

Sedbergh & District

LOOKAROUND

June 2023

Donation £1

Issue 421

Our cover photo this month is one by Bill Lewis, who passed away recently. Our condolences go to Brenda and all of their family. There is a full tribute to Bill on page 7.

Also, just at the point of sending this edition to the printer we heard that Keith Wood had died. Again our thoughts are with Sandra and all family and friends. *Ed.*



BOOK FESTIVAL JUNE 2023
The month for Book Lovers in Sedbergh

www.sedbergh.org.uk/booktown

***The Festival Programme is on the
Booktown & Events pages***

and on page 28 of this edition of Lookaround

CLOSING DATE: 15th of every month for everything
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Mobile: 07464 - 895425

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COVER PHOTO
Sedbergh and Dentdale

Bill Lewis

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LOOKAROUND

DIARY

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

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

Wed 7th June - St Andrew's
 Wed 14th June - Garsdale Church
 Wed 21st June - St Andrew's
 Wed 28th June - Killington W.I.

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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Sedbergh,
Cumbria,
LA10 5AD**

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

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SEDBERGH PARISH COUNCIL – CHAIRMAN’S REPORT

Kevin Lancaster

This a report for the municipal year 2022/23, the first year of the council newly elected for Sedbergh Parish in 2022. All ten sitting councillors sought re-election and were duly returned unopposed. The one casual vacancy which stood over was filled by Cllr Ian Hutt at the June meeting of the new council.

The death on 8 September of her late majesty Queen Elizabeth II meant that the September meeting planned for that evening did not proceed. On the Sunday following I attended the reading of the Accession Proclamation in Kendal at the “Cawl Stone” and later in the day

it was my duty and privilege to make the same proclamation in Sedbergh.

In support of the long held tradition the parish provided commemorative Coronation Mugs to all pupils at Sedbergh Primary School.

This year, on the western approach to the town, a new estate of forty-nine houses is finally moving from proposal to reality. This project has always enjoyed the support of the council as do others in the new emerging Yorkshire Dales Local Plan. However, the council is aware that all these new proposals continue to move the centre of gravity of the town westwards from its historic centre and that must be a matter of concern.

The council is also worried about the continuing lack of car parking in



Penny Black

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Thank You

A great big thank you to everyone who helped in the campaign to stop our sorting office being moved to Kendal. It means that our mail will continue to be delivered by our wonderful posties and our irreplaceable Post Office can continue being there for the community.

Peter and Gaynor

the town centre and the surrounding streets. The parish has established a group to alleviate the issue and that has begun with ideas for better dropping off points and parking for visiting buses.

We are keen to work with members and officers of the new Westmorland and Furness Council. After one abortive highways meeting a second was extremely constructive for matters of long-standing concern – double yellow lines at three dangerous locations and the hard standing at New Bridge.

A major success for the parish was the construction of the footway alongside the playing field. The project was promoted and fully funded by Cumbria County Council but only with a great deal of work on the part of our clerk.

We have long hoped to provide parish name plates for the lanes off the main roads and we find WAF much more supportive of the idea

than Cumbria was. Hedging and other remedial work have been done at our two picnic areas, New Bridge and Ghyllas lay-by. We still aspire to repair the fountain on Finkle Street but that has so far proved to be much more difficult than we could have reasonably expected.

We recognise that more work will need to be done at both main car parks. Also, the current playground equipment near the People’s Hall is coming towards the end of its useful life. Whilst we have made some provision we will need to secure funding from outside to progress these ideas.

After last year’s elections SPC member Ian McPherson stood down as Yorkshire Dales parish member for the Western Dales. I thank him for his work on our behalf. There were two candidates for the post which he had held and the candidate which this parish voted for, Libby Bateman, was duly elected.

Financially the council remains secure. Decisions taken two years ago have proven to be very wise as inflation nationally and internationally has risen well beyond what we have known for thirty years. The parish has received two generous bequests which are now in parish’s accounts. Unfortunately, that extra money puts the parish into the “over £200,000 turnover” bracket for accounting and auditing purposes for the first time and that will have significant unwelcome consequences for next year’s accounts.

Once again, thank you for allowing me to serve as your Chairman, it continues to be a real privilege.



2023 Tuesday Workshops at Chapel Gallery Hawes (all start 10am)

Date	What	Finish	Price
6th June	Needle Felted Landscape	4pm	£65
20th June	Crochet Granny Square	noon	£25
11th July	A celebration of Silk	4pm	£55
18th July	Needle Felted Mouse	1pm	£45

Please contact Ellie at info@chapelgalleryhawes.com for more details and other courses.
Or book via www.chapelgalleryhawes.com
Burtsett Road, Hawes, DL8 3NP

WILLIAM (BILL) LOWIS

Dorothy Blair

Bill Lewis passed away on 22nd April 2023. Bill was a gentle man who saw a job and just got on with it. He was part of the Sedbergh in Bloom team amongst other things. Part of his `patch` was Toll Bar and the flower bed at Queens Drive. Toll Bar unfortunately was taken over by United Utilities and Highways during their various works. However, Queens Drive always looked wonderful no more so than this year when unfortunately Bill was too ill to enjoy. We shall endeavour to keep up his good work. A hard act to follow.

He was also caretaker at the Peoples Hall for some time.

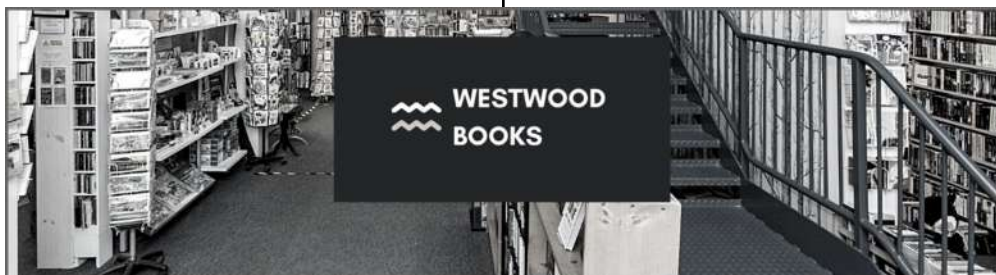
Many will have seen him picking up litter in and around the town and in fact from Sedbergh to Junction 37 of the M6. All this in his own time and without any reward save that of the general public seeing a tidy and litter free town and the road leading into town.

Bill`s passion was photography and his love of taking pictures of Sedbergh and the surrounding Dales and in particular Killington Lake

For all your good work Bill we thank you. You will be missed. Rest in Peace.

Bill's photos graced the cover of Lookaround many times, in our era, and, also, under Dennis's proprietorship. He will be truly missed.

Ed.



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UPCOMING EVENTS - MORE DATES ADDED!

Wednesday 7th June - Murder on the Front Page with author J.C. Briggs

Friday 9th June - Rebecca Smith, Rural: The Lives of the Working Class Countryside

Tuesday 27th June - The Poisoner's Art and Other Toxic Terrors

Friday 7th July - Caro Giles, Twelve Moons: A Year Under A Shared Sky

Friday 4th August - Taking Flight with Lev Parikian

For tickets and more information pop into the shop or see our website.

Please book in advance where possible to help us plan seating arrangements.



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YOUR COMMUNITY NEEDS YOU

Laura Fletcher

I recently sat in on the AGM of the Dent preschool and I was shocked to hear how little of the much talked about Government funding actually filters through to this vital community service. The small team who take such good care of the youngsters in our community operate in a precarious environment with intake fluctuating year on year. Fundraising plays an important part in enhancing the basic provision but demands fall on parents already overstretched in this difficult financial climate. I had wrongly assumed that fund raised through " Friends of Dent Primary School " events were distributed through the early years providers. Not so.

So CAN YOU HELP? Perhaps you have recently moved into this special community and would like to contribute your time or expertise for fundraising or grant applications? Maybe you could spare £5 or maybe £10 a month on a standing order to boost the coffers and take some pressure off the busy Mums?

The pre-school forms an absolutely vital link in the life of the village, preparing the youngsters for primary



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school and encouraging more young families to move into the Dale and enriching our whole community.

There will be another meeting on Tuesday June 6th where committee positions will be up for grabs and interested members of the public are welcome to attend. The financial report for the last 12 months as well as the recent Good OFSTED report will feature on the agenda AND you will have the opportunity to find out what working with this small friendly charity entails.



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

**COMMUNITY HOLIDAY CLUB
2023**

Western Dales Mission

Ben Maunder

The annual children's Holiday Club will be taking place at The People's Hall from 24th – 28th July, 10am -12 noon daily, with a special service for family and friends on Sunday 30th at 10.30am.

This year's theme is Supersleuths! Join Sherlock Bones and his able assistant, Dr Whatsit, as they investigate an infamous gang known as 'The Disciples'. With Bible stories, games, crafts, songs and videos each day the children will learn more about various Bible characters and the characteristics which make them strong examples to us today.

The club is open to all children aged 4-11. Prior booking is essential. Please register at www.westerndales.org.uk from 14th June.

We look forward to seeing you there!



MAKING SPACE FOR NATURE

Victoria Benn

Villages and parishes - do you want to make space for Nature?

Event: Saturday 1 July, 10am – 2.30pm, Addingham

Environmental campaigning charity, Friends of the Dales is offering a unique opportunity for villages, parishes, environment groups and fledgling environment groups to find out practical and replicable ways to create more space for nature.

In collaboration with Addingham Environment Group (AEG), they will showcase AEG's journey from inception to current times, along with information about its aims for the future and successes and challenges along the way. There will also be an opportunity to join one of two guided walks through Addingham village to see the nature positive actions taken to improve and increase habitats, support clean water and increase biodiversity.

There will be an opportunity for ideas sharing and discussion over a light, complimentary lunch.

Event timed to coincide with public transport from Keighley, Skipton and Ilkley.

Places limited to two people per village/parish/group. To take part in this FREE event please email: victoria.benn@friendsofthedales.org.uk

www.friendsofthedales.org.uk

LOOKING TO LET

Seeking a quiet cottage or flat in which to work on dissertation for 1-3 months this summer.

I am an MSc student at Imperial College London working remotely and finishing a dissertation.

Flexible start & end dates, though mid July would be best;
any term between 1 and 3 months will do.

I require at least basic furniture.

I am clean, quiet, responsible, and resourceful; can provide references upon request.

Please email mkr22@imperial.ac.uk or call 07514 714 764, thank you!

ZERO WASTE

Claire

Zero Waste Sedbergh held a repair cafe on Saturday 13th May. We had volunteer repairs who fixed bikes, toasters, hoovers and repaired clothing. 9 items were saved from landfill which is fantastic. The Master Composters also joined us and offered composting advice. Another repair cafe will hopefully take place in September 2023.

Our community cafe continues to run every Thursday between 2pm and 4pm at Cornerstone Community Church on New Street. We now also host a weekly Knit and Natter group. We also have a corner. Everyone is welcome so please join us.

ROYAL NAVY EXHIBITION

Myles Ripley

On Sunday June 18th the Royal Navy and Marines will be hosting an exhibition at Sedbergh School just by Powell Hall and on the ground above our flagpole. They will be bringing careers display material and a bungee run amongst other things. All are welcome to come and find out more about the Royal Navy and Marines. No need to book. Any questions, do get in touch mylesripley@btinternet.com

CHRISTIAN AID

Anne Pitt

Thank you everyone who supported our coffee morning. After room hire it raised a great net total of £295.60.



You are warmly invited to come and celebrate our

CCF Royal Navy 50th Anniversary

&

Combined Cadet Forces 75th Anniversary

On

Sunday 18th June

From 12:00 to 16:00 at Sedbergh School, LA10 5HG

RSVP: mpr@sedberghschool.org by Wed 31st May



50th



A very special Birthday for

Georgina
Happy Birthday on the 19th June!

