

Sedbergh & District

LOOKAROUND

July 2023

Donation £1

Issue 422

Sadly, there is much bad news in this edition. A great deal of it due to the economic situation and reflecting the problems we all face.

But there is still much to look

forward too as well, the return of Sheepfest, St Andrews Fair and Finkle Street Party, The Town Band Concert. Don't forget, the darkest hour is just before Dawn! *Ed.*

Sedbergh Town Band

July Concert

7.30pm, Saturday, 15 July 2023

St Andrew's Church, Dent

Adults £8, Children (under 16s) £4

Book online at westerndales.org.uk/book or pay on the door.

Come along for a fun evening of music and celebration!
Proceeds to go to the work of St Andrew's Church in Dent



 THE CHURCH
OF ENGLAND

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

CONTENTS

Articles

| | |
|----------------------------------|----|
| A Day At The Fair | 20 |
| Boxes Of Hope Cumbria | 11 |
| Burns Beck Moss Funding | 49 |
| Bus Service | 7 |
| Community Swifts | 45 |
| Dementia Action Week | 51 |
| Dentdale And Garsdale Knitters | 39 |
| Dentdale, Head To Foot | 29 |
| Drivers And Bus Services | 9 |
| Evacuees In Sedbergh | 36 |
| Family Musings. | 48 |
| Fifty Years Ago | 34 |
| Foundation For Common Land | 22 |
| Hardship Fund | 12 |
| Health Support Group For Cumbria | 55 |
| Keith Wood's Send Off! | 16 |
| Ladies N.F.U. | 28 |
| Lookaround Finances | 5 |
| May Weather | 48 |
| Meals On Wheels | 10 |
| Michael Raw | 13 |
| Myeloma Uk | 12 |
| New Grants Scheme | 26 |
| News From The Pews | 64 |
| Notes From Dent Station | 41 |
| People's Hall | 17 |
| Rev'd. David Crouchley | 61 |
| Royal British Legion | 11 |
| Scammers | 53 |
| Sedbergh Parish Council | 59 |
| Sedbergh School News | 56 |
| Sheep-Building Workshops | 19 |
| Shut Up And Sit Still | 27 |
| Summer Events FOTD | 24 |
| Tales Of Sheering Gaye | 66 |
| The Zero Pantry – Closing Down | 6 |
| Tim's Column | 62 |
| Voluntary Social Car Scheme | 10 |
| W.I. Howgill And Firbank | 33 |
| W.I. Killington | 29 |
| W.I. Sedbergh | 30 |

Business Adverts

| | |
|-------------------------------------|----|
| Audio Lookaround | 47 |
| Bannister Physiotherapist | 17 |
| Black Bull | 46 |
| Bricks and Mix | 11 |
| Car Scheme Co-ordinator | 10 |
| Cobble Country | 51 |
| Cross Keys | 13 |
| Cumbria Stoves | 22 |
| Curtains | 15 |
| Dalesway Therapies | 7 |
| Dalton Burial Ground | 41 |
| Dawsons Fuels | 38 |
| Duncan Law Plumber | 34 |
| First 4 Home Improvement | 55 |
| Flat to rent DGSEF | 14 |
| G.J. Baines | 28 |
| Garsdale Design | 66 |
| Green Gardener | 44 |
| H&M Craftsmen Kitchens | 59 |
| Happy Feet | 25 |
| Ian Higginbotham | 12 |
| J.J. Martin Funeral Director | 41 |
| K.W. Electricals | 50 |
| Kendal Nutrition | 53 |
| Kev Scrap | 48 |
| Lookaround Local Subscription | 32 |
| Lookaround Postal Subscription | 33 |
| Lookaround Subscription | 31 |
| M.K. Conversions Ltd | 69 |
| Marquees & Teepees Killington | 52 |
| Matthew Cook Stonemason | 70 |
| McGarry Solicitor | 21 |
| Meditation Centre | 26 |
| Multi trade Property maintenance | 56 |
| Oglethorpe Sturton & Gillibrand LLP | 64 |
| Parkin And Jackson | 40 |
| Peoples' Hall | 61 |
| Powells | 35 |
| Ramp to rent | 71 |
| Robert Powell Web Design | 45 |
| Royal British Legion | 47 |
| Rycrofts | 54 |
| Sheila Shuttleworth Dressmaker | 44 |
| Simon Shaw & Sons | 63 |
| Stephenson And Wilson Builders | 67 |
| Stramongate Press | 65 |
| Temptations Craft Boutique | 71 |

COVER PHOTO
Sedbergh Allotments
Colin Cowperthwaite

CONTENTS (continued)

Business Adverts (Continued)

| | |
|--|----|
| The Thirsty Rambler | 30 |
| The Zero Pantry | 16 |
| Thomson Hayton Winkley Solicitors ---- | 37 |
| Tooby's Electrical | 60 |
| Treadwell flooring | 49 |
| Wools Of Cumbria | 9 |

Event Adverts

| | |
|---------------------------------------|----|
| Artisan Market (29th) | 29 |
| Chapel Gallery (11th,18th) | 18 |
| Dent Car Boot Sale (26/8) | 57 |
| Dent Gala (28/8) | 58 |
| Griefshare (Tues) | 6 |
| Medical Centre (12th) | 27 |
| Mission Holiday club (24th-28th) ---- | 24 |
| Myeloma UK Coffee Mng (20th) ---- | 20 |
| Sedbergh Town Band Concert (15th) --- | 1 |
| Sheepfest 2023 (5/8) | 36 |
| Weekly Coffee Morning (Weds) | 3 |
| Westwood Books (7th,18th) | 5 |
| Woofs Coaches (21st) | 8 |

Other Information

| | |
|---------------------------------|----|
| Advertising In Lookaround | 4 |
| Bed & Breakfast | 80 |
| Bus Services | 85 |
| Car Parking Charges | 86 |

Other Information (Continued)

| | |
|--|----|
| Diary of Events | 78 |
| Eat and Drink in Sedbergh | 79 |
| Groups and Organisations | 81 |
| Lookaround Details | 75 |
| Lookaround Editorial Team | 84 |
| People's Hall Rates | 84 |
| Personal Messages | 71 |
| Places of Interest | 77 |
| Public Information / Telephone Nos --- | 92 |
| Puzzles | 72 |
| Religious Information | 89 |
| Train Times | 88 |
| Useful Telephone Numbers | 71 |
| Walks Around Sedbergh | 77 |

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 5th July - Royal British Legion
 Wed 12th July - St Andrew's
 Wed 18th July - St Andrew's
 Wed 26th July - St Andrew's

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

Advertising Rates

| | |
|----------------------------|---------|
| Single Column 2.56" x 2" | =£10.00 |
| Single Column 2.56" x 3" | =£12.50 |
| Single Column 2.56" x 4" | =£15.00 |
| Single Column 2.56" x 5" | =£17.50 |
| Single Column 2.56" x 7.5" | =£25.00 |
| Double Column 5.2" x 2" | =£15.00 |
| Double Column 5.2" x 3" | =£20.00 |
| Double Column 5.2" x 4" | =£25.00 |
| B & B and Camp-sites | = £2.00 |
| Personal & Small Ads | = £1.00 |

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

**WHEN PAYING BY BACS
PLEASE REMEMBER TO
INCLUDE THE INVOICE
NUMBER IN THE
REFERENCE**

LOOKAROUND FINANCES AND ADVERTISING RATES.

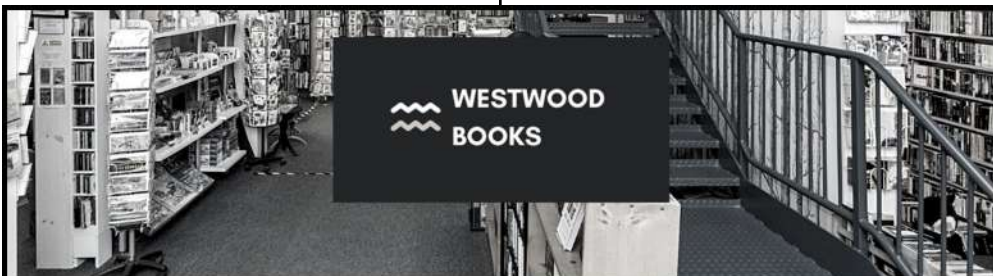
Ed Welti

Last week we had one of our less than regular Lookaround Committee meetings. Usually these are little more than a check that everything is going well, perhaps with some discussion on how we can improve circulation, format, exposure etc. Now, however, it is apparent that this year we have been below the break-even point, and that we need to make some financial adjustments to improve our situation.

This is, of course, unsurprising, given the economic situation generally. I am glad to say that our circulation, at least as far as we can tell, remains stable, as are the

takings from donations. It is true that we get less from the 'pots' than we did before the pandemic, but over the course of this year, we are taking, on average, a little more than we did last year. We do seem to be getting fewer one-off adverts though, and generally they are smaller. Inevitably too (given the general inflationary pressures) our expenses have gone up.

Since we took over Lookaround in 2019 we have kept our suggested donation and our advertising rates the same. Whilst we were making a surplus this seemed only sensible, as over time our intention is to maintain a reserve, make some donations back into the community, and generally break even. An aim we



A large independent, family-run bookshop with over 80,000 new and secondhand books

UPCOMING EVENTS - MORE DATES ADDED!

- Tuesday 27th June - The Poisoner's Art and Other Toxic Terrors
- Friday 7th July - Caro Giles, Twelve Moons: A Year Under A Shared Sky
- Tuesday 18th July - Victoria Bennett, All My Wild Mothers
- Friday 4th August - Taking Flight with Lev Parikian

All events start at 7pm. 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.



Westwood Books, Long Lane, Sedbergh, Cumbria LA10 5AH
Telephone: 015396 21233
book@westwoodbooks.co.uk
www.westwoodbooks.co.uk





OPEN HOUSE

Every Tuesday

Coffee, Craft & Chat

10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



Sedbergh
Grief Share

07498 870267

*For anyone
struggling
with bereavement*

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

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

have been achieving without difficulty.

In fact, the suggested donation for Lookaround has been £1 since the start of 2010. Going back further in time, our advertising rates have been static since August 1999 when a 2" single column advert went up from £8 to £10, and a half page advert went up from £22 to £25. It's worth noting that the suggested donation was raised from 25p to 30p at the same time. The donation has gone up several times subsequently, but not the advertising rates.

No doubt you can tell where this is leading. We have decided to raise the rates for advertising. This will be from September onwards and will mean a 2" single column advert will be £12, and a half page advert £30. A full table of the new rates will be in the next edition (August). It is with regret that we do this, and we hope it will not deter our regular advertisers, who renew their adverts year after year, despite all the recent troubles. We really do thank them all, we rely on them so much. To encourage Event adverts we have recently been posting Event notifications on the

Sedbergh Forum in Facebook , and may start to do that with Business ad renewals too.

It may be that we will need to review the suggested donation too. But not yet, as we are researching using other means to donate, via smartphones for example, rather than just relying on cash when fewer and fewer people have a £1 coin in their pocket. We will assess the effectiveness of those changes, and those above, before any further adjustments to rates, or to the suggested donation.

THE ZERO PANTRY – CLOSING DOWN

Kim Bradshaw

This is an article I have dreaded writing but unfortunately, I must admit defeat and inform you that The Zero Pantry has become another victim of the economic crisis and will be closing its doors for the last time on Monday 31st July 2023 at 5pm.

We have had a wonderful 2.5 years at 6 Finkle Street but alas we can no longer meet the rising costs with the dwindling sales and regrettably must hang up our hat.

MYOFASCIAL MASSAGE & SCARWORK

FASCIAL FITNESS BAREFOOT TRAINING

Yvonne
07795063107

CRANIOSACRAL THERAPY

SOMATOEMOTIONAL RELEASE

Fritz
07817665662

Dalesway Therapies
015396 21303

@dalesway_therapies f dalesway therapies
daleswaytherapies@gmail.com
www.daleswaytherapies.co.uk

However, all is not doom and gloom as our Kirkby Lonsdale store will remain open and you will still be able to shop online for all your daily needs, plastic free.

Sedbergh welcomed The Zero Pantry with open arms, and we have made many, many friends along the way. No longer customers – forever friends. Thank you to everyone who came in and put the world to rights with me – I will miss our debates. I do just want to thank all of those that supported us, shopped with us or just popped in to say Hi. I will miss you all.

And on a final note, to all the residents of Sedbergh and surrounding areas – remember that if you want Sedbergh to survive as a town you, collectively 'you' the local folk of Sedbergh, are going to have to support local businesses and shop local. This town cannot survive without your support.

BUS SERVICE

On Behalf Of Some Bus Users

*Sedbergh Information
Centre Manager*

At the time of writing the daily weekday Sedbergh to Kendal bus service operated by Woofs will end on July 21st. The current service is not commercially viable.

The withdrawal of this service is devastating for many people in the community leaving those without their own transport unable to access their banks, hospital appointments or facilities in Kendal. They will be unable to continue the social activities they currently enjoy, volunteer commitments or meet with family and friends, thereby detrimental to independence and leading to isolation and negative health impacts.

This bus service also provided a connection to the main railway station at Oxenholme and Kendal bus station - vital for wider travel and particularly beneficial for those coming on walking holidays to Sedbergh.

Whilst many people reading this may take the view that the loss of this bus service may not affect them, anyone can find themselves temporarily without a car or unable to drive in addition to those who choose to reduce car usage for environmental or economic reasons.

There are currently a number of hospitality vacancies in Sedbergh and employers are bringing young staff in from outside the area, providing accommodation but these staff often have no transport and are often not in roles which pay enough

to buy a car or afford the current £35 taxi fare from Sedbergh to Kendal.

For our own young people a town with no public transport becomes a restricting place to live and it doesn't foster independence or enable them to follow up opportunities.

At the Parish Council meeting on Thursday 8th June the local Councillors said that Tim Farron local MP and representatives from the WaF council will be meeting with Michael Gove in the hope of being able to access Levelling Up monies to provide a subsidy to support a bus service. If that conversation is not successful then other sources of funding will be explored by councillors and officers.

The Western Dales Bus service which is operated by Volunteers

currently is committed to service elsewhere for four days of the week so could only offer a service on one weekday

(in addition to the Saturday service) if funding is found.

Unfortunately, the student bus which currently runs during term time to Kendal college at the beginning and end of the day is unable to carry other passengers as it does not have the required low floor.

Tim Farron is launching a petition to support the continuation of a bus service and this will be available to sign at the Information Centre and hopefully other locations locally (information will be displayed at the bus stops) as well as online.

WOOF'S OF SEDBERGH CUSTOMER NOTICE

**IT IS WITH DEEP REGRET AND HEAVY HEARTS THAT WE
NEED TO CANCEL THE W1 SERVICE.
THE FINAL DAY OF SERVICE WILL BE**

FRIDAY 21ST JULY 2023.

**SINCE COVID, IT HAS NOT BEEN ECONOMICALLY VIABLE
TO RUN AND IS COSTING THOUSANDS EACH YEAR TO
SUBSIDISE.**

**WE CAN NO LONGER SUSTAIN THIS.
WE HAVE VALUED YOUR CONTINUED
CUSTOM OVER THE YEARS.
THANK YOU**



DRIVERS AND BUS SERVICES

Myles Ripley

We were all saddened to hear of the imminent demise of the Woofs bus service to and from Kendal and we thank the Woofs for continuing to run this service at a loss for so long. Both Westmorland and Furness Council and Tim Farron, our MP, are trying to find another operator to continue the service, but without a subsidy this is likely to be difficult. If no operator is found, the council is likely to ask Western Dales Bus if they can help, but they are already running five services each week and would need more volunteer drivers to be able to provide another one.

Another service that could help some people get to and from Kendal

and other locations for medical appointments etc is the Cumbria Voluntary Social Car Scheme which again relies on drivers. From their literature.... " Examples of journeys include getting to doctors and dentist appointments, shopping, making public transport connections and visiting friends. The scheme provides transport to members of the community of any age (under 18's must be accompanied by an adult) who cannot make their journey by public or private transport."

You may have worked out by now that we are short of drivers to continue to provide these services.

If you are interested in driving for the Western Dales Bus you will need to have D1 on your license and then



High quality
carpets, rugs
and a unique
collaboration of
Cumbrian wool
furnishings and
accessories

**CUMBRIA
WOOLSHED**

The Gateway Unit
Dockray Hall Ind Est
Kendal
LA9 4QY
015396 28120
charles@wooc.co.uk

cumbriawoolshed.co.uk wooc.co.uk

Western Dales Bus will organise MIDAS training for you. To drive for the Voluntary car scheme is simpler in many ways but you need to have your own car suitably insured and MOT'd and have a clean driving license.

There have been lots of comments about regret for the loss of this bus service. Offering yourself to assist in one of the above may mitigate against the loss of the service. Please consider volunteering your services.

For Western Dales Bus, please contact wdbusops@gmail.com and for the voluntary social car scheme please contact mylesripley@btinternet.com

VOLUNTARY SOCIAL CAR SCHEME

Myles Ripley

The social car scheme is provided for those without a car who cannot otherwise access public transport for journeys such as hospital/medical appointments (and can't use patient transport service), hair appointments, shopping, other public transport such as train services etc etc. It is heavily subsidised by Furness & Westmorland council.

But we only have a small number of drivers so can't meet every request! You will see in a separate article that we are looking for more drivers and a new coordinator. Please consider this.

In order that we can make our service more flexible, we are changing our contact details to an email of vscs@gmail.com and a mobile number of 07880161648

MEALS ON WHEELS

Colin Cowperthwaite

A reminder that our local twice-weekly Meals on Wheels service is still up and running in Sedbergh and the surrounding area.

Hot and tasty meals are prepared by the chefs at the Red Lion kitchen, and are available each Tuesday and Thursday lunchtime. They are delivered directly to your door by our small but dedicated team of volunteer drivers. The price of each two course meal is currently just 5 pounds.

If you, your family members or anyone you know may be finding it difficult or uneconomic to make their own meals, or indeed would like an occasional alternative to their own cooking, please do not hesitate to



Westmorland
& Furness
Council

westmorlandandfurness.gov.uk

Spare time on your hands?

