

Sedbergh & District

# LOOKAROUND

November 2023

Donation £1

Issue 426

This edition features a number of contributions from Settlebeck School Students, we'd like to thank them and hope they enjoy seeing their contributions in print. And there is

good news about the Primary School too on page 9.

We will be printing a full colour edition next month. Get your contributions and adverts ready! *Ed.*

## REMEMBRANCE CONCERT

*Lest we forget*



## SEDBERGH TOWN BAND



Sunday 12<sup>th</sup> November 7:30 pm  
St Andrews Church, Sedbergh.

Tickets (£8) to be sold on the door only

All proceeds will be donated to the Royal British Legion



**CLOSING DATE: 15th of every month for everything**

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# CONTENTS

## Articles

Book Town Book Quiz .....	16
Book Town Book Quiz Answers.....	67
Castlehaw Motte And Bailey Castle----	29
Chapels Of The Upper Dales .....	22
Childrens Wood .....	8
Community Orchard Group .....	31
Community Swifts .....	32
Dentdale Head To Foot .....	38
Family Musings .....	39
Fifty Years Ago .....	27
Friends Of The Dales On Line Talks---	37
George Gunn V.C. ....	25
Hardship Fund .....	8
Late Night Opening .....	7
Managing Money .....	60
Music Festival .....	8
National Poetry Day - Settlebeck ----	11
News From The Pews .....	53
Notes From Dent Station .....	17
Orange Button Community Scheme---	58
People With Dementia .....	55
People's Hall .....	7
PMRGCA .....	6
Royal British Legion .....	6
Sedbergh Parish Council .....	52
Sedbergh Primary Celebrates Success	19
Sedbergh School News .....	13
September Weather .....	39
Sheering Gaye Village .....	62
Tabernacles .....	6
The Man Who Wasn't There .....	54
Tim's Column .....	50
Tractor Run .....	5
W.I. Dentdale .....	45
W.I. Howgill And Firbank .....	44
W.I. Killington .....	40
W.I. Sedbergh .....	41

## Articles (Continued)

Westmorland Show: Our Day Out ----	10
Winter Wildlife In Cumbria .....	34

## Business Adverts

Audio Lookaround .....	63
Bicycle Maintenance Specialist .....	41
Chris Harper Fencing .....	50
Cross Keys .....	14
Cumbria Lime .....	30
Cumbria Stoves .....	61
Dalesway Therapies .....	61
Dalton Burial Ground .....	27
Dawsons Fuels .....	33
Dressage Coach .....	10
Duncan Law Plumber .....	53
Farm & Fencing Contractor .....	45
Firewood & Septic Tanks .....	37
First 4 Home Improvement .....	40
G.J. Baines .....	21
Garsdale Design .....	44
Governor Vacancy .....	6
H&M Craftsmen Kitchens .....	29
Happy Feet .....	62
History Society .....	24
Howgills Accomodation .....	57
Ian Higginbotham .....	9
J.J. Martin Funeral Director .....	27
K.W. Electricals .....	38
Kev Scrap .....	39
Kirkby Lonsdale Health Club .....	7
Lookaround Local Subscription .....	47
Lookaround Postal Subscription .....	46
Lookaround Subscription .....	48
M.K. Conversions Ltd .....	36
Market Helper Needed .....	5
Marquees & Teepees Killington ----	42
Matthew Cook Stonemason .....	8
McGarry Solicitor .....	60
Meditation Centre .....	54
Multi trade Property maintenance ----	34
Oglethorpe Sturton & Gillibrand LLP --	43
Palmer Hill .....	13
Parkin And Jackson .....	28
Peoples' Hall .....	41
Powells .....	20

### COVER PHOTOS

#### Tom Allan Tractor Run

*With thanks to : Melissa Hartley,  
Mags Hall, William Johnson and  
Helen Corpe*

## CONTENTS (continued)

### Business Adverts (Continued)

Ramp to rent	67
Robert Powell Web Design	34
Royal British Legion	52
Rycrofts	26
S. Alderson Painting & Decorating	35
Sheila Shuttleworth Dressmaker	54
Simon Parkin Carpets	16
Simon Shaw & Sons	56
Stephenson And Wilson Builders	11
Stramongate Press	12
Temptations Craft Boutique	58
The Thirsty Rambler	65
Thomson Hayton Winkley Solicitors	55
Tooby's Electrical	51
Treadwell flooring	49
Westwood Books	59
Wools Of Cumbria	32

### Event Adverts

75th Anniversary Social (25th)	25
Another Dot on the Map (22nd)	22
Christmas lunch at Cross Keys (25/12)	19
Extraordinary places - book (1/12)	31
Griefshare (Tues)	50

### Event Adverts (Continued)

Ladies NFU Coffee Morning (22nd)	23
Late Night Shopping (6/12)	17
Medical Centre (15th)	15
Sedbergh Town Band Concert (12th)	1
Weekly Coffee Morning (Weds)	3

### Other Information

Advertising In Lookaround	4
Bed & Breakfast	73
Bus Services	77
Car Parking Charges	80
Diary of Events	70
Eat and Drink in Sedbergh	71
Editorial	67
Groups and Organisations	74
Lookaround Details	68
Lookaround Editorial Team	76
People's Hall Rates	76
Personal Messages	67
Places of Interest	72
Public Information / Telephone Nos	84
Religious Information	81
Train Times	77
Useful Telephone Numbers	76
Walks Around Sedbergh	72

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

**Wed 1st November - Royal British Legion**

**Wed 8th November - Bells**

**Wed 15th November - St Andrew's**

**Wed 22nd November - Ladies N.F.U**

**Wed 29th November - Town Band**

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 :-

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- ◇ 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.
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- ◇ If you buy a year's worth of advertising (11 adverts) we will only charge you for 10.
- ◇ New advertisers buying 3 months or more worth of adverts will get an extra one free.
- ◇ Further details for advertising and articles may be found in the Lookaround Information Section.

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Double Column 5.2" x 4"	=£30.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

## CONTACT INFORMATION

*Email:*

**editor@sedberghlookaround.org.uk**

*Phone:*

**07464 895425**

*Address:*

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

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

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## TRACTOR RUN

*Melissa Hartley*

On behalf of Sedbergh Young Farmers, we would like to thank the generous and supportive people of Sedbergh, including all those who travelled miles to attend the Tom Allan Tractor Run on Saturday 15<sup>th</sup> October. The turnout of tractors was amazing coming to 218 machines in all. The support, waves and donations we had on the route were outstanding. Apologies for any disruption caused throughout the day but the videos available on Facebook and other social media just show how supportive the Sedbergh and



surrounding areas communities were, as we made our way through the town.

A rough total of £7000 has been raised with donations still coming in! Huge thanks to all who made traybakes for us to serve to the hundreds of attendees. Definitely a day to remember and a fantastic charity fundraiser for Sedbergh Young Farmers in memory of one of our own, Tom Allan, all going to the Northwest Ambulance Service! We send our love and thoughts to all Toms Family and friends.

## Job Opportunities in Sedbergh Sedbergh Information Centre

# Artisan Market Helpers

We need people to set up and take down the stalls for our monthly, Saturday Artisan Markets May - September 2024.

Two helpers are required 7-9:30am and 2:30-5pm for each market. Fee by negotiation.

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

Access to a van would be particularly useful.

For further information please contact

**Sedbergh Information Centre, 015396 20125, [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)**

## ROYAL BRITISH LEGION REMEMBRANCE SERVICE

*DM Parratt*

The Royal British Legion Sedbergh & District Branch do hope that you can join us at 10.30 am on Sunday 12th November in St Andrews Church for the Remembrance Service and afterwards at the War Memorial in the Churchyard to remember those who paid the ultimate sacrifice in wars past and re-commit ourselves to peace.

Regrettably, due to issues with road closures this year, there will not be a march past on completion of the wreath laying. The wreath laying and parade will take place entirely on the south lawn of St Andrews Church within the vicinity of the war memorial.

There will be a short ceremony at the War Memorial at 11.00 am on the Saturday 11th November to remember the anniversary of the signing of the Armistice at the end of the First World War.

## TABERNACLES

*Sarah Woof*

DDCF celebrates quite a number of the Old Testament festivals including Sukkot or, as better known, Tabernacles. This feast remembers God's goodness to the nation of Israel as they journeyed towards the promised land. Sukkot means shelter and households construct a sukkot outside their homes to eat in or even live in for the week. It also celebrates the harvest at the end of the year. This year we celebrated in Carnforth and Dent with meals, shelter building with cardboard and Lego, worship and re-reading mentions of God as our shelter in His Word.

As ever our gatherings were joyful noisy occasions with children being very much part of it all. Our next event is our annual Pumpkin Party on Oct 31st. Then things quieten down until Christmas.

John & Sarah Woof. 015396 25212.

## PMRGCA CUMBRIA LOCAL SUPPORT GROUP

*Rosemary Marsden*

The next meetings are Friday December 1st @Farfield Mill cafe at 11am and Monday December 8th : Wensleydale Creamery cafe Hawes @ 11am.

For anyone affected by polymyalgia rheumatica PMR or Giant Cell Arteritis GCA.

Please email in advance if you plan to come along

kendal@pmrgca.org.uk

More support and information available at [www.pmrca.org.uk](http://www.pmrca.org.uk)

**GOVERNOR VACANCY**

- WORK WITH THE TEAM OF GOVERNORS TO SET THE STRATEGIC VISION OF THE SCHOOL AND MAKE COLLECTIVE DECISIONS
- ENSURE HIGH QUALITY EDUCATION FOR SEDBERGH PUPILS
- REVIEW AND MONITOR SCHOOL PERFORMANCE
- OVERSEE THE SCHOOL BUDGET

**APPLY NOW!**

COLLECT AN APPLICATION FORM FROM THE SCHOOL OFFICE, OR SEND AN EMAIL TO:  
ADMIN@SEDBERGH.PRI.CUMBRIA.SCH.UK

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## LATE NIGHT OPENING

*Ed Welti*

The Late Night Opening Committee are looking for anybody willing to help with setting up the Gazebos, Marquees and the Church. If you are willing and able, and can spare some time in the afternoon and evening of the 6<sup>th</sup> please contact Debbie at the Information Centre.

Plenty of good things are planned for Late Night Opening this year. As announced here and elsewhere the date is earlier than last time, Wednesday 6<sup>th</sup> December, which is particularly apt, as the 6<sup>th</sup> is St Nicolas Day. Santa will be making an appearance on his own day!

His traditional grotto will be in the Information Centre, and bookings to see him will be taken from the 22<sup>nd</sup> November. There will also be a Live Nativity in the Churchyard, along with animals around the stable.

The entertainment taking place in locations around the town will be Drum Nation. And Sedbergh's very own Town Band of course. And Carols. And the traditional organ recital in the church. See the advert on page 17.

## SEDBERGH PEOPLE'S HALL

*Sandra Gold-Wood*

Hello Folks. Well Christmas is on its way. Hard to avoid it with shops offering so many incentives. The New Year will naturally follow so the People's Hall has planned a New Year's fund raiser with something for everyone. It will take place on Sat Jan 13 2024. There will be a film followed by afternoon tea and later that day cabaret and cocktails. You will be able to buy tickets for one, two or all three events. Full details of this local 'Extravaganza' in next month's Lookaround.

And please don't forget the PH still needs your help so why not become a member of the committee or just a general helper for occasions such as the planned New Year fund raiser. Please do get in touch.  
sanddot51k@gmail.com

Sandra Gold-Wood on behalf of the PH committee.



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### CHILDRENS WOOD

*Peter Apps*

Our Childrens Wood initiative needs more helpers to plant and care for trees and hedgerow in the Sedbergh Primary School catchment area.

If you are reasonably fit and can be free for two hours between 11am and 1pm on a Wednesday, then come and help! We have planted and care for thousands of trees with many more to come. Trees that we hope will provide for all children in the future.

There is no requirement to come every week, we enjoy what we do but respect that people have lives and commitments which need to come first.

Contact: peterapps51@gmail.com



### SEDBERGH MUSIC FESTIVAL

*Ed Welti*

Sedbergh Music Festival will be returning to St Andrew's Church (and other venues) next year. The dates have been set – Sunday 16th June to Thursday 27th June with a very exciting headliner on the final night. Look out for further announcements and booking details in the near future.

### HARDSHIP FUND

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

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

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

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

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

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

All applications will be treated in confidence.

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

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





## **SEDBERGH PRIMARY SCHOOL CELEBRATES SUCCESS!**

*Joyce Scarr*

'Pupils' smiles show how much they enjoy school,' is the opening line of Sedbergh Primary School's recent Ofsted report. The school was inspected in July and received a glowing 'Good' grading in all areas.

The report celebrates the strategies in place to foster a love of reading and deliver a carefully designed and ambitious curriculum. The school's Nursery and Reception provision was commended too: 'Children in the early years blossom in the stimulating environment leaders have created.'



The report also highlights the school's hard work to provide a safe and caring environment and support for pupil's wider personal

development. This includes weekly clubs such as running, Zumba, choir and gardening, in addition to plentiful trips and visitors, such as: hosting world champion Nat Pattinson for wheelchair basketball, taking pupils to visit a Bhuddist temple and a trip kayaking on Lake Windermere.

Read the full report at [www.sedberghprimary.org.uk](http://www.sedberghprimary.org.uk)  
If you would like your child to be a part of this happy and successful school, then please get in touch with the school office on 015396 20510 or [admin@sedbergh-pri.cumbria.sch.uk](mailto:admin@sedbergh-pri.cumbria.sch.uk) to arrange a tour.

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### **WESTMORLAND SHOW: OUR DAY OUT**

*Lewis Sedgwick*

The Westmorland County Show is annually an integral event in our local area's calendar, and this year was no exception. It's a great day out for anyone, with displays ranging from livestock showing to local produce, Cumberland Wrestling and even competitive lumber jacking. And this was also the first year - that any current students and staff can remember – that we, Settlebeck School, had the event on our calendar too. The whole school attended, with several of our students in their element, competing in a variety of events.

Year 8 student Paige Knipe qualified in horse riding and will therefore attend the London International Horse Show at the Olympia in December. Paige and her pony performed perfectly to win their place at this prestigious event where they will now take part alongside Olympic riders and horses. We also had success in the wrestling, with year 10 Grace Hodgson coming 4th in both the Girls U17 and the Ladies Open. In the Boys U18 (10 stone and under) John Lukas Stainton came 2nd as well as 3rd in the Under 21 (11 stone and under), this being a huge achievement as he is only in Year 9. When it came to the Dog Show, our own Mr. Howarth, head of maths, expertly organised and managed the event, with a record breaking number of entries. Also, the Hoggarth sisters, Fiona and Laura, were successful in showing their Rough Fell sheep.