N.W. CANCER RESEARCH

Lyndey Thornber

Many thanks to those who enjoyed our Daffodil Day by kind permission of Mr Henry Bowring at Whelprigg House. £2252 was raised for North West Cancer Research.

CURIOUS ABOUT QUAKERS?

Janet Chetwood

On Sunday 18th June at 10.30 Brigflatts Quakers will hold their usual Meeting for Worship at the Friends Meeting House, Brigflatts Lane, but this time with a difference: following half-an-hour of silent worship there will be a short talk which will offer personal answers to the question 'What do Quakers believe?', and a time for anyone present to offer their own insights. As every Sunday, all are welcome to join us.

HARDSHIP FUND

For many of us these are difficult times, particularly for those who have lost their jobs or who have been furloughed.

If you are in financial need or have a real need for an item which you do not have the wherewithal to buy, then the Sedbergh United Charities may be able to help you.

Or, if a friend or neighbour is in need of financial help, then please let them know about us.

To apply for help or if you would like to know more about the Sedbergh United Charities Hardship Fund then please contact:

Tony Reed Screen
(a865@btinternet.com or 015396 21081)

Or John Sykes
(jmsykes100@gmail.com or 07786 384917)

All applications will be treated in confidence.

Sedbergh United Charities are very grateful to Sedbergh School and the Community Trust who are both helping us with this fund.

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FAMILY MUSINGS

Sarah Woof

As a Royalist I loved every minute of the Coronation Celebrations, from putting up flags, baking scones, giving out invitations, watching it all on the TV, getting together with friends, all the extra drinks and food, the games and of course the serious bits. All in all a great celebration and no one does pomp and ceremony like our country.

Obviously normal life continued as well, grandchildren coming to play and talking about the King getting "Coronated", and using their "please" voice to have another whatever, choccy biscuit from 'Grandads' jar or playing something or other. The sun shone for two days and then rain stopped outside play for our community picnic, just typical, but didn't stop the fun.

People talk about the 'internal politics' in our community and I am unsure what they mean, every family or community has those who kick against the normal, who blaze a trail, it isn't necessarily a bad thing. As a saying tells me "Some people want it to happen, some wish it would happen, Others make it happen". I

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know which I try to be yet there is a bit of all those in me too.

Hearing recently of a friend with pre-school children and soon to have a 3rd baby reminded me of the challenges of having a baby while also having a 15 month old toddler to care for, but we all survived. And added another 2 yrs later, they have all grown up into well-adjusted lovely adults so hubby and I obviously did something right. Debatable as to whether I am well-adjusted but we get by, wouldn't want to be too predictable anyway, and being pessimistic isn't in my vocabulary!

Will we share a 'flaming' June? Hopefully one weekend in particular as we are going to a family wedding, extended family but family nevertheless. And we don't need to go far and will be in our own bed at night, one wedding we went to we spent the night in a room next to traffic lights on a busy main road with screeching brakes and revving engines all night and the window was stuck open .. as for our honeymoon well that's another story for another time and not for those of anxious disposition! Happy June all.

APRIL WEATHER

B Wright

The usual showers we often get this month didn't appear to any extent though we did get rather more rain than many parts of the country, 83mm (3.3") were recorded . Neither did we get the gales often linked to this month. Temperatures were generally around or just above average. The odd cooler day was linked to the odd times we got Easterly winds originating in a frozen Siberia.

Spring is with us as some of the birds are singing to claim territories. We have a Mistle thrush who has claimed our garden and surrounding area. I haven't seen an African visitor yet. I have been unable to cut the grass recently and we have had

hundreds of sycamore seeds germinate. Another colour change in the garden with the golden yellow of the dandelions . Again another result of not cutting the grass! The owl has put in a few appearances. The first indication it is around is the blackbirds clacking their alarm call.

Lambing has been a mixed bag this year. Firstly I don't appear to have any coloured lambs. So obviously the accident the coloured tup had reduced his reproductive powers. I have also lost 3 white lambs which I don't expect when I get them to maturity. I have also had to bottle one as she didn't cotton on to feeding herself at the start. Talking to folk it seems others had problems this season.

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SEDBERGH LADIES' N.F.U.

Caroline Sandys-Clarke

Elaine Horne was our speaker on 18th April when she passed on many useful hints and tips about compost, cuttings and potting up. A really interesting and informative talk, particularly at this time of year. The time passed very quickly and I think we all went home having picked up some helpful ideas. A short business meeting followed.

Our May meeting will have been on the 16th when our speaker was Fiona Moncur telling us about the Growing Well Mental Health Charity and Organic Farm. Our summer outing is in June and then our next meeting will be on 19th September when our speaker will be Sandra Gold Wood telling us about The Canary Girls. Visitors are always welcome at our meetings which take place in the committee room of The People's Hall at 7.30pm on the third Tuesday of the month.

Our coffee morning on 10th May raised £330.10p. After expenses of £25 were deducted, a cheque for £305.10 has been sent to the charity Breast Cancer Now. A great result and big thanks to all who supported us.

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DENTDALE, HEAD TO FOOT Fizz and Fruits

Andrew Povey

Our May meeting was a strictly social affair. A glorious table of fruits and chocolates was provided to sample. Strawberries, raspberries, melon, blackberries and more; a mixture of colours and textures to encourage everyone to tuck in.

Strawberries and cream on scones were too tempting even for those on serious diets!

A range of chocolate segments of different flavours kept the most ardent chocoholics happy.

All were washed down with glasses of prosecco or apple juice. It was a convivial afternoon with two new members who chose their first meeting well.

It was a good preliminary warm-up before any coronation parties and celebrations over the bank holiday weekend.



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

2023

Thursday 15th June

Wednesday 12th July

Thursday 14 September



Our next meeting in June (Friday 2nd) is a trip to Levens Gardens near Kendal. Both the Elizabethan Mansion and the gardens are open to the public. Meet at 10am at Dent village car park, car share where possible.

The July meeting on 7th July is a rail trip from Dent to Carlisle.

For further information please call Andrew Povey on behalf of DDHF on 07881-655166 or e-mail: poveya@btinternet.com

HOWGILL & FIRBANK W.I.

Audrey Hoggarth

We met at Firbank Church Hall on May 4th. Sarah opened the meeting and gave a warm welcome to Members and our speaker Tom Mcpartling. Tom is a fire fighter based in Kendal who gave us advice on how to prevent a fire in our home. Some things to prevent a fire; unplug items you are not using, use surge protectors. Don't leave flames unattended.

Close downstairs doors at night. Check candles. Avoid the sun catching a mirror. Most important have a working smoke alarm fitted

along with a fire extinguisher and an escape plan.

The competition was to complete the limerick "There once was a fireman called Tom."

was won by Liz Moore. We all enjoyed meeting Tom and thanked him for all his help to keep us safe.

We have voted in favour of the resolution to clean up our rivers for people and Wildlife. Our delegate Cathy Smith of Bolton W.I has been informed to vote online on our behalf.

We are reminded of the Country fest at Crooklands on 3rd and 4th June.

Casterton WI are hosting an open meeting on 7th June where Judith, and Allison from Ambleside History Group will do a talk on the subject "THE BIG HOUSE."

Next Month's Meeting will be held on June 1st at Firbank church Hall. Forgotten memories of Westmorland & Cumberland with Jim Bowness. Visitors and New members are welcome.

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DENTDALE W.I.

Thelma Belfield

Rubbish was the main topic for our May meeting and our speaker was Jenny Robinson. The title of Jenny's talk was 'Products, Packaging & Recycling' but she began with a very light hearted appraisal of herself by saying 'I'm the woman who lives up the Dale who has a big red dog'. However, it soon became clear that she is much, much more than that. Her knowledge is profound, she has an MSC in waste management, her experience is wide ranging having held posts in contract management for waste services in two local authorities and as an operations manager for one local authority. She has also been a contract bidder for

the private sector for large, sometimes multi-million pound, services, and has provided technical advisory and environmental consultancy roles. During her 30-year career she has 'managed' a lot of men and has often been the lone woman at meetings and conferences.

Jenny began by assuring us that despite adverse publicity, not all plastic is bad but can have bad impact if it is disposed of incorrectly and not recycled; the design of plastic packaging has been extensively developed and when used correctly can prolong the life of goods. She gave an example of fruit and vegetables sold and stored correctly in their bags, last much longer. Describing the process of

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producing goods from factory to consumer, she referred to the three levels of packaging surrounding the actual product we buy, primary (the bottle or can) secondary (the box) and tertiary (the pallet) all ultimately requiring correct waste management, preferably recycling, and how every one of us has a responsibility in the process of waste management.

Jenny went on then to inform us of current and future changes both the design and content of packaging and the legislation around waste packaging and its waste management. Currently packaging has changed and continues to do so. For instance, light-weighting of glass bottles – overall less glass used and most wine bottles now have flat

bottoms, cans are made of less metal, plastic milk containers are thinner have self-coloured caps (which means they are more easily recycled), there is less printing on plastic packaging with information rather on the recyclable printed cardboard sleeves. The composition of packaging is less complex with fewer different materials used. All enabling the recycling process to be more effective and efficient. A new tax levied on those who don't use 30% recycled plastic in packaging started in April last year and, looking to the future, a new moderated fees will be introduced for companies who either manufacture or import plastic packaging.

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Other extensive legislation is being introduced. A Deposit Return Scheme (DRS) whereby a refundable charge will be added to packaged products, in an attempt to reduce the current 'throw away' culture we have developed. This is likely to be introduced in Scotland in March 2024 with England following later.

In 2021 the Environment Bill received Royal Assent and Extended Producer Responsibility (EPR) became law. This process places greater responsibility on producers to monitor and publicise data on new packaging formats and subsequently to pay modulated fees towards waste management costs. Recycling targets have been set for 2024 and 2030 on

many materials used in product packaging.

Jenny continued to talk about where our recycling goes. Here in Cumbria we are provided with different boxes and bags to separate glass, cans, plastics, paper and cardboard. These are collected from the kerbside and taken to Kendal Fell transfer station. It is then bulk hauled to different destinations – paper mills in Wales and glass to Yorkshire for reprocessing.

Jenny concluded her presentation by outlining the benefits of recycling and re-use. Clothing has the highest carbon impact, followed by food and plastics. She referred to a "circular economy" whereby the recycling, repairing and re-using of products

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reduces our environmental footprint, and keeps valuable materials within a resource loop, rather than being lost to disposal. Everything is then used more efficiently and CO2 emissions from transport, industry, homes, shops and waste are reduced.

This was a very interesting and informative presentation. We all have a responsibility to care for where we live and the wider environment, but also, for very good financial and resource reasons, reducing our waste and re-using, repurposing and recycling our stuff is great, not only for the planet, but for ourselves! Jenny's commitment to her subject is of great value in helping us to achieve that goal.

KILLINGTON W.I.

Wendy Fraser-Urquhart

What a beautiful evening it is! The sun is shining. The colours of the spring are entrancing – bluebells, azaleas, rhododendrons, and the glorious pale greens of the emerging leaves. I wish that I felt as peaceful as what I see around me. It has been such a busy time lately with the joyful Coronation Celebrations. I was delighted to learn that two of my student grandsons, down in London, had been up and out on The Mall before 6 o'clock in the morning to partake in the celebrations. Many years ago, I, and my student friends, had similarly camped out to watch the parades for the marriage of Princess Margaret. Time flies when you're having fun!

Plenty of fun was had today at our Killington WI meeting. Our speaker was the Rev. Andy McMullon who

was on hand to tell us all about his lifelong occupation as a Padre in the RAF. Of course, he was well known to us all having been the Vicar of our Parish before taking up a position in Belgium. Now he is happily back in Sedbergh, as a private citizen. Our present incumbent at St. Andrew's is also named Andrew, so McMullon informs us that he is to be known as, "Andy, the Elder!"