Voluntary Social Car Scheme - Co-ordinator
needed in
SEDBERGH / DENT

How can I find out more?

If you are interested in co-ordinating or driving for the scheme and would like an informal chat, please contact:

Katy on 07788 396194

<https://rb.gy/puleh>



BRICKS & MIX



Property maintenance

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

07951 785876

bricksandmixltd@yahoo.com

contact me (see below). If I do not reply immediately then please leave a message and I shall get back to you as soon as possible, and will gladly add you to the list.

There is no age limit nor any other criteria for using this service, neither is there any long-term commitment to receive meals each week, only on those days which might suit you best.

Finally, should anyone be interested in helping us to carry out occasional meal delivery duties, we would be delighted to have you on board to join our small group of volunteers. It would provide an excellent opportunity to get to know more people in the area, and to explore the area around Sedbergh a little better. A clean driving license is of course required, and duties would involve only a couple of hours of your time two or three times a month. Please do not hesitate to contact me if you would like to consider becoming a volunteer for this important community service. Many thanks.

Colin Cowperthwaite 015396 20659 or 07961 925003.

BOXES OF HOPE CUMBRIA

Pam Dent

It was with huge regret that the Trustees of Boxes of Hope Cumbria took the decision at the start of June to close the annual Christmas Shoe-box Appeal due to the extortionate cost of exporting the boxes to Europe now that we are no longer in the EU.

For the last couple of years we have worked via a British-run charity based in Holland and thus avoided paying 20% VAT on each box but that is no longer possible and, despite the best efforts of our trustees and the trustees of our partner charity in Romania, no viable way forward could be found.

Whilst we are shocked and saddened at the way things have turned out, we can be proud that we have collected - and personally handed out - over 97,000 boxes for some of Romania's poorest children in the ten years of our existence. Heartfelt thanks to all of you for your amazing support over the years.

ROYAL BRITISH LEGION

Keith Birbeck

The Sedbergh Branch of the Royal British Legion (RBL) will be attending the Sedbergh Artisan Markets on 29 July and 26 August. Members will be on hand to outline and discuss all aspects of RBL work, both National and Local. Primarily this includes; help and support provided for Armed Forces veterans and dependants, fundraising events for the annual Remembrance Day and opportunities for members of our community to support, volunteer or join our local branch.

MYELOMA UK

Sarah E Woof

I have been thinking of having a fund-raising event for this ever since one of my brothers was diagnosed with Myeloma in 2005. He sadly died in 2007 so my 'thinking' has finally matured into 'doing', and I invite you to come and have a brew and biscuits/cake and support this worthwhile cause.

I am using the Methodist Schoolroom in Dent as it is a great venue, level access and some parking, though if the weather obliges, we will have some tables outside.

Myeloma UK is the only organisation in the UK which supports people with this type of blood cancer and at any one time there are around 24,000 people living with it in the UK. They receive no government funding.

The brews and 'eats' will be pay by donation, there will be a competition of skill to tempt you to spend a little more. All welcome Inc children and dogs.

Sarah E Woof (015396 25212)
See the ad on page 20.

HARDSHIP FUND

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

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

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

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

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

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

All applications will be treated in confidence.

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

Sedbergh United Charities and Widow's Hospital - Registered Charity No. 231058

IAN HIGGINBOTHAM PAINTING & DECORATING

— professional personal service —

please call to talk over your requirements with no obligation

————— www.painterian.co.uk —————

07813 818958

info@painterian.co.uk

MICHAEL RAW

Katy de la Riviere, School Archivist

Sedbergh School is saddened to record the death of former teacher, Michael Raw.

Educated at Haberdashers School and Queens, College Cambridge, Michael was invited to join the Common Room of Sedbergh School in 1984 as Head of the History Department.

Michael was a generous colleague and a compelling teacher. His propensity for clear, erudite explanations of the subject matter combined with entertaining and often gruesome detail created an enviable level of engagement with his pupils.

Unashamed of his eccentricities Michael chuckled at the reputation he

enjoyed. Pupils recall the windows of Room 13 open all year round, in sun, wind and even the odd Cumbrian snow storm. Michael was a willing judge for any school competition from house drama to academic challenge. His cutting, occasionally brutal critique of pupils' performance could certainly not be called pithy but was always entertaining, apt and often surprisingly edifying.

After writing in his early adulthood for amongst others the Cambridge footlights and 'Not The Nine O'clock News' Michael had to content himself with writing and performing in Sedbergh's own sketch show 'A kick in the stalls' and its various sequels. One particularly memorable scene featured Michael in Y fronts grunting



THE CROSS KEYS

Tearoom in Cautley

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

015396 20284

Crosskeyscautley@outlook.com

www.cautleyspout.co.uk

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

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

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

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

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

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

Dent Grammar School Educational Foundation

2 Bedroom First Floor Flat To Let In Dent

This unfurnished flat is situated in the historic grammar school building adjacent to the church in the centre of Dent. It is in a very quiet spot with beautiful views.

The flat comprises of a lounge/dining area with a wood burning stove, kitchen, bathroom and two bedrooms (1 double and 1 single).

Small shared garden and shed.

Perfect for young or retired couple or single person.

There is free car parking available nearby.



£POA

Enquiries:

dgsef1@yahoo.co.uk

07792 616352



as a monosyllabic caveman. Shocking for pupils and colleagues alike this hilarious performance typified MAFR in that it was funny, unashamed and perfectly pitched. When a spoof 'Micky Raw Sedbergh' twitter account emerged in 2012 readers were fairly sure that it was a parody - but with MAFR anything was possible.

Michael was unashamed of his determination to do things the old way and found that his genuine charm and warmth meant others wanted to accommodate him. His reluctance to use a computer was warmly indulged by the school secretary who typed his hand written pupil reports for many years after the

Common Room embraced a computerised report system.

Michael was a generous, entertaining and warm host who welcomed many colleagues and former pupils to his home. An evening at one of his successive Sedbergh residences was a richly sought after prize, particularly as it came with viewing rights to Michael's extensive collection of historic artefacts, modern art and an enviable library. Conversation was lively as Michael brought together friends from different aspects of his life, regaling them with stories of his work on radio and television comedy, and name dropping with the ease.

During a stint playing for the Harlequins Michael gained what he described as his 'cauliflower ears' as well as a keen sense of sportsmanship. At Sedbergh he coached the First XV from 1987-1991 and later moved to the B1 team with whom he stuck for much of his career.

Sedbergh has benefitted from Michael's writing and attention to literary detail over many decades, first during his time as editor of the *Sedberghian* and latterly as Michael was appointed to chronicle various aspects of the school's history. Prior to retiring from teaching Michael was invited to write 'Thread of gold', a history of Sedbergh School Football Club. He approached this with his trademark thoroughness reading every historic issue of the *Sedberghian* magazine, Captains' minute book, Governors' minute book and personal memoir available.

In recent years Michael undertook the substantial role of school historian, seeking to research and write a new history of the school in time for the 500th anniversary. Michael's diligence and integrity made him the perfect person for this role. He sought to accurately represent the community he served while ensuring that the individuals involved were portrayed compassionately. Michael's portrayal weaves the events of school life into the context of national and international history in a manner that elevates the book beyond the ambitions of many coffee table school histories. Michael died whilst writing the final chapter. The



**Sedbergh
Curtain Workshop**

Beautiful handsewn
Curtains & Blinds
Made to order

Lined or lined + interlined
Variety of taped or buckram
heading styles
&
Repairs and alterations

Helen Bromley
54 Bainbridge Road
Tel. 015396 20165
*Diploma in Curtain Making and Soft
Furnishing*

completist in him would have been slightly frustrated with the premature ending to his career as a writer but the comedian in him would have chuckled at the off beat timing.

Michael travelled to the Baltic states in mid May for a much anticipated holiday. Unsurprisingly he travelled with a suitcase full of history books about the region, keen as always to expand his knowledge and engage deeply with his subject matter. Michael died in his sleep on holiday.

Michael's death is a great loss to his many friends in the Sedbergh community and further afield. His was a special man who will be sadly missed.

KEITH WOOD'S SEND OFF!

Sandra Gold-Wood

There are so many people to thank I don't know where to start, but I'll try.

If you were there at St Andrews on Saturday June 17th you will know that the service reflected the man, beautiful and full of surprises. The whole thing was a true celebration of a life well lived and showed that Keith, (Woody) was loved and adored by his family and friends, some of whom travelled from all over the UK to attend. And I know many of you cut holiday's short or rearranged trips in order to be there to honour Keith. I thank you all. It was a simply a wonderful 'Do'.

Words cannot express how much Ewan Lewis and the members of the

Town Band brought to the occasion. They were magnificent, as were the pipers who majestically escorted Keith from the Church. Carole Marsden delivered the Eulogy with a light and personal touch and I thank her for all the support she gave me throughout this difficult time. I thank family and friends who took on the difficult job of carrying Keith in and out of Church. Thanks also to Andy Burgess, and David Crouchley who took the time to visit Keith in St Johns' Hospice. Thanks to the Church wardens who do far more than we realise to make sure things run smoothly. I offer my thanks too to Margie McVoy for accompanying our grandson Jonathan in singing Danny Boy. Thanks to Edward Waller of J.J.

The Zero Pantry

For all your daily needs,
plastic free



OPENING HOURS

Monday 10am - 4pm
Tuesday 10am - 4pm
Wednesday 9am - 3pm
Thursday 10am - 4pm
Friday 10am - 4pm
Saturday 9am - 3pm
Sunday - CLOSED

6 Finkle Street, Sedbgergh, LA10 5BZ
T: 015242 59233
thezeropantry.co.uk



Martins for guiding me through each step toward making Keith's send off such a perfect occasion.

Thanks go also to a Cracking Spread, and to the White Hart staff who ran the bar at PH. Not forgetting Gordon and Ernie for setting up the slide show, the sound and proving a little Woody style entertainment. Plus, thanks to the Sedbergh Songsters for delivering a super rendition of 'Take me back to the Howgills', which was one of Keith's Pantomime favourites. However, a very big helping of thanks must go to Stuart and Brenda Byatt who prepared and set up the People's Hall, served tea and coffee, cleared up afterwards and assisted and supported me with all the various arrangements. And are still helping me with the inevitable paper work that has to be dealt with.

Thanks to the Sedbergh community in general and all the good friends who visited and did jobs for me, especially David and Margaret Nelson, Mitch and Clare who were always on hand. I wish I could mention you all and if I have forgotten anyone I apologise. Believe me I am so very grateful to all of you. I do hope you won't stop visiting. I must mention the district nurses, doctors and staff here and at St John's who provided Keith with care in his last months of life.

There is a video of the funeral. I not sure how to send it to anyone but do get touch. I am sure I will have worked it out, with a little help from my friends, by the time this message of thanks goes into print. With love Sandra.

PEOPLE'S HALL

Pam Drower

Stuart Wetherell

Contact: Steven Longlands (Chair)

015396 20885

We last reported on activities at the People's Hall in the April Lookaround. We are now three months on and much has happened.

Firstly, we have had a healthy number of bookings over the past three months and have received very positive feedback from visitors to family events who have been impressed by our facilities. Financially we are keeping our heads above water. Refurbishments and Improvements are ongoing and due to a generous donation, we will be able to continue improving the Hall

PHYSIOTHERAPIST

HCPC Registered



John Bannister
Chartered Physiotherapist

John Bannister
Sun Lea, Joss Lane, Sedbergh

Tel. 07877301088
Email john@jb-physio.com
Web www.jb-physio.com

Competitive rates
Home visits available

**Flexible appointments to meet
your needs**

for the benefit of the Sedbergh community. Watch this space for updates.

Secondly, as reported in April's edition, our 'Room Hire Fees' increased on 1st July. These new fees run through to 30 June 2024 and can be viewed on our website www.sedberghpeopleshall.org.

Finally, but not least, as many will already know, Sedbergh has lost two of its well-loved and respected individuals - both who have contributed much to the community at large - Bill Lewis and Keith Wood. However, some may not know that both also played a significant part in the smooth running of the People's Hall. The Hall Management Committee wishes to offer thanks and appreciation for the contributions of these two former members of the committee. Our thoughts go out to both their families, at this difficult time. Both Bill and Keith gave generously of their time and efforts to

enable the hall to remain the valuable resource it is for the people of Sedbergh and surrounding areas. Bill had been a member of the committee since June 2015, during which time he not only worked hard to keep the building well maintained and clean, but also kept the planter in bloom throughout the year and contributed many of his beautiful landscape photographs of the area which have decorated the walls of the hall. His gentle, supportive presence will be greatly missed at committee meetings.

Similarly, Keith has lent a great deal of support to the People's Hall over the years. Initially, out of the limelight by supporting his wife, Sandra Gold-Wood, who as vice-chair and an active committee member relied on him helping her with her many Hall projects. Latterly, he was directly active as a member of the committee, providing common sense and a hands-on approach. It is Keith we must thank for bringing the Hall into the 21st century, at last! Through researching and organising the fitting of our new digital locking system, he transformed entry to the Hall for both users and the committee... with no more lost keys!

Both Bill and Keith will be remembered by the committee, not only for all their practical contributions to the committee meetings and its work for the hall, but also for their individual senses of humour, kindness and generous natures which have always helped us to navigate our way through monthly agendas. Gentlemen – you will be sorely missed!

CHAPEL GALLERY

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

| Date | What | Finish | Price |
|--------|-------------------------------|--------|-------|
| 11-Jul | A celebration of Silk | 4pm | £55 |
| 18-Jul | Needle Felted Mouse | 1pm | £45 |
| 05-Sep | Needle Felted Landscape | 4pm | £65 |
| 19-Sep | Garden Inspired Rag Rug Panel | 4pm | £55 |
| 26-Sep | Photography (start 9am) | 5pm | £65 |

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

SHEEP-BUILDING WORKSHOPS

Saturday 5 August

Ali Sharman

How are ewe doing making a sheep?

Not sure how to start making your sheep? We will be running 2 workshops on:

Saturday 5 August, 10-12.30pm and 1.30-4pm

There are spaces available for 8 people/families at each session.

You will make a sheep skeleton either sitting down or stood on all fours. You can then take it home to cover and finish off.

The theme this year is 'Novel' sheep. You could choose a character from a book or just make an 'un-ewes-ual' or ewe-nique sheep.

The workshops have been funded by Sedbergh Community Trust and Clutterbooks, but you are asked to make a small donation for materials.

Please see our website for full details: www.sheepfest.co.uk or check out #sedberghsheepfest on Facebook for ideas from previous years.

Reserve a place: email shelaghcobb@btinternet.com

Sheepfest is taking place on Saturday 26 August

As well as the sheep flock, there'll be activities for all the family including:

People's Hall

- A British wool fair – come and meet and support farmers and artisan makers from the region who are making beautiful products from wool

- Craft activities for children with Janet and Bluebell (free)

- Meet the alpacas

- Refreshments

St Andrew's Church

- Flock of 'sheep' in the Church yard

- Badge-making for children

- An exhibition by Sedbergh History Society about the history of wool

- Foundation for Common Lands exhibition in the Church yard

- Refreshments

Main St / Finkle St / Tourist

Information Centre

- More 'sheep' – look for them in shop windows and nooks and crannies

- Artisan Market - Hunt the 'sheep' and win a prize

- Art Festival in Sedbergh School Library

- Town Band playing at 11.30

- Seaside-style photoboard outside the TIC

Lupton Field

- Rural Links 'Field to Fork' livestock roadshow

- Free parking

Farfield Mill

- Activities for children

- Wool heritage display

- Artists and makers

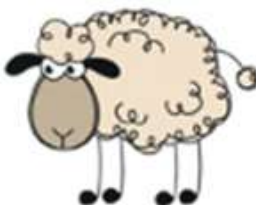
- Weaving Friends demos on Level 4

Free shuttle bus linking the main sites.

Finally, if you can spare a bit of time to help us on the day, we'd love to hear from you. Contact us info@sheepfest.co.uk

For updates see www.sheepfest.co.uk

See the ad on page 36



A DAY AT THE FAIR

John Considine

When I came down from the station to the river on the Sunday of Appleby Horse Fair, I had expected a big crowd, a dense crowd, with the suppressed energy that there always is in such crowds. There were lots of people on the street, to be sure, and more sitting on the grassy bank above the river. Some of them were definitely from the horse world; some looked like local people; there were a good few police and RSPCA officers in high-vis vests. There were horses on the street, too, quite calm as the people moved around them. Down in the river, there were children playing in the shallows, and a horse or two being washed in the deeper water near the bridge, while others waited in the sunshine. You wouldn't call it a timeless scene, because there's nothing timeless about a high-vis vest, but there was a timeless contentment to it.

I was looking for my sister Mary and our friend Kis, and found them soon enough, and we sat together on the grass for a while, taking it all in, until Kis got up, puzzled me by taking off her boots, and went down to the riverside. A little later, she and Mary were chatting to a man from Dublin with a horse in a rope halter, and before long Kis was taking the horse into the Eden. The man from Dublin was putting a lot of confidence in a stranger, and he was right to: she's a professional, with a real, magical talent, and it was a pleasure to see her persuading his horse to trust her, and riding it into the deeper water. (Now I understood about the boots.) Soon afterwards, another horse with a couple of lads on it stumbled, and one of the lads came off, and floundered about; the man from Dublin was neither young nor athletic, but he plunged to the rescue in a moment, and all was well.

There were streams of people and horses going up and down Battlebarrow, to and from Fair Hill, passing each other with fairly good humour. Some rather flashy riding was going on: young male riders on the whole, and theirs were almost the only horses which I noticed looking stressed that day. Up at Fair Hill, there was already a sense of an ending. Travelling people's vehicles were leaving: big SUVs with Irish plates, a car full of young women in extraordinary makeup. The stalls were doing quiet business. You could buy horse tack, or cooking pots for use over an open fire, or hot dogs, or plastic toys of the sort which people buy on days out with small children.

Myeloma UK Coffee Morning

THURSDAY JULY 20th
9.30am to 11am
Methodist Schoolroom,
Laning, Dent.
All Welcome



You could have your palm read by a lady who had once told Kevin Keegan's fortune. The National Equine Welfare Council had a stall.

