordained in York and in September 1525 two boys from Sedbergh were ordained in York. This strongly suggests that Lupton's school had started operating. In March 1525 a deed was signed by the Archdeacon of Richmond concerning a Lady Chapel which had already been built by James Cowper a wealthy inhabitant of Sedbergh. James and his wife were to have free seats in the stalls made by him but no one else unless agreed by him, his heirs and the churchwardens. Anyone allowed had to pay a lump sum for the privilege and it could not be passed on. However, the chaplain and scholars celebrating the mass and anthem of Our Lady were to have free places. This is another piece of evidence suggesting that Lupton's school was functioning. Cowper's chapel seems to have been the present chancel and there are

two pieces of evidence in support of this. The school always sat in the present chancel during services until they ceased worshipping in the church. Also Margaret Wharton was the last of the local Cowpers and in her will dated 1735 she tried to safeguard the family quire by endowing it with the income from Swine Ridding but was thwarted by a piece of recent legislation. She was buried in front of the altar in the south aisle and her gravestone stayed there until 1920 when it was moved by the Uptons while founding their chapel.

The building and fittings for Lupton's schoolroom and Cowper's chapel meant that work and money came to Sedbergh. Also there was the prospect of boys from wealthy families coming to the school to spend money in the town and needing lodgings. Sedbergh was starting to prosper and so two lords of local manors decided to obtain a market charter. The first charter had been granted to Lady Alicia de Stavely in 1251 but the market had since died out. A second charter was granted by King Henry VIII on 6 January in the 17th year of his reign which was 1526 in modern dating. It was granted to Thomas Stanley who was Lord Montegle and William Parr for a market every Wednesday and two fairs a year. Unfortunately an error in a history society pamphlet resulted in the plaque on the town library wall giving the wrong date. Sedbergh School will be celebrating its quincentenary in 2025 and perhaps the town should celebrate theirs in 2026.

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SEDBERGH - THE SCHOOL AND CHURCH

Colin Cowperthwaite

This article is taken from an illustrated 'Handbook for the Visitor and Tourist', written by Frederic Riley during the 1930's.

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church. The chief point of interest passed on the way is its famous School, founded about the year 1527. It possesses a long and honourable history, many men of note having been educated within its walls: and of its pedagogues may be mentioned Hartley Coleridge, the poet, who was master here in 1838. Among the scholars of Sedbergh School who have risen to fame are Sir John Otway, the eminent Royalist (1620 - 93); John Dawson, mathematician (1734 - 1820); Dr Adam Sedgwick (1785 -1873); Sir John Lowther , first Lord Lonsdale (1650 - 1700); Dr John Hymers, founder of Hymers College, Hull; General E.J. Eyre, Governor of Jamaica during the negro rebellion (1815 - 1901); T. D. Watson, celebrated painter; B.E.O. Pain, novelist; H. Lowther Clarke,

and the eastern border country of Westmorland. Several dales radiate from the town, with good roads that will be appreciated by the motorist, while the tourist on foot has unbounded choice of mountain, moorland, and riverside walks.

The tourist coming from Dent by road enters Sedbergh near the



Archbishop of Melbourne; and Sir Francis Sharp Powell M.P.

The church of St. Andrew is Sedbergh's chief pride, and carries a history that dates back to the 12th century. Its square embattled tower has two Norman buttresses, and the building embodies examples of Early English, Decorated, and Perpendicular styles of architecture. Quaint carved heads form the dripstone terminations above many of the windows. Over the south porch is a sundial given by Braithwaite Otway



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Esq., of Ingmire Hall, whose memory is also perpetuated by a monument within the church, erected in 1744 by parishioners of Sedbergh in appreciation of his having defended their cause in a lawsuit respecting the unlawful enclosing of land.

The earliest tombstone in the churchyard is dated 1634. At the north side of the church is the headstone of John Dawson, a Garsdale worthy, who died in 1820. The grave of Canon Platt, a former vicar, who was greatly revered throughout the district, occupies a site where for centuries stood a yew tree under which George Fox is said to have preached.

The church contains a fine octagonal font of black marble, and also, on the south door, a poor-box dated 1633, and furnished with three locks. There is a beautiful five-light east window depicting the call of the patron saint of the church. A fragment of the old 15th century rood-screen, rescued from a neighbouring wood shed by the Rev. W. Thompson, is preserved in the vestry. The parish registers date from 1597.

CHARLES DOBSON AND ALICE

Karen Bruce Lockhart

Charles Dobson, known to history as Lewis Carroll, taught mathematics at Christ Church College in Oxford, where Alice's father Henry Liddell was Dean of the College. He first met the family on a train trip. Alice had four sisters and four brothers (and one who died early). He first made friends with Harry, Alice's elder brother, teaching him maths and rowing.

The story of Alice in Wonderland first came into being when Dobson took Alice and two of her sisters for a boat ride and told them a story. The children constantly clamoured to be told the story again, and eventually Dobson wrote it down and gave it to Alice as a birthday present. The next year he paid for it to be published, although it was in a shorter form than the story we now know. The original story was called Alice's Adventures Underground, and when he published it he thought of Alice's Hour in Elfland or Alice Among the Fairies, before he decided on In Wonderland

He employed Tenniel to do the illustrations, but when Tenniel saw how badly his drawings had been reproduced he was so upset that Dobson scrapped the entire edition and paid for it to be redone – which cost him half his salary. However, he need not have worried as when the story was finally printed in its present form it was a wild success, and anyway he got rid of the earlier version in America. The sequel, *Through the Looking Glass*, sold out in seven weeks. Queen Victoria loved it and suggested to Dobson that his

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next book should be dedicated to her – she may not have been pleased with the outcome as the next one was not *Alice Through the Looking Glass*, but a treatise on mathematics.

The original book was based on people, places and things the children were familiar with. Alice, of course, was herself. The mock turtle was a play on a popular soup made from lights or beef with brandy, sherry or wine in imitation of green turtle soup which was very expensive. The dodo in the story came from Dobson's nickname – he was said to have a slight stutter and to have occasionally introduced himself as Do-do-dobson. In the line "There was a Duck, and a Dodo a Lory and an Eagle" these were Alice, Dobson, and her sisters Lorina and Edith. In *The Looking Glass* there is an acrostic poem spelling out Alice's name

He was a keen photography and took many photos of the children. In

1864 there was some kind of fall out with the Liddells, and although he remained friends with the parents he never took the girls out again. He retired from teaching in 1881, and while visiting his sisters in 1898 he died of pneumonia,

Dobson was surprisingly commercial for the time about the advertising of the story and encouraged pictures of the drawing of Alice on such things as biscuit tins, and designed a postage stamp in her image. The book has never been out of print and has been translated into 176 languages.

Alice had to sell the copy of the story Dobson had given her to pay death duties. It went to America but was returned to Britain as a thank

you for fighting alongside the US in WW11. The original manuscript is kept in the British Library and is worth a huge sum, although what that is is not known. Once when it was taken over to New York for exhibition a customs official looked at the valuation given on the customs form and said: "Jeez, son, what have you got there, the crown jewels?"

Alice is rumoured to have fallen for Prince Leopold when he was at Oxford, but as she was a "commoner" the affair came to nothing. However, she named one of her children Leopold, and he had a daughter Alice. Alice married Reginald Hargreaves and had three sons, two of whom died in WW1. She died in 1932.

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SEDBERGH'S EARLY TELEPHONE NUMBERS

Colin Cowperthwaite

A few years ago I attempted to compile a list of all known telephone numbers in and around the town, up to Sedbergh 99. Below are my findings, not all of which are complete, but which may bring back some memories of local businesses for those of my generation ! It is interesting to note that some of the premises still in existence today have retained their original telephone numbers, albeit with three prefix digits.

1 T.H.Greasley, horse and dog breeder, Rawthey Bank (Marthwaite Smooth Fox Terriers)

4 G.Hall & Son, Greengrocers, Main Street - also Bull Hotel proprietors. (304 by 1962; Powells number is currently 20304).

5 White Hart Hotel (by 1962 the number was 205 - proprietor James Baker)

10 W.Dawson & Son, Coal Merchants, Sedbergh Station. (210 by 1962; currently 20210 - one of our few remaining businesses)

13 Edmondsons Grocers & Bakers, Main Street.

16 Jackson & Son Antiques, Main Street (M.D. Blacow & T.H. Greasley)

19 R.Metcalf, café, grocer & confectioner, 30 Main Street (in 1962 the number was 219)

22 Sedbergh Motor Company, Station Road (proprietor W. Hancock) - 322 by 1962, proprietor John Douglass.

25 Lupton House, Sedbergh School

28 Dr D. Scott Jackson, Briarwood, Highfield Road (218 in 1962)

30 Braithwaite & Sons, Central Garage (by 1962 the number was 230)

31 E.C. Leighton, butcher, Main Street - formerly T.Beaumont (by 1962 the no. was 431)

32 J.T. Capstick, butcher, Main Street (432 by 1962).

33 Red Lion Hotel (proprietor Fred Nelson). Currently 20433.

38 Martins Furnishers, Main Street (by 1962 the number was 400)

39 Dr Henry Thistlethwaite, Sun Lea, Joss Lane. (239 by 1962)

49 West Riding Laundries Ltd, Guldrey Lane.

60 Joseph M. Hall, Motor Engineer, Service Garage, Station Road (260 by 1962, prop. D. T. Close - currently 20260)

62 E. Powell, chemist, Main Street (by 1962 the number was 262)

64 The Bull Hotel (proprietor J.H.Bland) - 264 by 1962.

70 J.P. Lewis, chemist, 41 Main Street (by 1962 the number was 270)

71 N & S Croft, ladies & gents hairdressers, 9 Main Street.

74 M. Beckwith, ladies & childrens hairdresser, 4 Bainbridge Road.

79 Punch & Son, joiners, Main Street (T.A. Atkinson & C.W. Johnson)

84 M. & J. Lilley, ladies & childrens hairdressers, Finkle Street

87 Miss Hogben, riding lessons, Bowersyke, Killington.

91 Jack Braithwaite, builder, Station Road

97 W. Stainton, car hire, 93 Main Street (formerly of 4 The Folly)

99 Cynthia E. Whittaker, chiropodist, 5 Main Street.

THE HISTORY OF K SHOES **A presentation by Jean Turnbull**

Julie Leigh

There is evidence that shoemaking was a small-scale manufacturing industry in Mediaeval England. Over the next few centuries, the domestic production continued in areas where there was a reliable supply of local leather. However, with the onset of the Industrial Revolution, shoemaking expanded across the country. By the Nineteenth Century, Northampton, with its large cattle market and central position in the Midlands had become its focus and factory production had superseded the cottage industry of earlier times. Thereafter, Kendal was one of a host of towns where factory shoe manufacture was established.