After a break for tea, the business of the meeting continued. The most joyous feature was to welcome our President, Susan Sharrocks, back from her visit to beloved family in Australia. We planned for our June 13th visit to the Heritage Centre at Carnforth Station, and other future activities. The raffle was drawn and here I really got into hot water! It turns out that in last month's Lookaround, I mistakenly named Margaret Denton as the winner of our fabulous raffle, so I was seriously taken to task. I grovelled so now I

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shall correctly inform you that Joan Perkins was the true winner of last month's raffle. I feel that you were desperate to know this! and that the winner of our raffle today was Margaret Denton! She also won the competition for "An Item connected to flying", with a World War Two handbook on How to Fly a Lancaster Bomber. If you have one of those hidden away, I am sure that she will lend you the instruction book. Two of our members, Elizabeth Perrott and Marion Wood, have very special birthdays before our next meeting. Congratulations to them both, and to Lavinia who has an ordinary birthday! We look forward to seeing lots of our members at our various summer activities. Why don't you join us?

SEDBERGH W.I.

Moirra Folks

The past month has been busier than usual for our members, with some people (including myself) away on holiday and other special events (not least the Coronation of King Charles III and Queen Camilla on May 6th!) to contend with. I'm very grateful to Ellen Morrison, Anne Pitt and Valerie Welti for reporting on events I was unable to take part in.

Anne Pitt tells us about our walkers' expedition on 20th April: 'A fortunate few of our walking group enjoyed a leisurely ramble in the Leighton Moss area on a bright, sunny April day. Starting near the RSPB nature reserve, we followed paths taking us towards Yealand Storrs, Gait Barrows National Nature Reserve, then circling round by Hawes Water where we stopped for lunch. The route continued by Trowbarrow Quarry Local Nature Reserve before we headed back to the RSPB tea rooms to round off the day with a good pot of tea and slice of cake to top us up. At the monthly WI meeting the week before, we'd had a very informative talk about butterflies so we were delighted to see quite a number as we walked and even more so when we found we could even name most of them!'

We continue with three reports from Ellen, an unusual one first: 'The trip to the Theatre by the Lake in Keswick on April 18th was an excellent day out for seven members, meeting at Basecamp Tea Room and Farm Shop for lunch, then to Keswick for 'Around the World in Eighty Days'. The eight cast members portrayed

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**Sun 20th August Sunday School Remembered
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**Sat 23rd September Harvest Festival 7.30pm
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**Sun 17th December Carols by Candlelight
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the story with great mime skills, most of them playing several characters: it was a whole lot of fun!

On 27th April the lunch club enjoyed a 3-course meal at Kendal College – very good value at £15 including coffee, and well presented by the students who appreciated our feedback.'

Our main meeting on May 10th was a Fashion Show given by the Kitty Brown Boutique of Carnforth. It was well attended with 29 visitors joining us for the evening. Our four WI models had visited the shop in Carnforth to select three outfits each

to reflect casual and dressed-up occasions with complementary accessories. Two shop staff had arranged a wide selection of clothing and accessories for sale after the models had done their catwalk show with entertaining commentary by Truman. It was all very well organised, and we had a most enjoyable evening.' A much-depleted book club met at Valerie's home the next day as



four of us were away on holiday, but we had sent in our reviews and scores to share. Many thanks to Valerie for compiling this report on their enjoyable meeting: 'This

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month's book was "And the Mountains Echoed" by Khaled Hosseini. Many of the group had read his first two novels, "The Kite Runner" and "A Thousand Splendid Suns" and were not disappointed by this third novel with its beautiful writing, emotionally gripping storylines (moving some members to tears) and his excellent portrayal of a diversity of complex and morally ambiguous characters, making them all totally credible. However, the format of the book did cause some confusion, especially for those relying on an audible version, as each of the nine chapters is spoken from the perspective of a new character. The book's foundation is the relationship

between a brother, Abdullah, and his younger sister Pari, and what happens to them ties the different narratives of each chapter together. Other sibling and family relationships are featured throughout the book. Khaled Hosseini draws on his own experiences of living in Afghanistan as a child, in Paris and America where he worked as a doctor, and later visits to Afghanistan with the UN Refugee Agency. The book's title is adapted from a line taken from William Blake's poem "The Nurse's Song" from his "Songs of Innocence". With scores ranging from 6 (from a member using an audible version) to 10/10, the average was 8.3/10.'



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Our next meeting will be held in the People's Hall committee room on June 14th at 7.30pm. Count Nicolai Ilkovitch Vadzhyra will be talking to us about 'The Carpathian Region of Ukraine' – a beautiful, mountainous area. Guests and new members are always welcome. For further details, please contact our President, Megan Taylor, by email: taylor71@hotmail.co.uk; or our Secretary, Valerie Welti, on 07969 376649

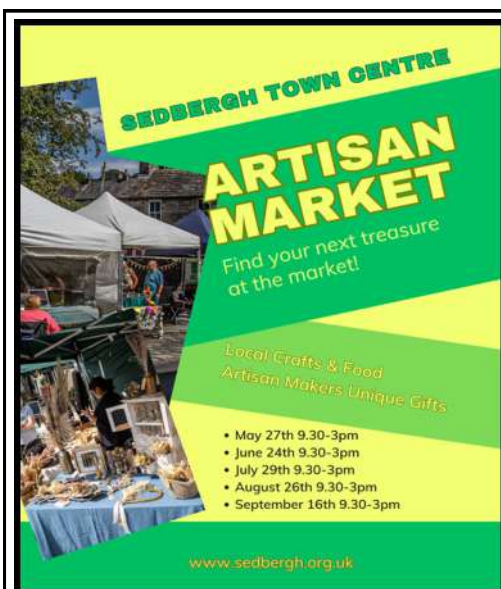
TIM'S COLUMN

Tim Farron MP

Let's start with some good news. News that I am fairly sure most of you already know about. Five days after I pressed send on my last column for Lookaround I received a letter from Royal Mail telling me that they had decided not to close the delivery office in Sedbergh.

This was yet another brilliant example of what an amazing community we all live in here. A key part of our campaign to save the delivery office was the fact that I was able to present a petition to Parliament calling on Royal Mail to drop their plans signed by over 2000 of you. Not only does the support of so many people make Royal Mail and other organisations much more nervous about their plans, it makes me, your councillors, Ian and Hazel, and your postmaster Peter, so much more confident in the campaign we have all run to get the plans stopped. A lot of the success of our campaigns comes down to the degree of confidence we have in the outcome.

Talking about confidence in campaigns. Anyone who reads this column, even occasionally, will be aware of our campaign to improve cancer treatment in our area. Specifically, I have been pushing for radiotherapy treatment to be available at the hospital in Kendal. So you will understand how pleased I was when the cancer minister Helen Whately agreed to meet with me and several clinical specialists who have been supporting our campaign to discuss the plans and the business case that has been prepared to show



it all makes sense. I will let you know how we get on.

The final campaign I wanted to mention is the one I have been running to get the government to reconsider their plans for the payments they are proposing to make to “upland farmers”. Under the current proposals farmers like many of those around Sedbergh and Dent are being offered payments that are about a third less than those being paid to farmers in the rest of the country. As a result many of these upland farmers face a choice between going out of business or intensifying their approach to farming. Neither of these options is good for the country either from the point of view of producing our own food or caring about how our landscape looks. I managed to secure a debate on this issue the other day where I put the points that have been raised by farmers around here to a

Government minister. Sadly, rather than replying to our questions, the minister chose to turn the issue into a party political one which really did not help anyone. Don't worry, I will keep on plugging away on this.

Those are just three of my current campaigns. I keep working on the lack of affordable housing and the impact second homes and holiday lets have on this, sewage discharges (did you know that 6 of the 10 longest discharges in England last year happened in Cumbria) and I need to keep working on post offices. It's not just Sedbergh post office that has been under threat. But they will have to wait for another column.

If there are any other issues you would like me to raise then please drop us a message at tim@timfarron.co.uk or give us a call on 01539 723403.

As ever thanks for your support.

COMPETITION

Martin Dodds

‘Survival of the fittest’ is an idea that chimes with the theory of evolution as described by Charles Darwin. As I understand it, mutation is something that happens naturally. Some mutations are damaging. Others may be beneficial, so that an individual life-form has a new mutational characteristic that gives it a competitive advantage over others of the same sort. It then has an increased chance of survival and success. As this is passed on through future generations of offspring, the mutated type becomes the dominant type, and the less successful non-mutated related types eventually die

out. It is easy to fall into the trap of ascribing deliberate intention to this process. But the process began well before the emergence of thinking brains and pre-meditated action. Thus 'Survival of the fittest' begins not as a principle to be harnessed, but as an observation and explanation of what enables evolution.

Eventually, probably in a random sequence of mutations spaced over millennia, some species mutated to become both self-aware, and consciously aware of their environment. It is then that the potential for deliberate competition arises. As a side effect, other species which also happened to experience mutation towards self-awareness,

developed the ability to react defensively, and so increased their own survival chances. Over the past couple of centuries, the 'survival of the fittest' idea seems to have been hijacked as an intentional principle, into the worlds of politics, social engineering, economics and popular culture. Competition and competitiveness appear to have been elevated to the status of positive moral values. Individuals seem to be proud to be seen as 'competitive'. There may be some benefits from a competitive environment, for instance where valuable skills can be enhanced through competition. But there is a shadow side. The ruthless pursuit of self-interest is also a form of competition. In competition, [whatever they say on 'Bargain Hunt']

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if there are winners there are also losers. In sport there are several catch phrases that shed some light on the nature of competition. 'Playing a straight bat'; 'a level playing field', 'playing the game', 'may the best man[sic] win'.

In reality, competition, even on the sports field, does not always reflect these hopes. Cheating and trickery are used sometimes by those who are more desperate to 'win' than to enjoy and respect the game and the other players. This is equally true in other walks of life, and in these cases the positive principles behind the sporting catch phrases may not be applied.

Living in a world based on the values and rewards of 'competition', raises serious moral questions. What

values inform the attitudes and behaviour of competitors? Fairness, or 'winning'?

Who loses? Often the losers are those who cannot match the resources of the eventual winners. In practice there is rarely a 'level playing field', and keeping the field biased in favour of those already in the best position [the usual winners] seems to be considered a legitimate objective, especially in political and economic affairs. At first sight, 'levelling up' may sound like a first step in a transition to greater fairness. But it seems to me that a basic assumption of the authors of the idea, [perhaps so basic as to be subliminal] is that no policy change should be allowed to threaten the position of those who are already

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at the top of the tree of prosperity. Levelling 'up', will not demand any sacrifice or significant changes of assumptions or behaviour from them.

'Levelling up' even at a national level also implies that our national interests are more important than the interests of the world as a whole, because if it can actually be achieved, maintaining it will continue to rely on the 'competitive' principle to exploit people and resources in other parts of the world for our benefit. At a global scale, 'levelling up' is not realistic. I understand there are insufficient global resources to sustain even the present world population at the level of the most prosperous. 'Levelling out', might be a more morally justifiable principle. But it should apply to our attitudes to the needs of the world as a whole, not just within a given nation state. This would expose the selfish instinct behind the 'levelling up' idea, since it would begin to require sacrifices by the better off.

The losers from competition may not only be other people. 'Winning' may involve significant, non-sustainable, long-term environmental damage in the interests of 'profit' or other self-interested objectives.

What is lost? This depends on the framework within which the particular 'competition' is understood. Where this is narrowly defined, for instance in terms of achieving electoral success, or maximising shareholder returns, or promoting national status, other values may be relegated as of 'less importance'.

