

Sedbergh & District

# LOOKAROUND

August 2023

Donation £1

Issue 423

As you can see below Sheepfest is returning on August Bank Holiday weekend—see the full article listing what's happening on page 15.

We are also celebrating the life of

one of Sedbergh's most notable residents, Gina Barney, who died last month, see her obituary on page 5.

If you can, do consider helping Western Dales Bus see page 9 *Ed.*

  
**Sedbergh  
Sheepfest**

**Bank Holiday  
Saturday  
26 August 2023**

## Needs Ewe!

**Build a 'novel' sheep and join the flock...**

Need help? Join a free sheep-building workshop on 5 Aug  
Email [shelaghcobb@btinternet.com](mailto:shelaghcobb@btinternet.com) to reserve a place

**Sheep trail, activities for children, livestock display,  
British wool fair, exhibitions, demos & more...**

Free parking on Lupton Field, free shuttle bus, free admission

See Lookaround article, August or website for details

**[www.sheepfest.co.uk](http://www.sheepfest.co.uk)**

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

**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](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

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**Birks Bridge**

*Graham Rostron*

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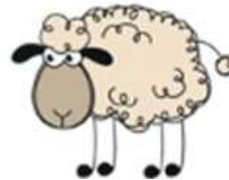
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## Weekly Coffee Morning St Andrews Church Every Wednesday 9:30am to 11:30am

**Wed 2nd August - Royal British Legion**  
**Wed 9th August - Allotments Association**  
**Wed 16th August - St Andrew's**  
**Wed 24th August - St Andrew's**  
**Wed 31st August - Missions**

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

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**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 :*

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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**

## **GINA BARNEY**

*Tony Reed Screen*

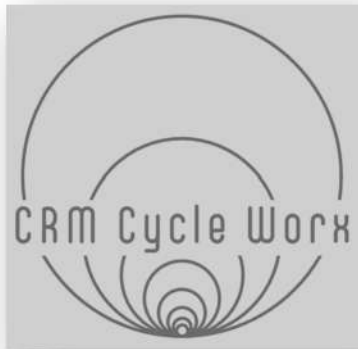
A remarkable person who gave so much to the community through her involvement with so many organisations and her tireless enthusiasm to see them succeed. I got to know Gina particularly well as an energetic member of the Community Trust where as secretary she kept me on my toes and ensured everyone was doing their bit. That working relationship developed into a friendship built on her generosity and understanding which I valued immensely and, like many others, I will miss her presence, her humour and advice.

As I am sure readers will be aware Gina's involvement with the

Community Trust was only the tip of a volunteering iceberg. Her support to the Peoples' Hall was phenomenal and the improvements of which she was the architect are there for all of us to see and are a fitting tribute to her endeavours. On a different tack she became deeply involved with B4RN where in addition to cajoling landowners to give wayleaves she was ever active digging trenches and then turning up to drill holes through thick stone walls to connect the system to people's homes. And I mustn't forget the Chamber of Trade and Commerce where she was the Treasurer for many years.

At the same time she was still a very active vertical transport (lifts to the uninitiated) consultant wrestling on one hand as a legal adviser on

*Congratulations to Cailean and his new venture*



## **BICYCLE MAINTENANCE SPECIALIST**

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complicated court cases and on the other as an internationally recognised expert co-authoring technical manuals and directories. In this capacity her work was recognised by her appointment to one of the London Mansion Houses and she delighted in telling me that she now had the right to take her sheep across London Bridge but to my knowledge that is one of the few challenges in her life that she failed to achieve.

Although not a church goer Gina was the Treasurer of Cautley Church and a member of the Parochial Church Council for many years where she was always a ready source of advice.

Gina was one of the most well-informed people that I have ever met constantly researching new topics

## Festival of Praise & Fun

"Rhumes", Dent. LA10 5QJ  
In the big tent  
Fri Aug 4th to Sun Aug 6th  
Cafe open daily

Fri 4th Fun for the kids from 3pm  
6.30 pm - Fellowship & Food

Sat 5th 11am - Worship & Prayer  
2pm - Baking thru the Bible  
4pm - Water of Life  
6.30 - Meal & Creative Worship

Sun 6th 10.30am - Morning Worship  
More events in the afternoon

**Everyone Welcome**  
**Info; 015396 25212**

Dentdale Christian Fellowship event

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and grasping the minutiae of any problem. Her pursuit of her own convictions and her determination did result in some conflicts and misunderstandings which was unfortunate as she was a very genuine person with a passion to help people succeed.

In recent years Gina developed a passion for dancing, first through Scottish Country Dancing and more recently Ballroom Dancing. She attended weekly training sessions and frequent get togethers in addition to dancing sessions on her cruises which gave her immense pleasure.

I am conscious that this is only a reflection of the last twenty years of Gina's life and does not reflect the many hurdles she had to overcome before arriving in Sedbergh or the tremendous fight she put up during the last two years. But I hope that I have managed to summarise her achievements and substantiate the tremendous debt that we owe to her for her contribution to the community. Sedbergh is a poorer place without her.





## Tim Farron MP

SUMMER TOUR 2023

Tim will be at  
**Sedbergh Market Square**  
on **Wednesday 16 August**  
from **9.30am to 10.15pm**

South Lakes MP Tim Farron will be out and about on his Summer Tour during August, stopping at towns and villages across the area.

If you've got an issue you'd like to raise with Tim, come along for a chat.



### LAST BUS TO KENDAL?

*Ed Welti*

Many residents of Sedbergh are concerned about the demise of the regular daily bus service to Kendal. As a Parish Councillor and as a volunteer at the Information Centre I am well aware of the number of inquiries we get from both locals and from visitors asking about public transport services between Sedbergh and Kendal.

For those who depend on the bus for appointments in Kendal, for shopping, for work, to visit friends, or to catch a train, its loss will have a huge impact.

So, please, all those concerned, do go along on the 16th at 9:30am and make sure Tim doesn't leave until the advertised time -10:15pm.

### DENTDALE GALA

*Barbara Allwright*

*Dentdale Memorial Hall Committee*

This year the gala is back on the field behind the school. School Playground, Field & Memorial Hall if wet. We are holding it on the Saturday 26th August. Starting at 10am with the Fancy Hat Parade.

FREE ENTRY Donations invited  
ALL PROCEEDS FOR THE UPKEEP  
OF DENTDALE MEMORIAL HALL.

Fancy Hat Parade,  
Refreshments, W.I. Teas, Assorted  
Stalls, Bouncy Castle, Children's  
Entertainment, Raffle, Tombola,  
Skittles, Pillow Fight, Bat the Rat,  
Races and finally Egg Throwing.

Come and enjoy the day, we look forward to seeing you.

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#### Contact details:

phone: 015396 20875 (office hours)

email: [info@garsdaledesign.co.uk](mailto:info@garsdaledesign.co.uk)

web: [www.garsdaledesign.co.uk](http://www.garsdaledesign.co.uk)

## **SEDBERGH ART SOCIETY EXHIBITION**

*Jenifer Alison*

Thursday 24th - Monday 28th  
August in the Sedbergh School  
Library

Admission free

We, the members of Sedbergh Art Society, are looking forward to exhibiting the exciting range of pictures we have been creating over the past 12 months. Most of the pictures will be for sale, as will a variety of greetings cards.

At present we have 36 members in the Society. We range from the very experienced, including professional artists, to those who are starting out, or reviving old skills. One thing we all have in common is our enjoyment in being creative.

We offer the opportunity to members to spend time in the good company of like-minded people, where the atmosphere is friendly and

supportive. We enjoy discussing our work in an informal way. We have a group which meets every Wednesday afternoon in the Conference Room of the People's Hall and also whole-day Painting days/workshops approximately every third Saturday in the Cornerstone Community Church Hall. These are sometimes led by a visiting professional artist.

Please do visit the Exhibition! If you are interested in becoming a member, or if you would like to come to one painting session to test the water, or just want to know more, please do not hesitate to get in touch with me, Jenifer Alison, Events Secretary:- [jen.alison10@gmail.com](mailto:jen.alison10@gmail.com)

Landline: 01539 824666

Mobile 07785 964008

If you wish to join the Society, please contact our Treasurer and Membership Secretary, David Calvert: - [davidcalvert53@gmail.com](mailto:davidcalvert53@gmail.com)  
*See the advert on page 24!*

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## **DENT CAR BOOT SALE**

*Sarah Woof*

This year although the Gala has changed day and returned to its original venue the car boot is staying on Mill Beck Field, LA10 5TB. On Aug Bank Holiday Monday, 28th.

Sellers can arrive from 8am to get set up and buyers from 9am, there will be parking for browsers and buyers. Also, there will be a tent selling hot and cold drinks and things to eat. Cars £6 and Vans £10. Proceeds for Dentedale Memorial Hall. Please book by phoning 015396 25212. In the event of very wet weather this event will move into the Memorial Hall.



*Angela Dixon and Esther Murray  
during a Saturday Painting Day*



# Western Dales Bus

## WESTERN DALES BUS NEEDS YOU!

*Rebecca Atkinson*

Western Dales Bus is a community bus service providing a valued service to outlying communities not served by commercial operators in the Sedbergh and Kirkby Stephen region. We began running services in 2012 and during that time have faced increasing demand. All our drivers are volunteers who give up their valuable time to help us.

However, we urgently need more volunteer drivers if we are to continue running routes, especially people who are available to drive on a Saturday morning or afternoon.

Is this something you could do?

The commitment is not huge, just one day a month helps and we provide full training.

We understand you will need more information before deciding, so if you have a D1 entitlement on your driving license and think you might be interested please get in touch with Rebecca at [wdbusops@gmail.com](mailto:wdbusops@gmail.com) or call on 07541644524.

We can then put you in touch with a current driver to explain in more detail what the role entails.

We understand everyone has different amounts of time that they are willing to give to us and the level of involvement is always determined by the volunteer. If you decide driving for us is something you want to do, we will arrange some training and that is it. You will be supported by other drivers and the admin team throughout, but most of all it will be rewarding and enjoyable.

Don't delay, join us today!

For further information on our services please look at the timetables in the back of Lookaround or visit our website [www.westerndalesbus.co.uk](http://www.westerndalesbus.co.uk).

## Kickboxing & Kung Fu

Everyone Welcome



Monday 6.30 – 8.00 pm

Cornerstone Community Church  
New Road  
Sedbergh  
LA10 5AF

Adults £7.00  
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For details contact  
Stuart Byatt 07739 490039

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## METHODIST CHURCH DENTDALE

*Sarah Woof*

During recent months our Coffee Mornings have continued and are lively social events, we celebrated with our Garsdale Smithy and Sedbergh Cornerstone friends the inauguration of the Methodist Church in the Western Dales. We said 'fare-thee-well' to two members of our congregation as they moved south, and to our Minister and his wife, David and Sarah Crouchley as they retire and move. Looking ahead we will join at Cornerstone with the welcome service for our new

## Dent Grammar School Educational Foundation

Registered Charity No 1012330

# EDUCATIONAL GRANTS 2023/24

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2023-2024.

You must have attended Dent C of E Primary School, or your parents must presently live, full time, in the Parish of Dent with Cowgill.

Grants are made in respect of study at any School, University or Institution of Further or Higher Education approved for the purpose by the Dent Grammar School Educational Foundation Governors. The money awarded may go towards, for example: accommodation, equipment, reasonable travel expenses, field courses and placements essential to the course of study. In addition, a grant(s) is available specifically for language-related study and / or towards an apprenticeship.

The Governors have the power of final decisions under the rules of the Charity. The number and size of grants will be decided at the September Committee meeting and grants made available in October 2023.

Applications forms can be requested from the Clerk:

Helen Seabridge,  
Clerk, Dent Grammar School Educational Foundation,  
Rise Hill View, Laning,  
Dent, Sedbergh, Cumbria, LA10 5QJ

Email [dgsefl@yahoo.co.uk](mailto:dgsefl@yahoo.co.uk)

### Closing date:

Completed applications to be with the Clerk by **31<sup>st</sup> August 2023**

*Applications arriving after this deadline will not be considered.*

Methodist Minister, the Rev Andy Burgess, in September.

Our new venture, providing a 'dry space' where families on holiday, particularly campers can be inside out of the rain/dark to play games starts this summer. The idea is to provide board games and toys with the means to make a drink in the Methodist Schoolroom every afternoon and evening in the school holidays. It will be monitored but there will be an element of trust too. The idea came after two families sought refuge from the rain at two different times in our buildings. Obviously the Church itself is open daily too and visitors are welcome.

## BOOKTOWN NEWS

*Carole Nelson*

Firstly all the Trustees and helpers would like to thank everyone who supported June's "A New Beginning" Book Festival. We had a terrific time with some really interesting and local speakers and we even had 2 very starry writers when Sarah Hall, our Patron, visited she brought Sarah Perry along, 2 starry Sarah's for the price of one!

While we are planning great things and a very busy year in 2024 we have to think about the autumn and winter.

Those of you who come along to Poetry Club meetings need to book-in for the autumn term with new

leader Claire Griffel. In addition to teaching Claire is a writer, storyteller and regular performer at open mike events; she also co-ordinates a twining project with students in West Senegal.

Look out in September's Lookaround for news of a fascinating Book launch –Eliza Harrison's In Search of Truth - those of you who know Eliza from Dent Meditation Centre will be fascinated by her exciting and very 'famous and infamous name' studded auto-biography! Date to be announced.

Shout Out!.....who in Sedbergh is a good Raconteur or storyteller, do you fancy telling your stories to a wider audience? Please get in touch Carole in the Sleepy Elephant shop or [booktown@sedbergh.org](mailto:booktown@sedbergh.org).

Finally, the Sedbergh Creative Writing class will be continuing details next month.

*See the ad for the poetry club on page 38.*

## DENTDALE CHRISTIAN FELLOWSHIP

*John & Sarah Woof*

August is here again, and that means fun and Fellowship in our garden and around the village as our annual Festival gets underway. Starting Fri 4th with fun for the kids and the cafe, moving into supper which will include soup, and then worship and sharing time. On Saturday there will be more "souper" activities for everyone, and worship and baking, with the cafe and other food. Creative Worship in the eve. Sunday a joint service in the big tent at 10.30 followed by buffet lunch and more fun and teaching in the afternoon. All welcome. See advert for more information or give us a ring. 015396 25212.

## DENTDALE COMMUNITY CORNER

*Sarah Woof*

This group began back in February this year as part of the Warm Place initiative, during recent weeks it has provided a 'cool place' in which to meet. There is the opportunity to play games, dominoes being by far the most popular, do a jigsaw, read magazines, sit and chat or solve puzzles. Around the Coronation we had games and a quiz which proved hilarious as did a game of Beetle! There are toys available for babies and Toddlers.