Furthermore, the weather couldn't have been better despite worrying rain the night before: all members of the school enjoyed the brilliant sunshine and found plenty to see and do. Many students found themselves watching and chatting to all the expert artisan craftsmen and women of our area and taking a delicious bite to eat from a sprawling variety of stalls scattered around the showground.

It was an enjoyable and excellent day out and we congratulate all our students' successes and look forward to next year.

**Settlebeck**  
School

**NATIONAL POETRY DAY  
THURSDAY 5TH OCTOBER:  
SETTLEBECK SCHOOL**

*To join in this celebration of creative writing, we invited students from all year groups to enter a poem on this year's theme – Refuge. Below is the overall winning entry by one of our year 11s: REFUGEE by Ryan Hillyer*

**REFUGEE**

As bombs rain from the sky,  
Dead bodies lie.  
The place I called home,  
Now isolates me,  
I'm all alone.

The sky covered in darkness,  
From the suffocating smoke above.  
Why is our species so reckless?  
Is that what we love?

I slowly trembled  
along the road, step by step,  
Until I reached an obstacle which I  
lep'd.  
How can I go on?  
Surely, I'm not the only one?

Crawling out of the town  
I grew up in,  
Feeling scared but brave.  
Why did they have to sin?  
Why can't they just behave?

Day by day,  
And night after night.  
I found somewhere to stay,  
Where the sky isn't evil  
but filled with light.

Somewhere safe and sound,  
Somewhere with smooth soft ground.  
Somewhere to safely live and

breathe,  
Somewhere I'll never leave.

Now known as a refugee,  
I know people will look after me.  
Sat here quiet and calmed,  
Finally knowing I can't be harmed.

*The winners in each year group:  
Year 7: In memory of Anne Frank  
by Christa Fagg-Rawlence*

**IN MEMORY OF ANNE FRANK**  
Hiding away  
For years in fear  
Of someone opening the door  
Opening the door and saying, "Who's  
here?"

Curtains closed  
Heart in your mouth  
No-one to talk to  
no north, no south.

A bookcase door  
My only protection  
This is all I've got  
To avoid detection

This is my world  
It's not huge.  
But I guess I'm lucky,  
I have refuge.

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Tom Wilson 015396 20954  
07790 946578

*Year 8 : My Home by Lily Haygarth*

MY HOME

My safe place  
My saving grace  
My house, my home  
Where I love to roam

Home is a place  
I call my safe space  
So take me back to my favourite  
place

My house is the place I feel safe  
My home  
My safe space

*Year 9: This is the place by Eryn  
Wilson*

THIS IS THE PLACE

The place where I belong  
The place I feel safe  
Everyone around me feels the same  
The place is a football ground  
The Etihad  
Where I can finally let go  
And get lost in the sounds of  
Cheer and chants  
Everyone has their own place  
But this is the place where when I go  
I never want to leave  
This is the place I can be myself

*Year 10: The hills are my haven by  
Kate Anderson*

THE HILLS ARE MY HAVEN

I feel the fresh breeze hit my face  
As I wander aimlessly into the hills  
My safe haven  
Providing me with an escape  
An escape from everything



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## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

Old Sedberghian Weekend took place on the weekend of 30th September-1st October. On the Saturday there was a Lunch, and at 5pm Michael Raw's Memorial service, followed by the annual Dinner. On Sunday the annual Commemoration Service took place in the Chapel with the Venerable Nick Barker OS preaching the sermon. This was followed by Brunch in the Houses, the formal opening of the new hockey pitches by the Headmaster, a rugby match between the Old Sedberghians and the Anti-Assassins unfortunately had to be cancelled, and there were many other activities such as a run on the

falls, target shooting, netball and hockey.

Four open water swimmers competed in the Windermere mile swim event on 16th September. Several boys thought it warm enough on the 17th September to swim in the river for pleasure.



Lakeland Historic Car Club toured the School and showed a sample of members' cars

The Prep School took part in an Academic Challenge (as in University Challenge) involving five other schools and were pleased with themselves when they won.



The Conservation group have been hard at work up to their waist in cold water doing bankside maintenance at Bruce Loch (note spelling!)



### VACANCY AT 3 PALMER HILL, SEDBERGH





Palmer's Hill comprises a single storey terrace building divided into three cottages. Number 3 Palmer's Hill is the middle property. The building is set back from the road with only pedestrian access. It is in a safe peaceful setting close to the town centre with easy access to the shops and post office.





The property has the following internal accommodation; hall, living room, kitchen, pantry, bedroom, store room and shower room with WC. Externally there are two store sheds and a share of a building that was a wash house in the past.





There is also a small front garden and a communal garden.



The residence is available for a woman of at least 55 years of age who lives alone and is of limited means. In the event of there being more than one equally qualified applicant preference can be given to a person who is or has been resident in the Parish of Lune and Sedbergh. Another reason for preference can be if the person is a practising member of the Church of England. The person appointed will be given a licence to occupy for her lifetime subject to certain conditions.



For further details and application forms please contact either John Sykes, Clerk to the Trustees of the Sedbergh United Charities & Widows' Hospital, 8 Sycamore Avenue, Sedbergh LA10 5EZ, telephone 07786 384 917, email [jmsykes100@gmail.com](mailto:jmsykes100@gmail.com) or the Chairman, Tony Reed Screen telephone 015396 21081, email [a865@btinternet.com](mailto:a865@btinternet.com).



Application forms must be received by 17<sup>th</sup> November 2023.

The School has been running Sed Talks where pupils, past and present, tell how the School has inspired them to follow a particular field of interest

In support of Black History Month, Year 13 have been looking at the life of the black farmer and exploring farming around the globe.

A very successful year 12 parent and pupil ball was held on 7th October.

The Prep School took part in the Harvest Festival at Holy Trinity Church with the items donated being sent to Manna House, Springfield Hostel, and the Benddrigg Trust

### **Hockey**

The Prep School U13 team travelled to Glenalmond College to

take part in the IAPS Regionals, but got eliminated at the knockout stage.

### **Cricket**

The School is proud to learn that Sixth Form Pupil Marika has been named PCA (Professional Cricketers' Association) Women's Young Player of the Year, and OS Harry Brook was named Men's Player of the Year

### **Rugby**

The 1st XV won against Denstone College on 16th September 42-12 and won again against Dollar Academy 38-21 on 22 September. but lost to Ipswich on 30th September. They won against St Peter's York on 7 October 52-14

Newcastle Falcons' 19 year old OS Oli Spencer, following OS Ben Redsaw and OS Ben Stevenson, flew



## THE CROSS KEYS

### **Tearoom in Cautley**

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[www.cautleyspout.co.uk](http://www.cautleyspout.co.uk)

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

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

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

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

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

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

out to join England's World Cup effort.

In the last week before half term the Prep U12 and U13 teams went on a tour to Edinburgh and played Cargilfield and Ardvreck.

### **Music**

On Thursday 22 September Pet Noke and Julian Hellaby gave a world class concert of four hands and two piano. A side issue which caused much interest was watching them playing without paper using tablets and changing the pages with their feet.

This year's Night at the Musicals took place on Friday 6th October and was much enjoyed.

A Scholars' Concert was held in the Thornely studio on 1st October.

The House Unison competition was held on the last night before half term and was won by Carus.

### **Netball**

Nine Schools from all over South Lakes took part in an U16 Netball tournament in the Hirst Centre on 20th September, which Sedbergh won and qualified for the County Finals.

The 1st VII hosted Bury Grammar in round 1 of the SIS cup, winning 55-40 and taking them into the 2nd round. The 2nd VII also qualified as did U16A against Ripon Grammar 49-11.

U14A made it through to the second round of the Sisters in sport competition

### **Running**

The Old Sedberghians won the V40 Trophy and Age Graded Trophy at the Thames Hare and Hounds Alumni Race in London

The Prep School held an invitational cross country which was attended by 607 children from far and wide on 28th September. The U13 Boys and Girls have qualified for the regional round of the ESAA Cross Country Schools Cup

### **Skiing**

Lucy (Year 10) has won the U16 Moguls competition in the Snowsports England Futures Championships, with the highest point score across the whole competition (up to U21) of the day

### **Golf**

Thirty five plus golfers took part in a charity competition on Sedbergh Golf Course to raise money for Rainbow House Watamu in Kenya. Four OS visited Rainbow House and dropped off food and essential supplies for the children.

### **Future Events**

The School Fireworks this year will be on Sunday 5th November.

Exeat Weekend is 17-19th November. The end of term is 14th December

There will be a performance of A Shropshire Lad at 6.30 pm on 9th November in the School Chapel.



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

**2023**

Wednesday 15 November



The School Choir will perform Faure's Requiem on 12th November at 2.30 pm in the School Chapel.

The School will perform Grease in the Brewery Arts Centre on 30th November (matinee and evening) and 1st December.

The Year 9 Parent and Pupil Ball will be on 2nd December.

The Chapel Choir with Annakate Pearson, Harpist, will perform Benjamin Britten's A Ceremony of Carols on 8th December at 7.30 pm in the School Chapel. Tickets from TryBooking

The Guest Carol Service will be on 10th December in the School Chapel at 5 pm.

The home First XV matches for the rest of term are Warwick School on Saturday, 11th November, at 1 pm, and Millfield School on 6th December at 2.15 pm. The U18B team will play Loretto U18A on Saturday, 9th December at 2.15 pm.

## BOOK TOWN BOOK QUIZ

A monthly quiz to test your knowledge of the world of books. If you enjoy buying books a programme of fairs run by Northwest Book Fairs is available from the Howgills Bookshop at 72 Main Street, Sedbergh. *Answers on page 67.*

1. In which story do Sherlock Holmes and Dr Watson first meet?

2. Who in 2018 published a book called Becoming?

3. Whose books include A Short History of Nearly Everything, The Life and Times of the Thunderbolt Kid, and The Road to Little Dribbling?

4. Which sports book published its 160th edition in 2023?

5. Who wrote the lines 'Bliss was it in that dawn to be alive / But to be young was very heaven'?

6. The family name of this fictional character is Clarence Threepwood. Under what name is he a member of the peerage, and where does he live?



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7. Who called his autobiographical works *Fellwanderer* and *Ex-Fellwanderer*?

8. In which of Shakespeare's plays is there another play called *The Mousetrap*?

9. What colour was the cat Orlando in the stories by Kathleen Hale?

10. Which author's middle names were Fingal O'Flahertie Willis?

11. Who wrote the 2019 novel *The Silence of the Girls* that was shortlisted for the Women's Prize for Fiction?

12. Which book ends with the words 'The creatures outside looked from pig to man, and from man to pig, and from pig to man again; but already it was impossible to say which was which.'?

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

*John Carey*

It has been pretty uneventful at the Station as we undertake the last few maintenance jobs in preparation for the colder months including getting the chimney swept. Meanwhile, on the railway we have seen the appearance of the daily railhead treatment trains, a sure sign that autumn is here. It is only in recent years that we heard of the phenomenon of 'leaves on the line' as ridiculous as it sounds. But, in truth, this is the mulch of the ground-up leaves which forms a Teflon-like coating on the track causing wheel slip – trains unable to start and even

**Christmas**  
**LATE NIGHT SHOPPING**  
**Wednesday 6<sup>TH</sup> December**  
**5PM-8PM**  
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sliding along the track when the brakes are applied. In the old days the trains had brakes which contacted with the actual running edge of the wheels, effectively cleaning the wheel as it went around. So, the railhead treatment train is the modern way of removing this unwanted residue, usually by applying high pressure water. It is a major problem for the railway and the Settle-Carlisle with its several station stops and steep gradients is no exception.

Transport news has been dominated by the cancellation of the northern leg of the HS2 or H2O as we somewhat irreverently refer to it our house. OK there might just be some humour in that! Of course, the Sedbergh area was always somewhat distant from the intended new line and unlikely ever to have



been a significant beneficiary. Many questions have been asked on why we were spending such vast amounts of public money when we have other deserving transport needs and, indeed, why didn't we start building it from the North? Two justifications for the line have been trotted out amongst others, one being the extra capacity and the other being the necessity for high speed.

Rather ironically, examination of the rail map shows that there are already several lines coming out of London and two of these already run to Birmingham. The argument for having an additional line from London



to Birmingham and additional capacity might be therefore challenged but, of course, Birmingham was never the intended final destination. The next question is why 'high speed' given that this feature added significantly to the cost? For most of us in the north, simply having a reasonably priced and reliable service to London would be enough and shaving a few minutes here and there is immaterial. It is a scandalous fact, but it is sometimes cheaper to fly long distance rather than use the train. Perhaps, not something we should

be advocating in the current climate emergency.

Meanwhile, we have an excellent, often overlooked line to the north, already extant in the Settle Carlisle which was the Midland Railway's answer to a fast train service between London and Scotland. Hardly 'fast' by current day standards, but most consider that we are lucky that the S&C is there at all having once been destined for closure were it not for a valiant campaign fought by the 'Friends'. OK, speeds could be increased with some upgrades in signalling and passing loops but otherwise the line has never been in better shape. With so few transport options in the area, it is vital that the line also performs part of the rural transport strategy for the locality but could do so much more. We do need to be vigilant as regards the level of service and yet, next month, we are about see a reduction



in the stock provided – the thin end of the wedge? Needless to say, we have raised our concerns. Also, we have seen minimal progress in getting a customer-focused timetable with better commuter arrival and departure times. The current exclusion of the Dales Railcard for commuting journeys is but another challenge.

Unfortunately, as most will be aware from the national media, industrial action still plagues the rail network and, for the S&C this effectively means 'no trains' on strike days. We have already lost 38 days of services since the dispute began. We are no nearer seeing resolution and it is probably only a matter of time before further dates are announced. The public are getting a little weary and this can only be harmful to passenger confidence as well as the vital tourist industry.

Engineering works are an inevitable occurrence on a line such



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as ours, running through such exposed terrain, and short-term closures are required as indeed occurred over a recent weekend with a rail replacement bus service implemented by the rail authorities. Rail replacement buses do not normally serve Dent for good reason, however, on one occasion a full-sized bus accidentally departed Garsdale Station towards Ribbleshead, travelling over the single-track Coal Road rising to 1755ft before descending steeply into Cowgill. Having been on a roller coaster of a ride, the unassuming driver must have been shocked at what then faced him, with the steep hairpin bends on the last stretch down to

Cowgill, let alone the poor passengers. It is indeed a miracle that the bus even reached the bottom of the hill but, once there, was faced with Lea Yeat bridge (and the impassable Stonehouse Bridge beyond it). Guided by a concerned local resident there was no option but to turn the bus around and retrace steps (or proceed in the wrong direction to Sedbergh). The perils of the satnav and the need for better planning!