The temporary bar up at Fair Hill was closed that day, but a couple of pubs were open in the town. Travelling people and locals were drinking peacefully at the Midland, up by the station. The bar staff said that they'd had no trouble during the fair, and that they'd heard of none down at the Grapes. Mary and Kis and I went down there, and it was loud and jolly: beer in plastic glasses in the bar, or in cans from a temporary bar serving people on the street, which was closed to traffic. A huge man from Leeds was sitting outside with some cider, looking at a mare which

he had just bought. He said that he hadn't allowed his young son to come to Appleby this year: the boy had been playing the fool a bit of late, and the fair was no place for silliness. The children who were handling horses, or going around with parents who were clearly there on horse business, certainly weren't playing the fool: they all looked as if they knew what they were doing. And there were a lot of them. Going to Appleby isn't one of those dying traditions which the old people keep up while the young lose interest.

The only drama which we saw that day was outside the Grapes. One of the shafts of a two-wheeled carriage broke, a man who had been in the carriage was dragged along the

McGarry & Co SOLICITORS

Your Legal Companion

- ESTATE PLANNING
- PROPERTY & RURAL LAW
- FAMILY LAW

Offering Guidance & Practical Advice

| | | | | |
|---------------------------|------------------|-----------------------|------------------|------------------|
| <i>Offices At:</i> | <i>Sealbergh</i> | <i>Barnard Castle</i> | <i>Hawes</i> | <i>Leyburn</i> |
| mbmcgarry.co.uk | t. 015396 223 40 | t. 01833 600 160 | t. 01969 666 290 | t. 01969 621 230 |
| e. office@mbmcgarry.co.uk | LA10 5AB | DL12 8EQ | DLS 3QS | DLS 5EH |

tarmac, the horse was very frightened. Every bystander seemed to know what to do: as with the boy in the water earlier, people were looking out for each other, and for the horse. Not long afterwards, the street was being cleaned up before re-opening to traffic, and the man from Leeds led his mare away. He would be on the road for a while, he told us: sometimes he would take three weeks from Appleby to Leeds, once he had done it in three days. There goes a free man, I thought.

Some travelling people behave badly on the way to and from Appleby — we all know that — and they give the community a bad name. I'd expected to see some lairy goings-on at the fair. Maybe I would have on another day, or at another hour. But all I saw was young and old having a day out, and a great many fine horses, being managed by men and women who knew what they were doing. There was a good energy there, a living heritage.

**Cumbria
Stoves Ltd**



Supply and installation of
Wood, Multifuel and Gas Stoves
Flue and Chimney
Lining Services
Inglenook Specialists
Fully Qualified and experienced
Hetas engineers

01539 821061

www.cumbriastovesltd.co.uk

SHOWROOM:

**34A Main Street, Staveley,
Nr Kendal, LA8 9LN.**

FOUNDATION FOR COMMON LAND

Claire Braeburn

Project Officer – Yorkshire Dales

As we see the end of lambing season for our commoners in the Yorkshire Dales, attention turns to the various public events happening in our area where you can meet a commoner, see some of the breeds of sheep they work with and learn how they are sheared. In addition, learn more about peat, the wildlife habitats commonly found on commons and support the future sustainability of this ancient practice.

Come and see us at these family friendly, FREE events:

1. **Farfield Mill** (Community Gallery) – Sedbergh, exhibition from June – Sept. Free entry.

2. **Skipton Sheep Day** – Sunday 25th June. Shearing and sharing. See their facebook page.

3. Take the commons to town – Cliffe Castle, Keighley - Saturday 1st July with RBST.

4. **Twistleton Hall, Ingleton, LA6 3JH** – 22/23rd July. Meet a commoner and learn about the wool trade (note: there is no parking at the farmhouse)

5. Take the commons to town – Preston Markets Event – Saturday 29th July with RBST.

6. **SheepFest** – Sedbergh, Saturday 26th August. A fun filled family day with a plethora of sheep themed events throughout the day.

7. **Environment Day** – Sunday 10th September, Skipton Town Hall.

Discussing habitats, peat, wildlife, carbon, and sustainable farming (this event has more places available if you would like to join me).



As well as public facing events, a residential on Ingleborough where 32, 10/11-year-olds from St Stephens Catholic Primary School, Skipton will spend three days discovering, conserving, and learning about the common including a trip to the famous show cave and Gaping Gill. The children will visit a working farm and understand more about gathers, shedding and shearing, do some dry-stone walling and see the processes of a dairy farm. This residential is one of a number the YDNP team have delivered as part of the John Muir Awards (JMA) which is about connecting people to nature and supporting sustainability for the future. The Our Uplands Common Project has four main aims and educating and sharing the work of the commoners and what commons are is a major strand. The others are sharing best practice and empowering commoners to increase carbon storage, protect historic sites and enhance wildlife and habitats and working with partners to secure the heritage of this work in the future.

This month we returned to Brant Fell where we consulted with the commoners of the Natural Flood Management report delivered by JBA Consulting. On recommendations and discussions with the graziers in March, the team proposed a number of options despite Brant Fell being incredibly steep where a number of NFM solutions would not be possible. Over the coming months we will be working with our partners to refine the plan before going to tender the work for the priority areas. The report followed a habitat survey, which mapped any sightings of Yellowhammers, and the recommendations were to increase the flora for the birds. In addition, an archaeological walkover survey conducted by YDNP Historic England Team, discovered 75 more sites previously unrecorded of the HER (Historic Environment Records). The NFM survey incorporated both these reports as part of the team's recommendations.

June/July is the time where commoners gather their sheep of the moors for shearing. This ancient practice culminates on top of a



Western Dales Mission Community Holiday Club 2023



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.

Monday 24th July – Friday 28th July
10am-12noon at The People's Hall

For ages 4 – 11

Prior booking essential

Register online at

www.westerndales.org.uk

Special Sunday Service at 10.30am on
30th July – All Welcome



common where a number of farmers meet and gather their sheep into a large pen where they are shedded (split) into their heft for clipping, dipping and tuppung (mating) at various times during the farming year. It's a fast-paced community of dogs, commoners and sheep which sets apart these practices from the lowland counterparts.

We are delighted to report that the project has been extended to end December 2024 and its legacy will hopefully ensure the sustainability of the uplands farmers in a period of crucial change. For more information visit

www.foundationforcommonland.org.uk

or get in touch
claire@foundationforcommonland

FRIENDS OF THE DALES SUMMER EVENTS

All events are free – find out more about who we are and what we do at: www.friendsofthedales.org.uk

Make Space for Nature
Saturday 1 July, 10.00am – 3.00pm

This is a unique opportunity for individuals, villages, schools, and community groups to find out how they can make more space for nature. In collaboration with Addingham Environment Group (AEG) discover the nature positive actions the group has taken to create, improve and restore habitats, support clean water and increase biodiversity. These include a review of hedge planting, wildflower and

HAPPY FEET

Call EDNA BSc(Hons) Podiatry
for most things foot related.



Toe nails clipped,
hard skin removed
and much more in the comfort
of your own home.

Phone 07968535420
for an appointment.

pollinator plantations, pond building,
riparian planting, hide building, bog
garden creation and Riverfly
sampling. Complimentary light lunch
included.

To book email:
victoria.benn@friendsofthedales.org.
uk

Creative Campaigners 2023 Saturday 29 July 10.15-4.30pm

If you are aged 20-30 and care
about the countryside, wildlife, and
people of the Yorkshire Dales, then
why not join the launch of Friends of
the Dales Creative Campaigners
network at Malham?

Run in partnership with Neil
Heseltine of Hilltop Farm – a
traditional livestock farm embracing

biodiversity and sustainability, as
featured in Saving our Wild Isles
(WWF, RSPB, NT, Silverback Films).
This fully funded day will explore the
ways you can create influential
environmental messages and
promote campaigns in creative ways
– e.g., through writing, photography,
graphic design, illustration, video,
activism or social media. Free travel
from Skipton / travel bursaries
available for all attendees plus
complimentary lunch.

For an informal chat to find out
more email:

ann.shadrake@friendsofthedales.org
.uk or What's App: 07483 438346

Farm Walk: Cattle, Carbon, Conservation, Climate and Conversation

**Wednesday 23 August, 10.30am
– 3.30pm**

Former Friends of the Dales
trustee, Yorkshire Dales farmer,
Anthony Bradley will lead a four-mile
guided walk around key parts of his
90 acre farm near Long Preston, to
talk about some of the science
behind grazing cattle in a traditional,
rotational way – a methodology that
makes economic sense as well as
being carbon neutral. There will also
be chance to observe habitat creation
and look at soil and its role in the
carbon cycle. Due to livestock, no
dogs are allowed on this walk. Place
limited.

To book email:
victoria.benn@friendsofthedales.org.uk


**Friends of the
DALES**
YORKSHIRE DALES SOCIETY



**THE
MEDITATION
CENTRE**
be still • be inspired • be free



www.meditationcentre.co.uk

NEW YDNP GRANTS PROGRAMME FOR COMMUNITY AND HERITAGE PROJECTS IN THE DALES

Mike Appleton

Local charity Yorkshire Dales Millennium Trust (YDMT) has launched a new grants scheme for projects and organisations that benefit the people, landscape and wildlife in and around the Yorkshire Dales and Nidderdale.

The scheme can support a wide range of projects, including natural, built and cultural heritage, access improvements, educational and training initiatives, and activities that support community development. Grants can also contribute to an organisation's core costs such as rent, insurance and volunteer travel expenses.

Grants of £250 to £10,000 are available, and there could be larger grants for exceptional projects.

Mike Appleton, YDMT's Grants Officer, said: "Our new grants scheme aims to improve community cohesion, reduce the impacts of climate change and biodiversity loss, and help to conserve and protect the area's fantastic built and cultural heritage.

"We've designed the application process to be simple and straightforward while ensuring that we get enough information to make quick decisions for projects that will make a real difference. Alongside grants, we can also provide advice and support to strengthen applications and to enable projects to have the maximum impact."

The grants scheme is supported by an award from Postcode Earth Trust thanks to funds raised by players of People's Postcode Lottery.

Laura Chow, Head of Charities at People's Postcode Lottery, said: "We are delighted to back the crucial work of YDMT, including the local good causes they support. The landscapes, villages and towns of the Yorkshire Dales and Nidderdale are much-loved, and it is fantastic to know that funds will be used to support such a wide range of community and heritage projects."

Applications for the programme are now open. Visit www.ydmt.org/what-we-do/grants/grants to download the application form and guidance notes. Applications can be submitted at any time and decisions are usually made within six weeks.

For more information, please contact Mike Appleton on 015242 51002 or email grants@ydmt.org

SHUT UP AND SIT STILL

Janet Oughton

From the moment we're born we're
bombarded with words
Could be Cow and Gate powder or,
'Don't feed the birds'
Maybe Thames Television, Granada
Reports
Could be Watching with Mother or
Video Shorts.

We all see lots of writing from day
one and then
We're bombarded with reading again
and again
By the time that we're ready to go to
a creche
We've seen millions of words, some
are old, some are fresh.

We are pushed by our parents to
walk and to talk
Then we're pushed out to school
where we have a good squawk
If we're lucky, we like it and learn
really fast
What we don't realize is the die has
been cast.

Because if we don't learn when we're
young and in school
When we're out in the big World and
try to look cool
If you can't read or write there, well
nobody cares
But it's you who has problems with
forms, fines or fares.

Because speed is important in this
modern age
If we need things explaining, folk get
in a rage
'Cos while dealing with you the
queue lengthens behind



SEDBERGH
MEDICAL CENTRE

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

2023

Wednesday 12th July
Thursday 14th September
Thursday 12th October



At the end of the day, people aren't
very kind.

They don't want to know, 'Why?' If
you missed out at school
They just shout, 'Hurry up!', make
you feel like a fool
So if you have a problem and think
no one cares
Go to college for adults, for 'Reading
Repairs'.

They've got time for your questions
and help is on hand
For dyslexics and so on, all over the
land
You can go to a college or be taught
at home
The thing to remember is you're not
alone.

So just think of that toddler, being
pushed hard to learn
About things being hot, when they
say, 'NO! Burn, BURN!'
First they teach you to talk and to
have a free will
But in high school they tell you, 'Shut
up and sit still!'.

SEDBERGH LADIES N.F.U. Growing Well Kendal

Caroline Sandys-Clarke

On 16th May our President Anne Sykes welcomed Sinead McCann who came to talk to us about Growing Well. Growing Well is an organic farm of about 6 acres rented from Low Sizergh Farm and was started 19 years ago to support adults over 18 in South Cumbria and North Lancashire who suffered with mental health problems.

The aim was to take people either by GP referrals, mental health teams, friends or family, or by self-referrals and provide growing and working on the land activities. This is a free service as Growing Well is a charity funded by grants, donations and monies received for produce grown on the farm.

People partake for about a year, one day a week and this has been found to increase self-esteem and help people overcome loneliness and self-exclusion. Goals are set to get them back into work if appropriate and recovery through activity. Beneficiaries are referred to as volunteers because they attend Growing Well of their own volition. Growing Well have a crop share scheme with over 100 local customers and also sell the produce through Low Sizergh Barn shop and the recently opened second site at Tebay Services.

Volunteer groups also prepare a daily meal for everyone on site. There are a wide variety of people working on the site including Asylum Seekers currently in hotels in Barrow and Carlisle. Although these



- **Project Management**
- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Drains**

Unblocked/Cleaned/Repaired

Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

volunteers are from a variety of countries, they increase their language skills and also benefit from Team working. Sinead was warmly thanked by Anne for coming to talk to us.

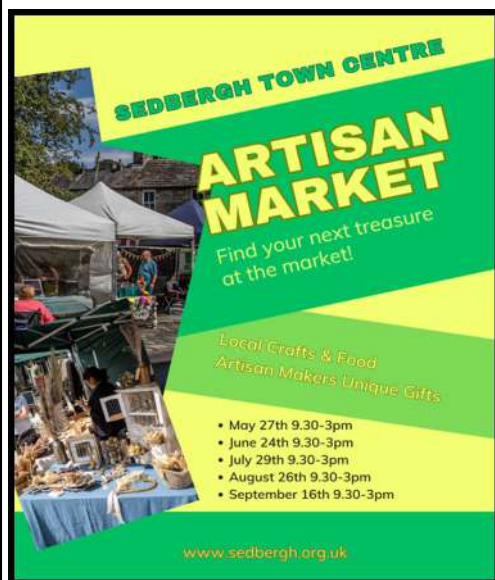
There will be no more meetings until 19th September when Sandra Gold Wood is coming to talk to us about The Canary Girls. Visitors are always welcome at our meetings which take place in the committee room of The People's Hall at 7.30pm.

DENTDALE, HEAD TO FOOT Visit to Levens Hall & Gardens

Andrew Povey

The June meeting of Head to Foot was a trip to Levens Hall, just outside of Kendal. This magnificent house and gardens is owned by the National Trust and is well worth a visit. It has an intriguing history that dates back many hundreds of years. The 2nd June was a brilliant sunny day, just perfect for ambling around the garden and cooling off in the house.

The flower beds were ablaze with colour, red, purple and white flowers all set amongst the carefully crafted bushes and trees. Perhaps one of the best examples of topiary anywhere. The gardeners among us came away inspired to improve on our own patches. The vegetable garden section provoked comparisons with our own efforts and indeed, discussions on what some of the more unusual plants were!



The café provided very welcome and delicious cakes, drinks and lunch. Impossible to resist!

The July meeting on Friday 7th July is another day visit, a rail trip from Dent to Carlisle. The train from Dent Station is at 10.47am.

For further information, please call Andrew Povey on behalf of DDHF 07881655166
poveya@btinternet.com

KILLINGTON W.I.

The Afternoon WI for the Entire District

Wendy Fraser-Urquhart

I think that the sun has been shining every day since I wrote my last report. If it keeps on like this, then next month, I shall be able to begin with comments about the hosepipe ban! As I write this [14th June], it is only 10 days until Midsummer's Day, and then the daylight hours will begin getting shorter again. Where does the time go?

Well, for members of Killington WI, some of it goes having fun with friends. Yesterday a group of us set off for our annual outing. We visited the Carnforth Station Heritage Centre, its claim to fame being that it was the location for filming the famous vintage film, "Brief Encounter". There are several interesting galleries, exhibitions, small retail outlets, but most importantly a refreshment room serving varied, excellent and reasonably priced food. Mmm... After lunch a number of us took advantage to the Film Room, a mini cinema, in which to sit down and watch the film

THE
THIRSTY
RAMBLER



SEDBERGH

14-16
MAIN STREET

WE ARE A COSY LITTLE, DOG FRIENDLY MICRO BAR. OPERATING A FIRST COME, FIRST SERVE SEATING POLICY.

WE SERVE A RANGE OF BOTTLED, CANNED AND HAND PULLED ALES AND LAGERS SOURCED FROM LOCAL BREWERIES IN CUMBRIA AND YORKSHIRE. WE ALSO OFFER A SELECTION OF ARTISAN AND CLASSIC GINS, SPIRITS, CRAFT CIDER AND HANDPICKED FINE WINES.

WE LOOK FORWARD TO WELCOMING MUDDY BOOTS AND DIRTY PAWS!

WWW.THETHIRSTYRAMBLER.CO.UK

☎ 07874 838816

✉ DRINK@THETHIRSTYRAMBLER.CO.UK

📷 [THETHIRSTYRAMBLERSEDBERGH](https://www.instagram.com/thethirstyramblersedbergh)

in the subdued lighting and let our food digest. Dare I say it? – the sound track might have had the accompaniment of gentle snoring! No such noise was heard at another outing this month when several members joined Casterton W I's open meeting to hear the story of a 'Big House', on the shore of Lake Windermere.

No raffle this month. No competition this month. I am sorry to deprive you of your monthly excitement! However, people insist on growing older. Before our next meeting Pat Allen and Joyce Cox will have added another year. We trust that they enjoyed their birthdays and are able to ignore the increasing wrinkles!