In her opening comments Jean described how the Somervell Brothers, had established a leather business in Kendal in 1842. This had developed into shoe manufacturing from the 1860s and they registered their trademark 'K Shoes' in 1875. Their first factory was built close to Netherfield Bridge and rapid expansion of the firm followed. Jean's inclusion of extracts from a Kendal Oral History Group archive conveyed a sense of immediacy to her topic. A series of personal experiences and reminiscences combined to give an overview of the lives of the employees.

For example, in one of the first extracts the daughter of a K Shoes worker in the early twentieth century talked about the sacking of her father for his union involvement two days before her birth.

We heard a series of K Shoes personnel outlining their jobs in the shoe manufacturing process. 'Jonathan', born in 1915, talked of the camaraderie in the 'Preparing Room' where the hide was given an initial treatment before shoe manufacture could commence. Colin Campbell worked in the 'Closing Room' and described how the shoes were assembled as the seams were sewn together. Mr. Knights recalled that as a lad of 14, his job was to stamp sizes on the insoles of shoes. Ethel Proctor was involved in tying shoelaces and labeling boxes. When questioned about her treatment, she responded 'The bosses were good to us'.

The outbreak of war in 1914 had brought considerable change to the

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factory. Widespread conscription left a work force which was mainly composed of older men, youths and women who could leave their children in the nursery. The main output consisted of army and flying boots.

After 1918, K Shoes underwent huge expansion. Over the years manufacturing spread to other parts of the county and overseas trade multiplied. By the 1960s, 20 per cent of the Kendal working population (estimated at about 2,000 people) was with K Shoes which was the largest employer in Westmorland. A further selection of the oral extracts that Jean had selected gave an idea of the varied social activities enjoyed by the workers which included many different sports and trips as well as an annual fete and a procession

through the town. Remnants of this provision have remained to this day.

The fortunes of K shoes fluctuated during the latter years of the twentieth century. They were affected by a variety of factors, not least the escalating cost of leather which led to competition with firms selling mass produced cheap footwear. Gradually, K Shoes reduced its production and its workforce. Eventually it entered a merger with C. and J. Clark Limited.

Sadly, however, the demise was inevitable, and the last K Shoes came off the production line on the second of May in 2003.

Thanks are due to Jean Turnbull for such an interesting introduction to such an important national footwear company.



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SPRING WATCH

By: *Suzanne Baxter*

Grey sky envelopes us,
And fog dampens down the sound,
But bursting upward, green shoots
appear
From well below the ground.

Snowdrop clumps in hedgerows
found, just appearing from the
ground,
Their heads hang down, and bob and
sway,
Winds make them dance around.

Green fields are dotted with pure
white,
Proud mums with young lambs, in
view,
They jump and dance, what a delight,
Not only for me, but you too.

It must be true, Springs on its way,
Days lengthen as we speak,
We watch the clock as daylight
hours,
Grow longer, week by week.

WILD GARSDALE PIKE: A Youth Led Environment Project

Rosey Grandage

Two years ago, as I was starting
out on my youth led environmental
adventure in Garsdale, I wrote an
article for Lookaround. At the time I
had two objectives – one to form a
Youth Leadership group to work with
me to explore, plan and implement
nature friendly changes to the land
and two to set up a charity to run the
project. Now, I'm back with an
update.

From April 2021 to November last
year, we had a youth leadership
group running run jointly with Action
for Conservation, based in
Manchester. This was formed of
around 20 young people from both
the local area and north-western
cities. Since November the group has
been organised by my newly formed
charity Wild Garsdale Pike. Wild
Garsdale Pike aims to enrich the

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environment of Garsdale Pike, and the wider landscape, by supporting its return to nature; and to empower and expand the horizons of young people through their inclusion in this process.

Over the two years we have met with lots of experts and undertaken a small mountain of survey work so that we know the current state of the land and its biodiversity in intricate detail. Having this information is vital to monitor changes going forward. To put our work in context and learn about the wider landscape, community and history we have also visited neighbouring farms and conservation projects. Together we have decided on the areas we need

to focus on first, which include trialling some tree planting on the pastures and blocking the grips (drainage channels) up on the blanket bog to allow the amazing bog ecosystem and peat to regenerate.

This may well be supported by targeted conservation grazing, possibly with pigs and cattle.

Everything we do is driven by research, exploration and trialling different solutions. We have had a huge amount of support from other local conservation experts and organisations including Yorkshire Dales National Park, Cumbria Wildlife Trust, Woodland Trust, Footprint Forestry and Cumbria, Lancaster and Leeds Universities.



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Here are some grassroots views of the project and what we have been doing from members of our Youth Steering Group:

'Being part of the Wild Garsdale Pike Project is important to me because it has enabled me to engage with the environment and also other like-minded people who share similar interests to me. It's helped me gain survey skills, identification skills and also helped me gain more confidence talking to new people who have been part of the group.' Vicky Woof

'I have been involved in the project for a couple of years now, Garsdale Pike gave me such an amazing opportunity to work with so many likeminded young people, Rosey, the

trustees and the wider community for us all to work together to create our vision for the land. This is also a really exciting project as we are youth led and we are protecting our future and we hope that our action on our land is helping towards that future goal. We have done so many things so far including lots of different surveys which will allow us to get a baseline for what we already have on the land and to see where we can improve things like the ecosystems and the biodiversity.' Isabella Park

'The Wild Garsdale Pike Youth Steering Group is a group full of such innovative minds. I would say that one of the most important things about us is that we are all working

together collectively to achieve the same goal, altogether we support one another and everyone has a chance to have their voice heard. I have been part of quite a lot of things during my 15 years on this earth, but nothing is quite like the community that Wild Garsdale Pike has created.' Tamar Okunhon

As we move forward we are aiming to grow our Youth Steering Group and are looking for new members aged 13 – 24yrs who are passionate about conservation and making a difference to their local environment. As you have heard from our members, Wild Garsdale Pike is a project that young people can really take ownership of; to enact positive change for both the local area, the wider landscape, our amazing planet and themselves. If you or someone you know is interested, please do get in touch (contact details below)

As well as our YSG we have enjoyed other groups visiting the site and helping us with our survey work, including Green Lancaster and the YDNP Up Skill Down Dale programme. We welcome connections with other local groups, so do get in touch if you're interested in setting up a visit or helping out with the work that we're doing.

Wild Garsdale Pike is now led by a team of five trustees, who work closely with the Youth Steering Group, you can find out more about us and what our progress on our website.

info@wildgarsdalepike.org.uk

www.wildgarsdalepike.org.uk

Follow us on Instagram:

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CHRISTIAN AID IN SEDBERGH AND DISTRICT

Anne Pitt,

on behalf of the committee

On Wednesday 8th of March we are holding our first Coffee Morning of the year at St Andrew's Church, Sedbergh starting at 9.30am, and would really appreciate your support. Christian Aid is a major agency involved in the DEC (Disasters Emergency Committee) and its appeals, reacting swiftly to the needs caused by disasters around the world such as, currently, the Turkey Syria Earthquake appeal. In the year 2021 to 2022 supporters raised £7 million in response to such devastating situations. It continues to support people in those crisis places when their particular need disappears from the headlines, keeping in mind and action those who have gone out of sight. People like the millions across East Africa affected by the worst drought in 40 years creating disastrous famine conditions, and the Rohingya people, especially the refugee children in refugee camps, having fled Myanmar and its brutal regime.

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Apart from the disaster appeals, last year Christian Aid reached 1.4 million people in need by their humanitarian programmes, and implemented 257 projects in 14 countries. It works at grass roots levels in local communities aiding self help projects facilitating local people to build, and develop their communities. It is our type of local fundraising which enables these activities and examples of people, who have been helped, can be found on Christian Aid's website www.christianaid.org.uk. Nibabo in East Africa is one of them who can now have access to water which is safe, because of a water point installed by Christian Aid.

Following our March Coffee Morning we will be continuing our fundraising during Christian Aid Week, which takes place from the 14th to 20th May. If you'd like to give us a hand with our activities then have a chat with us at the coffee morning.



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HILL FARMING GRANTS PROGRAMME EXTENDED

Yorkshire Dales Park

A grants programme supporting farmers in the Yorkshire Dales National Park is to be extended by one year. 'Farming in Protected Landscapes' was due to end after three years in March 2024.

Today the Department for Environment, Food and Rural Affairs (Defra) said that owing to the success of the programme so far, it would provide additional funding until March 2025 (see page 41 of its Environmental Improvement Plan).

The Yorkshire Dales National Park Authority administers the programme in the Yorkshire Dales National Park. In the 18 months of its operation, the Authority has granted a total of £1.4 million through 104 agreements.

One of the outstanding projects to receive a Farming in Protected Landscapes grant is being run by the Orton Fells Farm Cluster Group in the Westmorland Dales part of the National Park. The group has used a grant to develop a local nature recovery plan and run a host of engagement activities such as school visits to farms.

Jane Lane, the Chair of the Orton Fells Farm Cluster Group, said: "We are so grateful for the support which the Orton Fells Farm Cluster has received through the Farming in a Protected Landscape programme and we are delighted to hear that the funding programme has been extended.