Moving on to our local bus services, well done to the volunteers of Western Dales Bus for stepping in to provide a Wednesday S1 service to Kendal as a temporary replacement for the withdrawn

weekday service! Meanwhile, it is understood that Westmorland and Furness are looking at a permanent 564 service presumably using some of the funding reallocated from the part-cancellation of HS2. It is to be hoped that the service, if it eventually materialises, will be along the lines of the council-supported 564-service withdrawn in 2014, providing for journeys to work and education. Also, it would be sensible to extend at least some journeys back to Kirkby Stephen. Of course, the other qualified good news is that the government £2 fare cap has now been extended to October 2024 – it was going increase to £2.50 next month. I say ‘qualified’ as, of course, this is only good news for those areas who already enjoy bus services and does little to help create new services or indeed replace already withdrawn services.

However, we should all consider using the services we have, including both bus and rail in this environmentally conscious age. The S1 makes its regular Saturday journey to Kendal and now on Wednesdays also. For an excellent day out, why not take the S1 Saturday bus to reach Carlisle departing at 0958 from Sedbergh Post Office to Dent Station and hop on the train to Carlisle? This would involve returning on the 1618 train from Carlisle 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 Fridays to Kendal via Kirkby Stephen on the S5. Please



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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.

## CHAPELS OF THE UPPER DALES

Colin Cowperthwaite

*Some extracts from an article by John Dawson which appeared in 'Country Life' magazine back in 1979. I have included references to chapels and Methodism in our area, mostly in Garsdale.*

It was in 1765 that John Wesley sent Nicholas Manners, 'preacher and evangelist', into the upper part of Wensleydale where, in the tiny village that runs eastwards along the hill terrace from Castle Bolton, he established the first Methodist Society in the dale. The soil, as he might have put it, was fertile; in these parts parishes were large, incumbents frequently worldly or slothful, and within each parish there were numbers of small, fiercely independent communities made up largely of 'labouring people'. The earliest known Wesleyan 'plan' for the area (the detailed summary of

arrangements for public worship week by week), dating from 1815, shows that there were many preaching places by that time, mainly centred on private houses.

"Mission work" was the description given to the ministry of Jonathan Kershaw and his wife, Mary, in Garsdale on the other side of the pass above Hawes, in those early years of the 19th century. This was a precise definition of their work among the descendants of the Scandinavian settlers who had carved out homesteads for themselves in the uplands, and whose outlook and way of life had changed scarcely at all over the centuries. The obituary of Thomas Winn, who died at Garth Gill in 1827, is worth quoting at some length. It not only gives a vivid glimpse of social conditions, but also illustrates the qualities that have for so long sustained these chapels.

"In the former part of his life he was notoriously addicted to the sin of drunkenness; and, according to the means he possessed, was perhaps surpassed by few in activity in the path of iniquity, frequently displaying much ingenuity and adroitness in the service of the prince of darkness. At that time Garsdale, and the hills and dales by which it is surrounded, was not favoured with the Christian Ministry so that he, in company with others, wandered in the way of ungodliness, without any effectual restraint. At length, however, Mr Jonathan Kershaw began to visit that neighbourhood; many flocked to hear the Word preached, several were enlightened, convinced of sin, and made happy in the love of God. Then

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Winn, being utterly ignorant of letters, but desirous to learn to read, and though a married man with a family rising around him, did so; and so assiduous was he in his application, during the leisure afforded him by his daily work, that he quickly made progress and was able to peruse the New Testament and other books calculated to lead him in the good and right way. Having been very active in the service of sin, he now gave all diligence to make his calling and election sure".

Garsdale is a wonderful example of how each hamlet along the length of a dale came to have its own chapel during the 19th century. There are five strung along this valley, from



JUNCTION CHAPEL, GARSDALE HEAD, NEXT TO THE RAILWAY VIADUCT.  
Each hamlet in the Dale came to have its own chapel in the 19th century

Frostrow, in the relatively lush pasture land above Sedbergh, to Hawes Junction, a bleak little box situated in the shadow of the great railway viaduct at Garsdale Head. The two chapels in what passes for a village in the centre of the dale are particularly interesting. Low Smithy, founded in 1830, has its own considerable graveyard, still in use - a most unusual feature. Jonathan and Mary Kershaw lived here, in the

## ***Sedbergh Ladies NFU*** **COFFEE MORNING**

In aid of DEMENTIA UK  
Wednesday 22nd November  
St Andrews Church  
9.30—11.30am  
Cake Stall and Raffle



tiny cottage which is an integral part of the chapel. There are two rooms upstairs and two down, and anyone over 4ft tall has to be careful not to bump his head going upstairs. Worshippers have to pass through the cottage lobby to get into the meeting room, where there is a wall tablet recording the devoted service of the Kershaws. This meeting room is a perfectly preserved example of an early Wesleyan place of worship, even to the last detail of its long-



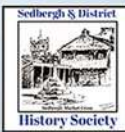
—INSIDE LOW SMITHY METHODIST CHURCH AT GARSDALE. FOUNDED IN 1830. "A perfectly preserved example of an early Wesleyan place of worship."

handled wooden collection boxes. It is a plain room, but beautifully proportioned. The worshippers sit on simple painted wooden benches facing a central pulpit which is raised slightly above a delightful miniature Laudian communion rail. On either side of the pulpit, at right angles to the congregation, are the choir benches.

A short distance up the road is the Street Chapel, built in 1846 by the schismatic Primitive followers of Hugh Bourne. The Wesleyan image, so accurately reflected still at Low Smithy, was too like the Establishment for their liking, so they opened their own preaching house adjoining a row of cottages, fronting directly on to the road. Here again

the interior is quite unspoiled, partly perhaps because there has never been enough money to make large-scale alterations seem attractive. The high pulpit is large enough for the preacher to walk about in and gesticulate freely (the Prims were often known as Ranters) to the faithful, who faced him in a series of brightly painted box pews which rose in tiers, until those at the back were roughly at the preacher's eye level. Everything is severely plain and, in its aspect and proportions, suggests that the 18th century might still be running its course.

Whatever their external appearance, these chapels are all maintained with a loving care which must have often strained the



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Winter talks are held in **St. Andrew's Church, Sedbergh** or by **Zoom**. Summer outings vary from local walks to full day excursions. Our extensive archives in the Society's **History Room** are open to the public. Four **newsletters** are published each year as well as our annual journal, the **Sedbergh Historian**.

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resources of the small communities which have to bear the cost of repairs and heating. At Garsdale Foot in 1864, 12 of the original 19 trustees were farmers, and in the late 19th century it was observed that the flourishing Ladies' Sewing Meeting was the main prop and stay of the Society. The WI has long since replaced the Sewing Meeting, and in June 1979 the final service was held in this idyllically situated building. In a sense, historical circumstances began to make many of these chapels uneconomic almost as soon as they had been completed. The rebuildings and enlargements date from the time when mining and knitting had combined to bring to the Dales their greatest prosperity and population density. By the time of the First World War both of these industries were declining, and as agriculture has become progressively less labour-intensive, there has been a continual fall in population ever since.

Although the casual visitor, rushing by in his motor car, might easily miss them, the chapels of the upper Dales remain as focal points in the isolated settlements which they have served so long and so effectively.

## GEORGE GUNN V.C.

*Karen Bruce Lockhart*

Second Lieutenant George Ward Gunn VC MC was born on 26th July 1912 in Neston, Cheshire, the son of a local GP. He attended Sedbergh School from 1926 to 1930 and was in Sedgwick House. Like the other three Sedberghian VCs his career at the school was not particularly distinguished. When he left school he became a Chartered Accountant in London. He volunteered immediately war was declared and was commissioned into the Royal Artillery.

His story is remarkably similar to that of Jock Campbell VC, of whom I wrote last month. They both went to Sedbergh School, they both joined the Army immediately at the

beginning of war (though different wars), they were both commissioned into the Royal Artillery, both were in the Royal Horse Artillery, they had both gained awards for bravery before the battle of Sidi Rezegh, both gained their VCs in that battle, they both rode into battle with their guns in open unarmed vehicles, and they both ended their battle manning a gun themselves. He was in fact in the 7th Support Group, 7th Armoured Division, which was commanded by Jock Campbell

January 1941 Gunn was awarded the Military Cross for his bravery at Tobruk. It was awarded for his sustained gallantry and coolness, which inspired all ranks, as one of the Tobruk garrison under heavy and

close enemy fire on a number of occasions, particularly on 4th and 5th January 1941,.

Later in the year during the British attempt to relieve the siege of Tobruk the Germans counterattacked near the airfield of Sidi Rezegh. On 21 Nov 1941 at Sidi Rezegh his 'A' Troop of four anti-tank guns went into action as part of a battery of twelve guns against an overwhelming force of German armour consisting of about 60 tanks. Gunn drove around between the guns in an unarmoured vehicle encouraging and reorganising his men as the battle progressed. When three of his four guns were destroyed and the team on the fourth were nearly all put out of action, he took charge of the gun despite the portee (truck used to carry the gun and used as a firing platform) being on fire and in imminent danger of exploding. With the help of a sergeant, who had been the only man to survive the attack on the gun, acting as loader, he managed to fire with great accuracy about 50 rounds from the Quick-Fire 2-pounder and put two enemy tanks out of action at a range of 800 yards. As he was doing this the enemy fire was concentrated on his one vehicle, and he was shot in the head and killed. The citation says that but for his very gallant action the enemy tanks would undoubtedly have overrun the position.

He was buried in the Knightsbridge War Cemetery, Libya. There is a street named after him in Neston. He was unmarried. His VC and MC are held by the Royal Artillery Regiment Museum, Woolwich. His brother Philip was accidentally killed in 1944.

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## FIFTY YEARS AGO

*Colin Cowperthwaite*

*A selection of items taken from local newspapers dating from November 1973.*

### **Sedbergh Junior Guild**

The Rev. D. Capstick, a local missionary, was the speaker at the Junior Guild meeting in the schoolroom on Monday evening. Introduced by the chairman, Colin Fishwick, he gave a commentary, illustrated with slides, of life and scenes in Sierra Leone. He was thanked by Veronica Brown and Adrian Cannon. The register was kept by Linda Raw, and the lesson read by Vivian Souter. Judith Dixon was at the piano.

### **British Legion**

The Royal British Legion held their annual meeting recently when Tommy Packham was in the chair, and in his address the president, Lt-Col. I.F. McDougall, said that the branch had a very successful year and that all ventures undertaken had proved worthwhile. The secretary, Tom Dickie, and the treasurer, M. Hartley, both presented satisfactory reports. Elections held resulted in the following appointments: chairman L.

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Haslam; vice-chairman T. Packham; vice-presidents T.V. Stainton, J.T. Clough, J. Burrow, V.E. Collison, R. Harper; committee G.R. Hague, E.C. Moore, Wilf Conchie, R.B. Gregory, W. Sedgwick and B. Snowden. Frank Konzynski was elected as standard bearer.

### **Methodists**

Anniversary services were held at New Street Methodist Church at the weekend, when the preacher was the Rev. G.P. Smailes, United Reformed Church minister at Ravenstonedale. At the morning service, a duet was performed by Mrs J. Capstick and Mrs W. Waller, and in the evening, Mrs Wilde sang a solo. On Monday, the Rev. H.S. Hills introduced Canon A.T.I. Boggis, who gave an address. The soloist was Mrs J. Dawson. The organist was Mrs G. Spencer.

### **Call to the North**

The committee representing all Sedbergh district churches met in the schoolroom of Salem United

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Reformed Church, when Dr P.L. Campbell was in the chair. It was decided to hold a combined church service in the Methodist Church this Sunday, to be conducted entirely by young people, and also to hold a carol service in the Parish Church on the last Sunday in December.

### **Over-Sixties**

Elderly folk in Sedbergh were able to enjoy TV coverage of the royal wedding (Princess Anne & Captain Mark Phillips) in a degree of comfort, thanks to gestures by two local businessmen, and by their own organisation. Mr George Mounsey, a local TV dealer, installed special aerials at the People's Hall and supplied two large colour TV sets for the occasion. Mr Kerfitt, a local

caterer, provided tea and refreshments, while the cost of heating at the hall was borne by the club.

### **Secondary School**

At the invitation of Kirkby Stephen Grammar School PTA, a party of pupils, accompanied by music teacher Mr R. Bush and two student teachers from the United States, travelled to Kirkby Stephen last Thursday to attend a concert given by Mr Mike Donald, a well-known folk singer from Skipton, who sang songs of his own composition from around the Dales area.

### **Two Sisters Celebrate 50 Years of Marriage**

Fifty years ago two sisters married two men, both called Thomas, and on

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Wednesday, Princess Anne's wedding day, they both celebrated their Golden Wedding. The sisters, then known as Amy and Martha Goad, came from an old farming family from Dent. They were married on the same day at St Andrew's Church, Dent, and became Mrs Amy Gardner and Mrs Martha Walker.

Now Mr and Mrs Gardner live at 2 West View, Ingleton, and have five children and nineteen grandchildren. Mr Gardner has farmed all his life at Dent, Kirkby Lonsdale, and in later years at Chapel-le-Dale. Although now in semi-retirement, Mr Gardner still farms 100 acres at Chapel-le-Dale. A former member of the NFU, Mr Gardner was also the chairman of directors of Kirkby Lonsdale Auction Mart. For many years he has been a keen follower of Cumberland and Westmorland wrestling.

Mr and Mrs Walker, both 79, live at Rose Bank, Barbon. They have both worked in private service, Mrs Walker before her marriage, and Mr Walker as a chauffeur for most of his working life. For 16 years Mr Walker was a voluntary ambulance driver in Sedbergh, and says that he has driven most types of vehicles, including the old wagons with solid tyres. He is an honorary member of the St John's Ambulance Brigade, and follows the Lunesdale Foxhounds every Boxing Day. Although Mr Walker retired over ten years ago, he describes himself as the local errand boy. "When I was a chauffeur I always had to do odd jobs, and I still go around on my bicycle doing jobs for people", he said.

## CASTLEHAW MOTTE AND BAILEY CASTLE

*Barbara Hartley/Sedbergh and District history society*

Just east of town - and before you pass Westwood Books - a narrow lane leads north to Castlehaw. This is one of the best preserved Norman fortifications in this area. The remains are of a 'motte and bailey' castle, probably constructed in the 11th or 12th centuries. Such castles, of which there are about 600 nationwide, are medieval fortifications brought to Britain by the Normans for use as strongholds. While some were used as forts (and others were centres of local or royal administration), almost all were built at locations that dominated the

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surrounding land. Castlehaw is no exception and would have provided uninterrupted views west over Sedbergh and towards the river and east and south across the valleys.