Values which seem to be particularly under threat at present,

include common humanity and decency [Ukraine; asylum seekers]; safeguarding the future of the Earth; [climate change, species extinction, destruction of finite future resources]; mental and spiritual health; [chauvinism and intolerance, cut backs in cultural education and funding, business model values instead of service values in the public sector]. No doubt you can think of others. 'Survival of the fittest' worked while the demands it made on the world were within the carrying capacity of the global environment. This is no longer the case. The blind and relentless application of the competitive principle now is already threatening that carrying capacity.

Competition is not automatically a 'good thing'. The sooner the world realises this the better. We need to develop an effective and fair means of transition away from the current chaotic materialist free for all, to a more sustainable and responsible global framework of co-operative attitudes, priorities, policies and behaviour. Once this is achieved and put into action, there will be a better chance that humanity might become 'fit to survive'.

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B4RN

B4RN

As I write there is considerable talk in Sedbergh about the future installation of fibre broadband in the town.

B4RN is close to completing phase 1 of the installation of its service into the town. This covers the west and south of the town. If you live in these areas and have not yet applied for the service just go to <https://b4rn.org.uk/get-b4rn>.

In December of 2022 the Government awarded a contract for the provision of Gigabit broadband to around 60,000 properties in Cumbria to Fibrus. See <https://www.gov.uk/guidance/project-gigabit-network-build-contract-cumbria>

The scope for this contract does not include the rest of Sedbergh town, however Fibrus have now announced their intention to connect parts of Sedbergh not covered by B4RN using their own commercial funding, outside of the government contract. Where commercial build plans are in place, the government funding on which the B4RN build is reliant is taken away, and so, although detailed plans have been developed to connect the rest of Sedbergh to the B4RN network, the B4RN build is currently on hold.

This situation will not change unless Fibrus change their commercial build plans or the government changes its policy,



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neither of which seem likely at this time.

This is a disappointment to all the B4RN volunteer team, and we're sure it will come as a disappointment to all the residents of Sedbergh who have so strongly supported us in developing plans for B4RN. However, we must be realistic, and accept that our desire to provide Gigabit broadband to the rest of Sedbergh is now best served by Fibrus rather than by B4RN.

We therefore encourage all residents outside the current B4RN deployment areas to visit <https://www.fibrus.com/availability> and register their interest. If everybody who has expressed an interest with B4RN were to also express an interest with Fibrus then hopefully this should show our commitment and encourage Fibrus to connect us.



DENTDALE CORONATION CELEBRATIONS

Sarah E Woof

The events to celebrate the Coronation of King Charles III included, the Church bells pealing, a toast to the King after the Sunday morning service with a special cake to eat. The planned picnic and sports had to change to a picnic inside the Memorial Hall where we all played games and enjoyed a good chat. Bunting was all around; businesses and houses and the flags were flying high.

King Charles did visit Dent as Prince of Wales, the most memorable was when he went inside the church and was 'sold' some eggs by a local resident in there doing the flowers! Just shows, you never know who you will meet, she got him to sign the visitors book which was then taken for safe keeping. My thanks to all who helped in anyway on the Monday.

TALES FROM SHEERING GAYE After the Bomb.

Sandra-Gold Wood

Last month we left Sheering Gaye village in uproar after the bomb that Billy and his pals found went off!

The soldiers ran toward Captains Dawson and Hoggath shouting that they couldn't believe it, it was massive. The whole squad of soldiers and Captains headed for the mass of tangled trees that had once been the wood; followed by the braver members of village society. While the more timid individuals hung back, Billy, Robert and John slipped up to the front of the crowd excited to see what it was the soldiers had found.

MARKET INTRODUCING

Annie's Homemade Kitchen

I have enjoyed baking from a young age and started preserving a few years ago. After I retired from my job as a Teaching Assistant at Sedbergh Primary School I was keen for a new challenge and decided to set up my own business. Annie's Homemade Kitchen was launched and started trading from Sedbergh Market in September 2021.

All of the products are made by me in my own kitchen in Sedbergh and Tuesday is 'baking day' to ensure everything is fresh for the market. Favourite bakes and preserves include Eccles cakes, sticky ginger cake, Bakewell tart, mega oat cookies, Seville marmalade, lemon curd, raspberry jam and mango chutney.

I like to support local businesses and buy as many ingredients as I can from them. I mostly make preserves from seasonal fruit and vegetables and keep a good stock in the freezer. Local people have kindly supplied me with apples, damsons, plums,

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redcurrants, blackcurrants, rhubarb, gooseberries and much more.

I am keen to keep waste to a minimum and use compostable packaging for all my baked goods. I recycle as many of my own jars as possible and offer a 10p refund for all jars returned. I also design and print all my own labels.

Being at Sedbergh Market each Wednesday is what really makes my job worthwhile; all the other stallholders are very friendly and supportive and I enjoy meeting people from our local community and visitors from further afield who seem to really appreciate locally made produce.

The Cancer Charity Stall

Mary last featured on Visit Sedbergh in 2019, when she had raised an incredible £50,000, that figure now stands at over £70,000!

In 2010 their daughter suffered a life-threatening cancer which was successfully treated at The Christie Hospital, Manchester. The Christie is a Centre of Excellence, concentrating on Cancer Research. In April 2011, when her daughter was recovering, Mary decided to declutter at home,



have a car boot sale and send the money to The Christie as a small thank you – and she has been selling her own and other people’s clutter ever since. Mary first came to Sedbergh market in July 2012 and although she gave up the car boot sales five years ago she has continued to come to Sedbergh every week – covid restrictions and broken bones permitting!

It is the highlight of Mary’s week and she is grateful for all the friends she has made as well as all the money she has raised. Some people have given large amounts for special occasions and many give on a regular basis by putting money in the bucket. The variety of goods donated for sale is amazing – Mary has been known to sell a lavatory seat and once sold a Christmas decoration in July! Books, jigsaws and general bric -a-brac form the basis of the stall and



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on wet days it is all displayed in the car but in good weather it is always worth having a look round as you might find just what you need –even if you didn’t know you needed it!

The total Mary has raised in twelve years is now over £70,750 but although it is Mary’s name on the cheque she sends each week it is largely thanks to the people who support her stall at Sedbergh market.

LOCAL YOUNG PEOPLE’S FUND

Karen Bruce Lockhart

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

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

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

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

1. Grants for laptops at university and for A Level courses
2. Grants for university textbooks
3. Grants for overseas educational travel

4. A grant for a residential field trip
5. A grant towards a gap year placement abroad

6. A grant to assist with fees for an extra-curricular language course

7. A grant to assist with the cost of books, equipment and uniform for a vocational course

8. Grants towards the cost of musical instruments

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

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Citizens Advice

I've just had my bathroom re-tiled, but I'm not happy with the work. The tradesperson left to do another job halfway through and I had to chase them to finish the job. The work looks pretty rough around the edges. They also left all the old tiles and plaster for me to dispose of, which I wasn't expecting. I've now got the invoice, but I don't think the price reflects the work done or the service I got. Can I challenge this?

If the work looks unfinished or unsafe, you should be able to get the tiler to come back to fix it. You could also suggest that removing the old tiles is part of finishing the job. You are protected by the Consumer Rights Act 2015, which says a tradesperson should have completed the work with 'reasonable care and skill'. If they haven't done this, they've broken the law. The Act means you're legally entitled to ask the tiler to fix the problem (if they provided the tiles as well as the service) or get money refunded (if they just provided the service and you bought the tiles). They should fix the problem or refund you in a reasonable amount of time, without causing too much inconvenience. Ask them to fix the issue or negotiate a lower price for the work before you pay them anything.

Before you contact them, it's a good idea to take photographs to use as evidence of the problem. Make notes about what happened, including dates and times. You should also gather any paperwork and receipts - was there any prior

-week course in Europe, while yet another may be going for six months to work with a charity in a less developed country. It is also helpful to know what other steps the young person has taken to raise funds.

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

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

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written agreement about who would dispose of the old tiles? Was the final cost was in line with estimates or quotes given to you at the outset of the work? If not, there is advice on the Citizens Advice website.

Let the tiler know you understand what you're entitled to. Keep a written copy of all contacts, whether you speak to them, write or email. There are template letters on the Citizens Advice website. If you're still struggling to come to an agreement, there are other steps you can take, including using 'alternative dispute resolution', which is a way of solving disagreements without going to court. There are full details about how to do this on the Citizens Advice website.

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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SECOND NEW DEMENTIA DRUG

Andrew Gregory - Guardian

Donanemab is second drug in a year to succeed in trials in what could be 'beginning of the end' of disease

A new Alzheimer's drug slowed cognitive decline by 35%, according to late-stage trial results, raising the prospect of a second effective treatment for the disease.

Donanemab met all goals of the trial and slowed progression of the condition by 35% to 36% compared with a placebo in 1,182 people with early-stage Alzheimer's, the drugmaker Lilly said.

It comes after trial results published last year showed that lecanemab, made by Eisai and

Biogen, reduced the rate of cognitive decline by 27% in patients with early Alzheimer's.

"This could be the beginning of the end of Alzheimer's disease," said Dr Richard Oakley, the associate director of research at the Alzheimer's Society in the UK. "After 20 years with no new Alzheimer's drugs, we now have two potential new drugs in just 12 months – and for the first time, drugs that seem to slow the progression of disease."

UK on verge of new dawn for dementia treatments, says taskforce chair

Maria Carrillo, the chief science officer of the Alzheimer's Association in the US, also hailed donanemab's

trial results. "These are the strongest phase 3 data for an Alzheimer's treatment to date," she said.

Alzheimer's is the most common cause of dementia, one of the world's biggest health threats. The number of people living with dementia globally is forecast to nearly triple to 153 million by 2050, and experts have said it presents a rapidly growing threat to future health and social care systems in every community, country and continent.

In patients on donanemab, 47% showed no signs of the disease progressing after a year, according to a statement issued by Lilly. That compared to 29% on a placebo.

The drug resulted in 40% less decline in the ability to perform activities of daily living, the company said. Patients on donanemab also experienced a 39% lower risk of progressing to the next stage of disease compared to those on a placebo.

However, the company also reported side-effects.

Brain swelling occurred in 24% of those on donanemab, with 6.1% experiencing symptoms, Lilly said. Brain bleeding occurred in 31.4% of the donanemab group and 13.6% of the placebo group.

Lilly also said the incidence of serious brain swelling in the donanemab study was 1.6%, including two deaths attributed to the condition and a third death after an incident of serious brain swelling.

"The treatment effect is modest, as is the case for many first-generation drugs, and there are risks of serious side-effects that need to be fully

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scrutinised before donanemab can be marketed and used," said Dr Susan Kohlhaas, the executive director of research and partnerships at Alzheimer's Research UK.

But she said the results were still "incredibly encouraging" and represented "another hugely significant moment for dementia research".

"We're now on the cusp of a first generation of treatments for Alzheimer's disease, something that many thought impossible only a decade ago," she added. "People should be really encouraged by this news, which is yet more proof that research can take us ever closer towards a cure."

Lilly said it planned to apply for approval from the US Food and Drug Administration next month, and with regulators in other countries shortly thereafter.

“At face value, these data look positive, but we need to see the full dataset,” said Dr Liz Coulthard, an associate professor in dementia neurology at the University of Bristol.

“Donanemab seems to help people with early Alzheimer’s retain cognitive function for longer – and this effect looks to be clinically meaningful. Donanemab might help people live well with Alzheimer’s for longer. If approved alongside lecanemab, this potentially brings a choice of treatments for patients.”