"Our original goal was to work together to protect our community and environment. Getting a better

understanding of our agricultural management practices has enabled us to focus on combining the best of modern and traditional farming practices to ensure we produce healthy food alongside creating a rich biodiverse network across our farmed landscape.

“The Farming in Protected Landscapes programme has also allowed us to welcome school pupils, students, other farmers and members of our communities onto our farms to discuss and learn how nature can thrive and flourish alongside farming and food production.”

Member Champion for the Natural Environment at the Yorkshire Dales National Park Authority, Mark Corner, said: “Being asked to administer the Farming in Protected Landscapes programme was an exciting new challenge for the Authority. It has given us a great opportunity to support farmers as they lead the response to the climate and nature emergencies.

“Defra’s announcement gives us another piece of good news to take into the farming meetings we are holding at five venues across the National Park in February. Farmers can use a Farming in Protected



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Landscapes grant to fund projects that will put them in a better position to earn money from the Environmental Land Management schemes that Defra is introducing.

“It’s our job to help local people to conserve and enhance the things that make the landscape of the Yorkshire Dales National Park so special. Having the Farming in Protected Landscapes programme for another year will help us to do just that.”

For more information on the Orton Fells Farm Cluster Group, see www.ortonfellsfarmcluster.co.uk or their social media posts using @FellsOrton and #ortonfellscluster





WALKING PILGRIMS

Anne Pitt

Looking through the diary page of the Lookaround or elsewhere you may have noticed reference to the Walking Pilgrim group in Sedbergh who generally walk on the first and third Wednesday mornings of each month, apart from some breaks during school holidays, and wondered who they are and what they do. It is a locally adapted version of the larger Mountain Pilgrims movement which is an emerging community of people that seek to re-imagine the mountain experience. Mountain Pilgrims meet outdoors to discover the 'thin spaces'. Here our Walking Pilgrims meet up outside the Library at 9.15am and go off for a gentle local low level walk for about an hour and a half to 2 hours. The leader of the walk will initially introduce a focus topic or theme

which can be reflected on and developed by them and the group during the course of the ramble. The theme can arise from a thought, a piece of writing, prose or poem, secular or religious. We enjoy taking time to be quiet and take in our surroundings and exchange and ponder ideas that arise.

Anyone is welcome to come along – you just need to be able to cope with the terrain which really needs sturdy footwear e.g. walking boots, walking poles/sticks if appropriate, and often a waterproof. Carrying a drink is helpful in hot weather but we try to return in time for the Coffee Morning in St Andrew's Church. For any further information contact 07527 728 256 or walkingpilgrims@westerndales.org.uk

Our walks in March are on the 1st and 15th, and in the Easter school break we are having a family walk on the 5th April and will be involved on the Easter Sunday Dawn service on the top of Winder (definitely good to bring a warm drink and clothing with you for that and a torch for when you head up as people going find their own way up and down).

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FAMILY MUSINGS

Sarah Woof

We continued being unwell in February which was something of a nuisance, little grandchildren came to play full of colds and coughs so at least we were in good company.

At last, we ALL got together for our family gathering and managed a photo of the occasion, other photos were taken of all the grandchildren who were so happy to all be together. These family times are both precious and important. We know how blessed we are to share them.

Gardening has begun once more, clipping back and weeding, still the threat of frost so not pruning Roses as yet. One day the garden was a hive of activity as one grandson decided to build a den using lengths of willow from the tidied dome. His plans were quite ambitious and involved a gate and a wall amongst other things. Then after a few days of borrowing my tools it all got forgotten although I am sure he will try again. I tried to hide my saw, only a small one, but it got found and used.

Auntie Rose spent Christmas in hospital following a fall and at present

is in a care home in Kendal, visiting her takes a bit more organisation than just popping in locally and having colds and coughs have prevented visits. But she is fine and everyone very kind but it's not home.

As I write this, it is Valentine's day, I get one card every year without fail and its not from my husband.. it's from the Donkey sanctuary Donkey I sponsor.

For years it was Billy-O but he has moved to Devon with his best friend so now I sponsor Tat, so my card this year has come from 'old Tat', and is very much appreciated. Cards and gifts and flowers have been known to arrive over the years but without the excited anticipation of youth. At boarding school some girls were so upset when the expected cards failed to arrive from boyfriends 'back home', one girl even ran away to phone her bf and ask him why he not sent a card, all seemed a bit extreme to me but I always got one anyway which seemed to cause a big fuss from the other girls and I never let on it was from my Dad! That was before the song " I loved her first".

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JANUARY WEATHER

Brian Wright

Once again a rather wet month! We had 245mm (9.59") of precipitation, of which 130.6mm (5.5") fell in the second week. Winds were variable and generally coming from the usual north westerly direction. Many days seemed to start calm until the sun got going. Temperatures were slightly above the expected norm for the time of year, though we did see the odd overnight frost.

The muddy ground, as a result of all the rainfall, has created problems especially trying to get, up pushing it as the tyres cannot get a grip in the mud. Even this weather the sheep

are fairly desperate to drink. This is, no doubt, due to their diet of dry proven and hay, as they cannot find much grass at this time of the year.

We have not seen, or heard, much of the owls recently. Once again there has been little activity at the feeding station. I am only filling up the seed about once a week instead of daily as previously. Even the collared doves and wood pigeons have been rare visitors. We have got a cock thrush singing again but, as yet, not as persistently as usual. "Our" robin has been chasing another around occasionally, so let's hope they are getting ready to nest.



SEDBERGH RED SQUIRRELS

Karen Hopps

Catching sight of the distinctive copper fur of the red squirrel is a special moment. The tail is distinctive, of course, and where the name 'squirrel' likely comes from, possibly stemming from a word meaning 'shade tail' in ancient Greek. The original 'Squirrel Nutkin' of Beatrix Potter fame, is one of our favourite British mammals, but it is declining in numbers, and classified as an endangered species.

The highly adaptable, and slightly more adventurous) grey squirrel gets a lot of bad press about the red's decline, but we cannot entirely blame the greys. The latter is not indigenous to Britain, whereas the red squirrel is,

but with its introduction to this country back in the 1870s, the grey squirrel has thrived while the red has slowly, and steadily fallen in numbers. The same is true in Italy where, in 1948 just 2 pairs of grey squirrels escaped captivity and, now, the surrounding population of red squirrels is in dangerous decline.

Why the decline?

A combination of complex factors have come together over the last 150 years or so, to stack the odds against the smaller native red:

The red squirrel is not as well as adapted for survival as the grey. As red squirrels don't hibernate, their stashes of winter supplies, which they've hidden during the warmer months are crucial to their survival.

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But their spatial memory isn't as accurate as the grey's, which means they're not as good at remembering where they've hidden their winter food reserves.

The erosion of the red squirrels' preferred habitat by man is, also, partly to blame and while the grey squirrel can survive with a density of up to 8 squirrels per hectare of woodland, a red squirrel struggles to compete with a preferred density of population of 1 per hectare in broadleaved woodland, or 0.1 per hectare in coniferous woodland.

When put under pressure, due to challenging environments or scarcity of food, red squirrels don't breed as easily as greys.

Unfortunately, grey squirrels carry the squirrel Parapox virus. It's a bit like rabbit Myxomatosis for squirrels and, whilst, it doesn't seem to harm the greys, it kills the reds. Between 1900 and 1920, just a few decades after the arrival of the greys in this country, the reds were almost wiped out by the virus.

One last point although, maybe, not relevant to us here in Sedbergh now, because of their beautiful coats, red squirrels were hunted right up until 1927, and in other parts of Europe they still are.

Unfortunately, the Sedbergh area has had a red squirrel with the virus parapox, deadly to our native reds. Only one has been found, but there are bound to be more which have

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died out in the wild. So, we are all holding our breath that come a warm mid- January day, when mating season often starts, we and hopefully you, can observe the red squirrels chasing each other through the branches!

Here in the Sedbergh area reds are outnumbered by the thriving grey population moving up from areas south of us, nevertheless, with help from our volunteers they are just about holding their own. But it is a constant pressure and we need your help, so please become a member for just £10 a year.

Email: membersedberghredsquirrel100@gmail.com

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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

On the 8th February we heard from Amnon, our swift colleague in Israel, that his first swifts had arrived in Tel-Aviv. Israel is the most southerly breeding region of the Common Swift, they arrive and breed there the earliest and depart in June.

Apparently, there had been a fierce and most unseasonable storm raging for a few days. He wrote: 'we heard their long awaited calls, but could not see them through the low & heavy clouds, and the hail that the storm decided to send'. How true it is that it's the screaming calls of the swifts that first alerts us to their presence. As another swift friend wrote: 'We

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always look forward to your first sightings Amnon, for me they start the countdown!

Last year was an excellent year at Lowgill for swifts. We were delighted to find that that we had 5 new pairs, bringing the total in our colony to 34. Half of these are in 'natural' nest sites in the eaves, the rest are in internal nest bricks and boxes. There are cameras in 18 occupied nest sites, and we will be installing a further two this year for the new pairs. Last year one of the new pairs was in an accessible site and we established that they laid 2 eggs and the chicks successfully fledged. The others were just roosting. They came in to the nest each night but spent most of the day out feeding, and joining in screaming parties. Roosting pairs are probably 3 year-old birds that are not yet ready to breed, but bond as a prelude to breeding the following year. They often start to build a rudimentary nest even though they don't lay eggs. We are waiting anxiously for their safe return. Some of our nest sites in the eaves are inaccessible for cameras, and the only way we can establish occupancy

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of these is by very patiently watching the nest hole.