The 'motte' (or mound) at Sedbergh is oval in plan and about 10 metres high surrounded by a ditch on all but the south side, where there is a natural escarpment. On top of this motte would have been a timber-built castle now long gone. The 'bailey' (or courtyard) is on the west of the motte and consists of a platform some 32 metres long by 20 metres wide.

Some of these monuments overlaid earlier prehistoric fortifications and once abandoned were built over again by later castles and fortifications. The monument at Sedbergh, however, remained largely as it had been abandoned until the 1960s, when a bunker was dug for the Royal Observer Corps into the

bailey platform. This was part of the national network of posts designed to monitor nuclear explosions and radioactive fallout in the event of a nuclear attack. Despite this late intervention, the form of the medieval monument is clear to see from the town below and the view from the top is more than worth a walk.

The Sedbergh & District History Society have two talks in November, the first on 1st November is by Zoom and given by the Society's chairman Kevin Lancaster. It will focus on the impact that the Norwegian Vikings had on Sedbergh in the latter years of the 10th century.

The second talk will be on 15th November in St Andrews Church by Suzanne Tiplady and will explain how, over a period of 300 years an isolated Cumbrian community educated its children.

Both talks begin at 7.30pm and all are welcome

## COMMUNITY ORCHARD GROUP (COGS)

*Ann Parratt*

A QUICK UPDATE about the Community Orchard

This year's Apple Day took place on Saturday 21st October in The Peoples Hall, a full report will be in next month's Lookaround.

Other news

The trees are now producing well and we had a good crop of apples, damsons and blackberries.

Herbs are in raised beds with strawberries, blueberries, blackcurrants, rhubarb and gooseberries available in season for the community to enjoy.

A new bench is being purchased soon so there will be two benches plus wood stumps for people to sit and enjoy the view or have a family picnic; it's wonderful to see people enjoying this community space.

We invited Year 5 from the Primary School to the orchard for an active

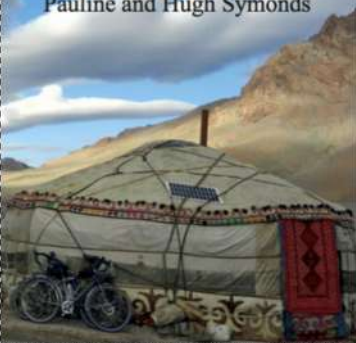
science afternoon. We all had a great time, even though the weather could have been a bit dryer ☁

Not only did the children identify various bugs found in the bug hotel, they made it a dry, safe environment for creatures to hunker down over the winter months. They also heard all about the different types of apples grown in the orchard, had a tasting and decorated apples with cloves to make fun faces. The children were fascinated to learn more about pollination and the importance of various species. They were a great group of children, very enthusiastic and a real pleasure to be with. We hope that other classes at the Primary School will also use the orchard in the future.

The bad news is that dog fouling continues. We want to welcome everyone to the community orchard but unfortunately, we have had to close the orchard on several occasions so that the orchard can be

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cleansed of dog mess. We are very concerned that with so many young children and their families visiting the orchard, there could be repercussions or even illness.

It should be made clear that the orchard is NOT an exercise area for dogs. If your dog is on a lead and fouls, please pick it up and remove it. Do not put it in the compost bins, and please do not let your dog dig holes in the orchard.....Tree roots are being exposed on a regular basis and we could easily lose some of our trees, which would be very distressing.

There are so many beautiful wide open spaces around Sedbergh to walk a dog.....why use the orchard?

## SEDBERGH COMMUNITY SWIFTS

*Tanya & Edmund Hoare*

This month there will be a meeting of the national swift groups – the Swifts Local Network (SLN) – this time in Oxford. SLN is a wonderful email forum for swift groups and enthusiasts to share ideas and offer help and advice. The intention was to meet every two years but because of Covid we have not met since 2019 in Bristol. We have a day of talks and a social evening beforehand. A few of us set up SLN back in 2014 and it has now grown to over 130 groups nationwide. You can see these listed on the website [www.swift-conservation.org](http://www.swift-conservation.org) or click on the map





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[www.actionforswifts.blogspot.com](http://www.actionforswifts.blogspot.com) .  
 Many of these have Facebook pages, and we set one up for Sedbergh Community Swifts.

We all have the same aims, to raise awareness about swifts and the threats they face. But swifts are a bird that we CAN help: by finding and retaining all existing nesting sites, and by putting up nest boxes and installing integral nest bricks.

At the moment I am engrossed in preparing my talk for the Oxford meeting: Swifts, a bird that sleeps in the sky – a myth? Of course, swifts that are breeding can sleep in the nest each night. But what about the



other 9 months of the year when they are entirely airborne? How do they sleep? Do they need to sleep? What do we mean by sleep? Why do animals sleep? Do all animals sleep?

The whole subject of sleep-in living beings is a matter of great fascination and complexity.

We are still being kept busy with supporting other local groups, giving talks, and helping people put up nest boxes and nest bricks. Do get in touch if you

have any work planned that would make it easy to install them.

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

## WINTER WILDLIFE IN CUMBRIA

*Cumbria Wildlife Trust*

Winter is a time for rest and recovery for much of our wildlife but if you look carefully there is still plenty to enjoy. Look out for migratory birds which specialise in finding food during our mild winters. Winter is also a chance to enjoy the form of deciduous trees and the squirrels that hide in them.

Our guide to Great Places to see Winter Wildlife in Cumbria features hills, valleys, woodland and the coast - your choice depending on the weather!

**The Atlantic oakwoods of Borrowdale** are one of the most important habitats in Europe for mosses, liverworts and lichens, especially old forest species. As a result of their rarity and diversity, all of the Borrowdale rainforest is protected as Sites of Special Scientific Interest (SSSI).

Where is it?

By car: From Keswick head south on the B5289 (the Borrowdale Road), continuing down the side of the lake and beyond. Park at Grange.

By public transport: Buses run from Keswick to Grange Bridge but the

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service is reduced during the winter months.

The vast expanse of **Drumburgh Moss** gives a great winter wilderness experience. Our beautiful Exmoor ponies can be seen grazing the wet heath and deer venture onto the bog from the surrounding woodland to browse. The viewing platform offers great views over the bog and beyond. If you're lucky you may spot a hen harrier or short-eared owl hunting low over the moss.

Where is it?

By car: From Carlisle head north west on the Burgh Road, passing through Burgh until you reach Drumburgh. Turn left in the village at the post office. Follow the track for 400m and park just beyond Moss Cottage.

By public transport: Buses run from Carlisle to Drumburgh village.

**Eskmeals Dunes Nature Reserve**

Nothing beats a windswept winter walk in the dunes with the low sun over the sea. Eskmeals

Dunes' sheltered estuary attracts many wintering birds including curlew, oystercatcher, widgeon and goldeneye. Please ring in advance to

check access times with the gun range – 01229 710022.

Where is it?

By car: From the A595 at Waberthwaite, turn left through the village and continue for 1.5 miles. Under the viaduct the road swings left, park here on the left. May not be passable at high tide.

By public transport: Trains run from Whitehaven and Millom to Ravenglass and Bootle.

**Siddick Ponds** is one of Cumbria's most important bird sites. Over-wintering birds include teal, golden-eye, pochard, tufted duck, shoveler and occasional parties of whooper swan. The nature reserve is undoubtedly the best location in Cumbria to see the secretive bittern.

Where is it?

By car: From the A596 between Workington and Siddick, park in the Dunmail Park (Asda) car park. Head for the old mineral railway embankment (now a cyclepath) to the right of Edgar's car showrooms.

By public transport: Buses run regularly from Workington to Dunmail Park.

### **Geltsdale Nature Reserve**

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Geltsdale is home to black grouse and birds of prey and is ideal for walking. At Geltsdale, black grouse can be seen in autumn, winter and early spring.

Where is it?

By car: From Brampton head east to the A69, turn right on to A69 and not long after turn left towards Milton. Continue through Milton and the nature reserve is a further mile.

By public transport: Buses run from Carlisle to Hallbankgate.

**Smardale Gill** Nature Reserve With more snowy days than its more westerly counterparts, Smardale Gill is an amazing winter wonderland when the landscape is picked out by lying snow. Look for dipper in the beck, buzzard, green woodpecker and winter tit flocks in the woods. Abundant fruit and berries always make for a great winter wildlife spectacle.

Where is it?

By car: From the A685, 1 mile south of Kirkby Stephen, take the turning for Smardale. Cross over the railway and turn left at the junction. Ignore the sign for Smardale and cross the disused railway. Turn left and left again for the car park.

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By public transport: Buses run from Kendal, Sedbergh and Brough to Kirkby Stephen.

*But note that the railway track through the reserve and viaduct are likely to be closed during November. The viaduct for repair and the track for removal of dead ash.*

The **Solway Coast** stretches from Rockcliffe in the North to Maryport in the South and is a great area to see winter migrants. Look out for ducks and waders such as barnacle and pink-footed geese which come to enjoy our mild winters. The entire Svalbard population of around 26,000 barnacle geese travel to the Solway Coast along with pink-footed geese which leave their breeding grounds in Spitsbergen, Iceland and Greenland

to feed on the creatures in the muddy estuary.

Where is it?

For more information about spotting wildlife on the Solway Coast visit the Solway Coast Discovery Centre on Liddell Street, Sillothon-Solway, Cumbria CA7 4DD.

**Whinlatter Forest** - Wrap up your small children or grandchildren and take them to Whinlatter to walk the Squirrel Scurry trail. Buy a map from the visitor centre to start

your journey and follow Teasel the Red Squirrel around the trail to learn more about Whinlatter's red squirrels. Look out for real thing at the squirrel feeding stations.

Where is it?

By car: From Keswick, head west on the A66 and turn left at Braithwaite onto B5292. Drive for 2.5 miles to reach Whinlatter.

By public transport: Buses run from Keswick to Whinlatter every hour.

**South Walney** - In winter, the salt marshes and mud flats of Morecambe Bay attract thousands of migratory birds, and South Walney is the perfect place to see them. Look for great flocks of oystercatcher, redshank, dunlin and knot roosting at high tide or wheeling around in the low sunlight. Grey seals haul out on the spit and can be seen playing in the Walney Channel.

Where is it?

By car: From Jubille Bridge in Barrow follow the brown signs turning left at the traffic lights. Follow this road for 0.5 miles and turn left onto Carr Lane. Pass Biggar Village and follow the road to the South End



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**Whitbarrow** - From the summit at Lord's Seat the majestic central Lakeland fells rise to the north, while the often sun-kissed expanse of Morecambe Bay spreads out to the south. When the sun hits the Whitbarrow massif in the winter, the white trunks of thousands of birch trees are caught in the light. Look for huge flocks of redwing and fieldfare when the yew berries are ripe.

Where is it?

By car: From A590 near Kendal, take the road signed for Witherslack. Go through the village, past the school and continue for 1 mile. Park where a footpath leaves the road on the right-hand side. Follow this path for half a mile to reach the nature reserve.

By public transport: Buses run from Barrow, Ulverston and Kendal to Witherslack



## FRIENDS OF THE DALES ONLINE TALKS

*Victoria Benn*

All digital talks can now be booked via the online ticketing platform, Eventbrite. The Zoom link for the talk will be sent out via email in the usual way a few days prior to the scheduled talk.

Both talks can be booked via our Events page: <https://friendsofthedales.org.uk/events>

Online Talk: Funding for Sustainable Business and Community Projects in the Dales

Wednesday 6 December, - slightly later time of 5.00pm

This talk is pitched at businesses, community groups and individuals wanting to find out more about how the Yorkshire Dales National Park's Sustainable Development Fund can support projects that aim to promote a more sustainable way of living in, working in or visiting the National Park. Meet Andrea Burden, Sustainable Development Officer for the Park who will introduce the scheme, the funding available and how to apply. Edward Sexton of Clapham based Glencroft will then reveal how the fund helped kick-start his company's now successful 'farm to yarn' project - Clapdale Wool - buying fleeces from farms within a 5-mile radius and transforming them into Yorkshire-made hand-knit yarn.

Online Talk: Access the Dales  
Wednesday 17 January, 4.30pm

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Since becoming a wheelchair user in 2011, Debbie North has campaigned tirelessly to break down barriers and promote countryside accessibility for all. Founding the charity, Access the Dales, whose motto is 'making the inaccessible accessible', there are now nine 'free to borrow' all terrain wheelchairs available from designated sites across the Dales. Debbie was also appointed Cabinet Office Disability and Access ambassador for the Countryside in 2022. This talk offers a unique opportunity to learn about the successes and improvements Debbie's campaigning has achieved, along with the challenges still to surmount.

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## **DENTDALE HEAD TO FOOT The Northern Lights**

*Andrew Povey*

The October meeting of Head to Foot was an amusing and enjoyable account of our chairman's longheld desire to see the Northern Lights.

The Northern Lights are created by a solar wind from our sun hitting our atmosphere. This causes the gases in our atmosphere to emit light, each component emits a different colour. Green and yellow are the main colours which reflects the principal components of our atmosphere (oxygen and nitrogen).

Initial efforts to see the lights involved very early morning trips to Northumberland but these were thwarted by cloud cover. Finally a trip to Norway and a cruise up the coast and into the Arctic Circle brought success! The trip also incorporated a Viking feast, dog-sledding and snowmobiling.

The lights are impressive and the way they change shape and appear to move around amply justifies the description of a 'celestial ballet of light dancing across the night sky'.

Our next event is on 3rd November at 2pm in the Sedgwick room in Dent. This will be a talk by David Butterworth the Chief Executive of the Yorkshire Dales National Park.

Look for us on facebook 'Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page. Please follow us and 'like' our page.

For further information please call .

Andrew Povey on behalf of DDHF  
07881655166

[poveya@btinternet.com](mailto:poveya@btinternet.com)

## FAMILY MUSINGS

*Sarah Woof*

Due to being invited to speak at a local group I have been delving into not only my memory but into photo albums and old guidebooks. Happy memories come flooding back and we often say, 'life was simpler then'. But was it ? People still had struggles, ends didn't meet, times were hard yet always somewhere a glimmer of hope. In a few old guidebooks our Dale is described as being a 'little Switzerland ', minus the bells around the necks of the cows me thinks! It is a bit mind blowing thinking of all the changes in our village in my lifetime and remembering hearing my parents talk of Cobblers shops and Tom someone's bakery .... oh how things have changed. Records need to be kept otherwise history is lost.