Our next meeting on Tuesday 11th July 2023 will be another "jolly". We gather for our Annual Garden Party at Sally's house. This is always a special occasion.

SEDBERGH W.I.

Moira Folks

After five weeks of the most wonderful weather, I have ever known in Sedbergh, I settle down on Lookaround deadline morning (June 15th) to write my report, with one event still to happen: book club this afternoon.

Anne Pitt begins our report: 'The walking group struck lucky yet again on May 18th when they once again enjoyed a perfect weather day for their circular walk from Sizergh Castle, following a route up towards Helsington, then veering northwestwards down into the valley and plain, before heading southwards towards the Kent estuary. However, once past the Brigsteer area, the return leg went eastwards over the hill and back to Sizergh Castle where they rounded off the walk with, of course essentially, tea and cake!'

We had a very illustrious visitor to speak to our main meeting in the People's Hall on June 14th: Count Nikolai Ilkovitch Vandzhra from Ukraine, who wore his regional costume! He treated us to a trip round his home territory of Karpati, in the eastern part of the beautiful mountainous Carpathian region in southwest Ukraine which now has borders with Slovakia, Poland and Romania. Count Nikolai's life has been as colourful as his costume. From being taken from his home at age six in the 1950s to live in a children's home when his parents were imprisoned in Siberia, to going into the Soviet army as a young man, being trained in modern languages, and eventually working at the Soviet

Embassy in London where he looked after documents and diplomats and then hosted Soviet students in the summer holidays. In 1992 Ukraine became free of the Soviet Union and in 2006 he married an English woman and took British citizenship. They lived in Yorkshire first and then moved to Cumbria. Before our lockdown in 2020, the Ukrainian Embassy had called Nikolai to inform him that his father, a miner in the Dombas region, had died. His father had been robbed of a large area of land in Karpati in 1918 after the Russian Revolution and it was now official policy that the land should be returned to its original owner's family and their title was handed down too, so Nikolai became a Count like his

LOOKAROUND SUBSCRIPTION

Name _____

Address _____

Postcode _____

Phone _____

Local / Postal Subscription (please delete as appropriate).

Enclosed fee _____

Annual Subscription -

£15 - local delivery, £30 - postal delivery

Send to :-

**Sedbergh and District Lookaround,
72 Main Street, Sedbergh, Cumbria LA10 5AD.**

father before him. He also discovered he had a sister living in a cottage next to the estate. The title of 'Count' had been awarded to his ancestors for military prowess during the time of the Austro-Hungarian Empire before WW1. Nikolai also showed us photos of churches, festivals and marriages and talked about the traditions followed for marriages and funerals. Most surprising of all was his family estate, which included an 18th century French-style chateau which had been commandeered by the Soviets in 1918 as a centre for the communist party but is now a cultural centre and houses 18 Ukrainian refugee families from the war-torn areas of Ukraine. Nikolai visits Ukraine about 4 times a year and

communicates with the village elders; his sister works as a farm manager. Nikolai, now in his seventies, is still classed as an army reservist! It was a fascinating talk and Pam Drower expressed our thanks to Count Nikolai.

Stop Press! Book club met at Angela's home this afternoon (June 15th) to discuss 'SPILL, SIMMER, FALTER, WITHER' by Sara Baume, which was shortlisted for the COSTA First Novel Award in 2015. A lonely, misfit man, Ray, adopts a one-eyed dog injured by a badger. This is the beautifully told story of how their relationship develops. It's probably most appealing to dog owners and dog lovers and people who love descriptions of the natural world,

SUBSCRIBE TO LOOKAROUND

And get a copy delivered each month.

£15 FOR A YEAR

**in the Sedbergh and District Area
(Sedbergh, Firbank, Cautley,
Lonsdale to Barbon, Garsdale and Dent)**

Email editor@sedberghlookaround.org.uk.

**Or cut out and fill in the form on the reverse of this
advert, then post or deliver to the Sedbergh Tourist
Information Centre with payment**

countryside and coast. Our average score was 7/10, with 2 members giving it 9/10 because it's a beautifully written and very moving book.

There will be no meeting in the People's Hall in July as we're having our summer outing then, so our next meeting in the People's Hall committee room will be on 9th August at 7.30pm when we shall be welcoming Rob David to talk about 'The Yellow Earl's Big Adventure' – that sounds intriguing! New members and visitors will be very welcome. For further details, please contact our President, Megan Taylor, by email: taylor71@hotmail.co.uk; or our Secretary, Valerie Welti, on 07969 376649

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

We met at Firbank Church Hall on 1st June. On arriving at the Hall our speakers were very organised and ready to share their forgotten memories of Westmorland and Cumberland. Sarah gave a warm welcome to cameraman Jim Bowness and film producer Andrew Leitch who joined forces to gather a large collection of nostalgic films and photographs which we were all looking forward to seeing. Kendal was put on the map when in March 1841 Robert Miller Somerville opened his business, he learned his trade in London. This was an opportunity for Robert as a young enthusiastic hard worker, every town

LIVE OUTSIDE THE SEDBERGH AREA?

Get a copy delivered each month.

LOOKAROUND POSTAL SUBSCRIPTIONS

**£30.00 per year for a
UK Annual Subscription**

Email editor@sedberghlookaround.org.uk.

**Or cut out and fill in the form on the reverse of the
local advert, and post with the payment to
Lookaround, Sedbergh Tourist Information Centre,
72 Main Street, Sedbergh, LA10 5AD.**

had one or two boot and shoe makers, in Kendal there were thirty! He set up business in Bridge End, Netherfield on the present site of the K. Shoes , where the head office and factory remained for the rest of his life, it was one of the most successful shoe making operations in the world., put down to it being a good product and having a good relationship with customers. They merged with Clarkes in 1981.

We were updated on the Royals visits, in 1956 the late Queen and Duke visited Appleby and Bowness and in 1971 Princess Alexandra visited the college. Cumbria in the 1950 meant Butlins holidays, Collapsible caravans, new kitchen gadgets, a modern age for teenagers and on to the swinging 60s. We enjoyed a nostalgic look back and trip down memory lane, Dyliss thanked Jim and Andrew for sharing their talk. Mary Stainton won the competition for an old family photograph.

Sixty members watched a screening of the AGM in Cardiff at Selside village hall, Gathy Smith from Bolton WI voted Yes for five groups although No for her own WI on the resolution to clean up rivers, she will speak to other WI s to explain their decision.

We meet again on July 6th at Firbank Church hall when Cat Field will talk about the trials and tribulations of a new spinner/weaver, visitors are welcome, see you there.

theWI
INSPIRING WOMEN

DUNGAN LAW Ltd **Plumbing & Heating Engineer**

Bathroom Suites & Tiling
Central Heating Systems
General Plumbing



Mob: 07796 544596
Tel: 015396 20930

50 YEARS AGO

Colin Cowperthwaite

Items taken from local newspapers dating from the summer of 1973

United Reformed Church

The church outing to Morecambe was held on Saturday. It was organised by the church secretary, Mrs M. Dent. Their headquarters was Christ Church United Reformed Church, Morecambe where the party had lunch, followed by a beach picnic later. A party of 90 women from the Airedale group of United Reformed Churches in the Keighley area visited Sedbergh United Reformed Church where they had a tea, followed by a short service in the Church. They also visited Dent.

Sedbergh Couple given a Golden Rose

Last Saturday Mr and Mrs Wilfred Mort of Maryfell, Sedbergh, celebrated their golden wedding with a party at their home for friends and neighbours. Both are 74. Their son, who works in Manchester, was also present for the occasion. Both are natives of the Manchester area and were married at Worsley Parish Church. Wilfred was a cotton bleacher until the mill closed just

Powells

Powells Fruit Merchants

Specialist Suppliers of High Quality
Fruit & Vegetables to the
Retail & Catering Trades

Local, UK and Imported Fruit & Vegetables
Salads and Produce direct from the Growers
Potatoes from Lancashire, Lincolnshire,
Cornwall etc

Also, extensive range of deli goods
Cheeses, butter, milk, yoghurts & eggs
Herbs & Spices, Preserves & Condiments
Teas, Coffees, Juices & Cordials
Smoked Salmon, Kippers etc
Dried Goods, Nuts, Seeds & Pulses

**DAILY DELIVERIES
TO SELF ISOLATING HOUSEHOLDS**

52 Main Street, Sedbergh, Cumbria LA10 5BL
Telephone: 015396 20304 | powellsfruitmerchants@gmail.com

The Flower Shop Sedbergh

Personal Friendly Service
Beautiful Fresh Seasonal
Flowers

Wide Range of House & Garden Plants
Great variety of gifts. We will be willing
to help to arrange flowers for every
occasion; Weddings, Birthdays, Funerals

We are a dedicated team, full of creativity
and inspiration. Feel free to contact us
anytime to discuss your arrangements.

Tel 015396 21605
flowershopsedbergh@gmail.com
49 Main St, Sedbergh
LA10 5BL

before the 1939 war, and he had served for three years with the 5th Border Regiment during the 1914 - 18 war. He then joined the National Defence Corps, and afterwards the Military Police. His association with Sedbergh began when he was posted as a security guard to Ingmire Hall, where he carried out duty on the south gate of the petrol dump for two years. Before being demobbed he went to France and Germany, but always kept in touch with friends he had made at Sedbergh, where they always visited for holidays Both are members of the Over Sixties Club and British Legion, and they both play bowls for the Sedbergh club. Last Wednesday Mr and Mrs Mort were presented with a bouquet of

flowers and a vase at the Club by Mr T. Steadman, chairman. Mr and Mrs F. Elvey also gave them a golden rose which they had grown.

Fellowship Meeting

The Garsdale Fellowship met at Garsdale Foot Chapel last week when Mr H.W. Bracken of Sedbergh showed a collection of his colour slides. These were mainly of Scotland, the Scottish Isles and the Lake District. The Rev H.S. Hills chaired the meeting, and two hymns were sung. The organist was Mrs A. Akrigg. A collection of 5 pounds and 80 pence was taken in aid of the British and Foreign Bible Society.

Secondary School

Jointly sponsored by the National Society for Mentally Handicapped

Children and the County Secondary School, and organised by Mr Peter Roberts, the headmaster, 23 children from all parts of Yorkshire, aged from 8 to 16, recently enjoyed a two week holiday at the school. This is the fourth annual holiday to be organised in this way, the purpose of which is twofold: to give the parents a break, and to give the children a holiday. The leaders this year were Mr and Mrs Colin Holt. Mr Holt is the deputy head of the County Primary School, and Mrs Holt is the Domestic Science teacher at the County Secondary School.

Empire Line Gown for Jennifer

An employee of the Westmorland Gazette, Miss Jennifer Margaret Parkin, was married to Mr Terence Huck at St Andrew's Church, Sedbergh, on Saturday. Jennifer, who works in the accounts department at the Gazette, is the only daughter of Mr and Mrs F. Parkin of Becksides, Marthwaite, near Sedbergh. The groom is employed by Scottish and Newcastle Brewery, Kendal. He is the younger son of Mr and Mrs J. Huck of 8 Castlegarth, Sedbergh. Given away by her father, the bride wore a white crepe empire line gown with full-length train, trimmed with guipure lace. The bridesmaids were Miss Ruth Mason (friend of the bride and groom), and the Misses Jane and Julie Matthews (friends of the bride). Mr John Airey (friend) was best man. The service was conducted by Rev. D.A. Rogers, and a reception was held at The Bull Hotel. The couple left for their honeymoon on the East Coast, and they will live in Sedbergh.

EVACUEES IN SEDBERGH

Karen BruceLockhart

Sedbergh was never inundated with evacuees as such because of the two mills at Fairfield and Millthrop being taken over by Armstrong Siddley.

At the beginning of the war things looked a bit different. Although in her diary my grandmother mentions feeding a large number of refugees in the week before war was declared, these cannot have been evacuees and were perhaps people fleeing Poland as the Germans invaded. Evacuees did not arrive in Sedbergh until 9th September, six days after war broke out.

Arrangements had already been made for the Kendal area to take 40,000 evacuees from the Dunham and Newcastle area. The first contingent sent to Sedbergh arrived as said on 9th December but came mostly from Bradford. This may have been because, of course, Sedbergh was then in Yorkshire

They were then billeted and the hosts had no choice about whether they could take them or not. If they had a spare room they had to accept them. The hosts were paid 8s 6d or

**Sedbergh
Sheepfest** 
2023

Need help building a sheep?
Join a free sheep-building workshop
Saturday 5 August
10-12.30 or 1.30-4pm

Email shelaghcobb@btinternet.com to reserve a place
www.sheepfest.co.uk

Supported by Sedbergh Community Trust Fund and Clutterbooks
Design by Freepik.com

about £25 in modern terms per week for each child. Compensation for damage to carpets, bedding etc was limited to £5 or again in modern parlance about £300.

The Town rallied round and did their best for the evacuees . For instance sewing classes were set up, and games were arranged for Saturday afternoons. Mrs Seville and her two children had to be removed to the Isolation hospital and as she received no Assistance money Mr Batty, the Town Clerk had to advance 10 shillings (around £30) to her

What people see to remember about those evacuees was their inability to find anything to do where they could not spend money in bright shops, dance halls etc. Suggestions

that they might knit or sew or find other productive occupations were at first met with derision, although necessity changed this as time went on and the effect of rationing bit.

This was the time of the “phoney” war, and the fear of bombing faded so that by January many evacuees had returned home. However, Sedbergh was being asked to prepare to take 200, and it was difficult enough to house the 48 the Town had already received. In March leaflets were delivered asking for volunteer billets for refugees, but only 22 replies were received, and 12 of those already had evacuees. In May 1940 the Town Education Committee felt that the schools in the town could not cope with more. Although. Ybthis

Thomson Hayton Winkley & The Rural Law Practice

Helping families, farmers and businesses
in Sedbergh and the local area

- **Wills & Inheritance**
- **Farming & Rural**
- **Residential Property**
- **Tourism & Hospitality**
- **Divorce & Family**
- **Commercial & Business**

Kendal - 01539 721945

Rural Law @ J36 - 015395 67571

Kirkby Lonsdale - 015242 71222

e - info@thwlegal.co.uk

e - info@rurallawpractice.co.uk

w - thwlegal.co.uk

Trusted Solicitors & Advisers
Thomson Hayton Winkley



time the town only had 32, the Government was talking of allocating 600 to the district. Despite protests that this was impossible the town was told that nothing could be done

In November 200 were expected from London where the Blitz had begun, and 30 mothers and children did arrive and were accommodated in private residences. As a result of a house to house collection No.s 64 and 68 were being equipped and furnished for refugee use, and permission had been obtained from the County Council for the Institution (the former workhouse) to be used provided ARP and public assistance were met. A canvas for accommodation carried out by the WVS showed that compulsory

measures would be needed – and prosecution for refusal had already been reported in the Westmorland Gazette. Any houses with empty rooms empty rooms had to accept boarders. Problems arose such as rooms said to be needed for children returning from boarding school in the holidays, but that excuse was not accepted, although efforts were to be made to accommodate such school children. The old and infirm could not cope with the extra people in the house when so many servants departed to the Forces or war work

At Christmas 1940 there were 50 evacuees in the National School, and the children of the town gave up their money for oranges at Christmas for the war effort. There were still 101



Dawsons Fuels

Garden Essentials from Dawsons Fuels

Composts

We have a wide range of composts including Multi-Purpose Compost, Compost with John Innes, Peat Free Compost, Farmyard Manure, Grow Bags, Top Soil, Ericaceous Compost and Decorative Bark.

Garden Pots, Whisky Barrels and Garden Benches

A variety of different colours, sizes and styles available, call in and have a look.

Building Supplies and Decorative Aggregates

Decorative Slate, Top-Soil, Gravel, Sand and Cement are available too.

Woodsure Ready to Burn Heating Fuels

Smokeless Fuels, Kiln Dried Logs, Charcoal, Kindling and Heat Logs all available for collection or delivery.

Contact us for prices and further information on 015396 20210.

evacuees consisting of 20 unaccompanied children, 45 accompanied children, 25 mothers and 11 "aged and infirm".

However, by the end of 1940 the threat of 600 evacuees had diminished. The Institution had already been requisitioned for war workers. When Mrs Makant at Thorns Hall offered to the west wing there to accommodate bombed unaccompanied children up to the age of five she was told Sedbergh was closed to evacuees, although in the end it was agreed to take them

Although no more evacuees were accepted, there were still evacuees living in Sedbergh. Since September 1939 386 had been accommodated, and over £1,000 (approximately equivalent to £60,000) had been paid out in weekly sums, which did not include five families living in rented accommodation for which rent had been paid. No appeals against billeting had been made which the Town Clerk said was gratifying as it showed that everyone was trying to help however disagreeable it was.

Sedbergh also escaped the second wave of London evacuees in 1944 when the V1 (doodlebugs) and V2 rockets were descending on London, as any accommodation was more than taken up by the munitions workers in Farfield and Millthrop mills. Kendal did receive about 1000 in July, 800 arriving in one day, and Kendal was somewhat indignant as they still had evacuees from Newcastle which was now a "safe" area and itself receiving evacuees from London.

DENTDALE AND GARSDALE KNITTERS

Colin Cowperthwaite

The following passages were taken from a local handbook 'for the visitor and tourist', covering Dentdale and Garsdale. It was compiled by Frederic Riley and is undated, but was probably published during the 1930's.

Dent, as is well known, was in former times famed for its hand-knit hosiery, an occupation which was not by any means confined to the women folk. Southey speaks of the "terrible knitters of Dent". But except for a few elderly dames, who knit with more than ordinary skill, there is nothing to remind the visitor of the once famous Dent knitters thus described by William Howitt* : "Knitting is a great



practice in the dales. Men, women, and children all knit. Formerly you might have met the waggoners knitting as they went along with their teams, but this is now rare; for the greater influx of visitors, and their wonder expressed at this and other practices has made them rather ashamed of some of them, and shy of strangers observing them. But the men still knit a great deal in the houses, and the women knit incessantly. They have knitting schools where the children are taught; and where they sing in chorus knitting songs, some of which appear as childish as the nursery stories of the last generation. Yet all of them bear some reference to their employment and mode of life; and

the chorus which maintains regularity of action and keeps up the attention, is of more importance than the words. Here is a specimen:

Bell-wether o' Barkin cries baa, baa, How many sheep have we lost today? Nineteen have we lost, one have we fun; Run Rockie, run Rockie, run, run, run. (Rockie being the shepherd's dog).