NEWS FROM THE PEWS

Susan Sharrocks

It is good to be back home although I miss our family in Australia where we have spent the last couple of months. Once home seeing familiar faces and hearing voices I know so well has been a much-appreciated compensation.

Our church congregations are akin to family and as such we like to celebrate special occasions. A rendition of “Happy Birthday” during the morning service on Sunday 28th April took one lovely lady by surprise, especially when Bishop James was present and joined in the singing. Not many people can say they had a bishop sing to them.

Coffee and a specially commissioned cake followed the service.

As Bishop James is retiring in August that was the last time he would be presiding over a service in St Andrew’s.

You may have spotted Bishop James in the coronation procession? Since 2014 he has held the title “Clerk of the Closet to HM the Queen”. He is also a Deputy Lieutenant of Cumbria.

Travelling home from Manchester Airport I missed the joyful children’s service on Friday afternoon prior to the Coronation of King Charles the Third. Having seen some of the

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photographs the participating children will have happy memories to tell their children and grandchildren in the years to come.

We did arrive home in time for me to have a cup of tea and a quick change of clothes before I joined the bellringers to ring before the Friday evening service. Choristers from other churches joined our usual choir leading the well filled church in a rousing national anthem to end the service.

Five ringers "Rang for the King" on Saturday morning, timing it so we could all get home in good time to watch the Coronation on television.

"Ringing for the King" was advertised a few months before the coronation. Radio and TV followed various learners on their progress. Many new ringers took part in ringing on the day, some being helped by a competent ringer, others able to ring alone.

St Andrew's has a very fine ring of eight bells. We practise on Tuesday evenings at 6pm until 7pm. Do pop along and see if this is something you may like to try. We should love to see you.

COMMUNITY CORNER

Sarah Woof

As this continues to gather people on a Wednesday afternoon to chat or play dominoes or try their jigsaw skills we did something different after the Coronation.

A royal quiz and a couple of games where blindfolded participants had to stick jewels on a crown or ears on a head. We went back to normal after that.

This will continue on through the summer and we may be able to do our activities outside in the sunshine.

Other things are in the pipeline Inc providing a dry place where holidaymakers, especially those camping, can be inside with things to do. And perhaps light lunches in the winter.

Meanwhile if you want to come to the Methodist Church in Dentdale, 2pm to 3.30pm on a Wednesday afternoon a warm welcome awaits.

NOTES FROM DENT STATION

John Carey

Friends of the Settle Carlisle Line

The time has finally arrived and we have shut down to start the much-needed re-pointing of the station in traditional lime mortar, the work being undertaken by Julian Wilkinson and his team. This has been a long-planned exercise having received listed buildings consent a couple of years ago but having to break off to prioritise other works along the way. We finally got the official Discharge of Conditions letter a few days ago which meant that the listed buildings officer was happy with the sample panel we had undertaken. It is very



much a learning curve and the intention is to see how much we can get done during the period of closure whilst attending other essential repairs. It does, however, feel like we are on the home-run as far as the significant issues are concerned.

My initial optimism with regard to the train services was short-lived. At the time of the last Lookaround, the unions and Rail Delivery Group had entered into further dialogue and it was hoped that this might bring about a sensible resolution but, apparently, not so. Indeed, we were notified of further action to take place on 12th/13th May, 31st May and 3rd June, one could argue, cynically timed to impact on national events. Incidentally, I am neither a sport or a Eurovision fan but entirely sympathise with those who are! I have said it before, but the industry does need to dispense with some of the outdated working practices, such as a reliance on overtime working, and fulfil the needs of the travelling public.

Services have remained broadly the same last month and we continue to monitor these on a daily basis. As a consequence, we have been able to identify various issues, one of

which was the allocation of crews, often a reason for late running of services. Also, we spotted quite a few signalling issues particularly at the northern end of the line which were the cause of delays. The latter have been taken up with Network Rail and we await a response and, more importantly, appropriate remedial action. On one isolated occasion, a signal box was switched out due to non-appearance of staff. It does show the reliance of the railway on, sometimes, Victorian technology.

The early commuter trains in each direction have been subject to delays and, in March, we reported that 39% of commuter services were either delayed or cancelled. However, in April this was a little better at 27% but

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still far from satisfactory. How many employers would tolerate late or non-arrival for any significant length of time? There were a number of issues here, crew, stock maintenance and signals. The signal boxes are shut at night-time and one theory is that it is the first passenger train of the day that inevitably discovers the problem. In the past we might have had the odd night-time freight train but for the signal box closures.

The previously mentioned withdrawal of the Sunday Lancashire Dales Rail train which ran from Blackpool North to Carlisle via Hellifield and the Settle-Carlisle has been widely publicised and has now reached the Secretary of State. Not only did this provide a useful

additional northbound service for residents along the line it was also used by our DalesBus colleagues for the 830 Northern DalesBus serving Richmond and Hawes which previously made a southbound connection at Ribbleshead in the early evening. With the absence of any mitigation measures, this ultimately meant that the bus couldn't run. So much for integrated transport but then, as I'm often reminded, this isn't Switzerland!

As readers may get the general impression, I have interests across both rail and bus. Indeed, there is nothing I like better than a rove around the transport network. On one recent Saturday I set off north on the Settle-Carlisle alighting at Kirby

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Stephen for the new 563 Saturday bus service to Penrith which departs from the station access road at 0940. There are pleasant views of the north Penines as the bus trundles around the villages. At Penrith there is a choice of services but the 508 to Windermere beckoned. This runs hourly to Patterdale and 2 hourly beyond. Some of the services are provided with an open-top bus. Having departed Penrith, the views are pastoral but from Pooley Bridge the vista of Ullswater suddenly opens up and the bus travels the full length of the lake, through Glenridding before climbing up and over the Kirkstone Pass. Upon the advice from the driver, I alighted at Windermere



School and walked down the short lane to the Sun Inn on the A591 where I was able to catch the 555 bus to Kendal and then the trusted S1 service back to Sedbergh and Dent. Just one point to be aware of, the Kirkstone Pass is closed in June.

Over in the rest of the Yorkshire Dales, the summer Sunday DalesBus network comes into its own with services criss-crossing the National Park from various locations. All of these interchange with other buses and indeed the train where this is possible. The services, usually with full sized buses, rely entirely on fundraising and a volunteer management team who make sure

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that everything connects. This year passenger ridership is expected to be 40,000 and it is a relatively unique example of how things can be done. However, as mentioned, significant challenges have been encountered with Sunday connections to the trains this year. Nevertheless, at the time of writing there is a glimmer of hope that the Sunday link from Garsdale Station to Hawes can be reinstated, this having been withdrawn in November 2022. If so, this will also run on to Castle Bolton.

It is worth reminding as to the government £2 single bus fare initiative extends to the end of June. 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 either Carlisle or Leeds? This would involve returning on the 1618 or 1824 trains from Carlisle or 1819 train from Leeds to catch the bus from Dent Station back to Sedbergh. Also, the Friday S3 to Hawes runs from Dent village and Sedbergh during the summer season calling outside Farfield Mill. 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 delighted to help.

KNUDMANING IN UPPER GARSDALE

Colin Cowperthwaite

The late David Bracken from Garsdale carried out extensive research into many of the old houses and farmstead in the dale. Here are his findings about an old farmhouse and cottage which stand on the northern hillside towards the head of Garsdale, approximately 8 miles from Sedbergh. I have a particular interest in its history as my paternal grandmother lived here as a child. In more recent years, an adjacent barn has been renovated into a dwelling, making 3 homes in total at this location.

The old spelling (Knudmann Ing), used until the 1960's, reflects the

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Norse Knudmann (servant of Knutt ?) whose "ing" (enclosure) presumably gave the house its name. Richard Wilkinson lived in the farmhouse in 1750, and the house was owned by the Wilkinsons (Quakers from Grisedale) for most of its history from the earliest records in the 1690's. William Hodgson, owner from 1835, was a nephew of the Wilkinsons, and Nellie Peacock, whose husband Tom Rich farmed there until the 1950's, was the daughter of Mary Jane Wilkinson.

From 1841 to 1861 William and Mary Hodgson lived here, though they probably moved into the adjacent cottage when they retired in the 1840's. In 1841 they employed Isabella Atkinson to help with the house and farm work. From 1851 Richard and Jennet Harper farmed here with children Margaret, Mary,

John, Jennet, Isabella, and William. Jennet died in 1870, but Richard remained here with recently widowed daughter Mary, who had married Richard Wilkinson in 1867, and Mary's young sons Harry (Harper) and Mike Wilkinson.

The following year, Mary married James Allen (Winn in the register, but they never used this surname). Still with his father and sister here in 1871 was 16-year-old son William (Hodgson Harper because his mother Jennet was the daughter of William and Mary Hodgson next door) who later ran the shop and post office at Garsdale Head after marrying Mary Winn in 1872. In 1867 daughter Jennet married her cousin Thomas Harper (son of Rowland), having previously been married and widowed. There is a story about Mary's first husband Richard who had two unmarried mothers expecting at the same time. He chose to marry Mary and was cursed by the other mother (Ann Harper/ Handley), and he died a short time afterwards. Perhaps Richard Harper, a Wesleyan Local Preacher had put some pressure on his future son-in-law ?

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In 1881 Richard Harper was still here with his sister Mary Allen (she had married James Allen in 1840) and grandchildren Isabella Atkinson and Jennet and William Harper (Thomas and Jennet's children). In 1891 only Margaret Allison lived here. In 1901 John and Betsy Handley lived here with children Betsy Ellen (who married Dick Cowperthwaite around 1920), Tom and Mary Margaret. Tom was killed in the war at the age of 19 and his sister died at 22.

From 1924, Tom Rich and Nellie Peacock farmed here with Tom Rich's parents Jim and Agnes Peacock until 1938. Bill Allen from Garsdale Street was also employed here. During the 1960's Ernest Reynoldson and his

family farmed here, before retiring and moving to the Richmond area some years later.

Knudmann Ing Cottage was uninhabited in 1841, but William and Mary Hodgson probably moved here from the main house when they retired and lived here until after 1861. Their daughter Jennet, with her husband and family, farmed next door. In 1871 Samuel and Jane Davis lived in the cottage with children Joshua, Nancy, and Hannah, also apprentice shoemaker John Dowbiggin. The cottage was uninhabited or used as part of the main house from 1881 to 1901. Mrs Pratt lived here in 1938, followed by Edward and Doris Mason with their daughter Irene.

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50 YEARS AGO

Colin Cowperthwaite

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

300 at Fox's Pulpit

The annual service at Fox's Pulpit was held at the top of Firbank Fell on Sunday afternoon, when more than 300 people attended. The preacher was the Rt. Rev. Ross Hook, Bishop of Bradford. Prayers were conducted by the Methodist Superintendent of Sedbergh, The Rev. Stanley Hills, and the lesson was read by a representative of the Society of Friends, Mr Alistair MacGregor. The service was conducted by the Rev. J.C. Bacon (Vicar). The collection amounted to 26 pounds which will go to Christian Aid and the British and Foreign Bible Society.

School Guests

This week Sedbergh County Secondary School has guests from Hemsworth High School, South Yorkshire. The party of 30 - children and staff - are camping in the school grounds for four days. They are the first of three such groups. Last Thursday, there was a visit from the Northern String Ensemble who gave a concert before the whole school, their audience being augmented by the pupils of the primary schools of Sedbergh, Dent and Garsdale. On Friday, as part of the outdoor pursuits programme, Mr A. Fawcett, the station officer of the West Riding Ambulance Service, Settle, visited the school. He showed a film on mountain rescue, and brought a fully equipped mountain rescue Land Rover for the pupils to see.