March is going to be a busy month for us. We give a lot of talks about swifts, not just in the north-west but all over the country, illustrating the lives of swifts with film clips from our cameras in the nest sites. We have 5 talks booked in the space of only 10 days, in Cumbria, Staffordshire, Yorkshire and Cheshire! We are especially heartened when people in the audience are enthused to set up their own swift group. We hope that by describing the amazing life of swifts and the threats they face, and explaining what our group has been doing in Sedbergh, it will prove to be a stimulus for others to follow suit. At Leighton Moss we have been invited once again by the RSPB to spend a morning with the younger generation of birders, now called Young Explorers.

Sadly, swifts are now red-listed as birds of serious conservation concern. However, swifts are birds that we CAN help. As we have written many times, it is blocking of entrance holes when houses are renovated. that is the

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major reason for the loss of nest sites, and the decline in swifts. We can do our best to compensate for this by providing alternatives, nest boxes and integral nest bricks, as we have shown at Lowgill.

We can supply boxes and calling systems, and advise on nest bricks. Pass this message on to friends and neighbours and, especially, if their house is scaffolded for building or decorating work, making the installation easy. Let's all do our best to help our swifts and make Sedbergh and the surrounding area, once again, a haven for swifts.

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

SEDBERGH W.I.

Moira Folks

Our energetic walkers begin this month's report, for which I thank Anne Pitt: 'The walking group started their 2023 programme in late January with a gentle morning warm-up, strolling along Scout Scar to the west of Kendal on one of the very best weather days of the month. We were treated to a bright sunny morning with excellent views across the Lyth Valley to Morecambe Bay and the Lake District fells. Following our mild exertions, we drove down to the Wheatsheaf Inn at Brigsteer to enjoy a light lunch and more stimulating conversation amongst ourselves.'

On February 2nd, Valerie's Craft and Chat group celebrated Candlemas Day, which falls 40 days after Christmas: the traditional end of the Christmas season when all decorations should be taken down, much older than the current practice of taking decorations down by Twelfth Night. The practice dates from medieval times when Candlemas marked the time that candles to be used in church for the year ahead would be blessed. One of the crafts, that Valerie had prepared for us, was making candleholders in jam jars to be decorated on the outside with designs, cut out of tissue paper in different colours. Then these were glued on the outside, making a stained-glass window effect when the tealight inside is lit. Some of us made greetings cards with cut-out snowdrops, the earliest flower of spring, glued onto card and, possibly, a poem attached inside. Lynda was knitting a blanket for her next

grandchild, not long to go before the baby arrives. Chris Williams worked hard on her circular design rag rug. Tea and cake and more chat finished off an enjoyable afternoon.

In the Cornerstone Church Hall on 8th February, we were pleased to welcome back Richard Chambers, who in autumn 2021 had talked to us about his experiences of taking part in the 2004 'Marathon des Sables' in the Moroccan part of the Sahara Desert, an ultra-marathon of about 150 miles, run over 7 days, where competitors had to carry a compass to find their way over sand dunes, because there was no fixed path. Richard's photos of 'Running around Mont Blanc' could not have been more different: stunning green

valleys, snow on the peaks and narrow rocky paths, instead of sand and gravel everywhere. Starting in the Alps of eastern France at Chamonix-Mont-Blanc, the major ski resort and popular summer holiday centre, the North Face Ultra Trail of the Tour du Mont-Blanc follows footpaths for 104 miles, including over 9,000 metres of climbing. This must be undertaken non-stop within 104 hours! Richard accomplished this in less than 38 hours in August 2007. The winner, an Italian, finished in under 22 hours, an average speed of nearly 5mph over gruelling terrain. Out of 2,500 runners who started the trail that year, only 1,437 finished, so 'Bravo!' to Richard. The compensations of running this difficult

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route in summer weather are the fantastic views all around, views which Richard was not able to photograph on his competitive run, but was able to do so on subsequent visits to the Trail, first with a friend and later with his wife, on a much less hurried circuit. We had the benefit of those beautiful photos without the stress, pain and blisters, that Richard had encountered on his marathon run. Richard also showed us professional photos of where the route ran up and down and between mountains, so we could easily appreciate the difficult terrain. 'You have to have a mindset for ups and downs!' said Richard. Although the route starts and finishes in France, from Chamonix it goes southwest to

Les Houches and Contamines, before crossing the Italian border to the south of Mont Blanc (height 4808 metres) to the ski resort of Courmayeur, the halfway point, where the runners could have showers and breakfast, but no rest. It then follows the Val Ferret with gentle Alpine scenery and over the Grand Col de Ferret (2537 metres) into Switzerland, and towards Champex, the big checkpoint with food available. By Saturday night, his second without sleep, the race had started on Friday at 6pm, Richard was fighting hallucinations, and other runners were falling asleep on the path! By 2am, Richard was back in France and thought he heard he had just six km still to run, in fact, it was



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sixteen km! It was also his 60th birthday and when his proud wife and family met him at the finishing point, they had a surprise for him. They had organised a surprise birthday party to celebrate, not only his 60th birthday but, also, his great achievement in completing the run. He would probably have preferred to collapse in bed and sleep round the clock, but managed to celebrate with his family instead. Megan Taylor thanked Richard for his entertaining talk.

The book club met at Sandra Kemp's home on February 9th to discuss a book of poems by Jacob Polley, a Cumbrian author, born in Bowness-on-Solway near Carlisle in 1975. 'The Brink', Polley's first collection of poems, was published in 2003. He has had the distinction of being Poet-in-Residence at the Wordsworth Trust in Grasmere and has published three more poetry collections, a play and a novel, and received literary awards. He is now Professor of Creative Writing at the University of Newcastle-upon-Tyne. Many poems in this collection reflect Polley's childhood memories of playing in the local stream, or finding

wrecked fishing boats washed ashore; the coal fire at home, and heavy snowfall on the Cumbrian mountains. There are many striking images which remain with you. Then there are moving poems like 'Declaration', referring to the Declaration of World War Two on September 3rd, 1939, which are probably part of his family's memories, rather than his own; when Britain saw no actual war for eight months or so, but blackouts were enforced, and signposts removed in preparation for an invasion. There was a very mixed reaction to the poems, which are written in blank verse, and not so immediately accessible, and understandable as rhyming verse. They repaid closer inspection, though, so average scores varied from 4 to 8/10, averaging about 6.

Our next meeting on Wednesday, March 8th at 7.30pm will be back in our normal venue, the People's Hall committee room. We shall be holding our Annual Meeting for appointment of officers and committee, and reviewing our activities since January 2022, reminding ourselves of all we've seen, done and learnt, and the fun we've shared over the past 15 months in our friendly WI. Members are all reminded to bring along a small plate of finger food to share with the group in our sociable Jacob's Join, following the meeting. We welcome new members and guests. For further information, please contact our President, Ellen Morrison, on 07702 919745.

theWI
INSPIRING WOMEN

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

We met at Firbank Hall on February 2nd.

Sarah gave a warm welcome to members and Anne and Maggie our speakers who were ready to tell us all about Boccia a game of strategy and skill which is suitable for all ages and abilities, and which is played indoors with soft leather balls

We were split into two teams and remained seated. Each team had six balls blue or red plus one white Jack ball. The aim is to get the greatest number of balls closest to the jack.

The winners were the blues. We were all hooked and were invited to attend a boccia class with Ann and Maggie.

Pauline expressed thanks for a fun evening. We all enjoyed it.

Moving on we were given the titles of the four subjects and were asked to select from the four, the resolution we would most like to see go forward. We selected clean rivers for people and wildlife. Our selection has been returned to the federation office.

The competition for a favourite candle was won by Ann Kendal with Liz Moore second.

We meet again on March 2nd when Val Reynolds takes us behind the scenes at the Chelsea Flower show.

Do join us at Firbank Church Hall at 7.30. Visitors and new members welcome.

KILLINGTON W.I.

The Afternoon WI for the Entire District

Wendy Frazer-Urquart

How lovely to have our meeting on a sunny day. Let's hope that all our meetings this year will have the same good fortune. A splendid turnout of members was the result to hear a most interesting talk about National Parks given by Malcolm Petyt who himself had been a government appointed member of our own Yorkshire Dales Committee. I wonder how many of you feel the thrill that I do as you pass the notice at the top of Scots Jean's Hill, telling us that we are entering our own National Park. We are so lucky to live here.

The world's first National Park was Yellowstone which was created in 1872, in a wonderful, wilderness area of the USA. It was not until the 1930s that the first National Park, the Peak District, was established in Britain.



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Since then many more have been established in varied areas of our country, the most recent being in the South Downs and Weald of Southern England. The stated purpose of National Parks is to conserve and enhance nature, and cultural heritage of the area. Malcolm's talk drew together so many aspects of the aim and conflicts of our country life. I had the pleasure of proposing our heartfelt thanks to him.

After our tea we progressed to our usual business meeting. Today we had to vote on which resolution the National Women's Institute should support for the coming year. Of four previously selected matters we, at Killington WI, selected, by a considerable majority, 'CLEAN

RIVERS FOR PEOPLE AND WILDLIFE'.—Water quality in our rivers is shameful. Legally, designated bathing waters must be regularly monitored for pollution. The NFWI urges its members, the wider public, local authorities and Government to make, support and promote applications for official designated bathing sites on stretches of rivers in their area. This will be as instrumental to the clean-up of rivers as it has been for water quality improvements at coastal beaches.' We did not think that this resolution was anything like strong enough, and continue to be ashamed that the Sedbergh sewage works is one of the most polluting in the country. All of our rivers should be fit to swim in. We looked back at happy activities over the past month. Our 'lunch gang' had enjoyed an outing to The Cross Keys, and look forward to Wilf's Café at Staveley this week. I have lived here for 25years and have never been, so blame me. Each Monday morning, we meet to 'Knit or Not, but certainly to Natter'. Birthday congratulations went to Avril, Susan, Anne and Alison, but no zeros this month so only ordinary cake today [as if any Killington WI cake could be 'ordinary'] Our competition for 'A picture of a footpath', was won by Joan Perkins with a wandering, barefoot infant. Lavinia M. won the raffle. Our next meeting will be at 2-00pm on Tuesday 14th March, 2023, at the People's Hall. Our speaker will be David Ratcliffe whose subject is 'My Extra Marital Affair'. Who knows what we shall hear? The competition is, 'A Pair of Something'. Do come and be entertained!