These songs are sung not only by the children in the schools, but also by the people at their sittings, which are social assemblies of the neighbourhood; not for eating and drinking but merely for society. As soon as it becomes dark, and the usual business of the day is over and the younger children are put to bed, they rake or put out the fire, take their

PARKIN & JACKSON LTD

Cumbria's Oldest Monumental Masons
Since 1855, families have trusted in us to
provide Memorials for their loved ones.



New Memorials & Additional Inscriptions.

Hand Carved Lettering & Designs.

Cleaning, Repainting & Renovations.

Memorials designed to your specifications.

Specialists in UK stone.



14 Appleby Road, Kendal, LA9 6ES - 01539 722838 - 07932 813514
www.parkinandjackson.co.uk - info@parkinandjackson.co.uk

J.J. MARTIN

FUNERAL DIRECTORS



JJ Martin are your local, independent funeral directors based in Sedbergh and covering the surrounding areas.

We provide free advice, pre-paid funeral plans and a 24 hour service.

EDWARD WALLER:

07779025745 or 015396 20130

BRIAN GOAD: 015396 25334

www.jjmartinfunerals.co.uk

info@jjmartinfunerals.co.uk

cloaks and lanterns, and set out with their knitting to 'gang a-sitting' in the house of the neighbour where the sitting falls in rotation, for it is a regular circulating assembly from house to house through the particular neighbourhood. The whole troop of neighbours being collected, they sit and knit, sing knitting songs and tell knitting stories".

Garsdale was also formerly a great knitting centre. William Howitt makes the following observations concerning the Garsdale knitters: "The old men sit there in companies round the fire, and so intent are they on their occupation and stories that they pin cloths on their shins to prevent their being burnt; and where they have come out to cool themselves, sitting in a row knitting with their shin cloths on, making the oddest appearance possible". (William Howitt, 1792-1879, was a prolific English history writer)

NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

Well, the long-anticipated repointing work at the Station is now underway and Julian Wilkinson and his team of Rob and Seamus are doing a fine job with completion of the more exposed elevations expected by the end of June. We have been fortunate with the weather, although perhaps a little too warm at times for lime pointing. In a few weeks' time the protective hessian will be removed to reveal the finished work in all its glory. We will be then open for guests again! Meanwhile the platform elevation will be deferred to next May and should be an easier process. We also welcomed Philip Middleton to undertake joinery repairs to the Porter's doors and Roger Keighley on electrical work. Both provided excellent service as usual.

It has also been a time for catch up with an extensive list of maintenance and renewals and I am fortunate to be assisted by local resident volunteers Ken McClurg and Colin Lockett as well as my long-suffering

DALTON WOODLAND BURIAL GROUND



**Natural Woodland
Burial Ground**



"Return to the Earth, naturally"

www.daltonwoodlandburial.co.uk
Burton-in-Kendal: 01524 782442



wife, Kish. Ken is handy with a paint brush and practically anything else we can find for him whilst Kish is engaged on curtains. The carpark fence has been repainted and the grounds trimmed leaving the 'wilderness' area to explode in an array of wildflowers in a few weeks' time. It is pleasing to see the regular Swifts nesting back in the eaves and feeding their young.

But of course, as regular readers will be aware, Dent Station is just a preamble to my usual diatribe on public transport!

Whilst slightly away from the S&C, concerns at the moment must be dominated by the Woof's decision to withdraw the weekday W1 service between Sedbergh and Kendal for which local residents have our sympathy. This must be a worry to many who rely on the service.

To put into context, the W1 service ran without any local authority subsidy and, it is understood, between school transport when the vehicle and driver might have been otherwise stood idle. This makes perfect sense for a commercial operator where a public service can then be operated at marginal cost. Following the withdrawal of the

council-supported 564 service between Brough and Kendal in November 2014, the W1 became the only regular weekday service operating between Sedbergh and Kendal. In November 2014 Western Dales Bus necessarily realigned their Saturday service to provide an increased frequency to Kendal. Thus, there remained a connection to the outside world for 6 days of the week. Mention should also be made of the 506 Kendal College bus which ran in term-time only, at the start and end of the day, but unfortunately withdrew from carrying the general public in 2020, during the Covid pandemic.

The reasons for the loss of the W1 could be various, but most probably down to hard economics at the end of the day. It is difficult for any operator to run a rural bus service on a commercial basis, that is, without subsidy or other contracts. Successive governments and councils have done little to improve the situation and it is certain that the rural areas of Cumbria failed to benefit from the much heralded 'Bus Back Better' initiative unlike urban counterparts. What is also needed is a root and branch analysis of transport provision and local needs. The powers that be should also





ensure that home to school travel is linked to the provision of public transport wherever possible. In other words, one should not be awarded without the other.

It is often the case that rural transport market is distorted by council contracts which take no account of other needs. Notably, in some areas, it is impossible to get a taxi at certain times of the day due to such contracts. However, travel by taxi could provide a key part in rural transport particularly where small numbers of folks are wishing to travel, perhaps on a subsidised 'taxi-bus's basis.

It is to be hoped that the present problems can be resolved as soon as possible and it is certain that the new Westmorland and Furness authority must play a key role. It is unacceptable that Sedbergh, the largest community within the Yorkshire Dales National Park, should be without weekday public transport. Who knows, it could even result in a different and improved service, offering journeys to work and education. Now there's a thought!

Just up the road in Kirkby Stephen the town council experiment to reinstate the 563 bus between Kirkby

Stephen and Penrith on Saturdays (withdrawn in 2016) is doing well and the community have got behind it. It just shows that these things can be done where there is a will. It may even be a stepping-stone to providing a weekday service in that locality.

However, enough of the gloom and despondency! Mention should again be made as to the government £2 fare cap initiative and the recent unexpected announcement of an extension of the scheme until the end of October 2023 and subsequent increase to £2.50 for 12 months after that. Of course, the £2 fare cap greatly benefits the areas that already have bus services but has done nothing to create much needed new bus services in rural areas. One argument is that it could also serve as a disincentive to new services.

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, on Tuesdays and Thursdays it is possible to reach Penrith on the S6 service and Kendal via Kirkby Stephen on the S5. On Friday the S3 to Hawes runs from Dent village and Sedbergh during the summer season calling outside Farfield Mill enroute. Please check www.westerndalesbus.co.uk for bus running and times.

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 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. A recent development has been the Sunday DalesBus 855 link from Garsdale Station to Hawes and onward to Castle Bolton.

Back to the railway, it is disappointing that the spectre of

EXPERIENCED DRESSMAKER

Made to measure
Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.
Also alterations undertaken
All made to the Highest Quality by
SHEILA SHUTTLEWORTH
Tel: 015242 - 74322

The Green Gardener

Steve Bateman
Gardening for Wildlife
No pesticides used



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

industrial action has not gone away and we have again seen disruption and withdrawal of services at the start of June. It is almost certain that there will be further disruption to come. This can only further damage public confidence and it is certain that commuter numbers using the railway have diminished where there is a viable alternative such as the private car. For our line, the decline really commenced at the time of the Eden Brows landslip. The challenge for the train operator and the Community Rail Partnership is to win these passengers back, particularly with new housing development ongoing in several areas and the need to access employment and education. Recent census figures show the main centres of population increasing whilst some of the smaller communities diminishing presumably due to holiday homes. Another topic!

We also monitor the rail performance closely and are pleased to report that the commuter journeys have generally improved in May. In March, 39% of early morning journeys to Leeds or Carlisle were impacted by cancellation or late

Robert Powell

**Website Design
& Management**

Tel: 20482

www.robpowell.co.uk

running, however, this had improved to 15% in May. Still not ideal but, nevertheless, an improvement. Performance on other journeys remains relatively unchanged, a large number of the delays or cancellations (other than strike) being due to allocation of crew. This is closely followed by infrastructure issues such as signalling which we take up with Network Rail. Whilst a larger part of the journeys are for leisure purposes, the Settle-Carlisle being what it is, it is essential that the railway performs a role in any rural transport strategy and also provides for longer distance connectivity.

Please do consider the opportunities to get out and use our public transport wherever possible. The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will give also details of any potential disruption. 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.

**SEDBERGH COMMUNITY
SWIFTS**

Tanya and Edmund Hoare

Make the most of this month - July is a peak time to watch swifts, with the breeding swifts being at their most active in feeding their chicks, together with the non-breeding swifts (those aged 1 to 4 years) flying around too.

Because this year the swifts' arrivals were so spread out, after those very early birds in April, there has been an overlap between the various pairs in egg laying and hatching. Our earliest arrival swifts at Lowgill set a new early record for laying eggs, starting on 17th May, and these chicks have hatched – again a record - starting on 5th June. Yet the latest swifts to come back did not lay eggs until 5th June, so at the same time we had eggs just laid, eggs being incubated and chicks hatched. Two eggs is the average clutch, but the very good news is that of our breeding swifts we have a record 11 pairs with clutches of 3 eggs. The most we've ever had before being 5 pairs.

The picture shows 3 chicks in the nest at 5 days old.



Family run 17th Century
Coaching Inn with restaurant,
rooms & bar. Inspired by the
landscape in flavour & design.
Relax, indulge & tune-out.

THE BLACK BULL

+44 (0) 15396 20264
bookings@theblackbullsedbergh.co.uk
theblackbullsedbergh.co.uk

The Black Bull,
44 Main Street, Sedbergh,
Cumbria, LA10 5BL



With the fantastic weather for at least 3 weeks in May and June we hope there is plenty of food for these chicks. It has been so hot that chicks in some nests are panting, looking rather unhappy, but we have to remember that swifts successfully breed below roof tiles in other countries such as Spain and Israel. Chicks will spend 40 days in the nest being fed by both parents. It will not be until mid- July or early August that newly fledged chicks join the adults in the sky.

Swifts often appear to be flying around randomly high in the sky, and then suddenly coalesce into large groups all flying in the same direction



and much lower. As they fly they emit their screaming call. No one really knows the reason for this behaviour. We believe it a way of socialising and exchanging information. Where have you been today? Where are the best places to find insects? Perhaps it is not too fanciful to imagine it is a way for mature but single swifts to chat up a potential mate! Other birds such as crows and starlings gather in groups before roosting. Swifts can't perch, so the only way a swift can do it is as they charge around in groups. An avian passeggiata, or speed dating! Who knows?

If you find a grounded adult swift, pick it up and let it rest in a box in the

dark. Then take it to a nearby open area, place in the palm of your hand, raised as high as you can, and let it take off in its own time. Don't throw it into the air. If it doesn't fly, then give it more rest and some water if you can, then try to fly it again. (Soak a cottonbud in water and rub it along its beak). Don't feed it. Our details are below for more help. Chicks sometimes fall from the nest and if you find one, please get in touch as they need specialist care from rehabilitation experts. We may be able to foster them if we have a nest at Lowgill with chicks of a similar age. We have done this successfully several times and it is definitely the best way to rear fallen chicks if possible.

The national Swift Awareness Week is 1st to 9th July this year when groups all over the country will be putting on events and hopefully getting press coverage for these wonderful but endangered birds. We will be hosting swift watching at Lowgill on Friday 8th July in the morning, all are very welcome but booking is essential. If demand is great we may put on another date too.

Sedbergh and District Lookaround

AUDIO & LARGE PRINT LOOKAROUND

The Audio Version is supplied FREE on a delivered USB Memory Stick and is played on a FREE Speaker.

The Large Print Version is delivered and supplied for FREE.

If you would like to receive either the Audio or Large Print, or you know of someone that would benefit or appreciate it, please contact Rosemary on Sedbergh 20540, Colin on 20659, or Elspeth on 20677

The three months that swifts are here goes so quickly, so make the most of the brief time that these amazing birds are still with us.

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

ROYAL BRITISH LEGION SEDBERGH BRANCH

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

For more information, visit our website:

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



FAMILY MUSINGS.

Sarah Woolf

Roses. beautiful blooms, gorgeous perfume and colour in every direction, I adore my Roses. Trying to coax some to grow over my old pollytunnel frame is more difficult than I expected, left to own devises they grew forward yet now they are supported they want to go upwards.

Looking through old photos and realising that 'old' doesn't just mean 100 yrs. ago but even 50 yrs. ago when you look at the changes.

Working on a project which will become 'A walk thru Dent from past to present', literally, I have been picking my brothers brains. One gem worth sharing is about a refined elderly lady who lived near the George and Dragon Hotel, every evening she had a glass of sherry delivered from them to her at home - and on a silver tray.

Glorious weather day after day, this is the weather I remember from childhood, especially from holidays in Cornwall when I don't ever remember rain. All of us kids staying at Pendower House Hotel would chummy up and play on the beach or in the stream that flowed across it.

We clambered over rocks, found caves, ran to the cafe for ice cream or ice cream in glasses of Lemonade which we drank through a straw. (it never tastes the same at home).

Walks up the valley had to be with an adult because of the snakes but we never saw any.

We're off to a wedding on Saturday and the weather is glorious, the ceremony is in the village here which is lovely and the old Church has been washed, swept and polished in readiness. Let the celebrations begin.

MAY WEATHER

B Wright

Perhaps one of the drier months I have ever recorded with a total rainfall of 28'4 mm (1.2"). This rain fell on 4 days. The rest were dry. .

A most remarkable month. Temperatures have generally been higher than normal with few, if any, hard frosts. Again, winds have been lighter than would be normally expected for the period and from the usual quarter.

I am still waiting to see if my unexpected mating, when the tup jumped the fence, will produce any offspring. I can imagine she is well pregnant! Time will tell! Fortunately, it appears he didn't get the other older ewe. The lambs already born are doing well including the sole coloured which is very black with a white tuft on its head!

We have plenty of young rabbits running about. They have left plenty of holes!! At last, we have seen an owl It appears to be a larger female. The first indication that an owl is about, is the clacking of blackbirds!!

Scrap Collected
Ring Kev
07812194311



BURNS BECK MOSS FUNDING

Cumbria Wildlife Trust

We have received funding from National Highways to repair 15 hectares of damaged peatlands at Burns Beck Nature Reserve near Sedbergh. The funds, which are part of the Network for Nature programme, will be used to restore this wild site off the M6 near Killington to a functioning bog, which can efficiently lock away carbon.

As part of the restoration, work will start on re-naturalising or re-meandering a beck on the nature reserve, which had been straightened artificially in the past before we acquired the site. Restoration will enable water from the beck to spill out once more across sections of its floodplain, helping to rewet the landscape.

David Harpley, Director of Nature Recovery at Cumbria Wildlife Trust explained: "We're delighted to receive this funding from National Highways, to help us restore damaged peat bogs at Burns Beck Moss. The site was damaged historically through peat cutting and attempts to drain the site, by straightening and deepening the beck and later digging a network of drains. This was done to prepare for tree planting, which was never carried out.

"We need to repair the damaged areas of this site by restoring the river course, raising the water levels and removing scrub which is damaging the bog. If we don't restore the site, the bog will leak the carbon that it had locked away back into our atmosphere."

We plan to restore Burns Beck Moss Nature Reserve to a healthy functioning bog, teeming with wildlife, making it a wonderful place for people to visit and experience. It will be protected from trampling underfoot by a newly upgraded boardwalk and information panels will tell visitors about this special site and the rich wildlife to be found there.

David Harpley explained why healthy peatlands are so important: "Healthy peatlands are vital for humans. 70% of our drinking water comes from upland areas dominated by peatlands. They help slow the flow of rainfall in storm events, reducing the risk of flooding and are wonderful places for wildlife, from roe deer, hare, heron and snipe to tawny owl

Treadwell Flooring
Established Family Business since 1999



Contract & Domestic
Extensive Range of Floor Coverings
Carpet, Vinyl, LVT and Wood
Carpet Cleaning Service Available

T: 015396 21175 • M: 07795 598 913

**K. W. Electricals
(Sedbergh)**
Tel: 07917 322626

Domestic & Commercial
Electrical Contractors

NICEIC
DOMESTIC
INSTALLER

and reed bunting. Importantly, healthy peatlands are able to store CO₂ and stop carbon being released into the atmosphere. Restoring wild places like these is now incredibly urgent as we begin to see the changes that the climate crisis is having on the natural world. We're working with nature to lessen the effects of climate breakdown and to help wildlife – and society - adapt to the changes and challenges that lie ahead. The cool wet climate of northern Britain makes Cumbria a key stronghold for these vital peatland habitats and we are on the frontline of efforts to restore and protect them.”

Susan Stanley, Head of Designated Funds at National Highways said: “We’re committed to significantly improving biodiversity near our road network, and the partnership with The Wildlife Trusts will be a vital step in delivering a more sustainable road network that protects and enhances the environment.

“At National Highways, our work goes beyond operating, maintaining and improving roads; we’re investing

in the environment and communities surrounding our network, helping to unlock the creation and enhancement of habitats, and this is an example of the difference we can make with designated funding.”

Burns Beck Moss is a wetland nature reserve of raised and valley mires, and is home to many animal and plant species. Raised and valley mires rarely occur together on the same site, and only a small number of Cumbrian sites, near Torver and Winstar, are similar. Whilst raised mires are totally dependent on rainfall for moisture, valley mires receive ground water containing dissolved minerals and nutrients.

Although the nutrient levels vary between the mires, both sustain a variety of plants, including 16 species of Sphagnum moss, bog rosemary, cranberry, bog asphodel, round-leaved sundew and marsh cinquefoil.

Wildlife highlights to look out for at Burns Beck Moss include migrant and breeding birds, such as curlew, sedge warbler, willow warbler, grasshopper warbler, meadow pipit and whinchat in spring and summer.

Burns Beck Moss is your closest CWT nature reserve just along the road from Killington Reservoir – it’s in an absolutely glorious state at this time of year – go and have a look.