Home made cakes along with biscuits and hot and cold drinks are available and there is no charge, donations are welcome but no obligation to give. For once, it's about company and fun, not about money.



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Email: [nathanjames17@icloud.com](mailto:nathanjames17@icloud.com)

We are looking into providing lunch once a month in the autumn/winter.

Community Corner was grateful for a donation from the Sedbergh Charity Shops, I can't remember the proper title, and a kind person has offered to cover any shortfall in the rent. We will be continuing on Wednesday afternoons from 2pm to 3.30pm in the Methodist Church in Dentdale and all are welcome.

The group is run by myself (Sarah E Woof) and the Rev Christine Brown, helped by the Rev L Grey when required. All are welcome, regularly, occasionally, come and stay or just pop in.

Thanks.

## 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](mailto:a865@btinternet.com) or 015396 21081) or

John Sykes  
([jmsykes100@gmail.com](mailto: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

## Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

## General Builders

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Fire Places Fitted

Paul Stephenson  
015396 21557  
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Tom Wilson  
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07790 946578



**ZERO WASTE SEDBERGH**  
**Thank you!**

*Suzie Pye*

The Volunteers would like to thank Claire Moore for all her hard work over the past year in the Zero Waste Sedbergh Coordinator role. She left us at the end of May to move on to pastures new, and we will miss her! We wish her the best for the future.

Many thanks to Sedbergh School students Ollie and George, who have turned up week after week for the last year to help in the Community Cupboard, packing food parcels for vulnerable families, and sorting the donated stock when it comes in.

Their help has been invaluable and we shall miss them as they move on next year!

**Sedbergh Community Cafe**

This will pause for the summer holidays and will recommence on 7th September.

**Sedbergh Community Cupboard (food bank)**

We have had a particularly busy time lately as, despite an encouraging drop in numbers coming out of winter, numbers have started to increase once more. These are newly vulnerable households who, for varying reasons, are struggling to provide food for themselves and their families. Please do remember to support these families by donating whatever non-perishable goods you can in the boxes at the Spar shop, or St Andrew's Church, Sedbergh. Items we frequently run out of are: Tinned



Sedbergh People's Hall  
**Voluntary Secretary &  
Treasurer Needed!**

Due to illness we urgently need to find a replacement Secretary and a replacement Treasurer

The People's Hall is vital to the local community. For it to continue to function effectively we need to fill these committee vacancies as soon as possible. Neither role is particularly demanding.

Can you help please?

For further information please contact  
Steve Longlands 015396 20885 or Chris Wood 0748 3233609  
Or email [booking.peopleshall@gmail.com](mailto:booking.peopleshall@gmail.com)





**SHEEPFEST**  
**Saturday 26 August 2023**

*Ali Sharman*

**Sheepfest Needs Ewe – Don't forget to make a sheep!**

If you live and work in and around Sedbergh please join in the fun and build a sheep. This year's theme is 'novel' sheep so you can go for book themes, or just be **ewe-nique** or **un-ewes-ual!** Find your old sheep in the attic, dust it off and give it a new costume.

See the website for details:

**[www.sheepfest.co.uk](http://www.sheepfest.co.uk)**

**Need help making a sheep?** We are running workshops at the People's Hall on Saturday 5 August to help you to start to build your



sheep.

Email [shelaghcobb@btinternet.com](mailto:shelaghcobb@btinternet.com) if you would like to reserve a place.

**There'll be plenty going on for children, grown-ups and lovers of wool and woolly stuff!**

Come and **listen to the band** which will be playing outside the **Information Centre at 11.00.**

Wander along Sedbergh's streets to **look for 'sheep'** hidden in nooks and crannies. The main 'flock' will be on



the grass at St Andrew's church. The 'sheep' are at the heart of Sheepfest so we hope a large flock will gather in all the ewes-ual places.

**Sheepfest patrons** - local farmer **Dorothy Hutchinson** and weaver **Laura Rosenzweig** of Laura's Loom, will announce the winning sheep at 3pm at St Andrew's. Please make sure that your sheep is in place by Friday evening 25 August if you wish to enter the competition.

**Competition for children** – spot sheep, like those below, hidden on Main Street - and win a prize. You



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can collect instructions and an entry form from the Tourist Information Office on the day.

**There will be other free activities for children too.** Come up to the **People's Hall** to **meet the Alpacas** and to **have a go at a craft activity** with Janet and Bluebell. You can make a **sheep badge** at St Andrew's and don't miss the **old-fashioned 'seaside' photo board** outside St Andrew's Church. There will also be activities for children at Farfield Mill throughout the day.

Families will **enjoy meeting real animals** and **learning about farming** with the Rural Links' Field to Fork roadshow on Lupton Field.

If you love wool and woolly products, you'll find the **British Wool Fair** in the People's Hall from 10-4pm. There will be farmers from the region who produce **beautiful knitting yarns** from their own sheep. Local weavers Ali Sharman

Handweaver and Laura's Loom will showcase **beautiful woven products and yarns sourced from local flocks**, along with new business The Fold's beautiful capes.

You'll also find Wools of Cumbria Carpets and yarns and products from Why Not Alpacas who, weather



permitting, will bring some of their flock to meet visitors. Our stall holders are passionate about their products and are looking forward to telling you about how they're produced and where the wool has come from.

You can also visit the **History of Wool** exhibition by Sedbergh's History Society at St Andrew's Church. Find out about the **importance of our uplands commons** and the role of farmers from the Foundation for Common Land – visit their stall in the churchyard.

The **Artisan Market** will be at its usual location on Main St from 9.30am and the **Art Festival** will be in Sedbergh School library and you can find **resident artists and**

**makers** in their studios at Farfield Mill.

**Free admission** to Sheepfest, the Wool Fair, exhibitions and activities.

**Refreshments** at the People's Hall and St Andrew's.

**Free parking** on Lupton Field. See the Rural Links livestock display while you're there. Wool fair parking at People's Hall. Disabled parking spaces available in town car parks.

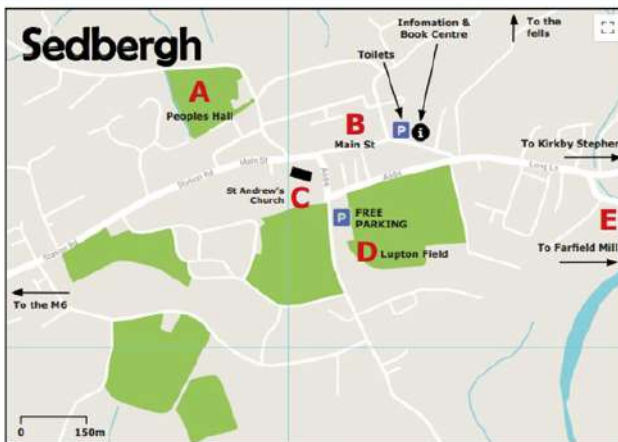
**Parking charges apply** as usual in town centre car parks.

**Free shuttle bus** between sites, including Farfield Mill from 10-4pm.

To get involved email **info@sheepfest.co.uk**

More information on the website **www.sheepfest.co.uk**

Sheepfest is supported by Sedbergh Community Trust and Clutterbooks.



**A Peoples' Hall**  
Wool fair  
Activities for children  
Alpacas

**B Main St**  
'Sheep' in shops  
Artisan market

**C St Andrew's Church**  
Flock of 'sheep'  
Activities for children  
Photoboard

**D Lupton Field**  
Livestock

**E Farfield Mill**  
Resident artists and makers  
Demos, 'sheepy' activities  
for children

*Free shuttle bus between sites*

**Find Sheepfest**

15 mins from Junction 37, M6 or Dent  
20 mins from from Kirkby Lonsdale via A683  
30 mins from Kirkby Stephen via A683 or Hawes via A684

*All timings approx.*

**www.sheepfest.co.uk**

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### **PEOPLE'S HALL**

*Sandra Gold Wood*

Your People's Hall is in Need of  
Your Help!

Hello there hirers and possible hirers, the People's Hall committee would like to thank you and invite you to carry on making use of this community facility.

There have been many changes over the years of course. Recently we have installed central heating, no more coin in the slot fires on the ceiling. It hard to believe they were kept as long as they were.

The PH curtains were replaced five years ago, it certainly doesn't seem that long ago. However, this means that the fire retardant now needs to

be renewed in order to comply with insurance regulations. The committee are looking into the cost. There are plans to update and improve the sound system and advance other technological items thanks in part to a generous donation from Dr Gina Barney, who had been the secretary and also the treasurer for the PH for number of years.

I can go on no longer without mentioning that Dr Gina Barney, who had been ill for some time, died in St John's Hospice on July 6th. The committee and the community owe her a debt of thanks and gratitude as without her influence and expertise the PH would not have many of the new facilities that it now offers its



hirers. Our condolences go out to her many friends and family.

There are two empty spaces on the PH committee; that of Secretary and Treasurer. These important community roles need to be filled quite urgently as the PH is a registered charity, and the accounts and minutes do need to be officially available to the charity commission, and to the public in general, in order to maintain its status as a charity.

The committee meet the first Monday of each month in the committee room at PH, when there is a need, so not every month. All members are volunteers, and most of us have been working to maintain the hall for the community for some years. The committee are hoping that a few among you will have the ability, the time and the community spirit to come and join us in running the PH. Please do consider it, you may even enjoy being part of our friendly group. There's always tea coffee at meetings and even biscuits if someone remembers to buy some.

The PH is doing very well for bookings, and as I have said it is looking good for the future. It would be sad if it had to close because there was no one left to run it.

And lastly can I just say please think about all the times you have enjoyed events at the People's Hall and think about how satisfying it would be to be part of the steadfast committee who are caring for it.



## **SHEEP SHOW AND SHEEP DOG TRIALS SATURDAY 19<sup>th</sup> AUGUST 2023**

**At**

### **BARBON MANOR PARK**

Dog trials from 8am

Sheep show 9.45am

Stick Show 10.30am (enter on day)

Marquee Lunch 1pm (tickets available from Sec.)

Childrens' Sports 2.30pm

**EVERYONE WELCOME!**

Secretary Clare Thomson

07590115844 /clare-93@hotmail.co.uk

## **GOOD NEIGHBOUR GRATITUDE**

*Colin Smith*

I have lived at Maryfell, Sedbergh since 1999.

After my long stay in two Lancashire hospitals, i should like to thank our local and excellent window cleaner Carl Berry for all his help - and continuing help - attending to some of my onerous chores as I remain almost incapacitated after neurosurgery, (for a herniated disc in my neck pressing on my spinal cord) and the continuance of low blood pressure: systolic readings of fluxing betwixt 57 and 90.

I am taking daily doses of midodrine and fludrocortizone., the clinical name for my condition is orthostatic hypotension. I permanently gave up consuming all alcohol last year on Thursday, 8th September 2022. - coincidentally, this happened to be the same day HM



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queen Elizabeth II passed on. I have lost 20kg in weight.

Carl is a great friend of mine.

In addition, please may I also thank Sonia at Ladycabs for cleaning my kitchen and bathroom, visiting Penny Black and boots to buy essentials and for helping me with my new mobile phone, all since my discharge from hospital.

---

## DEMENTIA

*Alzheimer's Society*

If I get dementia, I'd like my family to hang this wish list up on the wall.

1. If I get dementia, I want my friends and family to embrace my reality.

2. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.

3. If I get dementia, don't argue with me about what is true for me versus what is true for you.

4. If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.

5. If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.

6. If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.

7. If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.

8. If I get dementia, I still want to enjoy the things that I've always





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appointment please call the Grief Share number*

enjoyed. Help me find a way to exercise, read, and visit with friends.

9. If I get dementia, ask me to tell you a story from my past.

10. If I get dementia, and I become agitated, take the time to figure out what is bothering me.

11. If I get dementia, treat me the way that you would want to be treated.

12. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.

13. If I get dementia, don't talk about me as if I'm not in the room.

14. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.

15. If I get dementia, and I live in a dementia care community, please visit me often.

16. If I get dementia, don't act frustrated if I mix up names, events,

or places. Take a deep breath. It's not my fault.

17. If I get dementia, make sure I always have my favorite music playing within earshot.

18. If I get dementia, and I like to pick up items and carry them around, help me return those items to their original place.

19. If I get dementia, don't exclude me from parties and family gatherings.

20. If I get dementia, know that I still like receiving hugs or handshakes.

21. If I get dementia, remember that I am still the person you know and love."

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## HOME IMPROVEMENT SCAMS

*Citizens Advice*

Are you looking to complete some home improvements? Or make your home more energy efficient? Be on the lookout for scams! Fraudulent schemes are on the rise, including 'free energy surveys' offering fake government rebates. Stay safe with our top tips...

1. Make sure you're working with a trusted trader or company

Do your research. If you can't get a personal recommendation from people you know, then check up on the company or website you're using.

2. Don't be rushed into a decision

If someone is pressuring you to make a fast decision or pay money without giving you time to do your

research, it's most likely a scam.

Comparing quotes with other companies will help you make sure you're getting a fair price.

3. Get a contract for the work

Always get a contract in writing before you give the go-ahead.

4. Pay by card, not cash

Avoid contractors who demand full payment up front, or only accept cash. If you pay by credit or debit card, you may be able to get your money back through the bank if something goes wrong. If possible, agree to pay in stages.

5. If a trader scams you, report it

Reporting scams helps stop the criminals responsible and protects others from being scammed. Call the Citizens Advice consumer service on

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Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing,

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  - Adviceline: 0808 2787 984
  - email advice via our submission page on our website
- [www.southlakescab.org.uk](http://www.southlakescab.org.uk)
- Help to Claim (Universal Support): 0800 144 8 444

## DENTDALE W.I.

*Thelma Belfield*

May 9th was the last occasion that our group met together formally, and we were forward planning for our Summer outing, our next dining club event, discussing possible recipients for our fund raising project for this, and, more importantly, considering different events we could hold to raise money.

Two months onwards and we're looking back at our very successful outing to RHS Harlow Carr. Sixteen of us climbed aboard the Dent minibus on a beautifully warm summer day in June and enjoyed a full and interesting day. The gardens at Harlow Carr had suffered the extremely high temperatures



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experienced by most of us gardeners, and consequently some of the displays were affected. However, it was bliss to walk through the extensive woodland, keeping cool under the many different species of trees on the site. We all enjoyed a delicious lunch in Betty's restaurant, followed by a stroll around the plant nursery and the shop, with many of us purchasing plants and / or gifts to take home. At the end of June, ten of us met together at The Cross Keys at Cautley for lunch. Chris and her team made us very welcome and provided delicious food for us all. A return visit there is a certainty later this year.