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Sedbergh Drugs Theft Alleged

Two men appeared before a special court at Sedbergh on Wednesday, charged with entering a chemist's shop in the town and stealing drugs and other goods valued at 118.57 pounds. A 23 year old fitter and a 25 year old unemployed man, both of Wigan, were remanded in police custody to appear in court again today.

Sedbergh Celebrates 10th birthday Gala with Biggest Crowd Ever

The 10th annual gala organised by Sedbergh Gala Day Group, held on Saturday, drew crowds that were bigger than ever. They revelled in perfect weather. The procession, marshalled by Sgt. J. Robertshaw, started from Maryfell estate. In it, the Gala Queen, Miss Teresa Swainbank, had Janet Proctor and Ann Pratt as her attendants, being transported in a horse drawn carriage driven by Ann Varley. The Kristy Trapeze Act, recently returned from South Africa, and the War Dog Team, K9 Commandos, with their handlers describing their training, kept the spectators enthralled. A jazz band jamboree by six bands, all juvenile, provided lively music. The organisers of the Cumberland and Westmorland wrestling were specially delighted when, for the first time since wrestling was included in the Sedbergh Gala programme, a first was won by a local resident, Ian Konczynski. Prizes were awarded for Children and Adults Fancy Dress, Children's decorated bicycles, Decorated vehicles, Fell races, Six-a-side football, and a Treasure Hunt. Two dances, old-time

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and modern, held in the People's Hall and the Masonic Hall, brought the gala to a close.

The Late Mr. W. Dixon, Dent

The death occurred recently at his home, Raven Ray, Deepdale, Dent, of Mr Wallace Dixon. A retired farmer, Mr Dixon resided all his life in Deepdale. He was an expert on stone walling and building, and some years ago together with his son, designed and built the bungalow, Raven Ray. The funeral at the Congregational Chapel, Dent, was conducted by a friend of the family, the Rev. Eric Allen, Vicar of Langcliffe and Stainforth. Mr Dixon leaves a widow, one son, two grandchildren and two great-grandchildren.

HMS MTB 93

Karen Bruce Lockhart

It was reported in 1940 that a group of workers in Sedbergh had adopted a minesweeper and that the group had received grateful letters from the ship asking for seaboot stockings and string gloves. The group were hard at work knitting these items.

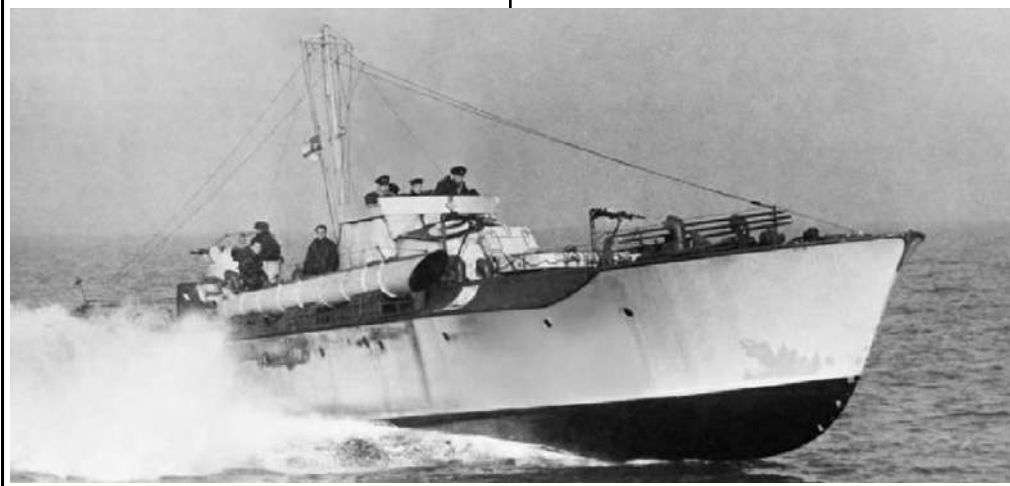
This has caused a certain amount of confusion in later years, and it is possible that this was in fact HMS Nadine, a converted trawler which survived the war, and was not the boat officially adopted by the Town as she did not exist at the time.

The boat the Town adopted in 1942 was to be known as MTB 93 (MTB stood for Motor Torpedo Boat), one of the many that guarded the shores. According to the official records she was ordered on 20th May 1942 from Berthon Boat of Lymington. . However, the Town adopted her during Warship Week 7th -14th March 1942, almost two months before the Navy ordered her, and the posters for that week asking the

Town to try to raise £25,000 (which would pay for her hull) specifically name her as MTB 93. The poster goes on to say that if the Town manages to raise that much the boat will carry the Town's plaque "into the great battle for freedom". In fact, the Town raised £60,381.

She was commissioned on 10th September 1942 and her captain was T/Lt Ninian Glen Kennedy RNVR. She was a Vosper 72 feet type motor torpedo boat. Torpedo boats were designed for missions that variously involved high speed, operating at night, low speed ambush, and manoeuvrability to allow them to get close enough to launch their torpedoes at enemy vessels. With no significant armour, the boats relied upon surprise and agility at high speed to avoid being hit by gunfire from bigger ships.

She was part of the 22nd MTB Flotilla and was originally based at Felixstowe. From 15th November 1942 she was based at Lowestoft from where she was engaged in operations against shipping off the



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Dutch and Belgium coasts and in anti-E-boat patrols in the southern North Sea. For a period prior to D-Day, with torpedo tubes removed, she joined the 21st Flotilla on a series of mine-laying sorties off the main Dutch and Belgian ports.

The Town continued to support the crew. By the end of 1942 the committee looking after the adopted MTB reported that they had sent 7777 cigarettes, 10 pairs of socks, 47 scarves, 50 jerseys, 54 helmets and cap comforters, 73 pairs of mittens and cuffs, 33 pairs of seaboot stockings, and 18 pairs of gloves, as well as games, playing cards, magazines, and until recently sweets and cakes. Books were needed.

In May 1943 another fund raising week, Wings for Victory, was held, and an Admiral received the plaque given by the Admiralty to the Town in respect of the adoption of MTB 93 by the Town. It was particularly pleasing

that the Commander and crew of the MTB were present. A plaque was also given to the crew by the Town and money, records and a gramophone were obtained for the crew. HMS MTB 93 had "one good sinking to its credit". The plaque now hangs in the Information Centre above the shelving.

HMS MTB 93 did not survive the war. She collided with MTB 729 on 18th August off Harwich and foundered, following an explosion in the engine room which killed two stokers, Edward Watson from Aberdeen and William Stokes from London. Derek Crane, the motor mechanic, was blown out of the boat and severely burnt. Seventy one years later Jack Brown, the only known surviving member of the crew at that time, wrote to say how much the crew had appreciated the kindness of the people of the town.

SEDBERGH'S TWO YOUTH HOSTELS

Ed Cullen

Long distance walking became increasingly popular in the 1930's when there were such well-known events as the "mass trespass" on Kinder Scout in Derbyshire. The Youth Hostel Association, which only began at the beginning of that decade, tried to meet the demand from walkers for places to stay by using farmhouses and other private lodgings offered to the Association as adopted hostels. Underbank Farm at the top of Thorns Lane was one of these places. It opened for hostellers in 1933 offering 4 beds for men and 4 for women. In that first summer season 370 overnight stays were

registered. By 1934 the capacity had risen to 12 beds for men and 6 for women and 822 people stayed there. Camping was also allowed. The warden was Mrs Leach. One of the guests, who was writing a guidebook to Pennine walks, recommended a stay at Underbank most enthusiastically. He was very impressed by the two small classical stone pavilions situated below the house one of which was oak lined and used as a closet. This building still exists and is often remarked upon by walkers who pass by. Nothing now remains of the second pavilion but its base is embedded in the garden wall. 768 people stayed at Underbank in 1935 but this was its final season as a hostel because alternative and presumably larger premises were found in the town centre.

The new location was called The Waverley Hostel and the warden was now given as Mr S.M. Leach but no doubt Mrs Leach was still involved. YHA members were advised to contact Mr Leach at The Waverley Temperance Hotel. Once established, the hostel saw a modest level of trade, about 700 overnights each year and it was open all year. The Temperance Hotel was on the north side of Main Street in the building now occupied by Boots Pharmacy with the hostel's sleeping quarters directly opposite, presumably the premises now occupied by the Flower Shop. The hostel closed after the summer of 1939 almost certainly because of the war.

I am indebted to John Martin, the YHA archivist, for much of this information.

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GARSDALE FRIEND'S MEETING HOUSE

Colin Cowperthwaite

(Another item taken from the archives of the late David Bracken)

This Quaker building was built in the early 1690's for the Garsdale Friends. It was demolished in 1913 and the stones were used to build the stable and washhouse at Clough View, Garsdale Head. The burial ground near Dandra Garth was first used in 1609 for the burial of William Raw of Banks. Quaker meetings were held in his house around that time, but he had been left five pounds in James Guy's will of 1688 for the building of a meeting house and it would be reasonable to assume that

he succeeded in the construction during the ten years before his death.

The first recorded wedding to mention Garsdale Friends Meeting House is that of John Dent to Ann Robinson in 1707. The marriage of James Mason of Hudhouse, Dent to Elizabeth Wilkinson of Garsdale in 1690 was at William Raw's house at Banks, whilst the 1693 marriage of Robert Dent to Ann Richardson just says at Garsdale, so this could have been at the new meeting house, which was built around that time. The burial ground above Dandra Garth was sold by the Friends in 1988 and was bought by three of the descendants of families buried there. It is still available for burials.



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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Swifts arrived early this year : between the 1st and 6th May we heard from readers that swifts had been seen at Ingmire, Frostrow, Akay Woods, Garsdale, Havera and Guldrey Terrace. At Lowgill we had record early arrivals with two swifts that came back to their nest sites on April 29th followed by another three on April 30th. More followed them but after 8th May there was a pause, and although we saw parties of screamers flying around, at the time of writing (May 15th) there are still a lot of breeders yet to return. This pattern was seen elsewhere in the country, so we assume that there was a hold-up on the migration route due to adverse weather conditions.

These early breeding birds could get itchy feet waiting for their partners. As they fly around and encounter other swifts, they sometimes pair up with other birds ahead of waiting for their long-term partners to return. This can spell trouble! If and when the partners



arrive, we can expect to see fighting to regain their place on the nest. Fights between swifts can last for several hours and occasionally injuries or fatalities can sadly result. Because it's not possible to tell swifts apart, we often do not know which swift 'wins' the fight.

We became very worried one night as at dusk we saw a sparrowhawk perching near the swift nests. Swifts can outfly sparrowhawks but are vulnerable as they enter and leave their nests, which is when a sparrowhawk pounces.

Fortunately, this time our swifts were unharmed in the morning. However, we remain concerned as this sparrowhawk may be honing its technique for the future. Hobbies are a match for

swifts and can catch swifts in full flight. Fortunately, hobbies are not common in this area, but are seen in marshy areas with plenty of insects such as Foulshaw Moss, as dragonflies are one of their foods.

In June most breeding swifts will be incubating eggs, and generally hatching will be in the second half of the month. Common Swifts only have one brood a year, and usually lay 2 or

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sometimes 3 eggs. This low rate of reproduction shows just how vulnerable they are. Compare this with, for example, swallows that lay 4-5 eggs in a clutch and have two broods. Swifts are never seen in the nest as they are hidden in eaves and crevices of buildings, and dart in so quickly that blink and you've missed them.

Unlike other birds, you never see a swift still. They cannot perch, so we only ever see them on the wing. June is when we see screaming parties of swifts, flying close to buildings and rooftops. Swifts have no song (they scream and call) and watching the exhilarating fly pasts of the screaming swifts is a wonderful sight. Screaming parties are an indication that swifts are nesting nearby, and we suspect that it is a bonding activity as swifts are colonial birds, encouraging others to join them. By early June we expect the non-breeding swifts to have arrived – those aged between 1-4 years old. The older ones will hopefully find a partner and nest site and form a new pair. So, this month when you see swifts hurtling around feeding – over the playing fields for example – they will be a mixture of breeders and non-breeders.