Grid reference: SD 595 880
what3words ///angry.flame.radically



DEMENTIA ACTION WEEK

Myles Ripley

We would like to thank all of you who attended our Coffee Morning at St Andrews on Wed May 24th at which we raised just over £250. We hope that you were able to learn a little more about dementia and took away some of our literature.

We also manned a stall in the Wednesday market on June 7th where we were again able to meet lots of people and chat to them about our work. We all know it is an increasing problem and all of us are at risk. There are no easy ways to avoid it so the more you know the better your chances of coping with it yourself or with someone you love and care for.

If you are caring for someone with Alzheimer's disease or a related dementia, your role in managing daily tasks will increase as the disease progresses. Consider practical tips that can help the person with dementia participate as much as possible and enable you to manage tasks effectively.

Reduce frustrations

A person with dementia might become agitated when once-simple tasks become difficult. To limit challenges and ease frustration:

Schedule wisely. Establish a daily routine. Some tasks, such as bathing or medical appointments, are easier when the person is most alert and refreshed. Allow some flexibility for

Are you a contractor in need of a comfortable and convenient place to stay during your projects? Look no further, because we've got you covered!

We have five cozy & well-appointed self-catering Apartments designed to provide you with the utmost comfort after a long day on the job.

Conveniently located in the centre of Sedbergh and a short walk to local shops, cafes and pubs. Free onsite parking.

Competitive rates.

Call us: 0800 832 1632

www.howgillsaccommodation.co.uk/apartments



Howgills Apartments



FRAME MARQUEES & TEEPEES
VENUE COVER FOR ALL OCCASIONS
FURNITURE HIRE & TABLE LINEN

T: 015396 20602
W: WWW.MARQUEETEEPEE.CO.UK
E: OFFICE@MARQUEETEEPEE.CO.UK



spontaneous activities or particularly difficult days.

Take your time. Anticipate that tasks may take longer than they used to and schedule more time for them. Allow time for breaks during tasks.

Involve the person. Allow the person with dementia to do as much as possible with the least amount of assistance. For example, he or she might be able to set the table with the help of visual cues or dress independently if you lay out clothes in the order they go on.

Provide choices. Provide some, but not too many, choices every day. For example, provide two outfits to choose from, ask if he or she prefers a hot or cold beverage, or ask if he or

she would rather go for a walk or see a movie.

Provide simple instructions. People with dementia best understand clear, one-step communication.

Limit napping. Avoid multiple or prolonged naps during the day. This can minimize the risk of getting days and nights reversed.

Reduce distractions. Turn off the TV and minimize other distractions at mealtime and during conversations to make it easier for the person with dementia to focus.

Be flexible
Over time, a person with dementia will become more dependent. To reduce frustration, stay flexible and

adapt your routine and expectations as needed.

For example, if he or she wants to wear the same outfit every day, consider buying a few identical outfits. If bathing is met with resistance, consider doing it less often.

Create a safe environment

Dementia impairs judgment and problem-solving skills, increasing a person's risk of injury. To promote safety:

Prevent falls. Avoid scatter rugs, extension cords and any clutter that could cause falls. Install handrails or grab bars in critical areas.

Use locks. Install locks on cabinets that contain anything potentially dangerous, such as medicine, alcohol, guns, toxic cleaning substances, dangerous utensils and tools.

Check water temperature. Lower the thermostat on the hot-water heater to prevent burns.

Take fire safety precautions. Keep matches and lighters out of reach. If the person with dementia smokes, always supervise smoking. Make sure a fire extinguisher is accessible and the smoke and carbon monoxide detectors have fresh batteries.

Focus on individualized care

Each person with Alzheimer's disease will experience its symptoms and progression differently. Tailor these practical tips to your family member's needs.

Patience and flexibility — along with self-care and the support of friends and family — can help you deal with the challenges and frustrations ahead.

SCAMMERS

Karen Evans

I bought a car costing £3,325 via an online marketplace. I hadn't seen any negative reviews about the company so I just thought it was fine and transferred the money. But the car never arrived, and then I saw it re-advertised in different places. I tried to contact the company but they've changed all their numbers and email addresses. What can I do?

Anyone can be targeted by a scam and sadly anyone can fall for one. Talk to your bank or card company immediately to see if you can stop or recover the payment. Report the scam to Action Fraud on 0300 123 204. You can also contact the

KENDAL NUTRITION



A personal approach to
Health & Wellbeing

Expert advice on all aspects of
health - wherever you are
in your life and wherever
you want to get to.
Consultations in person or by phone

Shaar Dixon

Medical Nutritionist

07787133864

<https://www.kendalnutrition.co.uk>

J B RYCROFT LTD

ESTABLISHED 1936



*A TRADITIONAL HARDWARE
STORE WITH:*

- PET SUPPLIES
- ANIMAL FEEDS
- IRONMONGERY
- DRY CLEANING SERVICE
- HOMEWARE PRODUCTS
- HOUSEHOLD PRODUCTS
- CALOR GAS

TEL: 015396 20420
89-91 MAIN ST
SEDBERGH LA10 5AD

OPENING TIMES
M-FR 9AM-5PM
SAT 9AM-1PM
SUN: CLOSED

Citizens Advice Consumer Service for help with what to do next.

Citizens Advice Consumer Service received over 9,000 reports of scams between January to April 2023. The charity is urging more people to report scams to help protect others from falling victim. As scammers get ever more sophisticated it's more important than ever that we all work together to raise awareness, report scams and share our experiences to help protect ourselves from their tricks.

The most common scams faced by the public so far this year are malicious parcel delivery messages with scammers attempting to get hold of personal information or bank details. Several of the most

frequently encountered forms of scams involve quite sophisticated impersonation of official organisations.

It is important to keep alert to signs of a scam. These include offers that seem too good to be true, like a holiday that's much cheaper than you'd expect, or pressure to send money quickly, or in an unusual way – like by an iTunes voucher or a transfer service. Other clues are if you are asked to give away personal information such as passwords, PINs or verification codes - a reputable organisation will never ask for these things. Always step back and double check. If there is any hint that the organisation or person you are dealing with isn't genuine, such as a

**FIRST4
HOME
IMPROVEMENTS**

DAVID BAINES

FOR YOUR ENTIRE HOME IMPROVEMENT NEEDS

- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

DAVID BAINES

015396 25346 07837 766 219

davidbaines@first4homeimprovement.co.uk

suspicious email address, don't part with any money or information.

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

HEALTH SUPPORT GROUP FOR CUMBRIA

Rosemary Marsden

PMRGCAuk is the national charity supporting people in the UK affected by polymyalgia PMR and Giant Cell Arteritis GCA.

These conditions are inflammatory autoimmune diseases with unknown causes and predominantly experienced by people over 50. They can have a major impact on the quality of life.

Symptoms include pain, stiffness and fatigue (PMR) and headaches, jaw pain and visual disturbance (GCA) and the usual first line treatment is steroids.

Lots of information is available on the website—www.pmr-gca.org.uk.

MULTI TRADE

GENERAL PROPERTY MAINTENANCE

SMALL OR LARGE JOBS
OVER 40 YEARS EXPERIENCE
IN THE BUILDING TRADE

DAVE TRELFA

01539 626087 / 07538 080510

Multi.trade.no1@gmail.com

Telephone helpline 0300 111 5090
weekdays 9am – 5pm and email
helpline@pmrgca.org.uk

In addition to providing support and information the charity raises awareness of the conditions and promotes research and encourages a network of support groups for people affected by these illnesses.

There are currently no support groups in north west England for patients; however a new one has recently been established in Cumbria run by volunteers.

It aims to enable people who have PMR /GCA – or recovered from them – to meet others and share experiences and support in friendly and informal environment.

The Cumbria group next meets
Farfield Mill Cafe, Sedbergh :
Friday July 7th @10.45am
Booths Cafe, Kendal : Wednesday
August 23rd @11am

For more information please email
kendal@pmrgca.org.uk



Polymyalgia Rheumatica
& Giant Cell Arteritis UK

SEDBERGH SCHOOL NEWS

Karen BruceLockhart

The work going on at the back of Powell Hall is part of the preliminary preparations for the building of the Technical Centre. The work is in fact on the inside, not the outside, as it is conversion of a classroom into toilets to replace the ancient toilet at the far side of the present carpark, which is about to be demolished. Further preparatory work is the creation of a car park on the opposite side of the drive from Powell Hall.

At the end of May the sad news came that former master Michael Raw had died in his sleep while on holiday. He had nearly finished his book on the history of the School.

On 23rd May the 1525 Society held a lunch in the Churchill War Rooms below Downing Street. 60 people from the Sedbergh community attended, opportunity was given to explore the war rooms and speeches were given by the President, the Headmaster and James Huron, former Lupton Scholar. The Society also held a lunch in the Hirst Centre.

Two trophies have been created for the Wilson Run winners. These are copies of Fraser Sproul's winning fell shoes made out of resin, with foliage set in the resin collected by the running team

The LAMDA exam results included 27 distinctions and 7 merits.

The Prep School U10s had a Singing Festival with several other schools including Dent Primary, with workshops conducted by Mr Seymour and Mr Hoyle

On 21st May on the inter-House Sports Day the Houses entertained

current and future parents – and were lucky enough to have a really beautiful day for garden party type events. The Sports Day events included a Dads v Lads Tug of War

Sedbergh CCF is now over 100 years old and consists of Army, Navy and Pipes and Drums.

An article by Charles Moore on Siobhan's Trust and the Sedbergh Wolf (the pizza van) appeared in the Telegraph on 27th May

There has been much swimming in the Rawthey in the good weather, and one morning some Hart House boys climbed Winder to see the Dawn rise.

On 18th May Yr3 enjoyed a "cracking" visit to the Lancashire Science Festival at the University of Lancaster – seeing such thrilling things as a real brain, holding stone age arrow heads and a rock 4.5 billion years old.

Piete from Drakon Heritage and Conservation has been helping the School Archives package and preserve artefacts.

Year 4 achieved the challenge they were set in September of reading 4 million words. They also had a day at Hadrian's wall learning to be Romans.

On Sunday 11th June the School toiled up Winder to hold their "wild" chapel service on the summit which was a great success

Charity

The bike ride during the half term holiday for OddBalls (testicular cancer) raised over £5,000. Another 150 mile trans-Pennine ride for Siobhan's Trust and the Wolf pizza van by Mr Oliver and Mr Annett, and



Car Boot Sale

MONDAY 28TH AUGUST MILBECK FIELD DENT START 9am

**More info:
Sarah Woof
015396 25212**

Mr Gorst, (including riding through the night) raised about £1250. Mrs Christie and Mrs Ferguson have been training to take part in the Kindrochit Quadrathlon to raise money for Siobhan's Trust and Ukraine

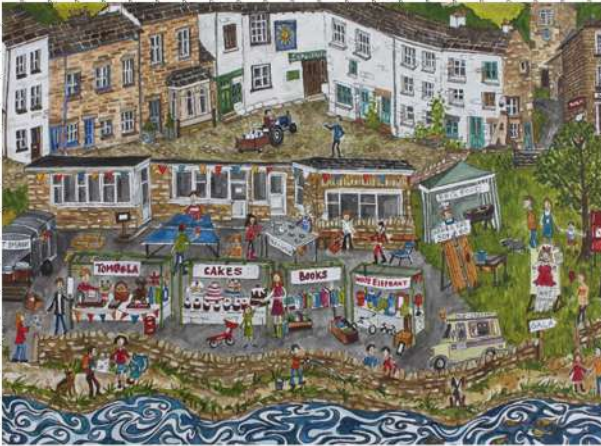
Swimming

The teams competing in the WSGEvents in London missed out on the finals by one second in a field of teams from all over the world. The Girls' medley relay team were placed 8th overall.

Several pupils took part in the Great North Swim

Music

The Scholars' Recital due to take place in the Thornely Studio on 21st



DENT GALA

SAT 26TH AUGUST
10am START
SCHOOL
PLAYING
FIELDS

Childrens' Entertainer Live music
Bouncy Castle Races
Games Pillow fight
Egg throwing

Refreshments all day

May was postponed to Thursday 25th May

Sedbergh Prep held a Music Festival with Dent CE, Ghyllside School and Hunter Hall School which was "so much fun". Mr Seymour from the upper school led the workshop and adjudicated.

The music concerts in the Thornely Studio finished the year with a pop concert in the garden which included pupils from the Prep

Shooting

The team of four won at the NW Cadet Target Rifle Meeting and India and Martha won the cadet pair.

Cricket

The U13 girls came 5th at the National Indoor Finals at Lords – not

bad out of 900 schools that originally competed

The 1st XI lost to Lancaster Royal Grammar making only 122 runs.

Seven of the Prep's Girls' 1st XI represented Cumbria U13s on 21st May

The Boys' U17 had a good win against Barnard Castle by 9 wickets in the National Cup

Hart House won the inter-House cricket

OS Harry Brook was in the School nets on 23rd May before heading off to his summer with England

Manila has been training with the England A team and playing for the Charlotte Edwards Cup Day for Thunder

Rugby

OS Louie Johnson who plays for Newcastle Falcons has been named in the England squad for the U20 World Rugby championships in South Africa

Running

The Prep athletes went to the A Finals of the North West Track & Field Cup and came second overall.

The Pre-prep, Girls' and Boys' sports days took place at the Prep, Fraser Sproull OS demonstrating the standing jump for the Pre-Prep athletes. On 10th June the Epic for years 7 and 8 running just under 7 miles and 1250 feet of climbing on Brownthwaite fell took place.

Future Events

Three major cricket events will take place during the summer holidays on the School main cricket pitch. A Women's match between Manchester Thunders and Southern Vipers on 7th July, and another between Manchester Thunder v The Blaze on 19th July. Both these will be free entry. In addition, the County match between Lancashire and Essex in the Royal London Cup is on Tuesday 1st August. Tickets are available from Lancashire cricket club or at the gate.

The autumn term begins on Sunday 3rd September with the new Yr9 pupils arriving the previous day, and various pre-term training sports programmes over the previous week.

Half term will be 13th to 29th October, and the term will finish on 14th December.



SEDBERGH PARISH COUNCIL

Janey Hassam

The Council held its meeting at 7.30pm on Thursday 8th June 2023, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh. There had been no Parish Council report last month, due to the timings of the Annual Meetings.

The next meeting scheduled is the normal monthly meeting of the Parish Council, commencing from 7.30pm on Thursday 6th July 2023 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

Annual Meetings (18th May 2023)

The Parish Council had held its formal Annual Meeting of the Parish

H & M

CRAFTSMEN

KITCHENS | BEDROOMS | STUDIES



Full design and fitting service

Showroom Open:

Mon-Fri 9am-5pm | Sat 10am-1pm

Ingleton | North Yorks | LA6 3NU

015242 41535

kitchensandbedrooms.co.uk

**Built in and Free-standing Appliances
Domestic Appliance Repairs**

**Digital TV, Aerials and
Satellite Dish Installation**

Wi-Fi and Home Networking

Regular Deliveries to the Lookaround Area



ELECTRICAL STORE

Kew House (Just off the A65)

INGLETON

T: 015242 41224 / 015242 42095



www.toobys.com

Council, with Cllr Kevin Lancaster being elected as Chairman, and Cllr Simon Arnold as Vice Chairman. The informal Annual Parish (Electors) Meeting had also been held on the same evening, with an update on the proposal to complete a parking strategy for the town. This was ongoing and highlighted the growing pressure on parking, in the community, for residents and visitors.

Weekday Bus Service

Several Members of the Public attended the June meeting to stress their concerns over the forthcoming cancellation of the weekday bus



service into Kendal. Members had recently been alerted to the situation, along with Westmorland & Furness Council and Tim Farron MP. It was noted that several avenues of support were being sought via

Westmorland & Furness Council, and that a meeting had been requested by Tim Farron MP, with Michael Gove MP to discuss further and that representation from

Westmorland and Furness Council would also be made. Local Westmorland and Furness Cllrs Mitchell and Hodgson advised that they would keep the Parish Council informed. It was also suggested that

The People's Hall

Howgill Lane, Sedbergh LA10 5DQ

**Available to hire for all
kinds of functions**

⌘ Parties ⌘ Meetings ⌘ Concerts ⌘
⌘ Wedding Receptions ⌘ Dances ⌘
⌘ Theatre ⌘ Discos ⌘ Lectures ⌘

Availability calendar and forms at
sedberghpeopleshall.org

For bookings email
booking.peopleshall@gmail.com

Tim Farron's office should instigate a community petition to confirm evidence of use and support.

Other matters

Various other matters, including Finance, Electric Vehicle charging provision, maintenance work at the football pitch and an update on Appleby Horse Fair. Planning matters and general correspondence were discussed along with the Sedbergh Economic Partnership. Finally, thanks were noted to a local resident, recently retired, who has been collecting waste bags/bins (along with litter picking/sweeping etc.) in the area for many (many) years. If you have any queries, or wish to contact Sedbergh Parish Council, please email at clerk@sedberghparishcouncil.org.uk as always, Members of the public are welcome to attend meetings of the Parish Council.

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

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

www.sedberghparishcouncil.org.uk

REV'D. DAVID CROUCHLEY

Rev'd. David Crouchley

Dear Editor,

I have been Methodist Minister in the Western Dales since 2016. I am retiring at the end of July.

Seven wonderful years.

In 2013 I retired due to ill health but after three years of rest and relaxation I felt ready to do something else. I was asked if I would come to Sedbergh and work 'two days' a week.

My wife Sarah and I had a conversation and agreed that we would be happy to come to Sedbergh. On arrival we immediately realised that in the Western Dales, a strong Community Spirit exists, something that sadly has disappeared in many areas. In the first few weeks of living here we had ample donations of cakes and meals.

The Methodist Church in the Western Dales has gone through a transformation in the last few years, and it has been a privilege to journey with them. We have merged a number of Chapels, i.e., in Garsdale and Dent, the Chapel in Dent has had a major refurbishment and is now used by many community groups. In both Garsdale and Dent, the Chapels work closely with the Church of England congregations. In Sedbergh our New Street Church has undergone a major refurbishment, we are delighted that members of the former URC have joined us and together we have renamed the Church, Cornerstone Community Church, we enjoy a close relationship with St Andrews.