What a privilege being a grandparent can be, we get to watch the children grow and develop and to be part of it. Their mannerisms, speech, habits and just their being them. I adopted a grandad as mine had died before I was born, but knew one grandmother, she was a strong determined character who took no nonsense from any of her grandchildren. Yet in minutes she would dissolve into this adored mushy grandma with the ability to produce giggles and home made toffee in abundance. In her heyday she was a dressmaker and made most of the wedding dresses locally. She had it all stitched up as regarded funeral and bridal wear locally. But woe betide any helper who dropped a stitch.. ! Home made Toffee sounds a

brilliant idea for November, anyone got a foolsafe recipe ,as my last attempt didn't set .....and we got fed up with the gooey toffee sauce. Keep warm and well and don't lose any teeth to toffee.

---

## SEPTEMBER WEATHER

*B Wright*

Another rather wet month with 155mm (6.1") of rain. With milder temperatures, than would normally be expected at this time of year, things seem to have flourished. Once again, we have had many days starting calm until the sun rose and the wind increased.

The rain & milder temperatures has seen plenty of grass growth which the sheep have enjoyed. These milder temperatures no doubt played a part in the lambs being fly struck, something that doesn't normally happen. The ewes struck earlier have fortunately recovered but are struggling to grow new fleeces.

Carlisle sales didn't go too well with only the gimmer selling. Although I always buy the best breeding I can afford, my tups looked more like big lambs alongside the others!!

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

*Wendy Frazer-Urquart*

October already and by the time you read this it will be Bonfire Night. In November 1996 my husband and I were parked up on Langstone Fell in our motor caravan, looking down on the fireworks lighting the sky over Sedbergh. It was joyful, as it has been each year, ever since.

And joyful it was to be gathered yesterday with WI friends for our meeting. After our president Susan Sharrocks welcomed us and we had sung "Our Song", [NB not 'Jerusalem'] we moved on to listen to our speaker. Today, Marjorie Bidgway was back to entertain and educate us

once again. Previously, Marjorie spoke to us in July 2022 when we learnt about 'The History of Buttons'. This time her title was, "The Journey of the Humble Sewing Needle". That might sound to be utterly boring, but believe me, it certainly wasn't! Starting in the Palaeozoic era when needles were roughly made from animal bones to the present day when steel needles are produced in their millions by industrial processes. One of the facts which added to my knowledge was that in medieval times the Guild of Needlemakers in London was located in Threadneedle Street! Nowadays that is the home of the Bank of England. The main centre of needle manufacture in Britain is Redditch where there is a

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museum and workshop devoted to the craft. Marjorie had a wonderful display of everything connected with the craft of all sorts of sewing. Her enthusiasm and knowledge is unsurpassed. After an enthusiastic vote of thanks, we moved on to the joys of tea and our business meeting!

Plans were made for our AGM next month and future activities. We were very happy to welcome two prospective members to our meeting and hope that they enjoyed themselves. Members chose their menus for our Christmas Lunch at the Golf Club. Birthday greetings this coming month were for Dilys Evans, Susan Raw, Joan Perkins and Margaret Denton. High Girls!! Life's great when you're having fun. Forget the advancing years!

We meet again for that AGM at 2-00pm on Tuesday 14th November in the committee Room of our wonderful People's Hall

## SEDBERGH W.I.

*Moira Folks*

If you walk along Main Street in Sedbergh in October, you can't fail to notice what season is coming up by the number of pumpkins in Powells; the great Halloween window display in the Hair Salon; and cats, spiders and witches in several other shop windows. With her eye on the Halloween season, our Program Secretary invited Terry Bond from Kendal to talk to us on October 11th about the notorious Pendle Witches who were brought to trial at Lancaster Castle in 1612. The story involved two rival families in the Pendle area of Lancashire: The Demdike family and the Chattox family. There were 'white' witches who helped people by selling healing herbs and potions – for example love potions; there were 'black' witches who sold harmful potions to hurt or even kill people or their animals – or simply cursed them, causing terror and maybe death. There was also trade in body parts dug up from the cemetery at Newchurch in Pendle. Witchcraft was a crime punishable by death. In this case, the start of the story seems to have been when a

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pedlar, John Law, was cursed by Alizon Device (one of the accused) and later suffered a stroke, for which he blamed Alizon. Other accusations followed, some of them amongst the Demdike and Chattox families, and out of the twelve people accused of witchcraft, one died of jail fever in Lancaster prison, one was found guilty at York and the other ten were tried at Lancaster after months of living in appalling conditions in prison. They were found guilty on the evidence supplied by 9-year-old Jennet Device, a member of one of the feuding families. Only one person was acquitted – all the others were hanged. Unusually, the trial was documented in detail by the clerk of the court, Thomas Potts, a fact which

explains why there is still so much detail about the case. The official publication was called 'The Wonderful Discoverie of Witches in the Countie of Lancaster'. During three centuries of witchcraft trials throughout England, 500 people were executed: the ten Pendle Witches hanged in 1612 made up 2% of this number, a significant proportion in the 300-year period for the whole of England. There is an excellent article by Ellen Castelow on the Historic UK website if you would like more information: search 'The Pendle Witches'.

Meeting at Pam's home at Farfield on October 12th, our book club discussed 'Confession with Blue Horses' by Sophie Hardach. The



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action starts in a divided Berlin in 1967: two artists and their children Ella, Tobi and little Heiko attempt to escape from Soviet-controlled East Berlin to Hungary and Austria, out of the communist bloc. The parents are separated from the children, little Heiko disappears, and Ella and Tobi are sent back to East Berlin to live with their communist grandparents. Ironically, just 2 years later, in 1969, the Berlin Wall is torn down and East Germans can move freely to the west if they wish to. By 2010, Ella and Tobi are living in London and Ella decides she must try and locate Heiko, who would now be about 25. She also wants to find out about her mother's experiences in a Soviet prison. This has now become possible because

these records – or rather their shredded remains - from the Soviet era are now being made available in the former Stasi (secret police) headquarters, now a museum, where researchers are attempting to literally piece together the shredded remains. There were diverging opinions about the book between book club members with scores ranging between 4 and 8/10, averaging at a reasonable 6.5.

With several WI members on holiday in late September, the walking group and lunch club didn't meet. The main social event was our fundraising Coffee Morning in St Andrew's church rooms on October 4th when over 70 people gathered to chat over coffee and biscuits and to

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make the most of the various goodies our members had supplied for the cake table and raffle. Around £200 was raised, to be split between our WI funds and the International Rural Women in Action Fund. We're very grateful to everyone who contributed.

Our next meeting in the People's Hall committee room will take place on Wednesday 8th November at 7.30pm. It will be a practical session entitled 'Making Cards for Christmas', led by Shelagh Cobb. New members and guests are welcome to come. For further details, 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*

The A.G.M. was held at Firbank Church Hall on 5th October. Sarah gave a warm welcome to members and our advisers, Sarah Middleton and Lin Stretton.

The secretary's report took us back to highlights over the past year. We have enjoyed meeting all our speakers who have given us a good mix of interesting subjects. Last November we made our own Christmas wreaths. We celebrated Christmas at Sedbergh Golf Club with a lovely meal, raffle, competitions and dominos. The competition for an item from the twelve days of Xmas was won by Tanya. The Spring Council Meeting was enjoyable with some special guests, included was Sara Dennis from the B.B.C Repair shop. Sign language from the deaf association. We were given a great night when Sarah and myself joined Dent W.I. as they celebrated their 80th birthday. Our delegate Cathy Smith voted on our behalf on the national resolution to clean up our rivers. Funds were boosted with a Domino Drive, and Coffee Morning. Countryfest and the County Show are popular with everyone. Five members enjoyed the day at the gift and food fair at Ripon Cathedral.

Following a vote for president Sarah was re-elected. The committee remains the same.

We meet again on 2nd November when Gill Ferguson will be introducing us to Felting.

Visitors welcome at Firbank Church Hall .

## DENTDALE W.I.

*Theлма Belfield*

It's been two months since our last report on the activities within our group and there are two meetings for me to share with you this month. At the end of August, the Dent Gala took place and we all contributed wholeheartedly into providing scrumptious afternoon teas at the event. Tasty sandwiches, delicious cakes, scones and biscuits were included, all baked and served by our incredible and generous members. The result was we were able to donate £400 to the Dent Memorial Hall funds. Despite the weather being a bit unsettled, everyone had a good day.

September saw us all busily preparing for our Open meeting, when we invite other local WI groups to join us for entertainment and refreshments. This year the entertainment was provided by local male a Capella group – Grievous Bodily Harmony – who lived up to their reputation and gave us an excellent performance from their repertoire. They began by giving us a resume of how they came together. This being one of the better

outcomes of the Covid 19 pandemic. Their love of singing caused them to look at alternative ways of being together to sing, solved by them meeting outside (they stayed within the letter of the law as there were only 6 of them and they maintained social distance). This ultimately led them to perform post covid, at local events and gaining popularity, now travel much further afield. Their repertoire for our evening's entertainment covered a wide range of different styles. Beginning with The Railway Song and Magnificent, followed by a number made famous by Australian group, The Spooky men, entitled The Sweetest Kick. They went on to sing two spirituals, Billy Joel's well known 'And so it goes', a sea shanty, 'Leave her Johnny, Leave her', and 'The Northwest Passage' made famous by the late Stan Rogers. A humorous play on words from the Beatles song 'and I love her' and a final encore of 'when I'm 64'. There were many more, but I have more to tell you and must move on. It was, however, an enjoyable and entertaining performance and if you get the chance, go and see them elsewhere.

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We all enjoyed a delicious Jacob's Join supper following their performance. At our Open meeting, it being primarily a social event, there was little business discussion and President Jackie simply thanked all members for their contribution to the recent Gala event, shared the news that the menu for our Christmas lunch was available to view, and that final numbers and menu selection would be made at our October meeting. Which brings me nicely into the current month, and it was with considerable eagerness and anticipation that we came together to hear our speaker for the evening. Sarah Woof is no stranger to many of us throughout Dentdale and the Sedbergh District: she is a woman of

many and varied talents, including writing articles for the Lookaround, and the title of her talk was 'Over the Counter in Days Gone By'.

President Jackie opened the meeting with a warm welcome to all members and seven visitors including two men (a very rare event at our meetings) like the rest of us eager to hear Sarah's talk.

Jackie dealt with the business matters first. Transgender is a subject of national debate currently and our Federation has invited WI members to a coffee morning at the Kendal office on the 4th October for general advisory discussion and debate. Jackie shared this information and places can be booked to attend the event. Our AGM will be held in

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November, all the current committee members are willing to remain but Jackie encouraged other members to come forward for nomination. Jackie herself is still willing to stand for President, but next year will be less available for meetings due to other commitments and will need help to carry out the role. Nomination slips were circulated to all members present. Finally, lists were available for the Christmas lunch and a visit to The Country Harvest for lunch and shopping on the 14th November.

Business completed, it was over to Sarah. She began by referring to the numerous items and pictures she had brought along to illustrate the vast amount of different stock sold in her parents' shop here in Dent, and

invited us to come and look more closely at them when she had concluded her talk. She went on to share her earliest memories of being in the shop as a child. The sound of the local farmer's clogs on the cobbles outside, the shop bell ringing when someone entered or left and the sound of the till opening and closing after each sale. These sounds remain within her memory vividly in the present day. The shop was sited where today 'The Wool Shop' stands and just along the road was a garage with petrol sales on The Hill. This later moved to The Laning on the site where The Heritage Centre now stands. Sarah's family originally had a shop in Sedbergh, an 'Outfitter' where Duo's

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is today. She remembers the communication system within the shop being by 'blow tube' which, when blown down, made a very rude noise, and when anyone on the shop floor was required upstairs, a marble was rolled down the tube. She remembers when the annual 'sale' was held – women queueing outside from 3am and fighting over the best bargains, Not a lot of change then from current times, as I understand this still happens in large city stores at sale time. Post war, the Sedbergh shop was sold and subsequently the business in Dent was opened. For Sarah, as a young child, it was an exciting place, huge amounts of stock, lots of rooms, a cellar, many places a child could hide, and the

family would regularly think she was lost, only to find her happily playing down in the cellar.

The shop stocked almost everything, there were four windows each devoted to a different category of stock. Menswear, ladies and children's, fancy goods and haberdashery, toys and hardware. Each department stocked nearly everything, from made to measure suits and dresses to all and every accessory that might be needed. Sarah was educated at boarding school where she obtained 'O' levels and became interested in a career in caring which she subsequently followed. At the age of seventeen she worked in the shop along with her father, where, as she admitted, they

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'had their differences'. They experienced some very challenging customers. One lady who bought a jumper, wore it for the evening and was seen wearing it, then taking it back the following day saying she didn't like the colour. Another very regular customer, known to the staff in the shop as 'Mrs Just', to whom everything was 'just not right'. Another, a young farmer who found the prospect of having his inside leg measurement taken by an attractive young lady was just too much, and ran out of the shop saying he would return when her father was in the shop. The hardware department stocked everything the housewife might need. People bought wedding gifts from the shop, wedding dresses were made to measurement by Sarah's grandmother, birthday presents and items for every occasion all available, here in our local village. Inevitably, life moves on, Sarah became engaged to her husband John, a farmer, and once married became a full time farmer's wife and worked as a carer. A closing down sale was held, it was the end of an era. Sarah has always led a busy active life and continues to do so. She still has the marble from the blowpipe and spends some of her time writing articles, caring for her family and still has longings maybe 'to open a little shop somewhere'. She again invited us all to look at and hold some of the items on her 'counter', but as she said, **NONE OF IT IS FOR SALE.**


Pam thanked Sarah on behalf of us all, it was a fascinating, enthralling, funny and entertaining talk and the

memorabilia on the table was unforgettable - a sheepskin belly button warmer? and some very robust ladies' pink suspenders, the kind my mother used to wear.

Tea and homemade biscuits completed our evening, with Kate and Anne M. being lucky raffle winners and Rita S. our competition winner with her interesting item beginning with 'G' - a grasshopper (a replica, not a live one thankfully,). Chris T. was runner up with her Girl Guide belt and Pam with her Gavel in third place.

Our next meeting in November is our AGM, more business-like but there will be homemade cake with tea and a quiz. Don't miss it, you will be very welcome.