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DENTDALE W.I.

Thelma Belfield

Following the successful and interesting discussion on the 2023 Resolutions in January, our February meeting the subject could not have been more different. Our guest speaker was Becca Gilbert and the title of her talk was 'Baking bread – and other things! However more about that later. We began our meeting discussing current matters happening within our group. Jackie our president welcomed everyone including four visitors and Rita C accompanied us on the piano in singing Jerusalem. Not all Wi groups continue with this tradition in these ever changing times, but here in

Dentdale we feel it provides a sense of unity and so we continue to sing.

The first and most important matter on the agenda was our imminent 80th Anniversary celebrations – our group will be 80 years old in March 2023. All preparations are ready, the food and wine ordered, invitations have been sent out and accepted and entertainment is booked. Months of planning have come together and we are all looking forward to this very important milestone on our calendar. March also sees another Dentdale tradition, the Dentdale Run and this year all the usual arrangements are in place. Many of our members provide help in preparing the teas for all the runners after the race, providing endless cups of tea,



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washing up hundreds of mugs and most importantly baking bumper amounts of home made cakes for the runners. Rita S our hardworking secretary encouraged as many of us as possible to either help with preparations on the day and / or provide the home made cakes and scones. An opportunity to attend the Federation Spring AGM was offered and in the absence of any volunteers, President Jackie and Rita S agreed to go. Jackie then updated us on the Green issues currently needing

attention, firstly seeking volunteers to tend the newly planted tree and also sharing plans for the production of a waste recycling leaflet later in the year. Two final items of were brought to our attention by members Alice and Rita C - firstly Alice reported that the Western Dale's Bus service is at serious risk at being reduced due to low usage. The reduction in rural bus services is currently a national concern and the importance of maintaining a service cannot be underestimated. The old adage ' USE IT OR LOSE IT' was never more appropriate. The second issue at stake is our local outreach Library service which since Covid restrictions closed it down in 2020 despite its reopening in 2022 it has failed to return to its normal popular usage. Since its inception the library has been not only a lending library facility but also a social hub and a library facility for our local school children. These two concerns are closely related, if we lose both the weekly bus service and the library a significant number of residents will be adversely affected, not only confined to the village if they do not drive but also deprived of an important leisure pursuit , it was agreed that we must make a special effort ourselves and encourage others to use both these services.

Finally, business completed Jackie welcomed and introduced Becca Gilbert. Many people will know Becca as the newly appointed Rural Pioneer Minister to the Western Dales Mission Community with a special responsibility for promoting evangelism within the rural farming



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community. The question here is what is the connection between these very important duties and baking bread. Primarily, Becca enjoys making bread finding peace and relaxation in the process. We had all expected Becca to tell us all about making bread, maybe even a demonstration and hopefully a tasting of newly baked bread at the end. Instead we found ourselves in groups of 4 or 5 making the bread ourselves. Becca began her talk by giving us a brief history of her life to date. She was born in Lancashire in Blackpool and spent the early part of her life there. As a young girl whose family were not necessarily a church going family, she herself developed an interest in the Christian church and subsequently was accepted for theological training resulting in her being ordained into the Anglican church in 2010 and commencing her first ministry in Ely in Cambridgeshire. Becca had come well, prepared for bread making, with mixing bowls, measuring jugs and ingredients all previously weighed and ready to mix. However she had a very subtle way of combining bread making with encouraging us to relate our lives to the process by stopping periodically and applying the different stages of making the bread to ourselves. She referred to the gathering together of the ingredients as comparable with actually 'gathering together socially with others and the positive impact this has on our lives. Similarly, when we had mixed our ingredients together, she encouraged us to let the dough 'rest' and again asked us to consider



the effect that taking time in our own busy lives to rest and enjoy just being in the moment. Finally, when we were kneading the dough and shaping it, Becca suggested we shared personal life experiences to explore how our lives were shaped by individual circumstances. It was a most interesting and stimulating experience changing an almost mundane process of baking bread into an opportunity to think about our lives, how gathering together as a group, reflecting on our life experiences and taking time out to rest and enjoy life all contribute to our own individual wellbeing. The title of her presentation – Making bread & other things was very apt and it is the other things that made this experience special. There is no doubt that in future, each time I switch on my bread making machine (yes I'm afraid I do it the easier way these days) I shall remember Becca Gilbert and her method of making bread and continue to gather together with my friends and family, take time to 'smell the roses and think about life and hopefully this will contribute to a greater sense of self wellbeing.

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As I'm very fond of saying, we do enjoy so many very different subjects from our WI programme throughout the year and this month was no exception. We ended our evening as always with tea and homemade biscuits (Marjorie you are star – those biscuits are delicious) .

The competition was judged by Becca, this month it was for an item of interest starting with the letter 'B'. Entries included a rather severe looking Buddha, a beautifully handed crafted wooden boat and a Badgers skull! The winner was Vanessa with her 'book from the trenches'. It was Vanessa's lucky night as she also won a raffle prize. Alice was also a lucky raffle prize winner.

Our March meeting is of course our 80th Anniversary celebration but looking forward to April when we will be hearing about 'The history of the humble sewing needle ' from Marjorie Bidgway. Put the date in your diary, it's bound to be interesting- and you will be very welcome and get to taste one of our Marjorie's fabulous biscuits. Looking forward to seeing you.

SEDBERGH PARISH COUNCIL

*Janey Hassam
Clerk to the Council*

The Council held an extra meeting at 5.30pm on Monday 13th February 2023 at the Parish Council offices, 72 Main Street, Sedbergh. With its normal monthly meeting scheduled at 7.30pm on Thursday 23rd February 2023, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next meeting is scheduled Thursday 13th April 2023 (no meeting in March).

Parish Council Precept

Members had received an updated Precept letter from South Lakeland District Council (now to include a Parish grant from Westmorland and Furness Council). Members resolved to approve the amended request, now inclusive of an additional £1706.52 Parish grant.

As the normal monthly Parish Council meeting had been rescheduled for Thursday 23rd February 2023, it was too late to complete a further report for this month's Lookaround.



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A report will follow in April, however, if you have any queries in the meantime please do contact Sedbergh Parish Council, email at clerk@sedberghparishcouncil.org.uk or call into the office. As always, Members of the public are welcome to attend meetings of the Parish Council and dates are available on the Parish Council website and their notice board (Main Street, Sedbergh)

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 also available online at www.sedberghparishcouncil.org.uk

TIM'S COLUMN

Tim Farron MP

Firstly, a massive thank you to everyone who sponsored my January running challenge. On January 1st I set out with a plan to run every day in the month to raise money for Wave Forward, a charity based in Kendal offering support to young people in South Cumbria experiencing mental health challenges. Not only did I manage to run every day, I smashed the 100km distance target I set myself and ran 383km (just shy of 200 miles) over the month, but best of all, when I last looked, I had raised just under £5,000 for Wave Forward. If you would like to add a little more money to the total, possibly even

taking it over the £5,000 mark, it's not too late, you simply find my Facebook page, scroll through my posts until you find the one about the challenge and follow the links.

When not pounding the lanes of South Cumbria or the streets of London I have been busy with quite a few things over the past month.

The quality of the health care we are getting in our area continues to be a big worry. The most recent figures I have seen showed that over a month nearly 700 people waited over 12 hours to be seen at A&E in the hospitals run by our local hospital trust. The number of people waiting more than 12 hours more than tripled between last year and the year before. Just under half of people who are diagnosed with cancer around here have to wait over 2 months for their first treatment. The list of things going wrong just goes on and on. What makes it worse is that I worry that the Government just doesn't seem to care. I was privileged to spend some time on the picket line at Westmorland General Hospital supporting the nurses who were striking to get the Government to take the problems faced by the NHS more

seriously. I will continue to give my support to their action in whatever way I can.

Farming has been the other issue I have been working on. I broadly support the principles under-lying the Government's Environmental Land Management Scheme and the transition payments being made to farmers but, as I pointed out to the minister in Parliament the other day, the way that they are being implemented at the moment badly lets us all down. Upland farmers will see their payments from the Government fall by nearly 60% which will inevitably lead to even more farmers selling up and the look of our fells changing for the worse.

I have also written to the Secretary of State at Defra asking her to ensure that the new scheme also ensures that farmers are paid for producing food. Under the current proposals landowners could be paid for simply leaving fields unfarmed. At a time when the vulnerability of our food supply chains is so obvious and we import 40% of our food this seems to me to be mad.

Added to this I've also been pressing the Government to make the £2 cap on bus fares permanent and I was particularly pleased to be offered the chance to meet with a Government minister to discuss the possibility of generating electricity from Morecambe Bay's tidal power.

I hope you are reassured that my running hasn't impacted on my job but if you have more issues you would like me work on then please drop me a line at tim@timfarron.co.uk or give us a call on 01539 723403.

Thanks for your support.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

Jan van der Velde, who for many years was the Chairman of the Old Sedberghian Club, has been appointed Director of Alumni Relations and Fundraising

Mike Tracy spoke to the Prep School about his time with the British Antarctic Survey

The Prep School sadly reports the death of one of their goats, Toffee, but on a happier note have acquired a new school pony, Rushford Highland Park if you are being formal, but Parker to his friends.

Some of the U16 footballers have been playing for Sedbergh & Dent United in a cup game

The Prep celebrated Will T's Great Grandmother's birthday – she is 108!

Film Producer Marlowe Fawcett visited the school to launch Sedbergh FilmFest where pupils competed to produce the best short film

The Sedbergh Foundation video "A Spirit Reshaped" won gold at @inspiredschool

The Morgan Run was followed that evening by the Rawthey Ball, an annual event of Scottish dancing.