For me one of the most positive things about the area, is the growing working together of the Churches, joint activities and joint Services, the sharing of Clergy. The appointment of a Pioneer Minister (Becca Gilbert) supported by the URC, Methodist and Anglican Churches. On my retirement, the Rev Andy Burgess will act as the Methodist Minister alongside his current responsibilities. This is ground-breaking Ecumenical work together. We believe that it is a way of working together in a Rural area, that is imaginative, sustainable and Ecumenical. The Western Dales Mission Community is the group that develops the closer working together of the various Churches.

I have wandered the roads and lanes around the Western Dales and particularly the Main Street in Sedbergh, and it has led to many meaningful conversations. I call it 'loitering with intent', immersing yourself in the local community!

The years have flown by, 'they do when you are enjoying yourself', we had the challenges of Covid-19, and of course bereavements and other challenging situations, but these were counterbalanced by many happy and joyful situations.

Sarah and I were delighted when our daughter (Becky), husband (Marco) and family moved to Sedbergh, it has been wonderful to see the three grandsons on a regular basis. We will be moving to Hornby, just outside Kirkby Lonsdale at the end of July, but we will be regular visitors to the Western Dales. Thank you for making us feel so welcome, we will never forget you.

TIM'S COLUMN

Tim Farron MP

As I write this Parliament, or at least the Conservative Party, is yet again distracted by the honesty of their former leader and our former Prime Minister, Boris Johnson. So it is a bit of a relief to be able to tell you about some of the things that I have been working on over the past few weeks that have, I hope, a bit more direct impact on all of our lives.

Buses and public transport in rural areas has been a theme for a fair bit of my time. Shortly after I sent my last column to Lookaround we heard the great news that the Government was extending the £2 cap on bus fares until October this year, replacing it at that point with a £2.50 cap on fares that will be in place until November 2024. I have repeatedly called on the Government to make this cap permanent. As far as I can see it there is no downside to encouraging people to use the bus more frequently. It reduces traffic, it encourages people to travel into our town centres, it makes it easier for a broad range of people to live in rural areas rather than just car drivers, it's good for the environment, the list goes on.

But bus services need more support than this fare cap. Along with other bus routes in this area we are seeing the loss of the W1 service that Woofs have been running from Sedbergh to Kendal and I worry that we will lose even more routes if nothing is done. A fare cap is of no use when there is no bus service to benefit from it. So I was pleased to secure a meeting a Michael Gove,

the minister for Levelling Up to discuss what can be done to support bus services in rural areas.

I was even more pleased to learn that one of the first moves of our new Westmorland and Furness Council was to invest in helping our young people to use public transport both to travel to school but also with a discount scheme for all 5 – 20 year olds. On top of this they have announced they are investing £1 million in local sustainable transport with investment in cycling, walking and community transport schemes.

Young people have also been at the forefront of my work in other areas these past few weeks. I am sure anyone who has visited a café or pub over the past months will be

aware of the desperate shortage of staff that they face. One thing that would surely help would be to train up more young people to work in this area. Which is why I was been particularly disappointed and a bit confused by the Government yet again delaying the introduction of the Catering T Level which was due to be introduced in September this year to “beyond 2024”. I challenged the minister on this in Parliament the other day but received no indication that she had any plan in place to do anything about this issue.

As ever if there is anything I can do to help you please do send an email telling me about it to tim@timfarron.co.uk or give us a call on 01539 723403.

SIMON SHAW

& SONS



PROFESSIONAL OVEN CLEANING

Ovens | Hobs | Extractors
Microwaves and BBQ's

Gutter Cleaning

Using the latest hi-tech *skyVac* gutter cleaning system. We can clean / unblock gutters up to a height of 50 feet / 15 meters from the ground. Ability to remove moss and algae from roof tiles. Our system is equipped with a camera to make sure the gutter is clean when we leave.

Pressure Washing

Pressure washing of drives, paths, patios, decking, caravans and wheelie bins.

Drain Clearance

High pressure drain jetting, clearing blockages caused by fat and debris.

DOMESTIC | COMMERCIAL | HOLIDAY LETS and RENTALS



NO JOB TOO SMALL

Tel: 07917064767

Email: simonshawandsons@gmail.com



NEWS FROM THE PEWS

Susan Sharrocks Churchwarden

It is not often the church doors can be flung wide to let the outside air in but the last few weeks this is getting to be the norm.

At times we have unexpected little visitors like the baby crow who was just sat on the stone floor quite unperturbed by the people around. It was eventually encouraged outside

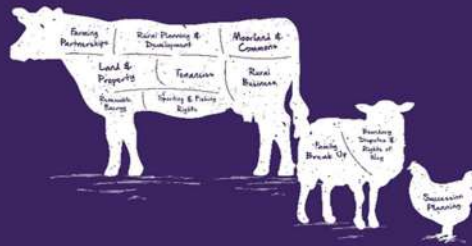
with the gentle swishing of a straw sunhat guiding it in the right direction. The next morning, I found the same bird sitting on the ground outside the south-east door. From the roof above I assumed it was mother crow calling him/her to fly up to her out of harm's way. I did not stay around to see what happened and have not spotted him/her again.

Other visitors have been enjoying the cool air offered inside the church, some joining in our services, others coming specially to admire the embroideries made by our local ladies in the 1990's.

The Bank Holiday weekend was a busy time. The wall-to-wall sunshine was perfect for Emma and Alex's wedding day. Emma and dad, Adam,

OGLETHORPE
STURTON &
GILLIBRAND
SOLICITORS

Lancaster | Kirkby Lonsdale
Phone: 01524 846846 www.osg.co.uk



At Oglethorpe Sturton & Gillibrand Solicitors we have a diverse range of specialist lawyers covering all your personal, commercial and agricultural legal needs. You can find us at our offices in Kirkby Lonsdale or Lancaster or we can meet with you remotely, no matter where you are.

What we do

- Wills, Probate & Powers of Attorney
- Tax Planning & Trusts
- Agricultural Property Matters
- Environment Law
- Dispute Resolution
- Companies and Partnerships
- Conveyancing of all types
- Family matters, including divorce and separation

Contact us on 015242 71388 or by e-mail at office@osg.co.uk

were able to walk down to the church from home. The bells rang out with joy for Emma who learnt to ring at St Andrew's and joins us whenever she visits family here. Bellringing friends of Adam joined the local team ringing before and after the service and again on Sunday morning which meant we had a full team of eight ringers for our United Service for Pentecost.

The United morning service led by Rev Andy Burgess, had a congregation in great voice led by a full choir from the our different churches, The rafters were well and truly rattled, even drowning the sounds of the passing motorbikes. After the service the weather was just perfect for our community barbecue. Passers-by, tempted by the smell of cooking came off the street and joined us for the tasty burgers, hotdogs and puddings to die for. As is the custom (we know not why), the men enjoy taking charge of the barbeque. It has to be said they did a great job.

Looking ahead we have the Summer Fair on Saturday 22nd July. Starting at 10am we shall have refreshments on the go, with seating in the marquee where you can take your time over your morning coffee, then linger for lunch, all the while listening to Rawthey Rhythm's toe tapping music. There will be games and a bouncy castle outside, crafts and other stalls, including cakes, inside, and Joel the fantastic entertainer for young and old alike. Something for everyone, do come and join us.



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

TALES OF SHEERING GAYE

Sandra Gold-Wood

Sheering Gaye Village. Recap.

The story began when Millicent Hart an eccentric elderly woman moved into Stanley Hall a substantial old Manor House over-looking the village green in Sheering Gaye. Millicent quickly befriended a village child called Violet. Violet always believed the tales of Hollywood and the famous friends Millicent told her stories about. Millicent threw herself whole heartedly into village life and used her vast fortune helping to improve things for the village generally and organising trips out for the children. Violet grew up and became a teacher at the village school. Millicent and Violet

maintained a close relationship and Violet would keep an eye on her as she grew older.

In 1973 Millicent died; her funeral was well attended by the villagers but no next of kin could be found. At the funeral four well know Hollywood celebrities turned up dumbfounding those present and all the villages realised that Millicent had been telling the truth about her life all along. The evening after the funeral Violet was staying at Stanley hall when close to midnight a knock on the door revealed a stranger who explained that he was Daniel Hart, Millicent's nephew. Daniel had been in Peru and the message had taken some time to reach him. Within a short time, romance bloomed between Violet and Daniel. A few days later when a letter arrived from New York solicitors Daniel discovered that he was actually Millicent's son.

After Millicent's funeral local reporter Dave Walker received some photographs of the famous visitors. The pictures had been taken by school boy Billy Raymond. Dave turned up in the village to see what he could find out. When he learnt some of the stories Millicent's had told he decided to write a book about her life. Dave found a friend in Lambert Quinn a teacher at the Village school and becomes his lodger. Lambert is desperately in love with Violet and he believes that his love is returned. After the school's very successful Christmas play Lambert takes Violet by surprise kissing her under the mistletoe. Violet shoves him away and Daniel gives him a talking to.

Garsdale Design

**We provide architecture, planning,
urban design, 3D geodesign and
heritage services for the
Dales and Lakes**

Our skills and experience are unrivalled
whatever the size of the project

Our service is personal and tailored
to individual needs

We are an RIBA Chartered Practice



Contact details:

phone: 015396 20875 (office hours)

email: info@garsdaledesign.co.uk

web: www.garsdaledesign.co.uk

On Christmas day Violet visits her mother who is now going to marry the man in her life and move with him to Spain to start a new life. On the drive back to Sheering Gaye village Violet realises that her mother's decision frees her to go travelling with Daniel. Millicent had left her a substantial trust fund to enable her to choose how she wished to live but added the suggestion that she and Daniel, if they got on, should go travelling together as he was an experienced traveller. Violet parked her car in her usual spot and locked it in a hurry to get over to Stanley hall and tell Daniel her news. When suddenly she was grabbed from behind, and a hand was placed over her mouth. With all her strength she shoved her attacker away. Turning she was shocked to see it was Lambert. He dropped to his knees holding on to her while declaring his love and insisting that she loved him back. Violet's shouts had been heard by Daniel who came running. He pulled Lambert away from Violet sending him sprawling onto the dirty ground and announcing that if he touched her again he would kill him. Lambert picked himself up and sat in the bus shelter for a while and then walked off into the woods behind the shelter.

Boxing day found Billy Raymond and his friends, John and Robert out in the Woods playing with the walkie-talkie sets they had been given for Christmas. They had been hiding in their newly built den eating their Christmas fare when the ground collapsed under them. When they saw what was revealed they scrambled out as quickly as they

could. After a serious chat in the relative safety of the bus shelter they resolved to go to the police house and tell PC Alders.

PC Alders, after inspecting what the boys had uncovered called his sergeant and the bomb squad were informed. The arrival of the bomb squad brought all the villagers out in force. Caretaker and postman George Billings opened the village hall and got tea and biscuits going. The bomb squad had a look at the bomb but it was not one they had knowledge of and so another squad had to be sent for. Meanwhile everyone chatted happily in the hall or around the village green. When second squad turned up they also went to the village hall where they were convivially welcomed and more tea and biscuits were enjoyed. The villagers and the soldiers were reminiscing about their experiences in WWII. When there was an almighty explosion.

The deafening explosion sent everyone in the hall onto the floor. When the dust settled the two captains led the way outside. The bus shelter had been blown across the green and there was debris

Stephenson & Wilson
15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

everywhere. Violet and Daniel came out shocked to see such a chaos. Benches from outside the Swan were scattered and broken. The villagers looked on stunned to see such a mess.

A couple of soldiers were sent to check the bomb site by Captain's Hogarth and Dawson who also told the members of their squads to begin clearing up. Seeing this the villagers joined in. The two soldiers who had gone to the bomb site came back saying they had found something very sinister. The story continues;

Sheering Gaye Village After The Bomb! by Sandra Gold-Wood

The whole squad of soldiers, Captain's Dawson, Hogarth, PC Alders, Sgt Poulson headed to the bomb site. The explosion had cleared a huge area and debris lay all around. Many inquisitive villagers followed the soldiers, amongst them Billy and his pals who were stealthily threading their way to the front of the crowd wanting to be first at the scene.

Dave Walker, erstwhile reporter for the Denham Chronical, watched them go he had already viewed the crater. After the bomb had exploded he had followed the first soldiers back to the site. Careful to stay concealed he'd waited until the soldiers went off to report what they had found. Once they were out of sight Dave quickly investigated the area taking photographs with his new Canon camera. Dave felt elated; he was sure he had a national news story on his hands. Knowing that the discovery of the bomb would have made the middle pages of the Daily's

and the explosion would perhaps have made the front pages but, now with this story and his photos he was certain to make all the Daily's, the Broadsheets and maybe even the TV News.

When Captains' Dawson, Hogarth, the soldiers and villagers arrived at the bomb site a deep silence overcame them all. In front of them was a huge crater, around which was a mass of tangled and broken trees lying at odd angles giving the site an eerie appearance. The closer they came to the crater the harder it was to avoid treading on the skulls and bones that were strewn all around. A few brave villagers stepped up to the crater's rim along with the police and the Captains, all were astonished at what they saw. Captain Hogarth was first to speak;

'What do you make of it Captain Dawson.'

'I haven't the foggiest, looks a bit like some kind of well, and there's an awful lot of bones, how did they get there?'

Hearing this Billy spoke up, having been egged on by his pals, John and Robert. 'Please Sir, shall I go and get Mr Perry, only he's the History teacher and he might know something.'

This suggestion was being considered just as Daniel and Violet arrived on the scene. Stepping up to the Captains, Daniel explained that he had some archaeological experience and would they mind if he took a closer look. The Captains and Sgt Poulson agreed and Daniel climbed carefully down into the crater. Daniel called back up saying it

looked to be Roman, and as far as he could tell the bones were both human and animal and that this was probably part of a much bigger Roman site.

Meanwhile, PC Alders had been sent back to the village hall to see if Mr Perry was able to come and have a look. Mr Perry was sitting in the one and only armchair in the hall. PC Alders touched him lightly to wake him saying, 'Come on Arthur, you're missing all the fun.' Getting no reply PC Alders spoke a little louder and gave Mr Perry a shake. But Mr Perry had left this world for the next, and so PC Alders left him where he was and re-joined everyone at the Bomb site. Alders informed Sgt Poulson of Mr Perry demise, saying he'd pop back

to the police house and call the local undertakers. 'Yes, right that's probably the best thing,' the Sgt agreed. PC Alders strode across the Green, passed the Swan and rounded the corner to the Police house. The sight he beheld both disturbed and amused him. There was Sgt Poulson gleaming new Ford Cortina, only now it was not quite so smart as a large chunk of tree had landed on the roof flattening it. Alders wondered how his Sgt would take the news, he'd only taken delivery of the car a few weeks back. Inside the Police house, Alders checked for damage, there were a few broken windows and his garden looked rather wind-blown but he could see no serious problems. Picking up the phone he called the Colin Graham undertaker at home knowing he would not be in the office on Boxing day; and what a day he thought to himself as he waited for the phone to be answered. Poor old Arthur Perry, what age would he have been he wondered, he thought too about his girlfriend and how she was missing all the fun. Brenda was nurse at Denham general where she lived in the nurse's quarters, he'd call her later. Back, at the crater Alders told George Billings, caretaker and postman about Arthur Perry, explaining that the undertaker was on the way.

Around the crater people were trying to work out what should be done. All agreed that the site could not be left unguarded. 'Can't have people picking up bones and such,' stated Captain Hogarth. 'Quite' agreed Captain Dawson. The boys;



MK CONVERSIONS Ltd
BUILDING CONTRACTORS

All types of building work undertaken:

- Extensions
- Barn conversions
- New build
- Restoration work
- Building, joinery, plastering, tiling, roofing
- Topseal flat roofing approved installer

T: 015396 22038
E: info@mkconversions.co.uk
W: mkconversions.co.uk



John and Robert promptly dropped the bones they had been examining before anyone spotted them. While Billy reluctantly gave up teasing John's sister Silvia with a skull he picked up.

Before they left the Captains' put a number of soldiers on guard and then went off to the Swan as it had just opened. In the bar the situation was discussed at length with the villagers chipping in. All agreed the site should be covered with tarpaulin and guarded round the clock. Captain Dawson, borrowing the pub's phone put in a call to Limster barracks to inform Colonel McElroy. The Colonel was surprised, interested and delighted to have something to get involved with as life in the Army in peace time wasn't to his liking. 'I'll have a squad there post haste Dawson don't you worry.'

Replacing the receiver Colonel McElroy rubbed his hands together gleefully as he marched off, a big smile on his rugged face, to round up some willing or unwilling volunteers.

At around 4.30pm Sgt Poulson, and the Captains left the Swan and made their way to the police house. Alders hung back as the party turned

the corner and the Sgt's car came into view. Alders had of course mentioned that the police car had been damaged but had not explained the details. Sgt Poulson just stood there a look of disbelief on his face while Alders hastily ushered the Captains into the Police house so that they would not hear Sgt Poulson venting his anger.

By nightfall the village had settled down; Soldiers had come from Limster barracks and they got to work immediately covering the site with tarpaulin and setting up a round the clock guard. Before they left the soldiers attached to the bomb squads helped the villagers to board up broken windows and clear debris. Sgt Poulson had informed the local Coroner of the archaeological find. Then Colin Graham had taken Arthur Perry to the Chapel of rest and his family had been notified. Dave Walker had called his friend Ken, a photography enthusiast who had all the gear to develop his photos. This done Dave phoned in his exclusive News story, selling it and his photographs to the Express.

The next task was to get hold of a currier who was working on boxing day. Dave had to call in a few favours to do it but managed to get a motorcycle courier to pick up the photos and they were at the Express press office in just over an hour. Of course all the news networks would have the story by morning and he guessed so would the TV people.