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## TIM'S COLUMN

*Tim Farron MP*

It's great to be able to start this month's Lookaround column with some really good news. The bus service between Sedbergh and Kendal is being reinstated. (probably not starting till April 24 – Ed)

I have written in previous months in Lookaround about the suspension of this service and efforts I went to to stop it happening and to get it reinstated. So you can imagine how pleased I was to hear that the new Westmorland and Furness Council have found some money to pay for the reintroduction of a weekday service. However, as I am sure you are aware, our councils are very very short of money these days so if the service is not used then they will stop supporting it. So please have a think about whether you can swap some of your trips to Kendal in your car for travelling there by bus. The Government has announced that the £2 ticket price cap on bus fares will continue until the end of next year so if you are travelling by yourself it will almost certainly be cheaper to get to Kendal by bus than to drive there.

I wish I could follow up that piece of news with some other good news.

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But sadly that is not the case. All I can do is tell you about the various issues I have been fighting on this month.

Despite my best efforts the Cumbria Health on Call has decided to go ahead and pilot its plan to not have any on call GPs based at the hospital in Kendal on Tuesday, Wednesday or Thursday nights. With the result that if anyone is unfortunate enough to need to call out a GP on those nights they will either come from Penrith or Barrow. The pilot is running until January and I will be watching it very closely. If you or anyone you know does have to call out a GP during the night between now and January I would really love to hear how it goes.



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I am writing this column as I prepare to lead a debate, in the Houses of Parliament, over the closure of rail station ticket offices. This was an issue that lots of you raised with me during my Summer Tour and even at the County Show and I have been pushing ministers on it whenever possible. It is in the nature of these debates that a Government minister has to reply to the issues raised by me and all the other MPs who speak in the debate. It will be interesting to hear what they have to say.

I cannot say that I am holding out much hope given the cavalier way the Government has been treating our railways recently. Of course there was the cancellation of the northern

parts of H2, which I think is not just a sign of their lack of interest in trains but also in anywhere north of Birmingham. Added to this I was astonished that they decided to extend Avanti's contract to run the West Coast mainline service for another 3 years. They explained their decision on the basis of "significant improvements" they have seen. As someone who uses the service pretty regularly, I struggle to think of any improvements I have seen. My trains have been repeatedly cancelled and delayed.

As ever if I can help you with any issues then please do get in touch. My email is [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) and the phone number is 0539 723 403.

Thanks for your support, Tim

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### **SEDBERGH PARISH COUNCIL**

*Janey Hassam*

The Council held its meeting at 7.30pm on Thursday 12th October 2023, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next meeting scheduled is the normal monthly meeting of the Parish Council, commencing from 7.30pm on Thursday 9th November 2023 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

#### **Electric Vehicle Charging**

Please continue to accept apologies for any disruption on the car parks (and nearby roads/pavements) during the ongoing work. This is required for the new electricity connections at both locations. The next phase at Joss Lane is scheduled in November, with Loftus Hill scheduled for January 2024.

#### **Other matters**

Various other matters; Finance, including the proposed distribution of legacy monies and amounts reserved toward future improvements the play area at Howgill Lane. Ongoing Parish Street light project (upgrade to LED)

and maintenance work planned to trees at Queen's Garden and New Bridge. Planning matters, which included comments/feedback in respect of the Community Use Scheme for Newfield Hockey Centre. Also, general correspondence, highways matters and car parking improvement strategy were discussed along with the proposed terms of reference for the Sedbergh Economic Partnership. Finally, Members recommended to approve a contribution of £200 toward any entertainment for Late Night Opening event on 6th December 2023.

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)



## NEWS FROM THE PEWS

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

Tea-Time Church was a first for St Andrew's on the last Sunday of September. A great mix of young and old, those with, those without children, young and old gathered for the 4pm start.

Following fun and games based on Bible stories pizza, sandwiches and other delights were served before it was time to go home, all having enjoyed a wonderful ending to the weekend.

Tea-Time church is to be a regular happening in the afternoon (4pm) of the fourth Sunday of the month. Do come and see if it is "your cup of tea".

Most people think of animals when St Francis is mentioned. To hold a Pet's Service on the nearest Saturday to his saint's day has become a fixture in our calendar at St Andrew's.

As the sun shone on Saturday morning, 7th October, two of the alpacas walked around the town before coming down the church path and walking sedately into church led by Robin Sandys-Clarke of Ghyllas. This is the annual route taken by the threesome on their way to this service. The alpacas do not seem at all fazed by the fuss made of them, by the folk they meet along the way. It appears they enjoy the attention,



especially Oscar (the white one) who is quite a poser and loves to have his photo taken.

Thirteen dogs and one very special, Maine Coon cat followed into church. All were extremely well behaved, and listened to Nick Gray a retired vet and local Lay Reader give us an insight of how he became a vet and stories of some of his interesting patients. Only Danny, the beautiful black lab whined to let everyone know he wanted to go and play, having had had enough of sitting still.

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We have recently welcomed small people into the church family by way of baptism. Happy and contented throughout the service with not a murmur when passed to Vicar Andy and then receiving a wet forehead at the moment of baptism.

The Town Band practices on Tuesday evenings are fun to listen to from the ringing chamber as we have our bellringing practice at the same time. Right now, the Christmas tunes float up to us as the band concerts get ever closer. It is not unknown for us to join in with a little sing a long!

With Christmas in mind our Christmas Fair is not too far away, Saturday 18th November, 10am until 2pm. Do come along to shop and mingle among the stalls, have a coffee and a sit, shop and mingle again before having lunch in the church room.

Father Christmas has promised to attend; we hope you will too.



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### **THE MAN WHO WASN'T THERE**

*Matthew Tenwick*

Remember me before  
My mind skipped a beat,  
My hands shook like leaves  
Blown about in the street.

Remember me before  
I forgot your name.  
The love was still there,  
Just tangled in my brain.

Remember me before  
My world became a room;  
The only home I could find  
Was in the faces I knew

Remember me before  
I cried out for Jane;  
Searched your eyes for the lies  
Whilst a smile masked your pain.

No, remember me,  
If you can,  
With Bob Ross on the telly  
And a paintbrush in my hand.

Remember me as the legacy,  
A great grandfather who could see  
Three beautiful generations  
Unfolding right before me.

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Laughing at the same jokes  
Again and again and again.

Remember me not  
In those last few days,  
Those outstretched hours,  
That tear-sodden haze.

I am here, I am here  
And I will always... always care.  
Please remember me not  
as the man who wasn't there.

## PEOPLE WITH DEMENTIA TELL US HOW TO TALK TO THEM

*Alzheimer's Society*

We hear what people with dementia want others to understand when communicating with Tommy Dunne, 70, in Liverpool, who has young-onset Alzheimer's, says, 'It's ironic to me that people talk to animals yet will not talk to a person with dementia because they assume we won't understand. Alzheimer's affects my short-term memory – it doesn't mean I don't remember anything. My top tips for communicating with a person with dementia include always approach them from the front and never be afraid to laugh with them – though not at their expense.'

Laughter can lighten the mood and reduce stress.

'Always let the person with dementia speak for themselves about their welfare, as they may not speak up in other situations. You should never start a conversation with, "Remember when you...?" That really throws us. Never patronise the person and speak slowly.

Sometimes having a conversation when you have dementia is like using a tape recorder – if you don't press record, everything you said is lost.

'But never give up. Communicating with a person with dementia can be rewarding for both of you.'

Jan Melbourne, 58, in Chelmsford and living with vascular dementia, says, 'People need to be more

patient. 'I was in a shop and tried to talk to the shop assistant about something I needed. The assistant was impatient and got annoyed with me. I then went shopping in a dementia-friendly supermarket and was trying to get something.'

The assistant behind the counter made it easier for me to communicate thanks to their training.

'When talking to someone with dementia, ensure that you leave a gap in the conversation to give them time to finish speaking.'

Lorraine Dallow, 62, in Swindon, who lives with young-onset Alzheimer's, says,

Good communication goes beyond the verbal and is about how someone makes you feel.

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'I regularly enjoy going to concerts, comedy nights, films and football with my husband Ian.

'We work as a team – Ian takes care to let me speak first in group conversations. This allows me to introduce myself and give my opinions before him. I love going out because I get to talk to lots of different people. I have had lots of great experiences at the venues I've been to, and the staff have often been very helpful.

'At a Nottingham Forest match, the stewards saw I was struggling to get up and down as people in my row passed me, so they moved me to a seat where I wouldn't get disturbed. I can't remember the conversation I had with the stewards, but I know they were kind and looked after me.'

Peter Clark in south-west Wales, who has Alzheimer's, says, 'Our failing memory does not mean an inability to think logically or immunity to being hurt by thoughtlessness or insult.

If we speak and act rudely or suggestively or use bad language, try to understand it is because the bit of our brain which controls what we say and do is now defective, and does not impose our previous good manners and restraints.

'By the time we are diagnosed, we have all sorts of things going on like lists and procedures.

'If you disrupt these, it can take us days to get back into our routines.'

Maxine Linnell, 75, in Leicestershire, who has Alzheimer's,

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says, 'I was diagnosed quite recently, and I find the most painful part of having dementia is some people's reactions.

When they make assumptions about me, talk over me or act as if I have no feelings and don't need respect, it breaks down another piece of me.

'During a recent conversation, one person told me I didn't have dementia, it was just the latest fad.

'One said angrily that she had a friend with dementia who regularly phoned to say she felt suicidal. One told me it was the carers she felt sorry for.

But the people I love talking with leave their assumptions and fears aside and just spend time with me.

'They're happy to talk about things which matter to us both. When I lose a word, they wait. When it takes me a while to think something through, they're still just there with me.'

## ORANGE BUTTON COMMUNITY SCHEME

*Helen Parry*

People who are having thoughts of suicide, or who are worried about a friend or family member, can now push the button when they see someone wearing a distinctive orange badge, and ask them for information and support.

The orange button is worn by people in Lancashire and South Cumbria who have undergone specialised suicide prevention training, and while they are not able to counsel people, they can provide comprehensive signposting to relevant services.

Our Orange Button-holders are already making a difference in the community. Watch Michelle's story about how her training helped her signpost someone in crisis.

There is also an orange button sticker that can be supplied to businesses and organisations such as cafes, shops and pubs, to place in a prominent window alerting people to trained staff available to help.

Funded training options are available through Lancashire Mind and their partners, which are linked to the Orange Button Community Scheme.

Lancashire Mind offer the following training courses:

Young Person's Suicide First Aid

This half day virtual workshop is aimed at professionals working with young people aged 15+. Focusing on the challenges related to young people, this course explores how to move a young person away from feelings of suicide and move to

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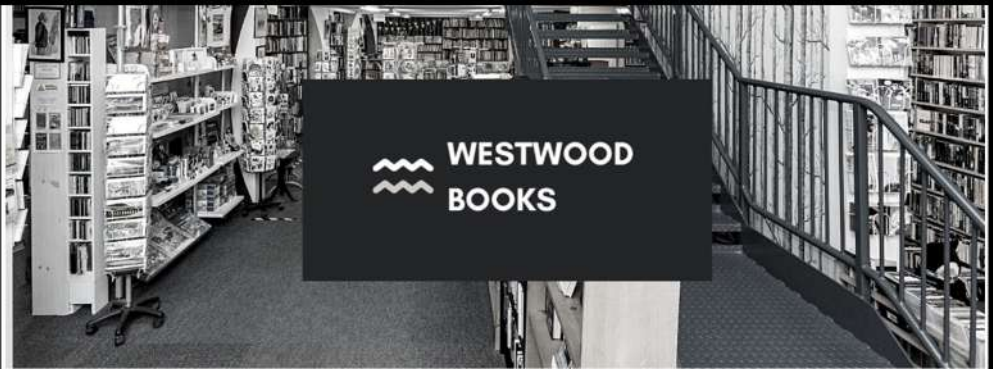
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talking about safety. This course is a City and Guilds accredited and produced by the National Centre for Suicide Prevention. On completion of the course each learner will receive a certificate of attendance and be able to apply for an Orange Button signifying they are a person who has received appropriate training in suicide prevention and has the confidence to talk about concerns around suicide or suicidal thoughts.

This course is suitable for learners new to the subject of suicide or refreshing their skills. If you have attended the Suicide First Aid Lite programme within the last three years, you do not need to attend this upskill for young people. It is good

practice to refresh your suicide prevention skills every three years.

**Mental Health First Aid**

This is a half day, online version of the Adult Mental Health First Aid course, which will qualify you as a Mental Health First Aider. Through a blend of instructor-led live sessions and self-learning activities, you will: develop practical skills to spot the signs and symptoms of mental health issues; gain confidence to reassure and support an individual in distress; and learn how to guide them towards appropriate professional support.

**Suicide First Aid Lite**

This half day workshop supports learners to help someone move from a place of danger and isolation to a



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place of safety and life support as a Suicide First Aider. This can be delivered virtually or face to face.

#### Suicide First Aid

This workshop enables learners to apply for their City and Guilds Level 4 in Suicide Prevention qualification and helps someone move from a place of danger and isolation to a place of safety and life support as a Suicide First Aider. This can be delivered either as a full day or two consecutive half days, either virtually or face to face.

Interested in the above courses? Visit Lancashire Mind's training pages for more details



## MANAGING MONEY

### South Lakes Citizens Advice

To take control of your money, the single most useful thing you can do is to make a budget. This is simply a list of all the money you have coming in and everything that is going out. You can use pen and paper, or a spreadsheet, or an app - many banks offer budgeting support.

Next, set some cash aside whenever you can, for unexpected costs and to avoid getting into debt. This can be as simple as saving your loose change in a jar and then depositing it in the bank. You can set up a separate savings account. Even better, set up a regular standing order into your savings account that

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coincides with your money coming in. This means that the money won't sit in your current account, tempting you to use it for unnecessary expenses. You could also use an automatic saving app.

If you don't have any spare money after your outgoings, keep an eye out for opportunities to cut back on non-essential areas of your budget. For instance, if you realise there's a subscription you've not used, cancel it and put the money in your savings account. Set a regular time to sort your paperwork and look at your money. This can help you feel more confident and in control of your cash.

Be careful about using loans or credit. You are actually agreeing to a legal contract called a credit agreement. If you can't repay, this can affect your credit rating and ability to access borrowing in the future. Credit can also lead to increased risk of overspending,

paying more through interest and fees for late payments, getting into difficulty budgeting and getting into debt. If you find yourself with money problems you can't handle, don't put off seeking help. You can find lots of information on the Citizens Advice website. For personal, confidential advice, contact South Lakes Citizens Advice.

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

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

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## **SHEERING GAYE VILLAGE**

*Sandra Gold-Wood*

Last month we left the villagers going to their homes after the annual new year's party.