So encourage everyone to look up skywards and just enjoy watching these charismatic birds, marvelling at their aerial acrobatics.

Do take a look at our Sedbergh Community Swifts Facebook page, with comments and (hopefully) 'likes'. We look forward to hearing from you!

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PREPARE TO CYCLE

James Pallmer

As summer is now here (allegedly), more readers will be taking their bike out for local rides or going further afield. If you aren't already familiar with bike preparation then here are some helpful tips.

Check your tyres for cuts, embedded glass or thorns and pump them up to the recommended pressure range (moulded onto the sidewall of the tyre). Use the lower end of the range for comfort or if you weigh less, top end of the range if you are heavier. Softer tyres tend to pick up more cuts and thorns. A pump with a gauge is essential, feeling the tyre is not accurate.

1. Always carry a pump, a puncture repair kit, some tyre levers that suit you and a spare inner tube. Even if you can't mend a puncture a passer-by might!

2. Carry a basic tool kit, including a chain tool, a few spare links of your type of chain and a 'missing link' chain joiner. A few 'zip' ties are always useful.

3. Consider putting a puncture sealant into the inner tubes on the bike. 'Green Slime' is one brand but

Advertisement for Edge of the World, featuring logos for Jowles, BRANEBURN, Lily & Me, White Stuff, SEASALT CORNWALL, fransa, bugatti, Joe Browns, SOAKED, rieber, Weird Fish, and ROBELL. The logo for Edge of the World is 'edge OF THE WORLD'. Contact information: Market Square, Kibby Lonsdale, 015242 71390, edgeoftheworld.com.

others exist. If you ride an e-bike, then getting the rear wheel out can be very tricky so puncture sealant and 'puncture proof' tyres are worthwhile.

4. Check your rim brake pads or disc pads aren't worn out and replace them sooner rather than later. Worn rim brake pads wear out the rim quickly especially if they have bits of stone or metal stuck in them. Worn disc pads wear the disc and won't stop the bike. Clean discs with meths and pick out any objects embedded in rim brake pads using a darning needle stuck in a cork.

5. If your bike has a rear derailleur (most do) then obtain a spare derailleur hanger. If your bike is new it should have been supplied with one. There are over 140 different types so bike shops are unlikely to stock your one if it breaks! There are 'emergency' derailleur hangers available for sale which fit any bike with a quick release but not bikes with nutted axles or 'thru' axles.

6. If you use your bike for touring it's worth buying a few spokes of the correct length for the wheels. The rear wheel usually has two different

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spoke lengths on left and right hand sides. A bike shop should be able to measure up and sell you a few. Most spoke breakages are on the left hand side of the rear wheel.

7. Clean and lubricate the chain and derailleurs. Use WD40 or another thin spray lubricant in dry weather, these wash off grit too. ACF50 is extremely good at resisting corrosion when there is salt on the roads and is a bit thicker. Use thick oil (engine oil) for wet (winter) weather. Cleaning your chain is best done off the bike in an old biscuit tin of paraffin. A 'missing link' makes chain removal a doddle.

8. Enjoy your riding!

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School is pleased to have won the Boarding Schools Association 2023 award for Supporting International Boarders. The Headmaster says that the School has a proud history of welcoming international pupils and this award recognises the excellence of the welcome that the whole School extends to international pupils. In addition the School was a finalist for best Community Work

This is perhaps reflected in the fact that the number of pupils will be 600 next term, in a time when many schools are struggling or at least apprehensive of the future. Among

the pupils are twelve fully funded scholars, including three from Ukraine and three from Settlebeck

Much of the first half of the summer term has, of course, been taken up by exams

Year 8 at the Prep having been making a film *The Ways of the Wolf*, due partly to lack of rehearsal time for an ordinary play in the wake of ongoing sporting success, and they enjoyed the completely different style of acting and direction. It is a movie celebrating the 200th year of Casterton School as seen through the Sedbergh Wolf's eyes.

Those who took the Prep School skiing party of around forty pupils were delighted with the constant stream of compliments from members of the public over the pupils' conduct

The new all weather pitches should be finished by July, which will enable the school to offer training facilities to regional and national teams and provide the local community with a space to develop a hockey team of its own. The second pitch will have a surface suitable for a broader range of sports and will be available to the local community for a number of activities.

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The new outside classroom (known as the Den) is a success at the Prep, and will be officially opened on 26th May with a concert.

The Prep celebrated Earth Day, and had an interesting lecture on 'Farming and Eating for the Future'

Zoe Charlton has joined the Prep as Deputy Head. She comes from a small primary school in Hampshire where she was head teacher for 16 years.

During the May half term seven rugby players will cycling the 120 km journey from Leeds to Filey in an effort to raise money of OddBalls FDN - raising awareness of Testicular Cancer

Year 3 and 4 at the Prep had an exciting residential trip to the Lake District which included ghyll scrambling, cathedral cavern, raft building, climbing and an evening walk, just in the first 24 hours.

Over the Coronation weekend there was an optional exeat of 3 days. The Houses were decorated, and each House gave a lunch on Sunday, and the School flag was replaced by the Union Jack on the flagpole over the Cloisters. Various interesting activities took place for

those who were unable to go home on the exeat days, including time on the fells. Years 5 and 6 attempted to climb the Three Peaks, although the weather prevented the second day. A Commemoration service was held on the Monday Evening in which the Sedbergh Choral Society took part

The School and Prep have once again been collecting practical donations to be taken out to Ukraine, such a sleeping bags, new hot water bottles, torches, batteries, baby essentials and medical supplies among others. Any such donations should be delivered to the School or the Prep. The Wolf (the pizza van) has once more gone out to the front line loaded with donated items. This time a reporter from one of the major

newspapers has gone with it. In addition the School has collected 105 kg of food as donations to Morecombe Bay foodbank.

The Pre-Prep visited the Senior School on 11th May and had an exciting time full of sport in the Hirst Centre and den building in Akay Woods

The History of the School on which Mr Michael Raw has been working for several years is nearing completion and should be ready for the 500th anniversary in two years' time. Plans are advancing for that event, and among the possible plans are a concert in the Bridgewater Hall in Manchester, a carol service in York Minster and maybe the Red Arrows. It is also hoped that the new

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Technical Centre will also be completed in time

By the time this is published year 9 and 10 will have performed IT – a production concerned with mental health

Music

There was a string recital in the Thornely Studio on Thursday 11th May

There will have been another, a Scholars' Recital ,in the Thornely Studio on 21st May at 4.30 pm, to which all were welcome.

And There will be a Popular Music concert in the Thornely Studio on Thursday 8th June at 5 pm, at which two bands from the Prep School will take part. All welcome

Cricket

The 1st XI home fixtures in June are Manchester Grammar (11 am) on 17th June, Glasgow High School on 18th June at 10 am, Durham Cathedral Schools on 24th June at 11 am, St Augustine's Australia on 25th at 11 am, Durham CCC Academy on 27th June 11 am, Lancaster CCC Academy 28th June 11 am, and Scarborough College on 29th June at 10 am.

The 1st XI lost to Repton on 14th April, the Myercough game on 20th April and the game against Cheadle Holme on 22nd April were cancelled. They drew with the MCC on 27th April (166/9 and 208/6), and won the T20 game against Cumbria U18 by 8 wickets on 28th April, and against Loretto by a similar amount in 10 overs on 2nd May. They lost to Myerscough (last year's runners up) by 45 runs in the National T20 on 3rd May (Sebergh all out for 88 runs). On 13th May they won by 6 wickets against St Peter's York.

Both the Girls' 1st XI and the 3rd XI (mixed School, OSs, Town, Staff in the 4th Division of the Westmorland League) have been and will be playing a full fixture list, as well as, of course, the many teams further down the School.

Year 12 pupil Mahika Gaur made history on 27th April when she became the first girl ever to play for the First Eleven, in the match against the MCC. She made her first appearance for Thunder Cricket against Western Storm on 29th April

Meanwhile at Casterton there was also a minor earthquake event at the beginning of term when the Girls' 1st XI played the Boys' 1st XI – and beat them. More importantly the U13 Girls played at Headingley in the North of England Indoor Cricket finals and won – meaning they will be at Lords for the National finals in May

As girls' cricket has become so popular Arathy Jayapal has come to coach the girls. She much enjoys the fact that the girls' cricket is fun, unlike her own disciplined coaching in India when fun was not allowed!

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The Boys' U14 XI will play Cumbria U14 on Friday 12th May at 4.30 pm

The 1st XI will be at the BOWES Festival on 3rd, 4th and 5th July in Brighton, and this year the Girls' 1st XI will also be there

Hockey

The Hockey tour to South Africa will depart on 15th July

Equestrian

At the end of the Easter holidays the equestrians competed at Greenland's where Olivia was County Champion, the 80 team gained at National Q, Tamsin won the 90 Eventers Challenge with Rosie taking 2nd in the 100.

Katie then took part in the Badminton Grassroots cross country

(held in the two days before the main event) and Katie finished 3rd in a field of 53 including adults, on a horse she and her mother have trained. Katie spends most weekends driving to Newcastle to train herself and her horse, missing out on much that the boarders do at weekends, but it has paid off

The team competed at the Royal Windsor Show and came 4th out of 20 school teams in the Inter Schools Show Jumping Competition

Swimming

The team took part in the World School Swim Championships in London on 12th-14th May

Running

The Headmaster and Mr Wells completed the London Marathon

Rugby

Ben Redshaw captained England U18 in their Six Nations game against Italy

Shooting

Keira was presented with a National small bore silver medal for being the highest placed junior shooter in Cumbria and Northumberland. Two pupils have been to Canada representing the Country.

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The School were overall winners in target shooting at the North West cadet meeting

Future Events

The Prep school Epic, a 7 mile course with 1250 feet of climbing will take place at 10 am (9.30 for those walking!) on 10th June. All years 7 and 8 will take part. Prep School parents are welcome to join in. There will be a barbecue after the event

Half term is from 24th May to 2nd June after Sports Day, but busy with various external exams.

The Great North Swim is on 11th June at Brock Hole, Windermere, starting at 9 am

The Challenge Week when the pupils are asked to do something for the community or charity, or

challenge themselves is on 25th, 26th and 27th June

Term ends on 1st July with Speech Day at 2pm, preceded by the Prep School Speech Day at 9 am. Both are in the Hirst Centre. There will be fireworks at 10pm followed by the Leavers' Ball

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

The autumn term starts on 3rd September with the Y9 new pupils arriving on 2nd September. Pre-season rugby training will start on 25th August and hockey on 27th August



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PERSONAL MESSAGES

THANKS

Brenda Lewis and family would like to thank everyone for cards, flowers and kind words on the sad loss of Bill. Thank you to all who attended his funeral service. It meant a lot. Also thanks for Rev'd David Crouchley and Brian and Edward for all their help.