The Royal Navy CCF held a night exercise on 25th January and the Army on 2nd February

In the first weeks of term pupils were much occupied by a Spelling Bee, which was won by Oliver in Yr 11, with Tsonga Yr 13 second, Jack Yr 12 third, Ayira Yr 10 fourth, and Seb Yr 9 fifth

Auditions have been held and rehearsals begun for the junior production of The It.

During half term Art and Design Yr 11 went to New York – to explore such things as the Guggenheim and Metropolitan plus of course the Statue of Liberty

Yr4 at the Prep have started building and testing circuits, and programming micro:bits with a simulator before connecting to the hardware. Yr 8 are building their own skateboard personalising graphics on Adobe Illustrator and vinyl cutting the stencils, and they are also building a zoomorphic cyberpet. Year 7 are soldering and laser-cutting programmable nightlights, then writing code.

Dr Myles Ripley has visited each of the Houses this term to teach the pupils in each year group CPR



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This year's inter-House Academic Challenge (as in University Challenge on TV) has begun.

Charities

The Prep School supported the Salvation Army Toy Appeal before Christmas. The Wolf (pizza van) for which the money was raised last term has gone out to Ukraine

OS James Gray visited the School and spoke to the pupils about the work he is doing with OddBalls FDN (testicular cancer)

Music

Following the Morgan Run the Scholars' concert at which performers ranged from Year 9 to 13, including Archie who has just heard he has been offered a place at Merton College, Cambridge, to study music. A few days earlier music staff and pupils gave a Four Hands Concert.

Weekly practices for the performance by the Sedbergh Choral

Society for the end of term concert in the Hirst Centre have been taking place.

The annual part song competition between the Houses was started just before half term with the finals to follow after half term.

Tennis

During the School Christmas Holidays Prep School pupil William (year 7) represented England playing in the Battle of Britain annual tennis event in Aberdeen.

Cross-Country

The ESAA Cumbria County Cross Country Championships due to take place on 11th January at Sedbergh had to be postponed until 18th January due to weather conditions, and the weather on the new date was cold but brilliant day. Thirteen pupils from the Prep qualified for the County team and a further four U9s came in in the top ten.

Teams from the Prep went to Ipswich for the IAPS Cross Country. The U13 girls took 1s place, including the individual winner, and all 6 runners came in in the first eight. The U11 boys (several of whom were well under this age) took second place. Watch out for the Wilson in four or five years' time!

The School hosted the Cumbria Cross country Championships on 18th January.

The first of the Epic runs (12km) over the fells took place on 11th January in "vile conditions". Over 150 pupils and staff took part. The second with over 200 runners in contrast ran on a truly beautiful day – slightly shorter at 11 km but straight up Holme Fell. The third was 17km

over Rise Hill with 550m elevation. The fourth went through Hunter Horrick Bog – 16.5 km and 422 elevation. The fifth to via Calf Top was 20.4 km and 622m elevation.

Primary Schools from all over Cumbria took part in the Rawthey Run on 19th January when the Prep came in with four out of four team wins.

The Morgan Run was held on 28th January with about 490 runners included pupils from both the upper school and the Prep, Staff, Old Sedberghians and such additions as the Howgill Harriers. This run goes over the fells and Miss Sapulla was the second female back. This usually starts and finishes at the Hirst Centre but this year started in the field below School House at Akay (when one found it) due to the work beginning on the all weather pitch behind the Hirst Centre. The new pizza van, the Wolf, was hard at work providing pizzas and hot drinks, and was expecting to be doing the same two weeks later at the front line in the Ukraine though it had to be pushed out of the mud at Akey! It can serve up to 6,000 pizzas a day. The first two girls back were Jemima and Daisy.

Rugby

The U11 rugby side (which included some Yr 5) was undefeated at their first Sevens tournament of the season.

Particularly noisy games of rugby were being played before half term – a sure sign that the inter-House rugby competition had been going on. Winder House retained the Cup with a 15-12 victory over School House.

The AI Sevens squad won the Weston Cup Sevens Tournament at Durham on 8th February.

Hockey

The Prep hockey girls went to Surrey for the quarter finals of the Independent Schools Hockey Cup and qualified as one of the four top sides in the country for the national final at Olympic Park later in the term.

Cricket

Cricketer OS Harry Brook visited the school on 13th January – practising with his old coach Martin Speight: “He’s a phenomenal coach. I always go back to him, through good and bad times, and I will do for the rest of my career”. Harry Brook was named ICC (International Cricket Council) Men’s Player of the Month

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for December. Last year's captain OS Tom Aspinwall has flown to Australia with England U19s for a 2 Test, 3 ODI and T20 series. Tom picked up 3 wickets for England U19 against Australia, while Harry Brook got 97 against New Zealand.

Mahika Gaur, the U19 quick bowler who will be 17 in March, has been playing for the UAE in South Africa, and plays for Lancashire and the Manchester Originals. She is studying for her A Levels at Sedbergh.

Skiing

A team attended the British National, Inter Service & Army Nordic Ski Championships at Ruhpolding (southeastern Germany). Elif Sancar and Isabelle Barely came

7th and 8th in the 10 K cross country. Alfrie Sprake won the junior 25 km classic and Lewis Clarke came 14th.

Equestrian

Equestrian – the 1 m team having won the National Schools at Cheshire have qualified for the International arena at Hickstead.

Netball

The School hosted the U11 and U13 independent schools Regionals in early February and the U13s are looking for a trip to the Nationals as runners up.

Future Events

The Ten Mile relay will be run on 27th February at 4.15. This normally takes place below the Hirst Centre but may well take place at Akay like the Morgan Run

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By the time this is published the first of the Wilson Run qualifiers will have taken place and will continue on the 1st, 8th and 15th March. The participants must be 16, passed medically fit and have succeeded in doing one of the qualifiers in the time required.

On Friday 10th March OS Ben Crosland, one of the best jazz players in the country (if not the best) will return with eminent jazz musicians for a performance of his latest album 'Solway Stories'. This will be in the Thornely Studios and tickets (if any left) can be obtained via www.trybooking.co.uk/CCEO. They cost £12/£8 and include a welcome drink.

The Sedbergh U16 Sevens will be held on Buskcombe on 11th March starting at 11 am.

There will be a Confirmation Service at 10.15 on 12th March in the School chapel.

On Sunday 12th March at 7 pm there will be another of the popular evenings of Jazz and Swing in Powell Hall performed by pupils and staff. Tickets (if any left) can be obtained via www.trybooking.co.uk/CCEF (£20 incl light refreshments). Black tie.

On 15th March there will be an evening of words and music performed by pupils in Westwood Books.

There will be an OS dinner on the evening before the Wilson Run (20th

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March) in Lupton Field – in a marquee.

The Wilson Run is at 2.30 pm starting from outside Lupton House, and finishing in Lupton Field. There will be lunch served for Old Sedberghians and guests in the marquee on Lupton Field. The Wilson Run concert will take place in the evening in the Hirst Centre.

The Choral Society performance this year will take place in the Hirst Centre at 2.30 pm on Thursday 23rd March and will be regal music such as Zadok the Priest to celebrate Coronation Year

During the last week of term teams (including the girls) will be competing

in various Sevens tournaments including Rosslyn Park

Term ends officially at 8.30 am on 24th March, and the summer term begins at 7 pm on 16th April

The Sedbergh National Super Tens will be on 25th – 27th March

Year 10 History and Classics trip goes to Turkey on 29th March

The first home 1st Eleven cricket match is on 22nd April at 11 am

Casterton's weekend celebrating the School's 200th Anniversary is on 24th and 25th June

The three Lancashire first class cricket matches are on 1st July (Lancashire v Essex Eagles), 7th July (Lancashire v Southern Vipers) and 19th July (Lancashire v The Blaze).

SHEERING GAYE VILLAGE

Sandra Gold-Wood

This is the story from February's LA: When eccentric owner of Stanley Hall, Millicent Hart, died the villagers found out that her stories of knowing so many famous people were all true. Before the funeral an advert was placed in the Times in an attempt to trace any relatives of Millicent. Late on the day of the funeral, Violet, Millicent's young friend and village school teacher was surprised to find a travel worn man on the doorstep of Stanley Hall. His name was Daniel and he explained how he had been in Peru when he had been told by a friend of the advert. A stir had been caused by Daniel's arrival in the village and, then a few weeks later by the arrival of an airmail package addressed to him. Daniel opened the letter to find it was from Millicent's American solicitors. The information it contained had shocked him and, as it also concerned Violet, he telephoned her, and suggested she come over to the Hall for dinner...read on...

Daniel set the table in the cosy kitchen and turned the oven down low, when he heard Violet let herself in by the back door. They greeted each other happily. Violet saw that Daniel looked a little pale, and asked if he was ok. Shaking his head Daniel moved toward her and put his arms around her. Violet, felt a thrill rush through her and, as delighted as she was, she gently held him away.

'Oh, sorry Violet, I just needed to steady myself, it's been a bit of a day. Here, look, you can read it for yourself, then I'm sure you will understand.'

Violet began to read the letter, while Daniel poured her a glass of wine, keeping an eye on her face to see how she would react. It wasn't long before he heard her gasp and cover her mouth. 'Oh my goodness Daniel did you have any idea about of this?'

Daniel shook his head his face clouded in sadness; this time it was Violet, who slipped her arms around him. Suddenly, he was kissing her and Violet was helpless to stop him. Then just as suddenly Daniel drew back full of apologies. Violet hid her disappointment, knowing that he was in a state of high emotion, after finding out that Millicent had been his mother, not his aunt!

At the very moment Violet and Daniel had embraced, Lambert Quinn knocked on the door of Violet's cottage. Getting no answer, he looked around the back, and saw that there wasn't a light on. Walking away from the cottage, and feeling a little crest fallen Lambert headed toward the Black Swan, when the thought struck him that she might be at the Hall with that Daniel fellow. Doing his best to fight back his jealous feelings he made his way to Stanley Hall. All

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the while, he was thinking of an excuse as to why he was there and, deciding he could say he'd come to make Daniel's acquaintance, just a friendly gesture, and ask him to come to the Pub, and introduce him to some of the locals. Yes, that's the way, he agreed with himself and, satisfied that his idea would wash, he walked up the path, and gave the door knocker a good bash.