So, now here we are into July, and on Saturday 8th we held our first fund raising event of the year. A mini

market selling home baked produce, preserves, plants and crafts, which raised over £400. An excellent result, many thanks to our generous and talented members. Our charity of choice this year is the Great North West Air Ambulance, an essential service and very close to the heart of our community.

Coincidentally, our July meeting was also connected with charity donations, and we welcomed David Cartwright from St John's Hospice in Lancaster. St John's was our selected charity in 2022, and David had come along to receive a cheque from us and to tell us more about the Hospice and the latest developments there. He began by saying that despite the Hospice caring for people

# Sedbergh Art Society Exhibition

2023



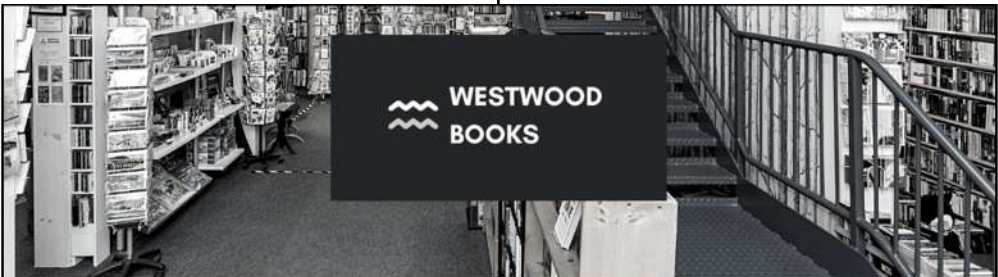
**Sedbergh  
School Library**

Thursday 24th August  
to Monday 28th August

**Entrance free**

who have life limiting illness, it is a happy and peaceful place. There are thirteen in-patient beds, with nursing and medical staff who provide one to one of care, including pain management and counselling. The Hospice accommodates patients from a large area of Lancashire and Cumbria, and referral can come from hospitals and GPs. Self-referral can also be made. In addition to inpatient care, Hospice at home care is also available. Many of the support staff are volunteers, who in addition to patient care help in many ways, maintaining the beautiful grounds, serving in the cafe and as David (himself a volunteer) was doing, being an ambassador for the Hospice. He went on to tell us about the latest development, which is the

Forget-me-not Centre dedicated to the care of children with life limiting illness. Funding is always a major concern and although the Hospice does receive some state funding, it relies heavily on charity donation. Three and a half million pounds annually is raised by volunteers. Community events include coffee mornings, raffles, bike rides, sea dips at Christmas (chilly!), colour dashes (sounds great fun) and parachute jumps ( not sure this is for me) to name just a few. The cafe on site at the Hospice, which David assures us has the most delicious cakes, brings in funds, as do the charity shops, and online sites such as EBay and Vinted. The Hospice also has a Facebook page. David ended his talk by inviting us to visit the Hospice,



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### UPCOMING EVENTS

**Friday 4th August - Taking Flight with Lev Parikian**

**Monday 25th September - Robin Ince**

Robin will return to talk about his book, *I Am A Joke and So Are You*  
More details coming soon!

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.



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have lunch in the cafe, walk in the beautiful grounds, maybe take part in one of the many charity events and/ or consider a role as a volunteer, all of which help to raise money to maintain the Hospice. Following a refreshing cuppa and, of course, one of Marjorie's delicious biscuits, Kate and Jackie presented our cheque to David. Rita C. thanked him on behalf of all of us, saying how her family had benefitted from the Hospice at home care when her husband had been ill.

Our meeting ended with Noreen winning the raffle and Cathy taking first place in the competition, with Jenny and Chris T as runners up. Our meetings are held on the second Wednesday each month and in August we are looking forward to hearing from Lee Barker, who is the Trees and Woodland Officer at the Yorkshire Dales National Park. Do come and join us, you will be made very welcome, we look forward to seeing you.

## SEDBERGH W.I.

*Moira Folks*

Although our 5-week dry spell had ended on June 18th, the walking group struck lucky again on June 22nd! Anne Pitt writes: 'In June, on another fine day, the walking group drove over to Hawes for a circular walk of about 7 miles starting from the car park. Following the footpath by the Brunt Acres Road northwards and then across the fields to Hardraw on the level, the route started uphill towards High Shaw. Crossing the road, the footpath continued along and upwards beyond Strands below to rejoin the road, where the group walked up to the path above the cattle grid to go up to Pike Stack. However, before going up to the summit path it was time for a lunch break at a convenient viewpoint. Entertainment was provided by abundant birdlife in aerial displays and song mainly by curlews and lapwings supplemented by skylarks. One curlew seemed to be in a defensive attack on a bird of prey, so it was presumed that there were nests nearby. After lunch the walk continued south-west along the top, passing the numerous shake-holes above High Clint and then down the fell to Shutt Lane and Sedbusk. While going through fields towards the path near the road back into Hawes, our last treat while crossing a footbridge was to watch a duck with nine ducklings on the pool below!'

On June 29th the lunch club enjoyed good company and delicious sandwiches and puddings at Anne Symons' home, celebrating her recovery from a long-awaited eye

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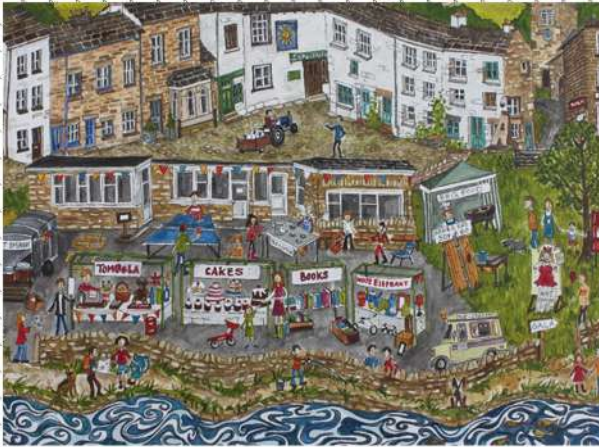
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operation. Thank you very much, Anne, for inviting us: it was a fun occasion!

Our big event on July 12th was our summer outing to Windermere - not that it looked much like summer, with low grey clouds and a forecast for 8 hours of thundery showers all day! We met at the Belsfield Hotel at Bowness before 11am and walked carefully down the steps and paths over the steeply sloping lawns to the steamer pier to catch the stylish launch 'Teal', built in Windermere in 1891. Most of us stayed on deck under cover to make the most of the views but a few retreated downstairs because of the wind - no rain yet! The views opened out as we left Bowness and headed north,

gradually revealing some of the mountains ahead: Wetherlam, Pike o' Blisco, the iconic Langdale Pikes with a gleam of sun on them, Helm Crag and then Wansfell Pike above Ambleside; sadly, the Old Man of Coniston to the west was wearing his cloudy grey hat and scarf so only the lower slopes were visible. We docked at Waterhead, Ambleside, for some travellers to disembark and others to join us. On the return trip our eyes were drawn to some of the elegant buildings near the lakeshore. On the west side, the tower of Wray Castle peeped above the tall trees. On the east bank we passed the Low Wood Bay Hotel and Marina, tall yacht masts clustered at the water's edge; the grand Langdale Chase Hotel, its



# 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**

refurbishments now nearing completion; the waterfront at Brockhole National Park Centre; and finally, as we passed near to Belle Isle in Bowness Bay, we saw the recently refurbished and white-painted Old England Hotel near the pier, and the Belsfield Hotel, sitting high above the lake. Then came the most strenuous part of the day – climbing back UP the steps and steep paths to the Belsfield, hurried along by the rain which was now sweeping in from the lake and probably obscuring all the mountains from the view of the next passengers going out on the 'Teal'! Our boat trip was extremely well timed! Anyway, after all that exertion we could eat our delicious and beautifully presented



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'afternoon tea' at 1pm without feeling too guilty about the calories! And what we couldn't eat, we could take home in small cardboard boxes. Many thanks to Ellen for all her complicated organisation which meant that those of us with food allergies were given separate cake stands for gluten free, vegetarian, and seafood allergies, for example – and congratulations to the Belsfield for enabling this! Despite the disappointing weather, we had a wonderful day out and it was great to be able to see buildings and mountains which we may be familiar with from the roadside or on the fells but look quite different from the perspective of the water. My very first visit to the Lakes was in July 1963 when I stayed with my family and my French penfriend (with whom I am still in frequent touch!) in a holiday cottage in Bowness – at the time of the Great Train Robbery, which some readers may remember! – and I fell in love with the Lakes!

Book club the following day was held at Moira's home to discuss 'The Light We Lost' by Jill Santopolo, a story that starts with the momentous



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events of 9/11 – the destruction of the Twin Towers in New York in 2001 – when the two main characters, Lucy and Gabriel meet and there is an instantaneous ‘spark’ between them. But careers and life paths separate them and someone else steps in... This book was easy to read though somewhat lightweight. It did, however, highlight traditional male and female expectations and needs. Score average 5/10.

Our next meeting in the People’s Hall committee room will be on Wednesday 9th August at 7.30pm. ‘The Yellow Earl’s Big Adventure’ is Rob David’s intriguing title, so why not come and join us to learn more? New members and visitors will be very welcome. For further information, please contact our President, Megan Taylor, by email: [taylor71@hotmail.co.uk](mailto:taylor71@hotmail.co.uk); or our Secretary, Valerie Welti, on 07969 376649.

## HOWGILL AND FIRBANK W.I.

*Audrey Hoggarth*

Sarah gave a warm welcome to Nine members, Kat Field our speaker and Jenny, who were ready to tell us The Trials and Tribulations of A New spinner/weaver.

Kat, a former dressmaker, originally from Essex and now living in Selside, Cumbria for the last seven years whose family ancestry has links with the Carswell coat of arms.

We were introduced to the art of spinning and weaving which is so old, we are not sure when it was invented.

We were given step by step instructions throughout the weaving process and we were inspired by the techniques, from developing the colours to preparing the wool. The wool was to be carded between two hand carders to produce fluffy wool.

Spinning by hand, the wool is hooked to the end of the spindle and as the spindle is turned, the wool fibres are twisted together to form a continuous length.

Bridget thanked Kat for teaching us so much on this most interesting subject reminding us of those excellent inventions; the spinning wheel and the loom.

We continued with refreshments and a get together followed by a short meeting .

Our walking group are enjoying their monthly walks in the glorious weather around our lovely countryside.

Sarah ran through upcoming events and important issues within the federation.

The competition for an article made from wool was won by Liz Moore with Bridget second.

We welcome visitors and New members and we meet again on August 3rd at Firbank Hall when Doreen Cameron will be giving us ideas for cookery and for making Preserves.

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

*Wendy Fraser-Urquhart*

I think that my last report was the shortest I have ever submitted, just 312 words. I recall a time when various articles had become so long that editor Dennis made a request that we keep each article to 500 words. Today's offering will almost certainly comply with that request. We have not been involving ourselves in newsworthy activities, though perhaps "The Sun" might be able to dig something up. We have just been enjoying each other's company and our summer activities.

Wednesday morning, June 28th found us in St. Andrew's Church hosting our Coffee Morning. It is always a companionable occasion, lots of lovely local folk to enjoy the crack, and a fair sprinkling of visitors. Moreover, it helps to refill our coffers for the rest of the year. The second Tuesday in July found us eating, drinking and talking again, at our Annual Garden Party. Sally Thank you again for hosting us all. I would just add that our helpings of Strawberries and Cream are much, much more generous than those at Wimbledon. [I am watching the

Gentlemen's Semi-Final as I write this, so please excuse any mistakes]. We have another outing planned for Tuesday August 1st, to the garden of Mrs Enid Sykes in Levens. Have fun while you're young! That's our motto!

I must not neglect to send birthday wishes to several members who add another year before our next proper meeting. Congratulations to Diane Turner, Sally Cragg, Barbara Leigh, Margaret Fearnhead, and Sarah Woof. Also important is to send good wishes to those of our members who are feeling under the weather. Some have been poorly; some have had operations and others have family members who need extra care. We are thinking of you all. We also send our special wishes to Elspeth and hope to see her back in Sedbergh before too long.

We meet again on Tuesday 8th August 2023, at 2-00pm in The People's Hall. Our speaker will be Theresa Wooll who will tell us all there is to know about THE WORLD OF EXECUTIVE JETS. What I need now is to win the lottery. The competition is for a Favourite Holiday Souvenir. Do come and join us. I'm sure you have nothing better to do.

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### **DENTDALE, HEAD TO FOOT Rail Outing to Carlisle**

*Andrew Povey on behalf of DDHF*

The July meeting of Head to Foot was a trip to Carlisle by the railway from Dent to Carlisle.

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On leaving the station you are met with the twin towers of the citadel which are quite an imposing sight.

After a very welcome fish and chip lunch we split into two groups. Some preferring to explore the shops and little markets. There are plenty hidden away in the small side alleys and streets.

For the more tourist minded a visit to the cathedral is well worth it. The painted ceiling, the carved choir stalls and the pictures on the backs of the choir stalls are just some of the many unusual features.

A few minutes' walk from the cathedral takes one to the castle with its military museum. In the dungeons there are what are thought to be 'licking stones' and upstairs some intricate wall carvings.

No matter what you prefer to do it was a lovely day out.

In order to raise funds for the Dent Xmas Dinner, our next event is a strawberry tea in the Memorial Hall at 2pm on Saturday 12th August. At £5 per person with scones, jam &

cream, tea and coffee and strawberries and cream. Delicious!

The September (1st) meeting will be a trip to the cinema in Kendal

For further information please call or e-mail:

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### NOTES FROM DENT STATION Friends of the Settle Carlisle Line

*John Carey*

Well, the 'wrapping' has finally been removed from the station to reveal the repointing in traditional lime mortar undertaken by Julian Wilkinson and team over the last 8 weeks. The results are truly outstanding leaving only 50% of the

platform elevation yet to be completed, the further work to be carried out around this time next year. The west elevation is positively glowing when viewed from the valley. Meanwhile, we have attended to many internal jobs and the grounds have been spruced up. A big thank you all of the local tradesmen,

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without whom we could not have done this, not forgetting volunteers Ken McClurg, Kish Carey and Colin Luckett and also our local housekeeper Diane! The station has never been in better condition.

This has been a challenging project and a long time in the planning, starting with the listed building consent in 2021. It was inevitable that we would need to close for the works and, with many of our bookings taken a year in advance, the work period was allocated well beforehand, also to make use of the optimum weather for repointing. In the interim period we took further advice on the lime mortar specification from Tim Wells of Eden Hot Lime and sought a variation to the listed building consent from the National Park. We think that we have ended up with a much better result.



It is never a chore working at the station, most recently on a daily basis, during which time we have seen the house martins nest and the young fledged. A family of field voles made regular appearances unperturbed by our presence, the mother moving her young one by one around our feet. However, the expected orchids, much in evidence last year, have not made their appearance at the station, at least at the time of writing.