Such was his joy he had not noticed the absence of Lambert Quinn until he went back to his house to find that there was still no sign of

Matthew Cook

Former Stonemason to York Minster
and specialist in pre-1914 building
repair

Stone repairs and replacement

Re-pointing with lime mortar

Stone cleaning

Specialist surveys and consultancy

07791894782

www.cookmasonry.co.uk Info@cookmasonry.co.uk

him. 'Where on earth is he?' Dave asked the empty house while trying to think if Lambert had said anything about going to visit his parents. Shrugging his shoulders, he went to bed and looked forward with glee to the new day.

The night passed. Sheering Gaye Villagers slept peacefully. John and Silvia Moffat's older sister Margaret, sat at her dressing table and wrote a letter to the soldier she had met just as he had asked her to. Margaret closed her eyes and felt the touch of his kiss again then she sealed the letter ready to post.

The sun was bright but the day was biting cold, crisp and clear. George Billings was in the Post Office sorting the day's papers ready for the delivery boy when the headlines of the Express caught his eye. 'Well, I'll be a monkey's uncle, what's this?' Dora Rowe post mistress and lady friend of Roger Croft owner of the Swan, attracted by

George's exclamation left the post she was sorting and read the bold headline; 'Bomb Reveals Roman Burial Site in Sleepy Village.' Dora gasped, her hand automatically going to her mouth. While outside a number of large vans rolled into the village.

To be continued.

PERSONAL MESSAGES

WANTED

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

=====

FOR RENT

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

015242
61868



Temptations
craft boutique

31
Main St
Bentham

"An Aladdin's cave"

From Patchwork and Quilting to making your own Waterproof Jacket, Tent or Sunshade....
We have the fabric you need!
Haberdashery, Buckles & Accessories too

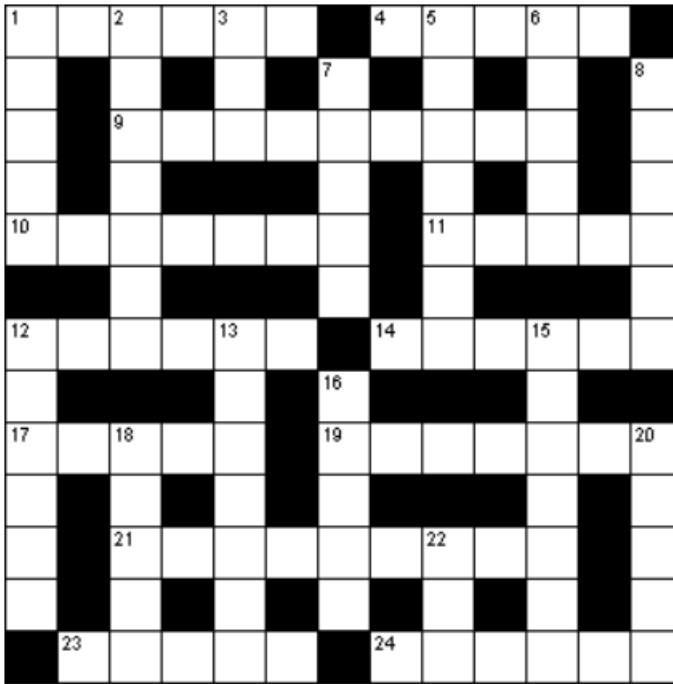




www.temptationsbentham.co.uk
www.pennineoutdoor.co.uk

| |
|--|
| USEFUL TELEPHONE NUMBERS |
| Age UK South Lakeland |
| 030 300 30003 |
| Electricity in any area |
| 105 |
| Medical in any area |
| 111 |
| Pension Service Surgery |
| Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265 |
| Police in any area |
| 101 |
| Sight Advice South Lakes |
| 01539 769055 |
| South Lakes Citizens Advice Bureau |
| 03444 111 444 |
| South Lakeland District Council |
| 01539 733 333 |
| Western Dales Community Bus Service |
| wdbusops@gmail.com 07541644524 |
| Yorkshire Dales National Park |
| 0300 456 0030 |
| <i>If you would like to see any numbers listed here, please let us know.</i> |

PUZZLE 1 (SOLUTION ON PAGE 83)



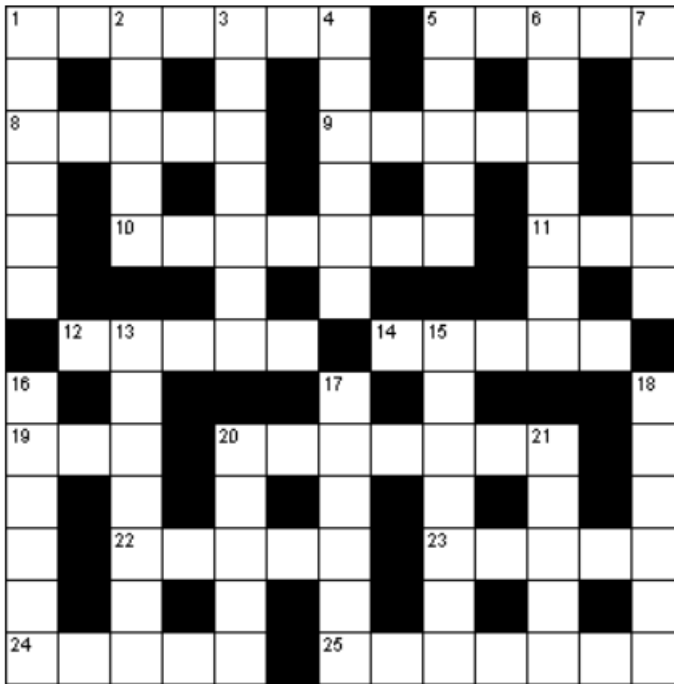
Across

1. Bank employee, who can say (6)
4. Balance found in muesli bran (5)
9. Crumbling old places fell down (9)
10. Not as old as that confused Reno guy (7)
11. Plenty of land in tarmac resort (5)
12. Opposed to poetry (6)
14. Purloins duck between beginning and end of shifts (6)
17. Last letter in some game (5)
19. Tolerates some token duress (7)
21. Alter code when moved (9)
23. One of the Earps, sounds interrogative at first (5)
24. Shuffle a paper then come into view (6)

Down

1. Sum up tall youth, essentially (5)
2. Let cure become a lesson (7)
3. Find a fish in a wee lake (3)
5. Begins tantrum in a moment (7)
6. Palindrome instrument (5)
7. Found in large scale drama crowd (5)
8. Hesitates to use spa turbulence (6)
12. Committee on a ship (6)
13. Evidence of injury, allow for redness (7)
15. Shorten a river crossing (7)
16. Serenity, sounds like part of something greater (5)
18. Nobleman with ponytail is before his time (5)
20. Grasp earnest weapon, essentially (5)
22. High point found in octopus (3)

PUZZLE 2 (SOLUTION ON PAGE 83)



Across

1. Restricted (7)
5. Perils (5)
8. Detection device (5)
9. Villain (5)
10. The sheltered side (7)
11. Flightless bird of Australia (3)
12. Chasm (5)
14. Complies (5)
19. Prohibit (3)
20. Diplomatic (7)
22. Nimble (5)
23. Light beam (5)
24. Reside (5)
25. Boring (7)

Down

1. Food store (6)
2. Decoration (5)
3. Goals (7)
4. Fin (6)
5. Stiff (5)
6. Stage set (7)
7. Repress (6)
13. Dressing (7)
15. Perplexed (7)
16. Overseas (6)
17. Dialect (6)
18. Tusked marine mammal (6)
20. Test (5)
21. Lariat (5)

PUZZLE 3 (SOLUTION ON PAGE 84)

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

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

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable

SOME WALKS AROUND SEDBERGH

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

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

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

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

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

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

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

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

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

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

MILLTHROP AND ABBOT HOLME 5.1 miles 920ft 2.5 - 3 hours. Up over Frostraw, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. (Walk 10)

DALES WAY AND CRAGGSTONES. 7.5 miles 1165 ft 3 - 4 hrs. Follow the Dales Way beside the Rawthey and the Lune, then ascend past the waterfalls in Craggstons Wood, before a final stroll across the base of Winder. (Walk 11)

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

DIARY OF EVENTS

Dates are held up to 07/04/2024
 Dates in **BOLD** are start & finish events.
 Numbers in Brackets indicate Advert/Article on a Page.
 Month in Bracket relates to issue that details last
 appeared.

JULY 2023

| | | |
|----|--|----------------|
| 01 | Lancashire Country Cricket match | SS |
| 01 | Speech Day & Term Ends (May) | SS |
| 01 | Take the Commons to Town (22) | Cliffe Castle |
| 01 | 1000 Making Space for Nature | Addingham |
| 01 | 1000 Our Upland Commons (22) | FM |
| 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 |
| 06 | 1400 Knit and Natter | CCCN |
| 07 | Lancashire vs Southern Vipers (56) | SS |
| 07 | 1045 Polymyalgia Cumbria group (55) | FM |
| 07 | 1400 Dentdale Head to Foot Outing (29) | Dent Stn |
| 07 | 1900 Caro Giles, Twelve Moons (5) | Westwood Bks |
| 07 | 1930 WIF - Spinning and Weaving (33) | FCH |
| 11 | Killington WI Annual Garden Party (29) | TBA |
| 11 | 1000 Celebration of Silk (Jun) | Chapel Gallery |
| 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 |
| 13 | 1400 Knit and Natter | CCCN |
| 15 | 1000 Dentdale Methodist coffee morning | DMC |
| 15 | 1930 Sedbergh Band Concert (Jun) | StAD |
| 16 | 1430 Songs of Praise (Jun) | Hawes Jct |
| 18 | 1000 Needle Felted Mouse (Jun) | Chapel Gallery |
| 18 | 1900 All My Wild Mothers (5) | Westwood Bks |
| 19 | Lancashire County Cricket | SS |
| 19 | Lancashire vs The Blaze (56) | SS |
| 19 | 1400 Community Corner (Apr) | DMC |
| 20 | 930 Myeloma UK coffee morning (12,20) | DCS |
| 20 | 1400 Knit and Natter | CCCN |
| 21 | Last day of Woofs Bus (8) | TBA |
| 22 | Meet a Commoner (22) | Twistleton |
| 22 | 1000 St Andrews Summer Fair | StAS |
| 22 | 1200 Finkle Street Party | Finkle St |
| 23 | Meet a Commoner (22) | Twistleton |
| 24 | 1000 Mission Holiday Club (24) | PH |
| 26 | 1400 Community Corner (Apr) | DMC |
| 27 | 1400 Knit and Natter | CCCN |
| 28 | Mission Holiday Club (24) | PH |
| 29 | Take the Commons to town (22) | Preston |
| 29 | 900 Artisan Market (May) | Main St |
| 29 | 1015 Creative Campaigners (24) | Malham |

AUGUST 2023

| | | |
|----|---------------------------------|--------------|
| 01 | Lancashire vs Essex (56) | SS |
| 02 | 1400 Community Corner (Apr) | DMC |
| 04 | Dent Christian Fellowship Fest | Rhumes |
| 04 | 1900 Taking Flight (Jun) | Westwood Bks |
| 05 | 1000 Sheepfest workshop (19,36) | TBA |

| | | |
|----|--|--------------|
| 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 Ear! (30) | 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 (Jun) | Hawes Jct |
| 23 | 1030 Farm Walk (24) | Long Preston |
| 23 | 1100 Polymyalgia Cumbria group (55) | Booths |
| 23 | 1400 Community Corner (Apr) | DMC |
| 25 | 1930 Italian Evening | FCH |
| 26 | Dent Gala (Jun) | Dent |
| 26 | Sheepfest (May) | Sedbergh t |
| 26 | 900 Artisan Market (May) | Main St |
| 26 | 1500 Afternoon Tea | GVH |
| 28 | 900 Car Boot Sale | Milbeck |
| 30 | 1400 Community Corner (Apr) | DMC |
| 31 | Our Upland Commons (22) | FM |

SEPTEMBER 2023

| | | |
|----|--|-----------|
| 01 | Dentdale Head to Foot Cinema outing | TBA |
| 01 | Community exhibition (22) | FM |
| 06 | 1400 Community Corner (Apr) | DMC |
| 10 | Environment Day (22) | Skipton |
| 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 |
| 19 | 1930 Ladies NFU - Canary Girls (28) | PH |
| 20 | 1400 Community Corner (Apr) | DMC |
| 23 | 1930 Harvest Festival (Jun) | Hawes Jct |
| 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 |
| 06 | 1400 Dentdale Head to Foot | DMH |
| 08 | New Landscapes - Peter Bolton | FM |
| 10 | 1400 Killington WI | PH |
| 10 | 1930 Domino Drive | FCH |
| 11 | 1000 Monolith - Gina Tawn | FM |
| 11 | 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.



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 |
| Mr and Mrs McCririe | Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: Daleslea@outlook.com | 21789 |

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 |
| 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 |
| Cricknet 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 | 07/23 | Steven Longlands | Sed: | 20885 |
| Pepperpot Club - Sedbergh | 04/22 | Nicola Cann—rnicolacann@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 | vscls@gmail.com | 07880161648 | |
| 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 1 & 2

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

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | I | M | I | T | E | D | | R | I | S | K | S |
| A | | E | | A | | O | | I | | C | | U |
| R | A | D | A | R | | R | O | G | U | E | | B |
| D | | A | | G | | S | | I | | N | | D |
| E | | L | E | E | W | A | R | D | | E | M | U |
| R | | | | T | | L | | | | R | | E |
| | A | B | Y | S | S | | O | B | E | Y | S | |
| A | | A | | | | A | | A | | | | W |
| B | A | N | | | T | A | C | T | F | U | L | A |
| R | | D | | R | | C | | F | | A | | L |
| O | | A | G | I | L | E | | L | A | S | E | R |
| A | | G | | A | | N | | E | | S | | U |
| D | W | E | L | L | | T | E | D | I | O | U | S |

PUZZLE SOLUTION 3

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

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

LOOKAROUND EDITORIAL TEAM

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

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

PEOPLES' HALL HIRE RATES

Main Hall

| Session | 7-9am | 9am-1pm | 1-5pm | 5-7pm | 7pm-1am |
|---------------------|---------------|---------------|---------------|---------------|---------------|
| Local Hirers | £12.00 | £24.00 | £24.00 | £18.00 | £45.00 |
| Other Hirers | £18.00 | £36.00 | £36.00 | £27.00 | £67.50 |
| Commercial | £24.00 | £48.00 | £48.00 | £36.00 | £90.00 |

Committee Room

| | | | | | |
|---------------------|--|---------------|---------------|---------------|---------------|
| Local Hirers | | £18.00 | £18.00 | £12.00 | £18.00 |
| Other Hirers | | £27.00 | £27.00 | £18.00 | £27.00 |
| Commercial | | £36.00 | £36.00 | £24.00 | £36.00 |

BUS SERVICES

Woofs

Until July 21st only

| 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 | .. | .. | 1733 | 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 | .. | .. | 1733 | 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

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 |
| 06.48 | 07.55 | 10.34 | 07.03 | 09.08 | 10.40 |
| 09.16 | 09.16 | 14.01 | 09.38 | 10.42 | 13.38 |
| 10.47 | 10.47 | 15.53 | 12.13 | 12.13 | 16.33 (N) |
| 12.17 | 12.17 | 17.48 | 16.05 | 16.05 | 18.41 |
| 14.45 | 14.45 | 20.20 | 17.33 | 17.33 | 20.26 |
| 16.46 | 16.46 | .. | 19.38 | 19.38 | .. |
| 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;

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 |
|------------|------------------------|

ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

| | |
|------------|------------------------|
| 2nd Sunday | 2.30pm, Holy Communion |
|------------|------------------------|

ALL SAINTS' CHURCH, KILLINGTON

| | |
|------------|---------------------------|
| 4th Sunday | 2.30pm, Afternoon Service |
|------------|---------------------------|

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
July 2023*

| | Time | 2 nd | 9 th | 16 th | 23 rd | 30 th |
|---|------------------|---|---|---|---|--|
| St. Andrew's, Sedbergh LA10 5BZ | 8am | <u>HC-BCP</u> | HC-BCP | HC-BCP | HC-BCP | HC-BCP |
| | 9.30am | Joint Service at Cornerstone | HC | HC | All-Age Service with Baptism | Holiday Club Celebration at Peoples Hall |
| Cornerstone Community Church, Sedbergh LA10 5AF | 10.30am | Joint Service | Service | Service | Service | Holiday Club Celebration at Peoples Hall |
| St. Mark's, Cautley LA10 6LZ | | 2.30pm HC | | 9.30am MP | | 2.30pm Taize Service |
| St. John's, Garsdale LA10 | 11.15am | HC | | MP | | MP |
| Garsdale Low Smithy Methodist Chapel LA10 5PF | 2.00pm | | Service | | Service | |
| Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT | 2.30pm | | | Songs of Praise | | |
| All Saints, Killington LA6 2HA | 2.30pm | | | | Outdoor HC | |
| Holy Trinity Howgill LA10 5JD | 9.30am | | Outdoor HC | | | |
| St. John's Firbank LA10 5EF | 2.30pm | | Outdoor HC | | | |
| St. Andrew's, Dent LA10 5QL | 11.15am | HC with Baptism | HC | HC | All-Age Service | HC |
| St. John's, Cowgill LA10 5RJ | 2.30pm | EP | | Outdoor HC | | |
| Dentdale Methodist Chapel LA10 5QJ | 6.30pm | Service | HC | Service | Service | Service |
| Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN | 10.30am | Meeting for Worship | Meeting for Worship OR Area Meeting Zoom Worship. | Meeting for Worship | Meeting for Worship | Meeting for Worship |
| Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ | 12 noon | Service | Service | Service | Service | Service |
| | Wednesday | 5th | 12th | 19th | 26th | |
| St. Andrew's, Sedbergh LA10 5BZ | 11.30am | HC-BCP | HC-BCP | HC-BCP | HC-BCP | |
| Quakers | 19.30 | Zoom meeting for Worship – contact below. | Zoom meeting for Worship – contact below. | Zoom meeting for Worship – contact below. | Zoom meeting for Worship – contact below. | |
| Roman Catholics | 21.00 | | | | Compline Night Prayer | |
| HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer | | | BCP- Book of Common Prayer EP- Evening Prayer | | | |
| Contacts– 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