Many issues had been resolved for our villagers and many were looking forward to the 1974. There were still unresolved issues but a kind of peace had settled over the village and not a single villager had given a thought to teacher Lambert Quinn who hadn't been seen since Christmas day.

Lambert Quinn however, had not forgotten the villagers of Sheering Gaye. No, he had spent hours formulating and re-formulating his plans to make fellow teacher Violet his own as he journeyed to the

Highlands of Scotland on that Boxing Day morning. Lambert had spent Christmas night in the waiting room at Denham station, sipping whiskey from his hip flask to keep warm. Sleep eluded him but the night soon passed and when the morning milk train to Crew trundled in, he eagerly boarded. In the early half-light, the rhythm of the train swept over his senses and soothed him in to a dreamlike state. In this state he saw Violet, she was holding out her arms and beckoning him, her lips brushing his and so vivid was the dream that he sighed out loud waking himself up. Thankful that he was the only passenger in the carriage he gently wiped a tear from his cheek onto his finger and gazed at it thoughtfully. At Crew he changed for Glasgow and then on to the Highlands.

It was late at night by the time Lambert presented himself at his Uncle Fergus's cottage. Fergus, a confirmed bachelor of eighty odd years, hated visitors generally but had always, it seemed, liked Lambert. Fergus welcomed Lambert loudly proclaiming his pleasure at seeing him while embracing him and slapping him on the back. Although it was getting on for midnight Fergus showed no signs of retiring, instead he regaled his nephew with tales of feuding Clans along with his forthright opinions on the government of the day. The cottage was a shambles and the only form of heating was provided by the open fire in the living room so rather than freeze in the bedroom Lambert banked up the fire and settled down to sleep in his clothes again.

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Lambert had brought no luggage with him believing by not taking anything he had created a mystery for the Sheering Gaye villagers to talk about. It amused him to think of all the gossip and upset his disappearance would cause. Yes, he mused, Violet would surely miss him when school opened again. Lambert was certain the police would be involved because of the wallet he had tossed into the Muffat's garden and of course they'd all know that Daniel, the man who had stolen Violet from him, had hit him. He gleefully smiled to himself thinking that the police might even think Daniel had something to do with his disappearance; he certainly hoped so.

In the morning Lambert bade Uncle Fergus good bye leaving him to his breakfast of kippers he set out to walk the four miles into Kenmore. As luck would have it lorry slowed down and offered him a lift. Lambert accepted at once. The driver was a builder from Perth and very talkative, his expansive tales of family and friends filled the short journey. Lambert thanked him as he alighted in Kenmore High Street. First he sought a chemist and brought the necessary toiletries. It being the day after boxing day the sales were in full swing and Lambert took advantage of this purchasing clothing, shoes, and a decent jacket plus a holdall. Next he went for a haircut, asking the barber to smarten up the week's

## Sedbergh and District Lookaround

### AUDIO & LARGE PRINT LOOKAROUND

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

The Large Print Version is delivered and supplied for FREE.



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

growth on his chin deciding that a beard rather suited him. Next he stopped off at a busy café and ordered a good breakfast. Feeling better than he had for some time he checked in to the Garland Hotel. The room was pleasant and Lambert quickly made use of the bathroom down the hall where he inserted 50p in the meter to get a nice hot bath. He soaked in it for the full twenty minutes allowed as stated in 'Bathroom Usage Rules' which were firmly nailed on the bathroom door. Back in his room, exhaustion overcame him and he fell asleep until the clang of a bell which he could only assume meant dinner was served woke him.

After the meal Lambert, like the other guests gravitated to the bar. Locals and guests were friendly and chatted amicably. Lambert told them about his fiancé Violet proudly showing them a photograph. Explaining to the guests that she was dealing with family business but had insisted he should not miss the holiday. Some of the guests were quite happy to go along with his story while others were not so easily fooled. Days went by in this way with Lambert borrowing the Landlord's phone to call Violet. Lambert talked to the dial tone and put on act. Curiosity got the better of the Landlord, it often did and over the years he had found it useful to know what guests were up to. He gently picked up the extension and listened. It was as he expected, there was no one on the other end. Landlord Errol was well aware that people had their little secrets and shrugging his shoulders Errol carefully replaced the

receiver and filed away his amusing if a little sad, discovery.

At times Lambert popped back to see his Uncle Fergus and suggested to him that he get the old Vauxhall Wyvern out of the garage and see if he could get it running. Once he had charged the battery up the old car didn't sound too bad. Fergus told him he could keep the thing admitting that he'd never actually held a driving licence and shoving a wad of cash into Lambert pocket. Adding that he had no need of money at his age, encouraging Lambert to enjoy himself. For his part Lambert tried to give the money back but the old man insisted he keep it. And so it was a very grateful Lambert who pulled up at Sandy's Garage in Kenmore. The mechanic was pleased to see the old car and gave it the once over.

'Aye, this is a grand old beast laddie, give me a few days and I'll have her running nicely.'

The days passed pleasantly for Lambert and along with the guests at the Garland Hotel he was looking forward to Hogmanay. Using the old car Lambert, went back and forth to visit his uncle and made a few attempts to persuade the old man to come to the Hotel for Hogmanay. Fergus declined, saying it was too noisy for him.

Back at the Hotel haggis was much on the menu and there was high anticipation for the coming celebrations. As usual after dinner the guests and locals would congregate in the bar when suddenly a heated quarrel broke out, all heads turned. At the bar the Landlord and a man were pushing and shoving each other while the barmaid was



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unsuccessfully trying to claim things down. The man landed a punch; the Landlord replicated and a fight ensued. Both men were now on the floor struggling to get the better of each other. The barmaid was in tears. The Landlord's wife Gloria stepped in to comfort her. The male guests, Lambert included, pulled the fighting men apart. The man, was the barmaids father and he thought, wrongly, that the Landlord had designs on his daughter. It was actually the chef Joe, who had been pestering the girl but the Landlord said nothing of this not wishing to further inflame the man's temper. The girl's father marched the sobbing girl toward the door shouting over his shoulder that she would not be coming back.

The silence left by their departure was broken by the Landlord as he brushed himself down he thanked his guests for their help and offered them all a drink on the House. He and his

wife served the happy guests and locals while he complained that he was now short a staff member, not so good with tomorrow being Hogmanay. Lambert, without a second thought, put himself forward to fill the vacancy. Quickly explaining that he had worked in various bar's while at University. A deal was struck and Lambert took his place behind the bar.

And this is where he was while the Sheering Gaye villagers were celebrating the arrival of 1974 in the back room of the Swan.

Hogmanay at the Garland Hotel went into full swing around 10pm. A band arrived and began to set up. Then two pipers in full regalia turned up followed by a crowd of locals. Everyone lending a hand to move chairs and tables clearing a large space, and within minutes the dancing began. Lambert, Landlord Errol, Gloria and her sister-in-law

Brenda worked steadily to keep up with the orders.

At the stroke of midnight glasses were raised in a cheery toast to the incoming year and kisses were exchanged among friends and guests alike. The locals decided that because of his dark colouring Lambert should be the one sent out to be 'First Footer' which meant he returned over the threshold with a lump of coal bringing good fortune to all those gathered. A few of the revellers shoved him out the door laughing and threatening to leave him out there. The coal had been left on a shovel ready for him to bring in. Lambert knocked at the door as instructed and it swung open to cheers from the party goers. The pipers began to play and he found himself standing in front of a pretty young woman with a dazzling smile who kissed him full on the lips. So surprised was he that he couldn't move, the girl laughed and pulled him into the circle as everyone joined hands to sing 'Auld Lang Syne'. After which the pipers played a haunting lament and tears were shed and long held memories of Hogmanay's past were shared. Lambert was in the thick of things as the band played the Dashing White Sergeant. The girl's name was Moira and she helped him through this dance and subsequent dances during the small hours. On the bar there were dozens of whiskey tots for everyone to help themselves and Moira, helped Lambert to a few of them. It wasn't long before Lambert realised that he was actually enjoying himself.

The party at the Garland Hotel continued until dawn when chef Joe,

Gloria, Errol and some others prepared breakfast for everyone to share. Lambert looked around the table for Moira and when he couldn't see her he felt a little lost. He was about to ask where she was when she sat down beside him.

Back in Sheering Gaye; New Year's day was wet and windy. For many villagers it was business as usual as they had work to go to. J.J; drove his bus into the village feeling the weight of his hangover and swearing off the drink while admitting to himself he was wasting his breath.

Outside Stanley Hall a motor bike driven by a black clad rider pulled up. Violet opened the door. The man placed the package directly into her hands touched his helmet in a kind off salute and then went on his way. Violet eyed the package suspiciously, it was clearly stamped from the Ministry of Defence. Her first instinct was to put the package in the bin and say nothing, but she knew that was just wishful thinking. Instead Violet took it through to the kitchen just as Daniel bounced in from his run. With pure apprehension running through her veins she indicated the package,

'This was delivered by motor cycle courier for you a moment ago,' Violet wanted to say more but instead she held her peace.

Daniel, looked at the package, he knew what it meant and he could see that Violet did too.

'I suppose this is what I think it is? Is that why you're not opening it? Oh Daniel,' she said trying to control the pitch of her voice.

'We knew this was bound to happen, you know I've no choice,'

Daniel stepped toward her and wrapped his arms around her but Violet pushed him away she didn't want him to see her tears. If Violet had looked up she would have seen tears in Daniel's eyes too, but she didn't instead she said,

'You'd better get on and open it, mustn't keep your masters waiting.'

'Violet please' pleaded Daniel but she'd left the room.

Daniel didn't see her again that day. Violet had locked her door and hard as it was she did not respond to his knocking. At 2pm that afternoon a car came for him. Before he got in Daniel looked up at the house hoping to see her. Violet had heard the car arrive but she stood back from the window; she couldn't bear to see him go.

*To be continued.....*

## EDITORIAL

What a great day it was for the tractor run. I had intended to go down into the town to spectate, but at the last minute needed to go over to Oxenholme instead.

Very fortunately the vanguard was just coming out of Firbank as I approached, I'd already seen the crowds in all the laybys. A few minutes later and I would have had quite a wait at Lincolns Inn (and so would the train passenger I was collecting). What a superb spectacle it was though, and what a moving expression of community feeling.

Of course our local photographers were out in force, so I had to put it on the cover, many thanks to all who contributed.

*Ed Welti*

## PERSONAL MESSAGES

### SKILL

Zander. Congratulations on your 90th Birthday on 18th November. Hope you can keep on "bussing" for many more years. Lots of Love from Elizabeth and all the family.

=====

### HAPPY BIRTHDAY

Eli Scarr. Wishing you A Very Happy 12th Birthday on 10th November. Love from Nannie and Grumps

=====

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## BOOK TOWN BOOK QUIZ ANSWERS

1. A Study in Scarlet
2. Michelle Obama
3. Bill Bryson's
4. Wisden Cricketers' Almanack
5. William Wordsworth
6. Lord Emsworth – Blandings Castle
7. A Wainwright
8. Hamlet
9. Marmalade
10. Oscar Wilde
11. Pat Barker
12. Animal Farm

## 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.

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

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

a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

# DIARY OF EVENTS

Dates are held up to 07/07/2024  
 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.

## NOVEMBER 2023

- |    |      |                                        |            |
|----|------|----------------------------------------|------------|
| 01 | 1400 | Community Corner (Apr)                 | DMC        |
| 02 | 930  | Walking Pilgrims                       | sedbergh I |
| 02 | 1330 | Poetry club (Aug)                      | RR         |
| 02 | 1400 | Community Tea                          | GH         |
| 02 | 1930 | WIHF - Felting (44)                    | FCH        |
| 03 | 1400 | Dentdale Head to Foot YDNP (38)        | Sedgwick R |
| 04 | 1900 | Bonfire and Fireworks                  | GVH        |
| 05 | 1800 | Commemoration Service                  | StAS       |
| 05 | 1830 | Fireworks Sedbergh School (Oct)        | Busk Lane  |
| 08 | 1400 | Community Corner (Apr)                 | DMC        |
| 08 | 1630 | Friends of Dales digital talk          | online     |
| 08 | 1915 | Dentdale WI AGM                        | DMH        |
| 11 | 1030 | Service and Act of Remembrance (6)     | StAS       |
| 11 | 1400 | Jumble Sale (Oct)                      | PH         |
| 12 | 1030 | Remembrance Service                    | StAS       |
| 12 | 1600 | Messy Church                           | CCCN       |
| 12 | 1930 | Remembrance Concert Town Band (1)      | StAS       |
| 12 | 1930 | Sedbergh WI Xmas Cards (41)            | PH         |
| 14 | 1400 | Killington WI AGM (40)                 | PH         |
| 14 | 1930 | Domino Drive                           | FCH        |
| 15 | 1300 | Medical centre training afternoon      | MC         |
| 15 | 1400 | Community Corner (Apr)                 | DMC        |
| 16 | 1330 | Poetry Club (Aug)                      | RR         |
| 16 | 1400 | Community Tea                          | GH         |
| 17 | 1900 | Domino Drive                           | KPH        |
| 18 | 1000 | Christmas Fair (53)                    | StAS       |
| 18 | 1000 | Dentdale Methodist Coffee morning      | DMC        |
| 20 | 1930 | Dominoes                               | GVH        |
| 21 | 1400 | Sight Advice                           | PH         |
| 22 | 930  | Coffee Morn Dementia Ladies NFU (Oct)  | StAS       |
| 22 | 1400 | Community Corner (Apr)                 | DMC        |
| 22 | 1930 | Another Dot on the Map (22)            | StAS       |
| 25 | 1900 | 75th Ann. party Barbon Sheep show (25) | BVH        |
| 29 | 1400 | Community Corner (Apr)                 | DMC        |
| 30 | 1330 | Poetry club (Aug)                      | RR         |
| 30 | 1400 | Community Tea                          | GH         |

## DECEMBER 2023

- |    |      |                                        |            |
|----|------|----------------------------------------|------------|
| 01 |      | Dentdale Head to Foot jacobs join      | TBA        |
| 01 | 1100 | PMRGCA Cumbria local support group (6) | FM         |
| 01 | 1930 | Cycling through the Cordilleras (Sep)  | PH         |
| 06 | 930  | Walking pilgrims                       | Sedbergh I |
| 06 | 1400 | Community Corner (Apr)                 | DMC        |
| 06 | 1700 | Friends of Dales digital talk          | online     |
| 06 | 1700 | Late Night Opening (7,17)              | Sedbergh   |
| 07 | 1330 | Poetry Club (Aug)                      | RR         |
| 08 | 1100 | PMRGCA Cumbria support group (6)       | Hawes      |
| 08 | 1930 | Ceremony of Carols (Oct)               | SS         |
| 10 | 1600 | Messy Church                           | CCCN       |
| 12 | 1930 | Domino Drive and Mince Pies            | FCH        |
| 13 |      | Dentdale WI                            | tbc        |