As well as the regular service trains passing, we have seen a welcome return of the charter



services including a number of steam specials passing through the station. We have spoken to many visitors and been able to show quite a few around the station to view the work in progress.

The news on the railway is much the same with the spectre of industrial action continuing. Further strike action is planned for three days later on in July. Inevitably, this means no service at all on the S&C whilst a skeleton service is maintained on some other lines. Again, the strike days are timed to cause impact to key events and include two Saturdays, normally the busiest days

on our line. Indeed, I was contacted by gentlemen having booked a few days in Dent and intending to return to Carlisle on one of the Saturdays in question. Well, fortunately I was able to work out a rather convoluted route home for him via Wigton (yes, that's right!) using bus services.

However, the industrial action is perhaps overshadowed by the recent Department for Transport proposal to close the majority of booking offices on the rail network to be replaced by on-platform 'journey-makers'. All stations are under consideration, we believe, including Carlisle with circa 1million passengers a year. Whilst the majority of intermediate stations on our line are unstaffed, there are two with booking offices these being

at Settle and Appleby. Not only do the staff provide a valuable service in selling tickets – yes there are those who still prefer to buy in person – but they provide passenger information and assist the mobility impaired with access across the tracks using the barrow crossings. Naturally, the proposals have already stimulated strong opposition across the country. We have added our voice to the concerns.

We continue to monitor the trains services on a daily basis however the performance has only slightly improved for those who wish to use the services to access employment or college. The reasons are various but crew allocation seems to be a regular factor. The system has little

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spare capacity. We also notice that services are frequently under-resourced with train units in for repair or redirected elsewhere. Frankly, this is not good enough.

On the buses, I am somewhat distant from the current problems in Sedbergh but hope that some resolution will be found before complete withdrawal of the current weekday service. It is always difficult to restart a service following a hiatus. It does, however, illustrate the fragility of the rural bus network and it cannot simply be left to the commercial sector to provide. Equally, regular daily services are usually beyond the means of community operators who are limited in their financial resources, but more crucially, in their human resource. It is often said that it

takes 20 volunteer drivers to cover the shifts of 2 paid drivers. In the short term, perhaps, Westmorland and Furness Council could utilise their community transport vehicles with paid drivers (as occurs in North Yorkshire) in the event that a commercial operator is not immediately forthcoming? However, in the longer term it is likely that some level of public subsidy will be required to secure a commercial operator. In addition, as I have suggested previously, one idea would be to link home to school contracts with commitment to some level of public service. Bluntly, it is unacceptable that, Sedbergh, the largest community in the Dales, should be without a daily service.

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Unfortunately, the problem in Sedbergh is not unique. A few miles away in Kirkby Stephen, the regular 564 service to Kendal was withdrawn in 2014 followed by the regular 563 to Penrith in 2016. From the dark days of 2016 the situation is now much improved with services operating on certain days of the week by both the voluntary and commercial sectors. Recently, a Saturday 563 service to Penrith was reintroduced with support from the Friends of the Settle Carlisle Line and local parish councils and is a success. Between, Penrith and Kendal the 106 operates on two days a week supported by the communities in Tebay, Shap and Orton. Apart from these occasional services, whole areas to the east of the M6 are devoid of regularly daily services. Perhaps a triangle of daily services between Kendal, Kirkby Stephen and Penrith would provide economy of scale and enough to interest a commercial operator with modest subsidy?

Meanwhile, we must make every effort to use the services we have. Mention should be made again as to the government £2 fare cap initiative now extended until the end of October 2023 and an increase to £2.50 for the 12 months thereafter. Most bus operators have availed themselves of the 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 Wednesdays. 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](http://www.westerndalesbus.co.uk) for bus running and times.

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](http://www.dalesbus.org) For rail journeys please consult [www.northernrailway.co.uk](http://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](mailto:john.carey@settle-carlisle.com) and we would be delighted to help.

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## 50 YEARS AGO

*Colin Cowperthwaite*

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

### **Sedbergh Couple's 50th Wedding Anniversary**

The golden wedding of Mr and Mrs Isaac Walter Woof of Hillside, Millthrop, Sedbergh took place recently. It was on August 7th 1923 that Mr Woof married Miss Maude Bland Johnson at Staveley Parish Church. Mr Woof, a native of Cautley, was in farm service at Kentmere Hall, and his bride, the youngest of 14 children of the late Mr and Mrs Thomas Bland Johnson, was in service at Sandy Hill. After their marriage the couple moved to

Millthrop, Sedbergh, first in the hamlet itself, later to a smallholding, and finally to Hillside where they have lived for 33 years. For many years Mr Woof was employed on roadwork by the West Riding County Council, and for a number of years he undertook refuse disposal in Sedbergh with a horse and cart on a contract basis, and became well known locally. During the last war he also served in the local fire service. In retirement he still keeps a smallholding with sheep and bullocks as a hobby. An active 70, he enjoys good health, but Mrs Woof, at 73, has had rather indifferent health for some time, and failing eyesight prevents her from enjoying her hobby of reading. Mr Woof was also chauffeur

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to the late Dr Allen for ten years. They raised a family of five boys and two girls and now have 13 grandchildren and eight great-grandchildren. On Saturday evening there was a family reunion and celebration party.

### **Frostrow Methodist Chapel**

Harvest Festival services were celebrated on Sunday and Monday. On Sunday, the preacher at both services was Mr Oliver Leach of Kendal. On Monday evening, the service was conducted by Mr William Allen of Garsdale, who also gave the address. Miss Eleanor Nelson was organist at all services. The weekend was concluded by Mr T.R. Harper auctioning the gifts of produce.

### **The Late Mr T. Garnett**

The funeral took place recently at Sedbergh Parish Church of Mr Thomas Garnett of 1 Fell Close, Sedbergh. Mr Garnett was a widower and lived alone, and had been in failing health for some time. 81 years of age, he died suddenly at his home. Born at Bootle, Liverpool of an old Sedbergh family, he came to Sedbergh at the age of three. Educated at Sedbergh British School, he was one of 14 volunteers from Sedbergh, of whom only four now survive, who joined the Second, Fourth Battalion of the Border Regiment in the First World War, and spent four years on service in India, and guarded the Khyber Pass for some time after the war had ended. In 1922 he married Miss Sarah Rebecca Hunter of Kirkby Stephen, at Sedbergh Parish Church, the service being conducted by the late Canon Walker. Mrs Garnett died eleven years ago.

### **Policeman Marries the Girl Next Door**

A Cumbria policeman was married at St Andrew's Church, Sedbergh last Tuesday, to the girl next door. He is Mr Ian Ramsay Douglas, eldest son of Mr and Mrs David Douglas of 5 Thornsbank, Sedbergh. His bride, Miss Judith Tebay, is the only daughter of Mr and Mrs William Tebay of 4 Thornsbank, Sedbergh. She has taught for two years at Sedbergh County Primary School, but in September will take up another teaching appointment near Penrith, where her husband is stationed. Given away by her father and attended by her friend, Miss Anne Scarr, the bride wore a full-length



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white dress in crepe with a lace bodice and full sleeves. Best man was the bridegroom's brother, Mr Richard Douglas. After a reception at the Bull Hotel, the couple left for a honeymoon in London.

### **Sedbergh's Fine Floral Display**

Increased number of entries and a very high standard of exhibits were the main features of the Sedbergh District Horticultural Show, held in the People's Hall on Saturday. The show was organised by the Sedbergh branch and Women's Section of the Royal British Legion in aid of branch benevolent funds. The special awards were presented by Mrs S. Haygarth, wife of the chairman of the British Legion Club. Judges were: Horticulture, Mr R.R. Holmes and Mr R. Blades. Produce: Mrs D. Galbraith and Mrs Prickett. Children's classes: P. Winn. Vegetable classes: Mr J.W. Park. Fifteen-year-old Jean Bracken of Sedbergh won the School Cup in the children's section.

## **WAR WORKERS**

*Karen Bruce Lockhart*

Early in 1940 Armstrong Siddeley took the decision to spread their manufacturing out into relatively safe areas as it was felt the factories in Coventry were vulnerable to bombing – a wise forethought as the devastating raid on Coventry took place of 14/15th November 1940, when a third of the city's factories were destroyed and another third badly damaged. One of the places they had in mind was Sedbergh with its two redundant mills at Farfield and Millthrop. This decision is why the decision was taken, following a meeting between Armstrong Siddeley and the Minister of Health, to send no more evacuees to Sedbergh and the threat of 600 being sent disappeared.

Armstrong Siddeley began building accommodation at three sites around the town, Settlebeck Flats, Millthrop Building Estate (the bungalows on the south side of Long Lane) and Farfield Building Estate to house the workers. By September 1941 the building was well under way but the war workers were coming in larger numbers and accommodation was causing a problem. By the end of 1941 50 houses had been erected. Armstrong Siddeley referred to their building estates as Millthrop Building estate and Farfield Building estate, but the Council disliked this and they became Pinfold and Mayfield

But by February 1942 the housing situation was causing difficulties. Often the fact that maids were being called up meant that the old and infirm could not cope with billeting of evacuees or workers. It seemed that

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compulsory measures would become necessary. Housing of returning residents was no easier – Mr and Mrs New returning from the Gold Coast managed to get permission but were not allowed to live in their own house which was occupied by war workers. Some were packed in – David Ellis remembers that his mother living in Main Street with her mother had four bedrooms, no running water and an outside toilet, but at times they had as many as seven lodgers including men working shifts and “hot bedding”. Her father was known to have come home at night to ask “And where am I sleeping tonight?” Added to which difficulties were the 101 evacuees who were still there. Workers had to be billeted on people

whose health conditions would normally have exempted them.

The new buildings were quite superior for the girls from the back streets of Coventry. The huts had six bedrooms, each one with a kitchen with electric cooker and a bathroom as well as basins in the bedrooms, and they were cleaned for the girls. However, the Town’s problems were added to as the reservoir was leaking and there was a shortage of water, and furthermore the Town’s sewerage works were inadequate to cope with the influx of people. The mains also struggled with the extra demand for water needed by the mills.

The mills at Farfield and Millthrop produced aircraft parts. Millthrop made crankshafts and Farfield made



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crankshaft casings. At the beginning the huge crankshafts had to be manoeuvred by hand., although pulleys were installed later. The work could be dangerous – at least two girls in separate incidents were dragged into the machinery by their hair, although the machinery was stopped in time to prevent serious injury. There was a lot of metal dust and no masks, and there were lots of rats. They had a canteen and a nurse on duty. There was also a Millthrop & Farfield Athletics and Social Club behind the Bull. Night shifts with no bus meant walking in the cold and dark. The pay was good – girls who had been earning 7s.6d were able to earn as much as £5 and even £6 a week. There were about 400 girls working in the mills.

By the end of 1944 and early 1945 the mills were being run down as the need for the aircraft parts lessened. My grandmother, who had struggled throughout the war to staff School House, was startled one day when a war worker who had been turned off came looking for work. She noted “changed days” in her diary. Many were sent to Earby, and others returned to Coventry.

## **LOWTHER DIG**

*Karen Bruce Lockhart*

On a wet and windy day on 15th July the History Society went to Lowther to see the Dig being carried out there. The Group was show round by Dr Sophie Ambler, Reader in Mediaeval History at Lancaster University and she was joined later by the Archaeologist Dr Jim Morris, from the University of Central Lancashire. The work of excavation has been done by students from the University of Central Lancashire

Two previous surveys had revealed signs of a medieval ring castle, and a village below it, in the park at Lowther north of the present castle, between the castle and the church. In addition more recently Lidar also showed these clearly, and indicated that the area covered by the village was much larger than had previously been thought. The castle when built had stood on an escarpment high above the river looking out across the Bampton valley, but over the last 100 years had become overgrown by trees and was effectively hidden from view. The line of a road with platforms on which the village houses had been built were clearly visible running roughly along the side of the avenue of trees leading to the church

A ring castle was an exciting find for the archaeologists as they are few and far between. One has been excavated in Wales – but if you search the internet it seems difficult to find one or an explanation of one. They are roughly contemporary with motte and bailey castles but of a quite different construction. They consist of a surrounding high mud



and stone wall – with a break for an entrance - and would have had a wooden palisade built on top. The wall and palisade would have surrounded a fairly large courtyard which would probably have had wooden buildings within.

Perhaps just to prove a point as to why they are called ring castles, this one is square! There is what seems to have been a platform on the wall in the south west corner, which may have supported a watch tower. It does not look out over the valley but seems to have been more to keep the village and population under review than for defensive reasons. Two trenches were originally envisaged but they have in fact dug four. It is not a scheduled monument

so they have a relatively free hand as to what they choose to do.

One trench has been dug through the surrounding wall which has proved to be built in layers of stone and clayish mud. They found no signs of a moat. The second was in the entrance which revealed a cobbled floor which they thought might extend into the courtyard. A third trench revealed a nineteenth-century brick floor. A fourth trench was dug between the castle and the village, and revealed a trackway leading from one to the other. It also contained a mysterious circle of stones beside the trackway. Almost nothing has been found that would help with dating the castle. Quite possibly, as it seems to have been

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only occupied for a short time, any utensils etc were made of wood and would have disappeared over time.

The dig is of particular interest as there is very little information about this part of the country for the period between 1092, when William Rufus took the area from the Lune to Carlisle from the Scots, and the thirteenth century. Dr Ambler told us that there were huge amounts of uncatalogued Lowther records which may in time (and with a great deal of work) reveal more information.

Two or three days before the Society visited the site Professor Alice Roberts and the Digging for Britain programme were there, and this episode of the programme is expected to be broadcast in about February next year. The next expedition by the Society is to Ribchester Roman fort and museum and 8th century church on 9th September. Details on the website. Booking necessary.

## GARSDALE IN THE 1930'S

*Colin Cowperthwaite*

A few more extracts from my copy of a 1930's 'Handbook for the Visitor and Tourist', compiled by Frederic Riley.

The village of Garsdale - or Gastil, as the natives call it - is entered at Kirk Bridge, although the wayfarer might almost be excused if he passed by unaware of that fact. The usual village inn is non-existent, the good people of Garsdale needing not "mine host" to minister to their wants. For many years there has been no licensed house between the Moorcock, at the head of Wensleydale, and Sedbergh, a distance of 10 miles. But Garsdale has not always been so abstemious a place, and its former inn, now a farmhouse, was noted for the strength of its brew.

Today Garsdale seems more concerned in ministering to the spiritual needs of the people, as in addition to the Wesleyan Chapel in the village, the dale also possesses a Parish Church and a Primitive Methodist Chapel and can even boast of not one but two Paradises, east and west. The former, a well-built house on the slope of Baugh Fell, served for several years as a vicarage. The present church, with its little steeple containing two bells, was built about the year 1861, replacing a former structure which in monastic times was an appendage of Easby Abbey, Richmond.