=====

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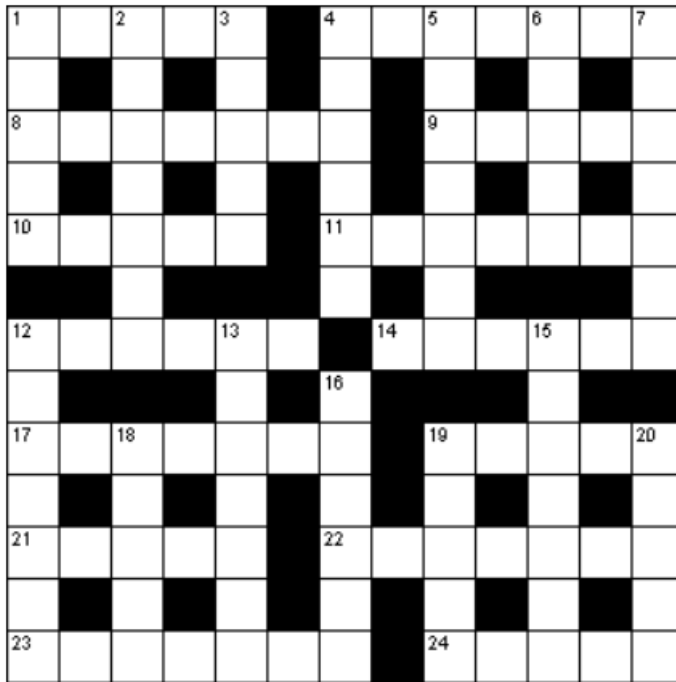
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Commercial		£35.00	£35.00	£24.00	£35.00

PUZZLE 1 (SOLUTION ON PAGE 72)



Across

- 1 Dock (5)
- 4 Sore (7)
- 8 Rubbish (7)
- 9 Sacred song (5)
- 10 Boulders (5)
- 11 Sincere (7)
- 12 Real (6)
- 14 Blemished (6)
- 17 Ancient Japanese warrior (7)
- 19 Concur (5)
- 21 Ashen (5)
- 22 Before (7)
- 23 Least difficult (7)
- 24 Viper (5)

Down

- 1 Bet (5)
- 2 Fruit (7)
- 3 Emblems (5)
- 4 Fragments (6)
- 5 Endanger (7)
- 6 Fire (5)
- 7 Restricted (7)
- 12 Relieve of blame (7)
- 13 Abbreviate (7)
- 15 Concerned (7)
- 16 Straightforward (6)
- 18 Relocates (5)
- 19 Main artery (5)
- 20 Mistake (5)

PUZZLE 2 (SOLUTION ON PAGE 72)

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

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

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.

JUNE 2023

01	Sedbergh Book Festival (28,1)	Various
01 1800	Killington Sports (May)	Beckside F
02	Dentdale Head to Foot outing	TBA
06 1000	Needle Felted Landscape (6)	Chapel Gal
07 1400	Community Corner (Apr)	DMC
07 1900	Murder on the Front Page (7)	Westwood B
09 1900	Rebecca Smith (7)	Westwood B
11	Hist Soc Garsdale and Easby (May)	TBA
11 1600	Messy Church	CCCN
13	Killington WI outing	tbc
13 1930	Domino Drive	FCH
14	Dentdale WI outing	tbc
14 1400	Community Corner (Apr)	DMC
14 1930	WIS - Ukrainian Carpathians	PH
15 1300	Medical Centre training afternoon (15)	MC
18	Royal Navy Exhibition (10)	SS
18 1030	What Do Quakers Believe (11)	BF
18 1430	Songs of Praise (20)	Hawes Jnct
20 1000	Crochet Granny Square (6)	Chapel Gal
21 1400	Community Corner (Apr)	DMC
24	C2C Cycle Ride	TBA
24	Sedbergh Book Festival (28,1)	Various
24 900	Artisan Market (May)	main st
24 1000	Dentdale Methodist Coffee Morning	DMC
27 1900	The Poisoners Art (7)	Westwood B
28 1400	Community Corner (Apr)	DMC
01	Lancashire Country Cricket match	SS

JULY 2023

01	Speech Day & Term Ends (May)	SS
01 1000	Making Space for Nature	Addingham
05 1000	5757 Aske to Kyoto	FM
05 1000	New Landscapes - Peter Bolton	FM
05 1000	Thinking in Colour and Form	FM
05 1400	Community Corner (Apr)	DMC
07	Lancashire vs Southern Vipers	SS
07 1400	Dentdale Head to Foot outing	TBA
07 1900	Caro Giles, Twelve Moons (7)	Westwood B
11 1000	Celebration of Silk (6)	Chapel Gal
11 1930	Domino Drive	FCH
12	Sedbergh WI Summer outing	TBA
12 1300	Medical centre training afternoon	MC
12 1400	Community Corner (Apr)	DMC
12 1915	Dentdale WI St Johns Hospice	DMH
15 1000	Dentdale Methodist coffee morning	DMC
15 1930	Sedbergh Band Concert (45)	StAD
16 1430	Songs of Praise (20)	Hawes Jnct
18 1000	Needle Felted Mouse (6)	Chapel Gal
19	Lancashire County Cricket	SS
19	Lancashire vs The Blaze	SS
19 1400	Community Corner (Apr)	DMC

22 1000	St Andrews Summer Fair	StAS
24 1000	Mission Holiday Club (9)	PH
26 1400	Community Corner (Apr)	DMC
28	Mission Holiday Club (9)	PH
29 900	Artisan Market (May)	main st

AUGUST 2023

02 1400	Community Corner (Apr)	DMC
04	Dent Christian Fellowship Fest	Rhumes
04 1900	Taking Flight (7)	Westwood B
06	Dent Christian Fellowship Fest	Rhumes
08 1400	Killington WI	PH
08 1930	Domino Drive	FCH
09 1400	Community Corner (Apr)	DMC
09 1915	Dentdale WI YDNP Trees officer	DMH
09 1930	Sedbergh WI Yellow Earl	PH
11	Hells Fells	Birks
12 1500	Duck Race & BBQ (4pm)	GVH
13	Hells Fells	Birks
16 1400	Community Corner (Apr)	DMC
19 1000	Dentdale Methodist Coffee Morning	DMC
20 1430	Sun Sch Remembered (20)	Hawes Jnct
23 1400	Community Corner (Apr)	DMC
25 1930	Italian Evening	FCH
26	Dent Gala (37)	Dent
26	Sheepfest (Mar)	Sedbergh t
26	Sheepfest (May)	Sedbergh t
26 900	Artisan Market (May)	main st
26 1500	Afternoon Tea	GVH
28 900	Car Boot Sale	Milbeck Fi
30 1400	Community Corner (Apr)	DMC

SEPTEMBER 2023

01	Dentdale Head to Foot Cinema outing	TBA
06 1400	Community Corner (Apr)	DMC
12 1400	Killington WI	PH
12 1930	Domino Drive	FCH
13 1400	Community Corner (Apr)	DMC
13 1915	Dentdale WI open meeting	DMH
13 1930	Sedbergh WI Art	PH
14 1300	Medical Centre training afternoon	MC
16 900	Artisan Market (May)	main st
16 1000	Dentdale Methodist Coffee morning	DMC
20 1400	Community Corner (Apr)	DMC
23 1930	Harvest Festival (20)	Hawes Jnct
27 1400	Community Corner (Apr)	DMC

OCTOBER 2023

01	5757 Aske to Kyoto	FM
01	Thinking in Colour and Form	FM
04 1400	Community Corner (Apr)	DMC

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 Calderes 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 Craggstones Wood, before a final stroll across the base of Winder. (Walk 11)

For further details of these numbered walks see the Sedbergh Town website. Leaflets describing the walks can also be obtained from Sedbergh Tourist Information Centre for a small donation to cover printing costs.



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
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	05/23	Kendal	0808 2787	984
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	04/23	Wendy Pontefract	Dent:	25253
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 l'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 Book Town	06/23	Carole Nelson - booktown@sedbergh.org		
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	05/23	Facebook: Spellbound Theatre		
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	05/23	Dr Ripley	07464	895425
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	04/23	Megan Taylor taylor71@hotmail.co.uk		
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 SOLUTIONS

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

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

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 1st April 2023 * Runs from 01/04/23 to 30/09/23 only*

Trains to Carlisle	..	1048	1815	1944*
Trains to Leeds	..	1041	1732	1938*
Dent Station	..	1053	1737	1947*
Dent Village	..	1108	..	1505	1752	2002*
Sedbergh Maryfell	0835	1123	1315	1520	1807	2017*
Sedbergh Library	0837	1125	1317	1522	1809	2019*
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	1855	..
Sedbergh Maryfell	1000	1300	1440	1645	1857	..
Dent Village	1015	..	1455	1700	1912	..
Dent Station	1030	1715	1927	..
Trains to Carlisle	1048	1815	1944	..
Trains to Leeds	1041	1732	1938	..

BUS SERVICES

Western Dales Bus S3 Fridays - Hawes Hopper Dent - Sedbergh - Garsdale - Hawes

From 1st April 2023 to 30th September 2023 only

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

JOSS LANE & LOFTUS HILL CAR PARKING CHARGES

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

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

BUS SERVICES

Western Dales Bus

**S5 Wednesdays - 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 and Thursdays - Kirkby Stephen—Penrith
Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith**

Sedbergh Post Office	0914
Cautley Cross Keys	0923
Kirkby Stephen Station Entrance on A685	0937
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 Pennine Hotel	1138	1416	..
Kirkby Stephen Social Club	1616
Kirkby Stephen Station Entrance on A685	1621
Cautley, Cross Keys	1625
Sedbergh Town	1644

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

The Benefice of the Western Dales

Vicar: Rev'd Andy Burgess
20018

andy.burgess@westerndales.org.uk

Licensed clergy:

Rev'd Christine Brown 25418
Rev'd Lindsay Gray

Churchwardens:

St Andrew's, Sedbergh
Tony Reed Screen 21081
Susan Sharrocks 20754

churchwardens.sedbergh@westerndales.org.uk

St Andrew's, Dent

Janet Skublics and David Wright
churchwardens.dent@westerndales.org.uk

St John the Baptist's, Garsdale

Bill Mawdsley and Rosemary Lord
churchwardens.garsdale@westerndales.org.uk

St Mark's, Cautley

Judith Bush and Maureen Hinch
churchwardens.cautley@westerndales.org.uk

St John the Evangelist's, Cowgill

Janice Moorby and Heather Fraser
churchwardens.cowgill@westerndales.org.uk

Holy Trinity, Howgill

Pauline Marshall and Helen Hoggarth
churchwardens.howgill@westerndales.org.uk

St John the Evangelist's, Firbank

**Currently no churchwardens, please
contact Sedbergh churchwardens**

All Saints', Killington

**Currently no churchwardens, please
contact Sedbergh churchwardens**

ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Parish Priest Kendal

Tel: 015397 20063

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

Cornerstone Community Church, New
Street

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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Methodist Service Times

CORNERSTONE - Sunday 10.30am
DENTDALE - Sunday 6.30pm (2pm in winter)
GARSDALE - 2nd and 4th Sunday 2pm.

*Combined plans for Western Dales Mission Community
June 2023*

	Time	4 th	11 th	11 th	18 th	25 th
St. Andrew's, Sedbergh LA10 5BZ	8am	<u>HC-BCP</u>	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	9.30am	HC	HC	HC	HC	All-Age Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	CW	Service 4pm- Messy Church	Service 4pm- Messy Church	HC	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HCx			9.30am MP	
St. John's, Garsdale LA10	11.15am	HCx			11.15am Holy Baptism	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		HC	HC		Service
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm				Songs of Praise	
All Saints, Killington LA6 2HA	2.30pm					All-Age Service
Holy Trinity Howgill LA10 5JD	9.30am		HC	HC		
St. John's Firbank LA10 5EF	2.30pm		HC	HC		
St. Andrew's, Dent LA10 5QL	11.15am	HC	HC	HC	HC	All-Age Service
St. John's, Cowgill LA10 5RJ	2.30pm	Songs of Praise			HC	
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	Service	Service	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship "What do Quakers believe?"	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Wednesday	7th	14th	14th	21st	28th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	7.30pm	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer CW- Contemporary Service			BCP- Book of Common Prayer EP- Evening Prayer			
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