- |    |      |                                   |            |
|----|------|-----------------------------------|------------|
| 13 |      | Sedbergh WI Xmas Dinner           | TBA        |
| 13 | 1400 | Community Corner (Apr)            | DMC        |
| 14 | 1400 | Community Tea                     | GH         |
| 16 | 1000 | Dentdale Methodist coffee morning | DMC        |
| 17 | 1430 | Carols Candlelight (Jun)          | Hawes Jnct |
| 20 | 1400 | Community Corner (Apr)            | DMC        |
| 27 | 1400 | Community Corner (Apr)            | DMC        |
| 28 | 1400 | Community Tea                     | GH         |

## JANUARY 2024

- |    |      |                                  |      |
|----|------|----------------------------------|------|
| 09 | 1930 | Domino Drive                     | FCH  |
| 10 | 1000 | Called to Water - Nancy Gray     | FM   |
| 10 | 1000 | Shifting Borders                 | FM   |
| 10 | 1000 | Water - Jo Garlick and Lynn Ward | FM   |
| 10 | 1930 | Sedbergh WI Button History       | PH   |
| 11 | 1400 | community tea                    | GH   |
| 13 |      | People's Hall Extravaganza (7)   | PH   |
| 14 | 1600 | Messy Church                     | CCCN |
| 16 | 1400 | Sight Advice                     | PH   |
| 25 | 1400 | Community tea                    | GH   |

## FEBRUARY 2024

- |    |      |                                     |      |
|----|------|-------------------------------------|------|
| 11 | 1600 | Messy Church                        | CCCN |
| 13 | 1930 | Domino Drive                        | FCH  |
| 14 | 1930 | Sedbergh WI Defibrillators and CFRs | PH   |
| 20 | 1400 | Sight Advice                        | PH   |

## MARCH 2024

- |    |      |                            |      |
|----|------|----------------------------|------|
| 10 | 1600 | Messy Church               | CCCN |
| 12 | 1930 | Domino Drive               | FCH  |
| 13 | 1930 | Sedbergh WI Annual Meeting | PH   |
| 19 | 1400 | Sight Advice               | PH   |

## APRIL 2024

- |    |      |                                  |      |
|----|------|----------------------------------|------|
| 01 |      | Called to Water - Nancy Gray     | FM   |
| 01 |      | Shifting Borders                 | FM   |
| 01 |      | Water - Jo Garlick and Lynn Ward | FM   |
| 03 | 1000 | Ghyll, Gryke and Glyph           | FM   |
| 03 | 1000 | The Space We Fill                | FM   |
| 14 | 1600 | Messy Church                     | CCCN |
| 16 | 1400 | Sight Advice                     | PH   |

LOOKAROUND

DIARY

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

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

\* = Entry Fee Applicable

## SOME WALKS AROUND SEDBERGH

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

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

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

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

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

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

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

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

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

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

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

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

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





## BED & BREAKFAST

<b>Proprietor</b>	<b>Address</b>	<b>Phone (015396)</b>
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- <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) <i>1T(ES), 1D(ES) NS, CH, L</i> 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
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 Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - 015396 20540
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Mr Johns - 015396 22170
Bridge Club -----	Mr Alison - 015398 24666
British Legion -----	TBA
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
Cornerstone Community Church -----	William Allen - 015396 20194
Crickets 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 / feltham.john@btinternet.com
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 -----	TBA
First Responders - Dent -----	See Public Information
First Responders - Sedbergh -----	See Public Information
Football Club Junior - Sedbergh -----	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
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 22114/07814 378758 / rhlabbate@gmail.com
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 -----	Gareth Marshall - 07801 276233
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Joe Gorst - 07964 830473 / joe.gorsty24@gmail.com
Killington Parish Hall -----	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk

## GROUPS AND ORGANISATIONS (CONT)

Lunesdale Archaeology Society -----	lunesdale.archaeology@gmail.com
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Susan Raw - 015396 20542
Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Over 50's Swimming Group -----	Rachael Mellor - 07969 663881
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
Peppercot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Miss Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
Poetry Club* -----	booktown@sedbergh.org.uk
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 -----	Bill Mawdsley - 07989 201481
Scouts - Beavers -----	Bill Mawdsley - 07989 201481
Scouts - Cubs -----	Bill Mawdsley - 07989 201481
Sedbergh Book Town -----	booktown@sedbergh.org.uk
Sedbergh Environmental Group -----	sedberghcomarket@greencobweb.co.uk
Sedbergh Songsters -----	TBA
Sedbergh United Charities -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
Senior Golfers -----	Mr Braddon - 0330 1138850
Shooting Club - Sedbergh -----	Richard Martin - 07884 559829
Sight Advice South Lakeland -----	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale) -----	Anastasia Micklethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 07877 301088
Swimming Club -----	Sedberghswimmingclub@gmail.com
Tennis Club -----	Mr Lewes - 015396 20052
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 / vcssedbergh@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 Farmers - Sedbergh -----	Club Secretary - sedberghyfc@hotmail.com

*Groups are currently being updated—TBAs will be removed in the coming editions.*

If you would like to add or update your group please let us know.  
New groups are marked with an asterisk \*.

<b>USEFUL TELEPHONE NUMBERS</b>	<b>LOOKAROUND EDITORIAL TEAM</b>	
<b>Age UK South Lakeland</b>	<b>Myles Ripley (T)</b>	<b>Team Leader and Chairman</b>
030 300 30003	<b>Francis Haigh (T)</b>	<b>Treasurer</b>
<b>Electricity in any area</b>	<b>Philip Johns (T)</b>	<b>Secretary</b>
105	<b>Elsbeth Griffiths</b>	<b>Proofreading</b>
<b>Medical in any area</b>	<b>Karen Bruce Lockhart</b>	<b>Proofreading</b>
111	<b>Jane Fisher (T)</b>	<b>Proofreading</b>
<b>Pension Service Surgery</b>	<b>Katie Wood</b>	<b>Proofreading</b>
Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265	<b>Ed Welti (T)</b>	<b>Compilation and Vice Chairman</b>
<b>Police in any area</b>	<b>Valerie Welti (T)</b>	<b>Advertising Administration</b>
101	<p>Members annotated with (T) are also Trustees. Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation</p>	
<b>Sight Advice South Lakes</b>		
01539 769055		
<b>South Lakes Citizens Advice Bureau</b>		
03444 111 444		
<b>South Lakeland District Council</b>		
01539 733 333		
<b>Western Dales Community Bus Service</b>		
wdbusops@gmail.com 07541644524		
<b>Yorkshire Dales National Park</b>		
0300 456 0030		
<i>If you would like to see any numbers listed here, please let us know.</i>		

<b>PEOPLES' HALL HIRE RATES</b>					
<b>Main Hall</b>					
<b>Session</b>	<b>7-9am</b>	<b>9am-1pm</b>	<b>1-5pm</b>	<b>5-7pm</b>	<b>7pm-1am</b>
<b>Local Hirers</b>	<b>£12.00</b>	<b>£24.00</b>	<b>£24.00</b>	<b>£18.00</b>	<b>£45.00</b>
<b>Other Hirers</b>	<b>£18.00</b>	<b>£36.00</b>	<b>£36.00</b>	<b>£27.00</b>	<b>£67.50</b>
<b>Commercial</b>	<b>£24.00</b>	<b>£48.00</b>	<b>£48.00</b>	<b>£36.00</b>	<b>£90.00</b>
<b>Committee Room</b>					
<b>Local Hirers</b>		<b>£18.00</b>	<b>£18.00</b>	<b>£12.00</b>	<b>£18.00</b>
<b>Other Hirers</b>		<b>£27.00</b>	<b>£27.00</b>	<b>£18.00</b>	<b>£27.00</b>
<b>Commercial</b>		<b>£36.00</b>	<b>£36.00</b>	<b>£24.00</b>	<b>£36.00</b>

# BUS SERVICES

## S1 Wednesdays - Kendal Shuttle Western Dales Bus Dent - Sedbergh - Oxenholme - Kendal *From 2nd October 2023*

Dent Village	..	1010	..	1430
Sedbergh Maryfell	..	1025	1200	1445
Sedbergh Library	..	1027	1202	1447
Sedbergh opp. Morphets	..	1028	1203	1448
Killington M6 Bridge	..	1037	1212	1457
Oxenholme Station	..	1047	1222	1507
Kendal K Village	..	1052	1227	1512
Kendal Bus Station	..	1058	1233	1518
Kendal Morrisons	..	1103	1238	1523
	..	..	..	..
Kendal Morrisons	..	1113	1328	1533
Kendal Bus Station	..	1118	1333	1338
Kendal K Village	..	1123	1338	1543
Oxenholme Station	..	1128	1343	1548
Killington M6 Bridge	..	1138	1353	1558
Sedbergh Spar	..	1147	1402	1607
Sedbergh Post Office	..	1148	1403	1608
Sedbergh Maryfell	945	1150	1405	1438
Dent Village	1000	..	1420	..

## DENT RAILWAY STATION TIMETABLE

*Valid from January 2022*

(N) Through train to Leeds, Sheffield and Nottingham

*Cancellations are always 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	..	..	..	..

# **BUS SERVICES**

## Western Dales Bus S1 Saturdays - Kendal Shuttle Dent Station - Dent - Sedbergh - Oxenholme - Kendal

*From 2nd October 2023*

<b><i>Trains to Carlisle</i></b>	..	<b>1048</b>	..	..	<b>1815</b>
<b><i>Trains to Leeds</i></b>	..	<b>1041</b>	..	..	<b>1733</b>
<b>Dent Station</b>	..	<b>1053</b>	..	..	<b>1737</b>
<b>Dent Village</b>	..	<b>1108</b>	..	<b>1505</b>	<b>1752</b>
<b>Sedbergh Maryfell</b>	<b>0835</b>	<b>1123</b>	<b>1315</b>	<b>1520</b>	<b>1807</b>
<b>Sedbergh Library</b>	<b>0837</b>	<b>1125</b>	<b>1317</b>	<b>1522</b>	<b>1809</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>Sedbergh Maryfell</b>	<b>1000</b>	<b>1300</b>	<b>1440</b>	<b>1645</b>	..
<b>Dent Village</b>	<b>1015</b>	..	<b>1455</b>	<b>1700</b>	..
<b>Dent Station</b>	<b>1030</b>	..	..	<b>1715</b>	..
<b><i>Trains to Carlisle</i></b>	<b>1048</b>	..	..	<b>1815</b>	..
<b><i>Trains to Leeds</i></b>	<b>1041</b>	..	..	<b>1732</b>	..

# **BUS SERVICES**

## **Western Dales Bus**

**S5 Fridays - Kirkby Stephen Shopper  
Sedbergh - Kirkby Stephen - Ravenstonedale -  
Newbiggin - Kendal Bus Station - Kendal Morrisons**

*From 2nd October 2023*

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>	0934	1106	1501
<i>Trains to Leeds</i>	0920	1146	1455
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>	1106	1501	1703
<i>Trains to Leeds</i>	1146	1455	1717
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**

*From 2nd October 2023*

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

## **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.



## Religious Services in Sedbergh

### CHURCH OF ENGLAND

The Benefice of the Western Dales

**Vicar: Rev'd Andy Burgess**

**20018**

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

Pioneer Minister

**Becca Gilbert**

**Email:**

**becca.gilbert@westerndales.org.uk**

(currently on sabbatical)

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

**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 IN THE WESTERN DALES

Cornerstone Community Church, New  
Street; Dent;

Garsdale Low Smithy; Hawes Junction

**Rev'd Andy Burgess 20018**

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

Pioneer Minister

**Becca Gilbert**

**Email:**

**becca.gilbert@westerndales.org.uk**

(currently on sabbatical)

### 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	8.30am, BCP Holy Communion 10.30am, Holy Communion
4th Sunday	4.00pm Teatime Church
Mondays	9.30am, Morning Prayer
Wednesdays	11.30am, BCP Holy Communion

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

2nd and 4th Sunday	10.30am, Holy Communion
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	10.00am, Holy Communion
3rd Sunday	10.00am, Morning Prayer
5th Sunday	10.00am, 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**

1st Sunday	2.30pm, Afternoon Service
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## *Methodist Service Times*

**CORNERSTONE** - Sunday 10.30am  
**DENTDALE** - 1st and 3rd Sunday 10.30pm  
**GARSDALE** - 2<sup>nd</sup> and 4<sup>th</sup> Sunday 2pm.

*Combined plans for Western Dales Mission Community  
November 2023*

	Time	5 <sup>th</sup>	12 <sup>th</sup>	19 <sup>th</sup>	26 <sup>th</sup>
	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30am	All Saints' Day HC  6pm Commemoration of the Faithful Departed	Remembrance Sunday Service	HC	Choral Matins  4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	4pm- Messy Church	Service	HC
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP	
St. John's, Garsdale LA10	10am	All Saints' Day HC		MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service		HC
All Saints, Killington LA6 2HA	2.30pm	All Saints' Day HC			
Holy Trinity Howgill LA10 5JD	9.30am		Act of Remembrance		
St. John's Firbank LA10 5EF	2.30pm		Act of Remembrance		
St. Andrew's, Dent LA10 5QL	10.30am	6pm Commemoration of the Faithful Departed	Remembrance Sunday Service		HC
St. John's, Cowgill LA10 5RJ		10.30am All Saints' Day Joint Service with HC	2.30pm Remembrance Sunday Service	2.30pm HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am			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	All Age Breakfast Meeting for Worship Kendal MH 8:30am Contact below.  10.30am Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	<b>Tuesday</b>	<b>7<sup>th</sup></b>			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	<b>Wednesday</b>	<b>1<sup>st</sup></b>	<b>8<sup>th</sup></b>	<b>15<sup>th</sup></b>	<b>22<sup>nd</sup>/29<sup>th</sup></b>
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	7.30pm	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
HC- Holy Communion (BCP- Book of Common Prayer)			MP- Morning Prayer		
<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

Telephone Box, Millthorp

*Access Codes to the Defibs are supplied on contacting Ambulance Control on 999*

### First Responders

**IN EMERGENCIES CONTACT THE EMERGENCY SERVICES**

The numbers below are for information on volunteering only

Sedbergh - Myles Ripley 07880 161648

Dent - Wendy Pontefract 015396 25253

### 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,  
Anna Kayani and Dawn Douglass

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:*

*October 2023*