A somewhat peculiar kind of domestic broom, made of the brush moss (*Polytrichum Commune*) was formerly much used by thrifty

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Garsdale housewives; an ordinary bristle broom being regarded as a household treasure, one of which would last a couple throughout the whole of their married life.

A row of cottages near the church, known as The Street, is the principal reminder that there really is a village in Garsdale, but even here there is no congestion. The population of the township, which comprises about 12,000 acres, is less than 500. There are now fewer inhabited houses than was the case half a century ago. There is little in the way of employment excepting that afforded on the farms. Several small quarries have been worked from time to time, but the wages paid were scarcely

calculated to attract labour. Men who worked at the now disused quarry on Langstone Fell were paid at the rate of a shilling a day.

Considerable interest was aroused in the dale about twelve years ago when mining for copper was begun in Blea Gill, near Dandra Garth. Costly crushing machinery and power plant was installed, and Garsdale at last seemed likely to become industrialised. But copper mining proved as unremunerative as the cotton mill of a hundred years before. Later, a stone quarry was opened on the site, but this likewise was not a profitable venture and the workings were eventually abandoned. Near the road may still be seen the concrete

foundations on which the machinery was fixed.

Garsdale, like Dentdale, has no resident medical man, and within living memory only one doctor has practiced in the dale. This was Dr Joseph Inman, who lived in the village about forty years ago. He met his death under sad circumstances, being overcome in a snowstorm on the 18th of February 1894, when returning home after visiting a patient in Dentdale. His lifeless body was discovered half buried in the snow at Black Moss, and a little heap of stones was left to mark the spot where he was found.

A few hundred yards from The Street, in the direction of Garsdale Head, but hidden from view by the high wall fronting the road, is Dandra Garth Farm. That this house has been of importance at one time is evident, and a sculptured tablet, set in one of the inside walls above the fireplace depicting a lion rampant with a border of thistles, is suggestive of a connection with Scotland, and is supposed to commemorate a visit paid by King James 1. The generally accepted belief is that the place was at one time connected with some monastery, and a walled enclosure is spoken of as the Monk's Burial Ground, where in times past human bones have been unearthed. About the year 1800 the Duke of Cambridge, who visited Garsdale for the purpose of grouse shooting, is supposed to have stayed at Dandra Garth. An old occupation road over Rise Hill to Cowgill in Dentdale begins here.

## SEDBERGH COMMUNITY SWIFTS

*Tanya & Edmund Hoare*

Early August is when our swifts usually leave us to begin their long migration back to Africa, and the skies fall silent once more. It is so sad to see them go and how quickly the 3 months that they are with us passes. They spend longer on their autumn migration than in spring, presumably because they do not have the urge to breed. However, there may still be some swifts around until the end of the month, if our Lowgill birds are anything to go by, as we once again have some late breeding birds.

One of these late breeding pairs is a result of fighting. An intruder entered the nest, fought off one of the occupants, and then ejected all 3 eggs, throwing them out through the entrance hole. A second intruder later did the same, ejecting 2 more eggs that had been laid. Eventually another egg was laid on 2nd July and is still being incubated at the time of writing (15 July). We cannot tell if just one female has been involved here, but if so, to lay so many eggs is a huge toll on the female. If it hatches,

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the chicks wouldn't fledge until early September. One concern is that both adults and chicks will be still with us when all other swifts have departed, and we worry about their safe migration to Africa.

We believe that two of our singleton swifts have paired up this year. Last year two previously unoccupied and adjacent eaves nest sites were occupied by new pairs. They did not breed, but just roosted and built nice nests in preparation for returning the following year to breed. We were very disappointed that only a single bird has returned to each of these nests. Amazingly one of them then roosted each night alone for over a month



waiting for its mate to come back. One morning it flew out never to return. An hour later a bird appeared in the adjacent nest site to join the other single swift that had arrived only a week before. Our assumption is that this bird had simply popped next door. Luckily, they were a male and female, and raised two chicks.

Once again, we have been able to do a successful fostering. Swift chicks had been taken to Bolton and Bury Swifts by roofers, who had found them in the eaves when replacing a roof. One chick was the same age as one of our single chicks, which had been one of a clutch of three, but one egg had been

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knocked out and the other didn't hatch. The chick was brought up to us and placed in the nest while the parents were out foraging for insects. There is no problem with the parents accepting and feeding the new sibling, so it is a perfect solution for rearing fallen or abandoned chicks.

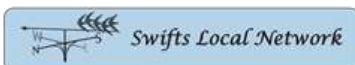
Did any readers hear Edmund being interviewed on Radio Cumbria on Helen Millican's Thursday evening show on July 6th, as part of Swift Awareness Week? Apparently, he was so entertaining that they missed out the news!

Friday July 7th was our open day for Swift Awareness Week. This year there were 74 events taking place around the country. We welcomed people from Penrith, Keswick and Lancaster and luckily the swifts performed well, delighting us with screaming flypasts and flying up to the house, practising for the time when they will be able to eventually claim their own nest hole and start to breed. Some of the happy group are seen in the photo, with the Howgills in the background.

Next week we are off to the annual Bird Fair in Rutland where we will have a Swift Local Network stand with other swift enthusiasts, hoping to spread the word. It is a big event promoting the interests of birds both nationally and internationally.

Enjoy the end of the swift season, watching these incredible birds that truly are masters of the sky.

To contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043



## BEAUTIFUL BOGS WALK

*Cumbria Wildlife Trust*

August 16TH 10.30am Foulshaw Moss with the BOOM team and Cumbria Wildlife Trust

If you enjoyed visiting Burns Beck Moss after our article in last month's Lookaround, try this venue.....

Join us for this walk through the boardwalks at Foulshaw Moss and discover the importance of one of the UK's most valuable ecosystems. Southern Reserves Officer Paul will explain the work Cumbria Wildlife Trust has done to restore the moss and BOOM Project Officer Heather will share BOOM's plan to reintroduce two of the UK's spectacular carnivorous plants; the sundews.

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Please wear clothing suitable for the weather ( bring sun hat and sun cream and/or a waterproof) and you might want to bring some binoculars if you have them or can borrow a pair. Please wear walking shoes.

If you can't make that walk, Foulshaw Moss is open year round for you to visit this precious peat bog. Peat has formed over thousands of years from the remains of the humble bog plant Sphagnum moss. These remains, halted from decaying fully due to waterlogging and acidity, have eventually built to form a dome of peat that's higher than the surrounding land.

Drainage and tree planting in the 1950s–60s meant much of the wetland wildlife was lost, but these species are now returning following the Trust's ambitious 15-year restoration of the site.

What makes Foulshaw Moss so special?

Lowland raised mires like Foulshaw Moss are one of Western Europe's rarest and most threatened habitats. Around 94% of this unique habitat has been destroyed or damaged in the UK, so these remaining areas are incredibly important for a range of wildlife.

Water-loving Sphagnum mosses, carnivorous sundews, cranberry and bog-rosemary are just some of the plants that thrive here, creating a living carpet of colour that's interspersed with the soft white heads of cottongrass in early summer.

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These mossy hummocks and pools provide essential nesting and feeding ground for wetland birds such as moorhen, snipe and the elusive water rail, whilst birds of prey including hobby, sparrowhawk, buzzard and peregrine take advantage of the abundance of prey.

Foulshaw Moss is an incredibly peaceful nature reserve that offers something special for all wildlife enthusiasts. Although the landscape is challenging, boardwalk makes visiting easy-going, with routes leading through peaty pools or out onto the open moss where many different butterflies, moths and insects are found.



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### **JUNE WEATHER**

*B Wright*

Although much of the country has been dry we have had some rain with 2.2" (56mm) falling. Likewise, we had some winds, generally from a westerly direction. Many days started totally still until the sun rose when a gentle breeze developed. Although not as hot as some parts of the country we had reasonable temperatures for the month.

It happened! The old ewe, who wasn't supposed to be in lamb, finally dropped a pair of tup lambs!! Having lambed 10 times, she was supposed to be in retirement but the young tup who jumped the fence, caught her!! Anyway she has reared a decent pair

of lambs, if much smaller than their brothers and sisters. Time will tell if they catch up.

I haven't seen much of the owls but if the blackbirds clacking is anything to go by there is one about. The only actual siting was one morning as I went across to the sheep.

The bird feeder is being raided by young jackdaws. A dozen, or more, regularly clean out the corn. So they have had a good breeding season. I was pleased to see 3 nests of sparrows reared around the place. The tits can't have had much of a season as we rarely see any at the feeders these days. I have not seen a long tailed tit all season. Assorted butterflies have been plentiful.

## FAMILY MUSINGS

*Sarah Woof*

There's nothing like a wedding to lift your spirits and have you getting something sorted to wear, it being a while since I had bought any new clothes or worn a dress I decided to combine both those experiences for the occasion. And was very pleasantly surprised to find a smaller size than expected actually fitted. We had a lovely day with the bride and groom, extended family and friends, many of whom I found I knew from 'Toddlers' which was lovely. The rain almost kept away and the setting with the marquee in the field was awesome.

The new dress came out again for the reunion lunch with friends from boarding school days. Scrumptious lunch at "David's " in Carlisle and obviously a lot of reminiscing. Some had photographic evidence of us all those years ago and it was noted to be 50 years since we finished our O Level exams and began leaving school. Sadly we have lost touch with some of our contemporaries but are trying to find them, some probably are not particularly bothered about remembering their school days but it

would be great to hear how they are getting on and see them again. For many of us, myself included, we can't hide as it is the same face on the photos down the years!

Transport to and from the lunch was in one of the work vans of our daughter's business and was slightly challenging especially in a dress. Fortunately a longish one, the dress not the van.

Otherwise, it has been fruit picking time, the allotment is producing lots, making up for no show last year. Then, picking and deadheading the Roses and making potpourri from the petals. Deciding where outside to plant the Grapevine is proving difficult, it needs lots of sun but also shelter in the winter, the two in the large greenhouse have started to produce grapes, always a joy to see and reassures me I haven't pruned it too hard.

Writing has slowed as gardening increases but still an important part of my life. We are into Christian Fellowship Festival preparation and Gala too, school hols beckon and more fun with the grandchildren. New front windows and the subsequent tidy-up-throw-away which is somewhat out of character for me but I do like to surprise people!

Visiting 3 grandsons the other eve, having had to use distraction tactics on 2 earlier when both wanted to play with the same thing, times about 6, the little one came towards me, arms outstretched and a beaming smile on his face. "That" as he is wont to say is "that", the best.

Enjoy the school holidays and forget about staying sane.

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## **SEDBERGH SCHOOL NEWS**

*Karen Bruce Lockhart*

Speech Day and the end of term occurred on 1st July. The Chairman of the Governors said the school was doing well, but had taken steps to face the huge increase in running costs. The Headmaster said that the School was taking steps to face the future of AI and put in place a digital strategy to go with the Technical Centre which it was hoped to open in the Anniversary year 2025. Pupils had achieved in many aspects from music, which 200 pupils learnt to Duke of Edinburgh where they had 35 Silver and 25 Gold awards

He thanked the academic and support staff, and mentioned those leaving, in particular Myles Ripley. A

new award was included in the prizes, the Ripley Shield, named for Myles Ripley in recognition of his selfless service to the School and the Town

The Guest Speaker was David Fox-Pitt, the man behind Siobhan's Trust, who described how the Trust's work in Eastern Ukraine began and how the work was carried out near the front line, one of the few organisations or charities that worked within the Ukraine and was staffed by volunteers for whom no insurance could be obtained. They fed around 5,000 people from the pizza vans each day as well as providing water, and many other items. He was very thankful for the contributions made by the School and its community. Both

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he and the Headmaster emphasised that giving was the most important thing the pupils could do in their lives.

Challenge week this year was very busy as usual. Activities around Sedbergh included filling pot holes, fixing picnic tables and tidying the surrounding areas, renovating bus shelters, resurfacing car parks and cleaning road signs. The Head of Art challenged pupils to take photos capturing their surroundings. A group tried to do the National Three Peaks challenge but Ben Nevis defeated them by turning on 40 mile an hour winds and torrential rain, but they tackled a tough alternative of 17.5 km along the Highland Way. However some groups later achieved the summit. A party doing geology

fieldwork tackled turbidites, Hutton's angular unconformity and Catacol synform among other mysteries. A Drama group made dressing gowns in two days – never having used a sewing machine before (or an iron for that matter for some!). Others helped at the Ripon Walled Garden working with adults with learning needs and resurfacing a car park Others moved a shed and made raised beds at an allotment in Kendal. One pupil coded a soil sensor so it could tell you a mint plant's name, how to make mint sauce, and that it needed water. Some learnt to canoe. Others in the CCF changed the wheels of a field gun at the double. Some manufactured bird boxes to sell in the market for charity and to put up round

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the area. Others took part in Duke of Edinburgh expeditions or went wild swimming in Blea Tarn and Rydal, and swimming up the Lune against the flow, or abseiling , or raft building at Killington. Year 9 tramped 20 km in incessant rain over the Howgills to camp. Another group cleared a site in Morecombe of weeds, brambles and stones, to become a container garden for local families The School is thankful to Bibby Coaches and Simon Shaw & Sons for their help

The PrePrep had a day on Silecroft Beach for their summer outing, and finished the day by sweeping the whole beach clear of plastic.

On the last weekend of term the whole school did a “romp” along the

Dent valley – walk, run, bridges, and fording

The International Summer School which takes place over 6 weeks in July and August has record breaking attendance with 25 nationalities and 300 children

The sad news that Mrs Vigar, wife of former master David Vigar, died on 25th June after a long battle with cancer.

The Prep School put on performances of Shrek The Musical Jnr which was a resounding success.

At the Prep Old Girls from Casterton celebrated the 200th Anniversary of the founding of a school which became Casterton Girls School and finally the Prep

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Year 7 had an interesting day at the Senior School being shown what the future had in store for them, while Year 8 went on a residential course in the Lake District.

The School has been short listed for Independent School of the year for Sporting Achievement but will not know whether they are finalists until September

Sixteen Members of Staff completed the Kindrochit Quadathlon – 14 miles hiking (6,000 feet), 6 miles of kayaking and 34 miles biking, in strong winds and rain, raising money for the pizzas in Ukraine (every £1 a pizza).

The Head of School for 2023/24 is once more a girl, Olivia.



### Music

Lower 6th pupil Joe was recognised by the Junior Royal Northern College of Music when he was awarded the prestigious Sylvia Swinton Award for outstanding progress.

As part of Challenge Week two bands played ten items at a “gig” on 30th June, many having picked up a new instrument only that week.