Violet and Daniel wondered who it might be. Daniel pointed to the back stairs knowing neither of them wanted any company. They silently slipped through the door to the stairs and climbed up. Daniel held Violet's hand, and she thought how natural it felt. On the landing they stifled their giggles, feeling like a couple of

children. After a short while they looked out of the hallway window, and saw a man heading away from the Hall. Violet knew immediately who it was.

'I wonder what he was doing here?' she whispered.

'Looking for you I guess,' answered Daniel.

'But why?'

'Well, Violet, I think perhaps he rather likes you, and why are we whispering.'

They both laughed now feeling relaxed and easy with each other. Back in the kitchen they re-read the letter from Millicent's America Solicitors, and Daniel tried to understand why she'd had not told him. Violet pointed out that he had yet to look at the other small package of documents, that had arrived with the letter. He passed the package to Violet, asking if she would look at it for him, saying he'd had enough shocks for one day. Violet reminded him that he'd told her that she should come over, because the letter concerned both of them.

'Oh, heavens, Violet, I'd forgotten', Daniel shuffled through the pages of the letter exclaiming, here it is, shall I read it?'

'Yes, if you don't mind, I'll just sit here.' Violet sat down, and rested her arms on the kitchen table, and waited for what was to come. Smiling inside and thinking of how Millicent was still influencing events even from the grave, Daniel began to read:

Dear Violet,

I'm sure you know just how very fond of you I was, and so I have left you a substantial trust fund. The



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Violet. I want you to go and see some of the world. If you are reading this letter, then you will have met my son, Daniel. I think you will get on well enough and, so it is my wish, that Daniel accompanies you on this trip. Of course, if you don't get on just let Messrs Jade and Bright of New York know, and they will arrange a guide for you anywhere you choose to go.

Violet, my dear, you were always so very sweet and dear to me, and you believed my stories without the

slightest doubt from the day I met you, when you were just a little girl.

Just go and enjoy as much of the World as you can my dear, life is so short.

With great affection Millicent.

Violet wept and Daniel poured the wine.

Across the village green at the Black Swan beer was flowing, and Lambert Quinn was freely imbibing. Mrs Rowe, Post Mistress, it being Friday, had swapped the stern exterior she maintained at the P/O, for a happy smile and a floral dress. Here, each Friday, she happily served beer instead of stamps. Also on Fridays, Dora's abundant red hair hung free around her shoulder's, instead of tied up into a chignon. In

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fact, the villages said, she was almost unrecognisable. The relationship between Landlord, Roger Croft, and the Post Mistress was a secret that almost everyone knew. They had been seeing each other discreetly for a few years and, now with Dora's divorce awaiting the Decree Absolute, she was staying over at the Swan more often. It was close to last orders, and there was a rush to get drinks in. Roger, clanged the bell and shouted for all to hear, 'Last orders, get 'em in quick boys.'

To one side of the bar stood Dave Walker, reporter for Denham Chronicle, he was there to gather material for the book, which he intended to write about the life of Millicent Hart. Dave had spent most of the evening chatting to Lambert. During their conversation he had told Lambert that he was looking for a

place to stay in the village. Adding that he would like to make it permanent.

'Yeah, Lambert, I fancy living here, nice spot, by the way, I hope you don't mind me asking, but that's an unusual name, isn't it?' enquired Dave.

'Oh, yeah, my name, it has caused me a bit of embarrassment along the way but I'm used to it now. It was my mother's idea, I mean my Dad was a coalman.'

As the conversation progressed Dave and Lambert found they had a good deal in common. Dave's Dad had been a miner, and Lambert's delivered the product. They had both been only children, and had been born in the same year. Both had attended a Grammar school much to their father's consternation. As the beer flowed, their friendship

deepened, and by the time they left the Black Swan, Lambert was offering his spare room to Dave, and suggesting he could become his lodger. As they walked back to Lambert's place they passed Stanley Hall. Lambert noticed the lights were still on downstairs. Dave noticed, too, and began to ask questions about the Hall and Millicent.

Back at the Hall, Daniel and Violet were still talking and re-reading the letters, and looking at photos of Daniel growing up. Daniel was beginning to understand why Millicent had kept the fact she was his mother from him. Life in Hollywood was complex in the extreme, and he could see that being her nephew made him less conspicuous. She allowed him to grow up without too much attention being paid to him. After all Millicent, was a trusted confidant of many famous faces. If the press of day had known that he was her son, they would have tripped over themselves to pump him for information. Also, Millicent's reputation would have been tarnished, and this could have had an adverse effect on her career. It was after all, Hollywood post World War II and it may well have been fine for the Stars to court scandal, but not women like Millicent. On reflection, Daniel realised his mother had done what she'd thought was best. However, the question remained, who was his father?

Violet suggested that he contact the American solicitors. Perhaps they had that information, and were just waiting for Daniel to ask. 'Yes', they agreed it would be just like Millicent to leave the decision to him.



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'What about seeing the world with me then, Violet?'

'Oh Daniel how can I there's the school, and well the children, who would take over?'

They talked round the subject for a while, until Daniel asked her outright whether it was the thought of going with him that worried her. Violet said this had nothing to with it.

'I'll make us some coffee, Ok?'

Violet nodded and watched him as he walked from the room, all the while thinking how wonderful it would be discovering the world with Daniel. Violet knew she was falling for him, and if they went on this trip together she would be lost. How could she even consider it, Daniel was a handsome adventurer, no roots, he had said as much the first time they had met on the day of Millicent's funeral. Daniel set off feelings in her that made her think of Errol Flynn in Captain Blood, and she laughed to herself as she recalled that particular school girl crush. What could she possibly offer Daniel? A Sheering Gaye Village girl born and bred, a school teacher, just a very ordinary person and how would she explain to

her mother that she was off to travel the World with a virtual stranger.

In the kitchen, Daniel was grinding coffee beans while the water boiled, and he recognised that Violet had got under his skin. The way she moved, her beautiful eyes, and he could not forget the taste of her lips. Smiling to himself, he wondered if she just might be made of sugar? In his mind he pictured the adventures they could have together, and made a wish that she would decide to come with him.

Yes, Sheering Gaye was a great place to settle down, he couldn't deny it and yet he knew his wandering days were not over. Placing the cups on a tray, he took them in to the sitting room with thoughts of tasting her lips again, and more than half sure that he could persuade her to go travelling with him.

At the Black Swan, Roger was seeing the last of the regulars out, while Dora was washing glasses. Once the doors were bolted, they worked together to clear and clean up ready for the next day and, at ten minutes to midnight, they went upstairs to Roger flat. There they embraced, happy to be alone together after the busy evening. Roger asked why she would only stay on Friday. Dora answered that it kept people guessing and they both laughed.

While Roger and Dora were laughing, Lambert and Dave were cooking a midnight snack.

At Stanley Hall the lights were turned out and, at the foot of the stairs, Daniel tasted the sweetness of Violet's lips again.

To be continued.....

USEFUL TELEPHONE NUMBERS

Age UK South Lakeland

030 300 30003

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

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

Police in any area

101

Sight Advice South Lakes

01539 769055

South Lakes Citizens Advice Bureau

03444 111 444

South Lakeland District Council

01539 733 333

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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

PERSONAL MESSAGES

DIAMOND WEDDING

Congratulations to Zander and
Elizabeth Skill 23.03.1963
With love from Zane, Suzanne,
Jeremy, Lili, John, Beverley and all
the grandchildren xxx

=====

FOR SALE

Lightweight caravan, Freedom
Microlite Bijoux. Suit small car. Good
condition. 20042

=====

FOR RENT

5ft ramp for rent – suitable for
wheelchair access inside or outside,
loading, unloading etc Contact
Emma for more information:
07837278820

=====

WANTED

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

EDITORIAL

Well, I managed to miss the
Lookaround A.G.M. which took place
last night (21st Feb). Val had just
gone down with Covid, and I'm in the
aftermath so we thought it not
advisable not to attend. However,
news hotfoot from the meeting tells
me that the committee have decided
to donate £100 to the Turkish
Earthquake Appeal, a very

worthwhile cause. I'll do a fuller report for next month's edition.

You may have noticed that we've changed our Lookaround title font. This was discussed soon after we took over from Dennis, but at that point I felt that continuity should be the watchword, gradual change (maybe glacial) change rather than instant revolution. And the glacier has now got as far as the heading. I hope you like it.

Another 'innovation' is that we've started to post details of events, in the form of the Lookaround' advert, onto the Lookaround Facebook page and in to the Sedbergh Forum. We're doing this both to give the events wider publicity and also to

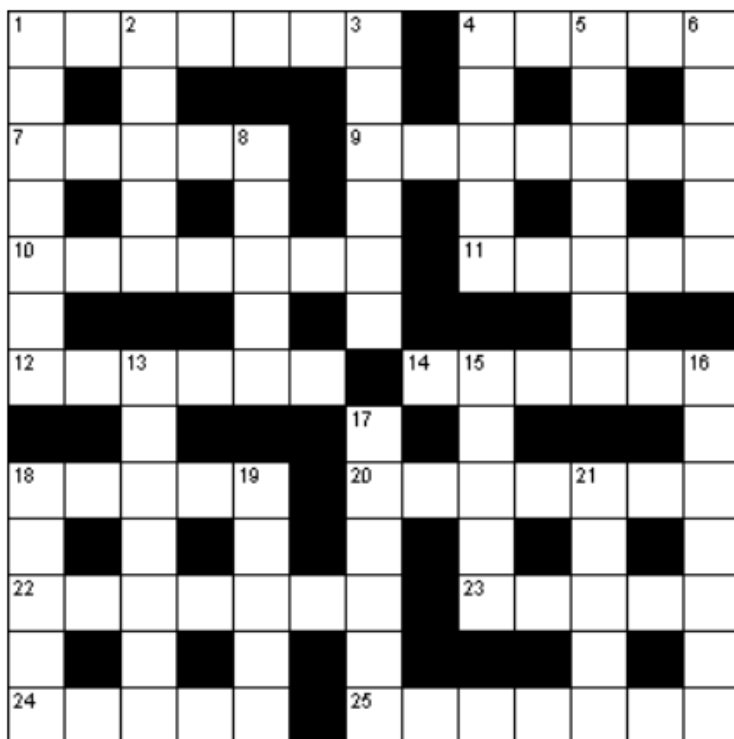
remind (or tell) people that Lookaround exists You may or may not know that Myles and I administer the Sedbergh Facebook Forum, and I am continually amazed by the number of requests we get to join from people who say they are moving to Sedbergh. I'm not sure there are that many available houses. I'll be very happy though if the adverts on the Forum make those people start to pick up a copy (and put a donation in the tin).