There was also a House dancing challenge won by

partners School and Robertson House who performed at Speech Day

The Prep had a very successful end of term concert on 26th June

### Cricket

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Sedbergh's outstanding cricket coach and Director of Cricket, Martin Speight, is leaving the School, and his place will be taken by James Anyon, former Warwickshire and Sussex bowler

The Girls First XI won the first Girls' BOWES Festival at Oakham

Lower Sixth pupil Mahika played for England A Women's T20, and OS Brianna was England Ashes fielding substitute

The usual busy second half of the term found the 1st XI losing to Manchester Grammar by 8 wickets, and Grey High by 86 runs, won against YCCC U16s by 8 wickets, Elizabeth, by 86 runs, beating Yorkshire CCC U16s by 30 runs,

winning against Durham School by 4 wickets, won by 103 runs against St Augustine's Australia, the games against Durham Academy and Lancashire Academy on 27th and 28th June were cancelled due to weather, and they lost against Scarborough College by 128 runs. They lost all their matches at the BOWES Festival

OS Matthew Revis and OS George Hill both scored 100 for Yorkshire against Gloucestershire. OS Jordan Clark made 100 for Surrey against Nottinghamshire

The U15 side won the North of England T20 final and qualified for National Finals Day

With his 75 in the Third Test against Australia, OS Harry Brook became the fastest batsman to reach 1000 test runs in Test history, facing 1028 balls

### **Netball**

The U17 VII went to the World Schools Netball Cup and won the Plate in extra time, being 8-8 at full time and winning 12-9. And the U15 came 6th in the Cup

### **Rugby**

Lower 6th pupil Annabel has been selected for the U18 Centre of Excellence Sale Sharks Rugby.

OS Louie Johnson was part of the U20 England side that won against Fiji 53-7 in the World Championship

### **Sailing**

Had a tough time at the Junior National 12 Hour Endurance Race at Southport when their mast collapsed which lost them 30 minutes and the wind died but still managed to get a second place. On the second day

they took 5 of the first 6 places in the Fusions.

### **Hockey**

The Girls' team set off on 15th July for a tour of South Africa

### **Target Shooting**

The team attended the Schools National Final Ashburton Week at Bisley in mid-July and most of the shooters stayed on for the Imperial meeting where some shot as Internationals

### **CCF**

Cadets from the Army section attended annual camp at Altcar where they won the week's inter school competition. Meanwhile the Royal Navy Cadets were treated to a weekend of activity at Britannia Royal Naval College in Dartmouth.

### **Future Events**

The London Cup match between Lancashire and Essex is on 1st August.

The autumn term begins on Sunday 3rd September at 7 pm with the Yr 9 new pupils arriving the previous day. Pre-term rugby and netball teams will arrive during the previous week for practice.

The 1st XV will play RGS Newcastle at home on 29th August and Christ College at 1 pm on 2nd September. They will play at home Denniston College on 16th September at 14.45 and Dollar Academy on Friday 22nd September

Old Sedberghian Weekend is 30th September/1st October. Michael Raw's Memorial Service will be at 5 pm on 30th September in the School chapel

Half term is from 13th October to 29th October.



## **NEWS FROM THE PEWS**

*Susan Sharrocks  
Tony Reed Screen*

The sudden death of the Rev Andy McMullon has been a great shock to the church family and the Sedbergh community.

Less than a month before his death on a beautiful sunny day in Ypres Andy married Jeannie. He was so looking forward to having her here in Sedbergh sharing his new home and enjoying retirement in a place he loved.

Andy's funeral will be held on 3rd August at 12 noon in St Andrew's.

Farewells will have been said before the end of July to Rev David Crouchley and his wife Sarah as they begin their retirement not too far away in Hornby. David has been a familiar face in Sedbergh since taking

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up his part time ministry here 7years ago. Both he and Andy McMullon worked together building the foundations of the Western Dales Mission Community as our combined churches are now under the same umbrella with Rev Andy Burgess as its leader.

We send our very best wishes to David and Sarah for a happy and healthy, well-deserved retirement.

It is always a pleasure to see children in church. We had the pleasure of hosting the Primary School for a short service on St Benedict's Day, Tuesday 11th July. Participating in the service in various ways it was clear that the children had given much time and thought into their preparations.

We hope they all (teachers as well) have a wonderful summer holiday and we look forward to their next time with us.

Happy summer holidays!

## **WATER**

*Martin Dodds*

It seems ironic that the corner of England that has one of the lowest amounts of rainfall, is also the corner which appears to be most preferred for a concentration of major water-demanding land-uses and activities, including housing, employment, and big business.

It also appears that politicians and economists are generally happy to tolerate or even endorse this perverse situation. Oh, there are the occasional gestures to the provinces by promoting decentralisation of sections of Government departments and so on.

There are of course long-established historical explanations for this pattern. But do the historic reasons still make sense today, in the era of climate change, pressure on water supplies, and a land mass in the south of the country that is still slowly subsiding into the sea following the most recent advance and retreat of the Ice Age?

The sheer absurdity of the situation does not seem to have registered. Perhaps it is a circular problem. Many of those who have relevant power including our politicians and the HQ offices of many big corporations, are already in the SE. It is their 'home' context, familiar and therefore seen as 'normal'. Their presence there attracts others who feel the SE is obviously the place to be because of the prosperity of those there already, thus reinforcing the prevalence of this false concept of 'normality'.



In this situation, the reaction of those living in the SE to any problem of water supply does not seem to be to examine and tackle the cause of the problem, the mis-match of locational excess demand in relation to the reality of geographically limited supply. Rather if the location creates difficulties in water supply, look for a technical solution, however illogical, as long as the status quo can be maintained in the SE, more or less.

Meanwhile, excessive water extraction in response to growing demand is threatening rare and sensitive river environments in the SE.

Ground water is extracted from aquifers with consequential potential lowering of the water table. [Aquifers are natural features, but they can only maintain their levels if on balance, abstraction is matched by accumulated rainfall. They are in principle a renewable resource, but only if managed to maintain the natural balance.]

Large areas of farmland in what used to be Middlesex are flooded as water holding areas.

One technical 'solution' that has been on the cards for several

decades, is to engineer mass transfer of water from the wetter parts of the country to supply the demands of the drier areas. This is where our area might begin to be affected. Already, the demands of Manchester impact on several of the lakes in Cumbria. The West Midlands likewise relies on reservoirs built in the mountain valleys of Wales. These projects, however technically brilliant, did not come without human and cultural costs. As far as I know, both these conurbations are supplied from the reservoirs by pipeline.

Suggestions have been made to take advantage of existing natural rivers to transfer water from one region to another, with intervening sections of pumped pipeline. For example, we could speculate that reservoirs in the North or Welsh Hills might be tapped by pipeline to feed extra water into the Trent, and then be extracted again further downstream for onward transmission perhaps via the Stratford Avon and the Cherwell to the Thames.

Of course, the Welsh or Pennine water would by then have become thoroughly mixed with that of the Trent, and so on down the route, at

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least modifying if not threatening the habitat and biodiversity of the Trent. Flows would be liable to vary according to supply and demand, irrespective of the naturally occurring cycles and responses to the weather in the various catchments.

A variant of this might see strategic use of the canal network, either instead of or alongside a national water grid based on the rivers.

There may be other solutions to the short term issue of providing adequate water supply for the SE.

Reduce demand, either by rationing, or by increased water rates as a deterrent to excessive demand and hence excess abstraction.

Invest in de-salination plants to supplement the natural capacity of the SE regions' own catchments.

In the long term climate change and sea level rise may prompt migration out of parts of London and coastal towns. Depending how this is managed, this might ease demand for water, but I suspect most people would look to re-settle in less flood-risk areas within the same region.

Ultimately, the most appropriate solution may only be a radical change in outlook by the residents, not just in the SE, but across the whole of England and in many other parts of the world too.

Fresh water is a relatively scarce but crucially vital resource. As far as I know, it is essential for all forms of land-based life, and therefore also to maintaining a habitable planet. Treating it as a cheap, inexhaustible resource to be used on demand primarily to meet human wants, rather than in real need, would be a significant step in the wrong direction.

## TIM'S COLUMN

*Tim Farron MP*

The last few weeks of Parliament sitting before we are all sent back to our constituencies for the Summer Recess seem to have been particularly busy ones. I have been challenging ministers over a whole range of issues in both meetings and on the floor of the House of Commons. When I wasn't in London doing those sort of things I was back home in the constituency dashing around meeting people, finding out what their issues are and trying to work out what we can do to help them.

I had a great visit to Sedbergh to look at the new affordable housing development being built on Station



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Road. As I hope you are aware affordable housing, or the lack of it, has been a big issue for me since I was first elected back in 2005. I took up the issue again the other day with the Housing Minister, Rachel MacLean, when I got the chance to ask her to give Westmorland and Furness Council and the Yorkshire Dales Authority the power to increase the number of affordable homes in our area. As is often the case in these situations I got a fairly bland response. But I am beginning to think that our fight on this issue is beginning to see some effect as I am starting to see signs that the Government might be starting to do something to address the housing crisis we face around here.

A couple of times over the past month, I have raised the issue of the effect the frankly awful trade deal that this Government agreed with Australia and New Zealand runs the risk of having on our farmers. Particularly, if it becomes a model for future trade deals. I asked a minister what lessons he felt we could learn from these trade deals and was horrified when he tried to defend them, telling me they would be good

for our local economy. Given that even the previous Farming Minister, George Eustace, has said that he thought they were bad deals for our farmers, just shows how out of touch this Government really is.

The other big issue that I have been working on over the past month has been the announcement of the plans to remove overnight GP care provision from the hospital in Kendal on three nights a week. So if you need to see a GP during the night on Tuesdays, Wednesdays or Thursdays, they will be coming to see you from either Barrow or Penrith. How anyone thinks this will help people I have no idea. I asked the Health Minister, Steve Barclay, to step in and stop this happening. In response he did offer to look into the matter but only after effectively washing his hands of the matter and saying that it was someone else's problem. If like me you think this is a very bad idea please sign my petition against it. You can find it on my website [www.timfarron.co.uk](http://www.timfarron.co.uk).

As ever, if I can help you with these or any other issues then please drop me a line at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or give us a call on 01539 723403.

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## **SEDBERGH PARISH COUNCIL**

*Janey Hassam, Clerk*

The Council held its meeting at 7.30pm on Thursday 6th July 2023, in the Hirst Centre, Busk Lane, Sedbergh.

The next meeting scheduled is the normal monthly meeting of the Parish Council, commencing from 7.30pm on Thursday 10th August 2023 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

Playing field shelter, Howgill Lane

Members had been saddened at the recent extensive vandalism and graffiti at the shelter. Whilst the shelter had already been highlighted for refurbishment works, with support from Sedbergh School Challenge Week, Members noted that this would be the last time it was repaired. If/when the shelter becomes unserviceable again, it will be removed.

**Weekday Bus Service**

Members noted that the petition had attracted 100's of signatures. However any update, from Tim Farron's Office, in regard to a meeting with Michael Gove MP to discuss further was still awaited. Currently, the service is due to cease on 21st July 2023, leaving the town with no public transport to/from Kendal Monday to Friday.

**Other matters**

Various other matters, including Finance, Electric Vehicle charging provision, maintenance work required to trees at Queen's Garden and New Bridge. Planning matters, general correspondence and highways matters were also discussed along

with the Sedbergh Economic Partnership. Finally, Members remembered the late Robert Taylor, who had served as a Parish Councillor for Sedbergh for 20 years, retiring in 2002.

If you have any queries, or wish to contact Sedbergh Parish Council, please email at [clerk@sedberghparishcouncil.org.uk](mailto: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](http://www.sedberghparishcouncil.org.uk)

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## **SHEERING GAYE VILLAGE, THE MEDIA ARRIVES**

*Sandra Gold-Wood*

The curtains all over the Village began twitching as a number of transit van's powered into the heart of Sheering Gaye and parked haphazardly around the edges of the village green. Nosily, and with no regard for the early hour van doors were flung open disgorging their chattering occupants. Cameras and microphones were set up with wires crisscrossing the ground like the web of a very large spider. Their curiosity spiked, the villagers began to congregate around and about the edges of the green. They watched excitedly as Dave Walker was interviewed by a recognisable TV news personality, though no one could give him a name. Soon the media party turned its attention to the villagers, which was just what they had hoped for. They were asked for their opinions and reactions to the bomb and how they felt about the discovery of Roman remains. This led to the assembled locals jostling one another for the attention of the microphone wielding interviewers. The villagers, just for the fun of it contradicted each other, arguing who was right and who was wrong and thoroughly confusing the media people.

When Dora Rowe saw what was going on she shut the post office so she and George Billings could get a closer look at what was becoming a bit of a circus. Daniel came upon the scene having been for his usual run albeit by a different route as the woods were now off limits. Before he

could reach Stanley Hall Dave Walker spotted him and indicted to his interviewer that he was the man who had pronounced the site to be of Roman origin. A microphone was shoved into Daniel's face and questions were fired at him, asking him to confirm who he was and what evidence and expertise he had that made him think the site was Roman. Daniel gave a Dave a dirty look and then shrugged his shoulders and gave in to answering the questions as best he could. A new



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understanding flooded through him as he realised that this was the kind of thing his mother Millicent, had protected him from when his was growing up in Hollywood and in his mind, he thanked her.

At 7.45am the Denham bus chugged into the village. J. J. Jones the driver, upon seeing vehicles with BBC outside broadcast emblazoned on them was keen to find out what it was all about. J.J. never liked to miss out on anything, so he parked his bus telling his passengers he was going to see what was going on. The early morning passengers did not want to miss out either and so they followed J.J off the bus mingling gleefully with the throng of villagers on the green. The Denham bus should have left Sheering Gaye at 8am sharp but having the chance of being seen of TV was just irresistible and so getting to work was relegated to the back of all their minds. A little later PC Alders, noticed that Roger Croft, was trying to break up a rather intense argument between Rev Grey and bus driver J.J. The men were pushing and shoving each other, and Roger's efforts weren't helping. PC Alders did his best to calm them down however, J.J aimed a punch at the Rev Grey which luckily missed his chin but still sent him sprawling onto the ground. With that PC Alders grabbed the bus driver and shoved his arm up his back telling him to behave or he'd lock him up.

An abrupt silence fell across the villagers on the green as into the village roared an armoured vehicle. It drove straight onto the green scattering everyone, villagers, and



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media folk alike. Two dozen armed troops jumped out leaving the assembled crowd open mouthed. The army truck was followed by a sleek black Daimler with a union flag fluttering on the bonnet. A uniformed chauffeur stepped out and held open the door and a distinguished gentleman climbed out to be immediately surrounded by half the troops who formed an escort guard around him. The newly arrived official made his way toward the Roman site while the villagers quietly speculated as to who he was. An immaculately dressed sergeant and six equally immaculate soldiers marched briskly across the green asking for the person in charge and insisting in no uncertain terms that all media personal and vehicles should leave immediately.

Cries of, 'It's a free Country' and 'Who do they think they are', echoed around the green augmented by booing and catcalling. Dave Walker, buoyed up by the protesting villagers made sure that he got in the way so that a soldier had to push passed him. Dave made it look worse than it was staggering as if he would fall and

he was secretly delighted when he noticed that one of the camera men was covertly recording what was going on. Knowing of course, the more fuss there was the more mileage he could get out of the story. So happy was he that he almost laughed out loud. Instead he inhaled and shoved his hands in his pockets and made mental notes of what was going on around him. Who, Dave wondered was the government official who had arrived in such style and yet had made a point of remaining concealed. Dave just had to find out and with this in mind he moved gradually closer to where the Daimler was parked. Summoning up all the cheek he could muster he asked the chauffeur who the official

was while slipping a fiver out of his wallet and offering it slyly to the man. The chauffeur bent toward him and whispered in his ear something you would not repeat in mixed company taking Dave by surprise. Feeling a lot less confident he backed away wondering what was so interesting about this Roman site that powers from the hallowed halls of Westminster were interested enough to send, well, he thought, it had to be a junior minister at the very least.

By this time PC Alders had got J.J. back on his bus telling him that he had better start encouraging people to get on the bus and off to work and school.

At Stanley Hall Daniel and Violet were sharing breakfast and chatting



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about the media invasion when the doorbell surprised them. Violet answered it. 'Good morning mam, said the smartly dressed chauffeur, I wonder if Mr Hart would be so kind as to come with me.'

'Why', asked Violet feeling oddly nervous, a recurring feeling that she'd been experiencing since the discovery of the Roman site.

Daniel joined her at the door and the chauffeur addressed him directly asking him to come along as the minister would like a word. Daniel kissed Violet and whispered to her not to worry he'd be back in a jiffy. Violet smiled, although she still felt uneasy especially as she could see the Daimler waiting at the kerb had its engine running. Daniel waved

before disappearing into the back of the car. Moments later it sped away. From the hall table Violet grabbed her car keys and set off to follow the Daimler.

Back in the Vicarage Rev Grey was livid and not being very Christian minded about bus driver J.J. What a stupid man to think all this media attention was good for the village. Before long there would be nosey tourists everywhere. Grey had taken up the post in Sheering Gaye to get away from people. Thinking that his past could not follow him to this insignificant place. Here, he had thought all his nightmares could stay behind him. Still he knew from experience that once a village such as Sheering Gaye came into the



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spotlight the media machine would be looking for more stories to keep the public's relentless appetite for dishing the dirt satisfied. In the solitary comfort of his office where no one bothered him he pulled out the bottom draw of his desk and took out the bottle of brandy he kept there in case a parishioner was feeling distressed or unwell. Today he poured himself a liberal splash into an empty teacup. All he could do was hope some new news item would come up and the media would chase that and leave his village and himself in peace. 'Amen' he said out loud as he swallowed the brandy.

Violet was easily able to catch up with the Daimler on the winding country roads but once the car turned onto the main road, she found it very hard to keep up. At first she had thought they were heading for Denham but to her surprise they took the road to London. That feeling of unease was back again, and she wondered what on earth they could want with Daniel? That was when she noticed her fuel light had come on. Now she knew she had no chance of catching up. Feeling defeated Violet pulled in to the

nearest garage, filled up and then headed back to Sheering Gaye, soothing her reservations with the hope that Daniel would be able to call her and let her know where he was. Her heart told her he was a good man but why had they taken him? Who were they? Then she was suddenly struck by the feeling she may never see him again and tears filled her eyes. Telling herself not to be so silly she brushed the tears away with the back of her hand and concentrated on getting home as quickly as she could just in case Daniel was able to get a message to her.

That evening, the villagers settled down to their evening meal and chatted about the day's events. While at the Swan, Roger and Dora were preparing for opening time. Dora's degree absolute had arrived with the day's post, and she had relinquished all pretence no longer wishing to hide her affair with Roger. Dora was sure that all the villagers knew in any case and so she had openly moved in with Roger. They would marry as soon as they could. While at 34 Heaver Close, Margaret Muffat was looking out the window when she spotted what she had so hoped to see; the headlights of a motorbike. Margaret held her breath, it was him; he had kept his promise. As she watched he put the bike on its stand and walked toward her front door, she thought her heart would stop when the knocker tapped three times. Her little brother John got there first and she heard her Dad call out, 'Who is it lad'. John answered that he didn't know. 'Would you tell your father I would

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like to speak with him please,' asked the biker. 'Come in, come in, don't stand there in the cold, right now what is it you want lad?' asked Les Muffat a smile pulling at the corners of his mouth.

'I'd very much like to take Margaret to the pictures in Denham with your permission Sir.' 'Sir, is it, well, well, who are you?' 'I'm Ian Lowe, Sir, pleased to meet you,' said Ian holding out his hand to shake Mr Muffat's. 'Right then Ian Lowe, just make sure you get her back in one piece, get here Margaret, there's some lad wants to take you to the pictures.'

Margaret, did not need to be asked twice she quickly pulled on her coat, took the crash helmet Ian offered and

within moments they were off down the road. Les Muffat then asked his wife how old Margaret was. 'She's seventeen, he seems like a nice lad don't you think?' 'He's, a soldier, added John, came with the bomb squad lot.' Les Muffat rubbed his chin thoughtful and suggested to his wife that they invite Ian Lowe to Sunday dinner.

The Swan was packed that evening with everyone talking about what had happen. All were disappointed that none of their faces had featured on the TV news. They'd all had such high hopes. There was nothing but a clip of Dave being interviewed without sound, and the Daimler arriving. They didn't even say who the official was. Many





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thoughts and theories were debated liberally lubricated by pints of bitter. When Dave Walker strode in the assembled drinkers bomb-barded him with questions. Dave held up his hands and told them honestly, he did not know himself why the Government had vetoed the story. Jonas Marshall the Church organist was sitting at the bar when something stuck him as strange. To make sure he looked carefully around the pub and concluded that he was right. Calling for quiet in his most authoritative voice he addressed the gathering 'Hang on a moment everyone, I know it has been an exciting few days but can anyone tell me where Lambert Quinn is, I mean he'd normally be in the thick of things, so, has anyone seen him lately?'

Each of them looked around at each other for answers and all were shaking their heads. Then they all looked at Dave. 'No, I haven't seen him either, I'd thought he gone to stay with his parents, but it does seem odd he didn't leave a note or anything.'

All in the Swan agreed that it was odd, some said that Lambert was odd, others disagreed. No one knew where Lambert's parents lived or even if he had any, he'd not mentioned them. After a good deal of discussion, the gathering concluded that Lambert was a grown man and what he did was up to him. Jonas pointed out that as a school master he would surely be back in time for the new term. This satisfied them and they went back to chewing the fat about the Roman ruins and

speculating on what would happen next

At Stanley Hall Violet sat by the fire in the kitchen willing the phone to ring. 'Why, oh, why, had they taken Daniel away like that?' she asked the walls. Although she did her best to push away the thought that something was very wrong a strong feeling of apprehension stayed with her. After all what did she know about Daniel? How long had she known him? Yes, she had feelings for him. Feelings that surprised her as she had always focused on being the best teacher she could be and giving the village children a better chance of getting ahead. That had always been her goal and as for romance the thought had never cross her mind. And yet when Daniel had stood on the doorstep on the day of Millicent funeral something had affected her deeply. Was it this that was clouding her judgement? 'Stop it', she told herself, of course she could trust him, she'd read all the papers from the American solicitors what more did she need to know about him than what she felt in her heart. While she had been worrying the fire had gone out. It was a chilly night and the coal scuttle was empty. Violet picked it up and made her way as quickly as she could to the coal bunker outside the back door and then she heard the phone ring.

*To be continued.....*



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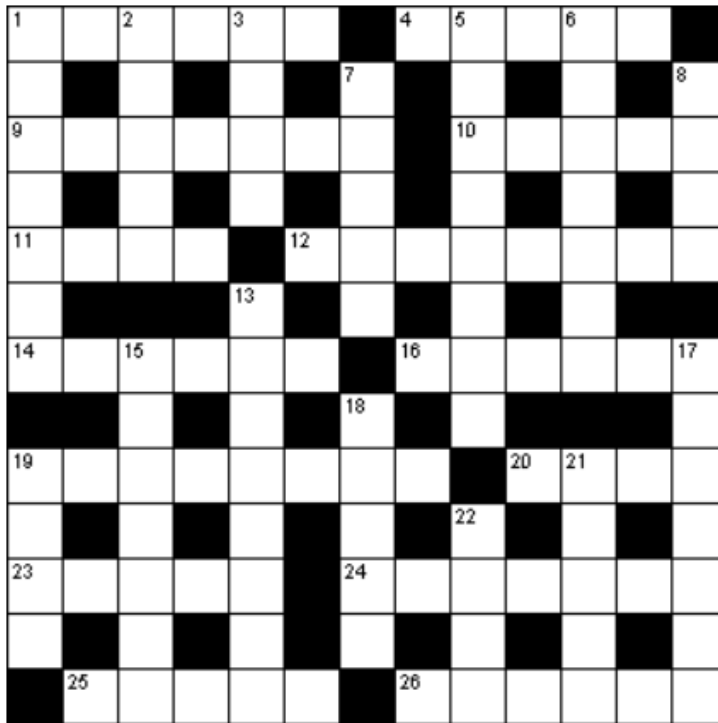
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Time To	09:00	13:00	17:00	19:00	01:00 (Sun 23:45)	13:00	17:00	19:00	01:00 (Sun 23:45)
Rate 1	£12.00	£24.00	£24.00	£18.00	£45.00	£18.00	£18.00	£12.00	£18.00
Rate 2	£18.00	£36.00	£36.00	£27.00	£67.50	£27.00	£27.00	£18.00	£27.00
Rate 3	£24.00	£48.00	£48.00	£36.00	£90.00	£36.00	£36.00	£24.00	£36.00
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Rate 1	£9.00	£17.50	£17.50	£12.50	£17.50	£12.50	£12.50	£10.50	£12.50
Rate 2	£13.50	£26.50	£26.50	£19.50	£26.50	£19.50	£19.50	£16.00	£19.50
Rate 3	£18.00	£35.00	£35.00	£25.00	£35.00	£25.00	£25.00	£21.00	£25.00
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Rate 2	Businesses based in LA10, Firbank, Howgill or Killington OR Private individuals, community groups, clubs etc not in Rate 1								
Rate 3	Businesses outside local area OR Statutory organisations								



## PUZZLE 1 (SOLUTION ON PAGE 80)



### Across

1. Find a prophet or a clever person (6)
4. Extra dark but found detection device (5)
9. Slipped on wet spot to form a dance (7)
10. Some echo reverberation job (5)
11. Look for a short man, urgently (4)
12. Writhing serpents make gifts (8)
14. A few winks and family for protection (6)
16. Romance hideaway made from a tree (6)
19. Container conduits make music (8)
20. Part of a hat, so correct the deletion (4)
23. Looks like a party could be a hit (5)
24. Mixed up singer, so no rap (7)
25. Acquire knowledge with poker end of the day (5)
26. Some future market comment (6)

### Down

1. Can go to confusing shape (7)
2. Fruit and thick skin? (5)
3. Garbled tale is delayed (4)
5. Romance story involves someone from the past (8)
6. Decorated and redo at random (7)
7. Not together but a role (5)
8. Sounds like a swarm of letters (4)
13. Ended fiendish confusion (8)
15. Leaf insect, a spectacular ceremony (7)
17. Communicate and catch employment (7)
18. Refugee seafarer finds birds (5)
19. Put up with a large carnivore (4)
21. Headdress found in militia ranks (5)
22. Keep eels, found there's a point to it (4)

## PUZZLE 2 (SOLUTION ON PAGE 80)

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## 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](http://www.lookaround.org)

Items for the 'Lookaround' should be emailed to: [editor@sedberghlookaround.org.uk](mailto: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.

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### **PUBLICATION DETAILS**

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

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

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

a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*



# DIARY OF EVENTS

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

## AUGUST 2023

01	Lancashire vs Essex (Jul)	SS
02	1400 Community Corner (Apr)	DMC
03	1200 Teddy Bear's Picnic (13)	CCCN
03	1930 WIHF - Cookery and Preserves	FCH
<b>04</b>	<b>Dent Christian Fellowship Fest (11,6)</b>	<b>Rhumes</b>
04	1900 Taking Flight	Westwood Bks
05	1000 Sheepfest workshop (Jul)	TBA
<b>06</b>	<b>Dent Christian Fellowship Fest (11,6)</b>	<b>Rhumes</b>
08	1400 WIK - The World of Executive Jets (30)	PH
08	1930 Domino Drive	FCH
09	1400 Community Corner (Apr)	DMC
09	1915 Dentdale WI YDNP Trees officer	DMH
09	1930 Sedbergh WI Yellow Earl (26)	PH
<b>11</b>	<b>Hells Fells</b>	<b>Birks</b>
12	1400 Strawberry Tea - DHTF (31)	DMH
12	1500 Duck Race & BBQ (4pm)	GVH
<b>13</b>	<b>Hells Fells</b>	<b>Birks</b>
16	1030 Bogs Walk (47)	Foulshaw M
16	1400 Community Corner (Apr)	DMC
19	800 Barbon Sheep Show (19)	Manor Park
19	1000 Dentdale Methodist Coffee Morning	DMC
20	1430 Sun Sch Remembered (Jun)	Hawes Jnct
23	1030 Farm Walk (Jul)	Long Preston
23	1100 Polymyalgia Cumbria group (Jul)	Booths caf
23	1400 Community Corner (Apr)	DMC
24	Art Society Exhibition (8,24)	SSL
25	1930 Italian Evening	FCH
26	Sheepfest (15,1)	Sedbergh
26	900 Artisan Market (May)	main st
26	1000 Dent Gala (7,27)	Dent
26	1500 Afternoon Tea	GVH
28	Art Society Exhibition (8,24)	SSL
28	900 Car Boot Sale (8,28)	Milbeck
30	1400 Community Corner (Apr)	DMC
31	Our Upland Commons (Jul)	FM
31	1900 Zero Waste info evening (13)	CCCN