This isn't part of a sneaky campaign to move Lookaround to the 'web', my main interest is the printed version. I'm sure I've said it before but the day we stop printing it, is the day I stop being involved. *Ed.*

PEOPLES' HALL HIRE RATES

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

PUZZLE (SOLUTION ON PAGE 88)



Across

1. Floorshow (7)
4. Spooky (5)
7. Detection device (5)
9. Vertical (7)
10. Inactivity (7)
11. Measuring implement (5)
12. Dictator (6)
14. Ecclesiastic (6)
18. Copious (5)
20. Drawn (7)
22. Pouch worn with a kilt (7)
23. Diadem (5)
24. Admittance (5)
25. Spiny anteater (7)

Down

1. Transported (7)
2. Emblem (5)
3. Tropical bird (6)
4. Mistake (5)
5. Dependable follower (7)
6. Go in (5)
8. Magnitude relation (5)
13. Reinforcement (7)
15. Reasoned judgment (5)
16. Musical passage (7)
17. Opportunity (6)
18. Part of a church (5)
19. Ahead of time (5)
21. Obviate (5)

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

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.

MARCH 2023

01	915	Walking Pilgrims walk	L
01	1200	Lent Lunches	StAS
02	1930	WIHF Chelsea Flower Show (57)	FCH
04	1900	Curry Night	WHC
08	930	Coffee Morning Christian Aid (43)	StAS
08	1200	Lent Lunches	StAS
08	1915	Dentdale WI 80th Ann celebration (59)	DMH
08	1930	Sedbergh WI Annual Meeting (53)	PH
10	1400	DHTF - Hannah Hauxwell (16)	DMH
11	930	Sedbergh Art Society AGM (14)	CCCN
11	1300	Dentdale Run (11)	Dent
11	1500	Frankie Cowin Darts Tournament	WHC
12	1600	Messy Church	CCCN
12	1900	Jazz and Swing - SS (65)	Powell Hal
14	1400	WIK - My Extra Marital Affair!	PH
14	1930	Domino Drive	FCH
15		British School Grants Meeting (10)	TBA
15	915	Walking Pilgrims walk	L
15	1200	Lent Lunches	StAS
15	1300	Health centre training afternoon	MC
15	1900	Words and Music - SS (65)	Westwood B
16	1415	A Feeling for Poetry (1)	RR
16	1900	Sedbergh Town Twinning AGM (8)	PH
17	1900	Town Band Dance Extravaganza (17)	PH
21	1400	Sight Advice	PH
21	1430	Wilson Run (Feb)	Back Lane
22	930	Social Stroll (Feb)	Skipton
22	1200	Lent Lunches	StAS
23	1930	Zadok the Priest (65)	Hirst Cent
24		School Term Ends	SS
25		Art Soc Anthony Barrow Workshop (Dec)	TBA
25	1300	Sedbergh Spring Show (5)	PH
25	1930	Barrie McDermott and Pete Emmet	WHC
27	1900	Steve Wharton Folk Songs (27,(27th))	PH
29	1000	Congruence - Isobelle Stothert	FM
29	1200	Lent Lunches	StAS
30	1415	A Feeling for Poetry (1)	RR
31	2100	Mustard County Country Night	WHC

APRIL 2023

01	1900	Roger McClurg Trophy	Sun Inn De
02	1930	Concert BRADLEY CRESWICK	Appleby
03	1930	Peoples' Hall AGM (10)	PH
05	915	Walking Pilgrims Holy Week walk	L
05	1000	Out of the Earth	FM
05	1200	Lent Lunches	StAS
08	1800	Passover Meal (7,38)	DMC
09	1700	Jon Dawes	TR
11	1400	Killington WI	PH
12	1915	Dentdale WI	DMH
13	1415	A Feeling for Poetry (1)	RR

13	1930	Sedbergh Parish Council (62)	PH
15	1930	Queenesque	PH
16		School Term Begins	SS
16	1600	Messy Church	CCCN
18	1400	Sight Advice	PH
20	1300	Medical centre training afternoon	MC
22	1400	Jumble Sale for GNAA	PH
27	1415	A Feeling for Poetry (1)	RR
29	1930	Dentdale Choir Spring Concert (59)	StAD

MAY 2023

09	1400	Killington WI	PH
10	1915	Dentdale WI products, packaging...	DMH
14	1600	Messy Church	CCCN
14	1930	Barrie McDermott/Pete Emmett	WHC
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
27	900	Artisan Market	main stree
30	1700	Evie Plumb	TR

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
24	900	Artisan Market	main st

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
07		Lancashire vs Southern Vipers	SS
12	1300	Medical centre training afternoon	MC
12	1915	Dentdale WI St Johns Hospice	DMH
19		Lancashire vs The Blaze	SS
22	1000	St Andrews Summer Fair	StAS
29	900	Artisan Market	main st

AUGUST 2023

04		DDCF Festival (Dec)	Rhumes, De
06		DDCF Festival (Dec)	Rhumes, De
08	1400	Killington WI	PH
09	1915	Dentdale WI YDNP Trees officer	DMH
11		Hells Fells	Birks
13		Hells Fells	Birks
26		Sheepfest (7)	Sedbergh t
26	900	Artisan Market	main st

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.

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

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

PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens
 Bruce Loch Nature Area, Busk Lane
 Cautley Spout, A683 towards Kirkby Stephen
 Community Office, 72 Main Street
 Cornerstone Community Church, New Street
 Cumbria Wildlife Trust, Community Office
 Dent Heritage Centre, Laning, Dent *
 Farfield Mill, A684 Garsdale Road
 Friends Quaker Meeting House, Brigflatts
 George Fox's Quaker Pulpit, Firbank
 Golf Club, Catholes, Sedbergh *
 Information Centre, 72 Main Street
 History Society, Community Office
 Holy Trinity Church, Howgill
 Jubilee Wood Nature Area, Castlehaw Lane
 Langstone Fell, A684 Garsdale Foot
 Motte & Bailey Castle, Castlehaw Lane
 Pepperpot Folly, Busk Lane
 Picnic Site, Ghyllas, Cautley Road
 Picnic Site, Settlebeck New Bridge
 Play Ground, Dent Village
 Play Ground, People's Hall
 Play Ground, Maryfell
 Queen's Gardens, Station Road
 St. Andrew's Church, Dent
 St. Andrew's Church, Main Street, Sedbergh
 St. Gregory's Church, Vale of Lune
 St. John's Church, Cowgill
 St. John's Church, Firbank
 St. John's Church, Garsdale
 St. Mark's Church, Cautley
 Sedbergh Embroidery, StAS
 Tennis Courts, Guldrey Lane *
 Winder Fell, above Sedbergh

* = Entry Fee Applicable

SOME WALKS AROUND SEDBERGH

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

THE CALF 8 miles 2600ft 4-5 hrs
 A bracing ridge walk over Arant Haw and Calder's 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.



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 – Art Craft Heritage	03/23	reception@farfieldmill.org	015396	21958
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	03/23	Mr Mawdsley	07989	201481
Scouts - Cubs	03/23	Mr Mawdsley	07989	201481
Scouts	03/23	Mr Mawdsley	07989	201481
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sedbergh United Charities	09/19	Mr Sykes	07786	384917
Senior Golfers	01/20	Mr Braddon	0330	1138850
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/22	Sedberghswimmingclub@gmail.com		
Swimming Group for Over 50's	12/21	Linda Greensmith	07919	152526
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	04/22	Garth Steadman	07796164066	
Voluntary Car Scheme	06/22	Laura	07779	415644
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/19	Mrs Morrison	07702	919745
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

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

PUZZLE SOLUTION



LOOKAROUND EDITORIAL TEAM

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

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

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
March 2023*

	Time	5 th	12 th	19 th	26 th
St. Andrew's, Sedbergh LA10 5BZ	8am	<u>HC-BCP</u>	HC-BCP	HC-BCP	HC-BCP
	9.30am	HC	HC	Mothering Sunday Service	HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	CW	HC 4pm- Messy Church	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC			
St. John's, Garsdale LA10	11.15am	HC		Mothering Sunday Service	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		HC		Service
All Saints, Killington LA6 2HA	2.30pm				HC
Holy Trinity Howgill LA10 5JD	9.30am		HC		
St. John's Firbank LA10 5EF	2.30pm		HC		
St. Andrew's, Dent LA10 5QL	11.15am		HC	Mothering Sunday Service	HC
St. John's, Cowgill LA10 5RJ	2.30pm	Joint Service with HC		Mothering Sunday Service	
Dentdale Methodist Chapel LA10 5QJ	2pm		Chapel Anniversary 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	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Wednesday	8th	15th	22nd	29th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	7.30pm	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 Defribrs are supplied
on contacting Ambulance Control on 999*

POLICE

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

DENTAL SURGERY

Main Street 20626
Ben Houghton (principal), Miss Katie McKay,
and Anna Kayani
Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

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

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