## SEPTEMBER 2023

01	Dentdale Head to Foot Cinema outing	TBA
01	Community exhibition (Jul)	FM
05	1000 Needle Felted Landscape (36)	Chapel Gallery
06	1400 Community Corner (Apr)	DMC
07	1330 Poetry Club (10,38)	RR
10	Environment Day (Jul)	Skipton To
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	1000 Garden Inspired Rag Rug (36)	Chapel Gallery
19	1930 Ladies NFU - Canary Girls (Jul)	PH
20	1400 Community Corner (Apr)	DMC
21	1330 Poetry Club (10,38)	RR
22	1900 Zero Waste ladies clothes swap (13)	CCCN
23	1930 Harvest Festival (Jun)	Hawes Jnct
25	1900 Robin Ince (25)	Westwood Bks
26	900 Photography (36)	Chapel Gal
27	1400 Community Corner (Apr)	DMC

## OCTOBER 2023

04	1400 Community Corner (Apr)	DMC
05	1330 poetry club (10,38)	RR
06	1400 Dentdale Head to Foot	DMH
10	1400 Killington WI	PH
10	1930 Domino Drive	FCH
11	1000 Monolith - Gina Tawn	FM
11	1400 Community Corner (Apr)	DMC
11	1915 Dentdale WI over the counter	DMH
11	1930 Sedbergh WI Pendle Witches	PH
12	1300 Medical Centre training afternoon	MC
14	Repair café (13)	TBA
18	1400 Community Corner (Apr)	DMC
19	1330 Poetry club (10,38)	RR
20	1930 Bingo and Tattie Pie	FCH
21	COGS Apple Day	PH
21	1000 Dentdale Methodist Coffee morning	DMC
23	1930 Beetle Drive	GVH
25	1400 Community Corner (Apr)	DMC

## NOVEMBER 2023

01	1400 Community Corner (Apr)	DMC
02	1330 Poetry club (10,38)	RR
03	1400 Dentdale Head to Foot YDNP	QG
04	1900 Bonfire and Fireworks	GVH
08	1400 Community Corner (Apr)	DMC
08	1915 Dentdale WI AGM	DMH
12	1930 Sedbergh WI Xmas Cards	PH
14	1400 Killington WI AGM	PH
14	1930 Domino Drive	FCH
15	1300 Medical centre training afternoon	MC
15	1400 Community Corner (Apr)	DMC
16	1330 Poetry Club (10,38)	RR
18	1000 Dentdale Methodist Coffee morning	DMC
20	1930 Dominoes	GVH
22	1400 Community Corner (Apr)	DMC
29	1400 Community Corner (Apr)	DMC
30	1330 Poetry club (10,38)	RR

## DECEMBER 2023

01	Dentdale Head to Foot jacobs join	TBA
06	1400 Community Corner (Apr)	DMC
07	1330 Poetry Club (10,38)	RR

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

### 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.

### THE GUNDOG COFFEE SHOP

Pleasant café in Main Street serving coffee and cakes, with a couple of outdoor tables if the weather is good.

### HADDOCK PADDOCK

MAIN STREET - 015396 20468

Excellent Fish and Chips, if you're visiting have some before you leave.

### NUMBER 46

MAIN STREET

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

### THE RED LION

FINKLE STREET - 015396 20433

A lovely traditional pub serving local ales and wholesome food. Just what you need when you've come down from the fells.

### SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

### SMATTS DUO

MAIN STREET - 015396 20552

If you fancy a full English breakfast, lunch or afternoon tea this is the place for you.

### THIRSTY RAMBLER

MAIN STREET - 07874 838816

Thirsty after rambling? This micro bar is the place for a relaxing drink.

### WAFFLE CONE

MAIN STREET

Ice creams, waffles and drinks. Eat them inside in the seating area, or take them away for home or al fresco consumption.

### THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

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

## PLACES OF INTEREST TO VISIT IN THE AREA

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

\* = Entry Fee Applicable

## SOME WALKS AROUND SEDBERGH

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

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

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

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

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

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

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

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

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

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

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

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

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



## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	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: <a href="mailto:alibramall@protonmail.com">alibramall@protonmail.com</a>	20360
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) 1T(ES), 1D(ES) NS, CH, L e-mail: <a href="mailto:crosskeyscautley@outlook.com">crosskeyscautley@outlook.com</a>	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: <a href="mailto:Daleslea@outlook.com">Daleslea@outlook.com</a>	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: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> website: <a href="http://www.scrogghouse.farm">www.scrogghouse.farm</a>	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: <a href="mailto:ed_welti@btinternet.com">ed_welti@btinternet.com</a>	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 45845	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: <a href="mailto:hello@killingtontower.co.uk">hello@killingtontower.co.uk</a> website: <a href="http://www.killingtontower.co.uk">www.killingtontower.co.uk</a>	
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: <a href="mailto:booking@theroostcottage.co.uk">booking@theroostcottage.co.uk</a> website: <a href="http://www.theroostcottage.co.uk">www.theroostcottage.co.uk</a>	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



## GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	TBA
Allotments Association - Sedbergh -----	Mr Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Mrs Handley - 015396 20540
Badminton - Sedbergh -----	Mr Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs Dodds - 015396 20308
Bowling Club - Sedbergh -----	Mr Johns - 015396 22170
Bridge Club -----	Mr Alison - 015398 24666
British Legion -----	Mr Parratt - 015396 20964
Canoe Club - Sedbergh -----	Mr Hinson - 015396 20118
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner Dent -----	Sarah Woof - 015396 25212
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Cricketer Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 015396 25446
Dentdale Choir -----	John Feltham - 015396 25689
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill – Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	Mr Woof - 015396 21343
First Responders - Dent -----	Wendy Pontefract - 015396 25253
First Responders - Sedbergh -----	Mr Cobb - 015396 22541
Football Club Junior - Sedbergh -----	Rebecca Parkin - 078143 42625
Football Club Senior - Sedbergh -----	Mr Parkin - 015396 20585
Friends of Farfield Mill -----	friends@farfieldmill.org
Friends of Settle and Carlisle Line -----	john.carey@settle-carlisle.com
Garsdale Village Hall -----	Mrs Labbate - 015396 22114
Golf Club -----	Mr Gardner - 015396 21551
Good Companions - Dent -----	Sarah Woof - 015396 25212
Grief Share -----	Duty Team Member - 07498 870267
History Society -----	Karen Bruce Lockhart - 015396 34603
Howgill Harriers -----	admin@howgillharriers.co.uk
Howgill Village Hall -----	Mrs Stainton - 015396 20665
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Mrs Askew - 015396 25465
Killington Parish Hall -----	John Harrison - 07810 140996
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Labour Supporters Group -----	Mr Cross - 015396 22566
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	Mrs Minnitt - 015242 72520
Little People -----	Emma Brown - emmabrown05@hotmail.co.uk
Lunesdale Archaeology Society -----	lunesdale.archaeology@gmail.com

## GROUPS AND ORGANISATIONS (CONT)

Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Mrs Raw - 015396 20542
Methodist Church Hall -----	Mr Allen - 015396 20194
Orchestra (Sedbergh) -----	Mrs Smith - 015396 21196
Parent Support Group -----	Mrs Goad - 015396 20402
Parish Council - Dent -----	Scott Thornley - 07368 455353
Parish Council - Garsdale -----	Mr Johns - 015396 22170
Parish Council - Sedbergh -----	Miss Hassam - 07966 134554
People's Gym -----	membership@sedberghgym.club
People's Hall -----	Steve Longlands - 01536 20885
Pepperpot Club - Sedbergh -----	Nicola Cann - drnicolacann@outlook.com
Pistol and Rifle Club -----	Richard Martin - richardmartin91@hotmail.com
Playground - Sedbergh -----	Miss Hassam - 015396 20125
Playgroup - Sedbergh -----	Mrs Kitchen - 07785 743837
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
<b>Poetry Club*</b> -----	<b>booktown@sedbergh.org</b>
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Schools - Dent Primary -----	015396 25259
Schools - Dent Primary - Friends of -----	015396 25259
Schools - Sedbergh Primary -----	015396 20510
Schools - Sedbergh School -----	015396 20303
Schools - Settlebeck -----	015396 20383
Scouts -----	Mr Mawdsley - 07989 201481
Scouts - Beavers -----	Mr Mawdsley - 07989 201481
Scouts - Cubs -----	Mr Mawdsley - 07989 201481
Sedbergh Book Town -----	booktown@sedbergh.org
Sedbergh Environmental Group -----	sedberghcomarket@greencobweb.co.uk
Sedbergh United Charities -----	Mr Sykes - 07786 384917
Senior Golfers -----	Mr Braddon - 0330 1138850
Sight Advice South Lakeland -----	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale) -----	Mrs Micklethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 015396 21664
Swimming Club -----	Sedberghswimmingclub@gmail.com
Swimming Group for Over 50's -----	Rachael Mellor - 07969 663881
Tennis Club -----	Mr Lewes - 015396 20052
Toddler & Baby Group Dent -----	Sarah Woof - 015396 25212
Town Band -----	Mrs Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Voluntary Car Scheme -----	vscssedbergh@gmail.com
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Megan Taylor - taylor71@hotmail.co.uk
Young Cumbria -----	Mrs Hartley - 01524 781177
Young Farmers Club -----	TBA

If there are any Groups missing and/or contact details are incorrect, please let us know.  
New groups are marked with an asterisk \*.

## PUZZLE SOLUTIONS 1 & 2

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

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

# BUS SERVICES

## 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*

<b>Trains to Carlisle</b>	..	<b>1048</b>	..	..	<b>1815</b>	<b>1944*</b>
<b>Trains to Leeds</b>	..	<b>1041</b>	..	..	<b>1733</b>	<b>1938*</b>
<b>Dent Station</b>	..	<b>1053</b>	..	..	<b>1737</b>	<b>1947*</b>
<b>Dent Village</b>	..	<b>1108</b>	..	<b>1505</b>	<b>1752</b>	<b>2002*</b>
<b>Sedbergh Maryfell</b>	<b>0835</b>	<b>1123</b>	<b>1315</b>	<b>1520</b>	<b>1807</b>	<b>2017*</b>
<b>Sedbergh Library</b>	<b>0837</b>	<b>1125</b>	<b>1317</b>	<b>1522</b>	<b>1809</b>	<b>2019*</b>
<b>Sedbergh opp. Morphets</b>	<b>0839</b>	<b>1127</b>	<b>1319</b>	<b>1524</b>	..	..
<b>Killington M6 Bridge</b>	<b>0847</b>	<b>1135</b>	<b>1327</b>	<b>1532</b>	..	..
<b>Oxenholme Station</b>	<b>0857</b>	<b>1145</b>	<b>1337</b>	<b>1542</b>	..	..
<b>Kendal K Village</b>	<b>0902</b>	<b>1150</b>	<b>1342</b>	<b>1547</b>	..	..
<b>Kendal Bus Station</b>	<b>0908</b>	<b>1156</b>	<b>1348</b>	<b>1553</b>	..	..
<b>Kendal Morrisons</b>	<b>0913</b>	<b>1201</b>	<b>1353</b>	<b>1558</b>	..	..
<b>Kendal Morrisons</b>	<b>0923</b>	<b>1223</b>	<b>1403</b>	<b>1608</b>	..	..
<b>Kendal Bus Station</b>	<b>0928</b>	<b>1228</b>	<b>1408</b>	<b>1613</b>	..	..
<b>Kendal K Village</b>	<b>0933</b>	<b>1233</b>	<b>1413</b>	<b>1618</b>	..	..
<b>Oxenholme Station</b>	<b>0938</b>	<b>1238</b>	<b>1418</b>	<b>1623</b>	..	..
<b>Killington M6 Bridge</b>	<b>0948</b>	<b>1248</b>	<b>1428</b>	<b>1633</b>	..	..
<b>Sedbergh Spar</b>	<b>0956</b>	<b>1256</b>	<b>1436</b>	<b>1641</b>	..	..
<b>Sedbergh Post Office</b>	<b>0958</b>	<b>1258</b>	<b>1438</b>	<b>1643</b>	<b>1855</b>	..
<b>Sedbergh Maryfell</b>	<b>1000</b>	<b>1300</b>	<b>1440</b>	<b>1645</b>	<b>1857</b>	..
<b>Dent Village</b>	<b>1015</b>	..	<b>1455</b>	<b>1700</b>	<b>1912</b>	..
<b>Dent Station</b>	<b>1030</b>	..	..	<b>1715</b>	<b>1927</b>	..
<b>Trains to Carlisle</b>	<b>1048</b>	..	..	<b>1815</b>	<b>1944</b>	..
<b>Trains to Leeds</b>	<b>1041</b>	..	..	<b>1733</b>	<b>1938</b>	..

### 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



# 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 1<sup>st</sup> 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'd Andy Burgess 20018**

**andy.burgess@westerndales.org.uk**

### PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

**Becca Gilbert**

**Email: becgilb@gmail.com**

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**



## *Anglican Service Times*

### **ST ANDREW'S CHURCH, SEDBERGH**

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

### **ST ANDREW'S CHURCH, DENT**

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

### **ST MARK'S CHURCH, CAUTLEY**

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

### **ST JOHN THE BAPTIST'S CHURCH, GARSDALE**

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

### **ST JOHN THE EVANGELIST'S CHURCH, COWGILL**

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

### **HOLY TRINITY CHURCH, HOWGILL**

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

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

4th Sunday	2.30pm, Afternoon Service
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## *Methodist Service Times*

**CORNERSTONE** - Sunday 10.30am  
**DENTDALE** - Sunday 6.30pm (2pm in winter)  
**GARSDALE** - 2<sup>nd</sup> and 4<sup>th</sup> Sunday 2pm.

*Combined plans for Western Dales Mission Community  
August 2023*

	Time	6 <sup>th</sup>	13 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>	27 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	9.30am	HC	HC	HC	HC	HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	CW	HC	HC	Service	Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC			9.30am MP	
St. John's, Garsdale LA10	11.15am	HC			MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		HC	HC		Service
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm				Sunday School Remembered	
All Saints, Killington LA6 2HA	2.30pm					HC
Holy Trinity Howgill LA10 5JD	9.30am		HCx	HCx		
St. John's Firbank LA10 5EF	2.30pm		HC	HC		
St. Andrew's, Dent LA10 5QL	11.15am	HC	HC	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	Kids Club Children's Service			HC	
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	HC	HC	Service	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	<b>Wednesday</b>	<b>2<sup>nd</sup></b>	<b>9<sup>th</sup></b>	<b>9<sup>th</sup></b>	<b>16<sup>th</sup></b>	<b>23<sup>rd</sup>/30<sup>th</sup></b>
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	7.30pm	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
HC- Holy Communion MP- Morning Prayer			BCP- Book of Common Prayer CW- Contemporary Service			
<b>Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063</b>						

## 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](http://www.sedberghmp.nhs.uk)**  
for further details.

### 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](mailto: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](mailto:tic@sedbergh.org.uk)  
Tel: 015396 20125  
[www.sedbergh.org.uk](http://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](mailto: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*