

Sedbergh & District

LOOKAROUND

Dec 2023/Jan 2024

Donation £1

Issue 427

Welcome to the bumper Christmas edition! There's plenty of music and festivities going on in Sedbergh over Christmas with one of the highlights advertised below, make sure you get

out there if you can and support all the work that the committee have put in to make it better than ever.

And then in June there will be the Music Festival—see page 80. *Ed*

Christmas
LATE NIGHT SHOPPING
Wednesday 6TH December
5PM-8PM

DRUM NATION DRUMMING BAND
SANTA'S GROTTA
(BOOKING FROM 22ND NOVEMBER)
TOWN BAND
CAROLS
ORGAN RECITAL
SHOPS & PUBS OPEN
MARKET STALLS
STREET FOOD
CHRISTMAS TRAIL

SEDBERGH
INFORMATION CENTRE
015396 20125

CLOSING DATE: 15th of every month for everything

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

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COVER PHOTO

Robin

Rod Kirk

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

Wed 6th Dec - St Andrew's
 Wed 13th Dec - Garsdale Church
 Wed 20th & 27th Dec - Closed
 Wed 3rd Jan - Closed

Wed 10th Jan - St Andrew's
 Wed 17th Jan - St Andrew's
 Wed 24th Jan - St Andrew's
 Wed 31st Jan - St Andrew's

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



ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

Advertising Rates

Single Column 2.56" x 2"	=£12.00
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Single Column 2.56" x 4"	=£18.00
Single Column 2.56" x 5"	=£21.00
Single Column 2.56" x 7.5"	=£30.00
Double Column 5.2" x 2"	=£18.00
Double Column 5.2" x 3"	=£24.00
Double Column 5.2" x 4"	=£30.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

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Cumbria,
LA10 5AD**

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

A YEAR IN THE PEOPLE'S HALL.

Sandra Gold-Wood on behalf of PH committee.

No, it's not a prison sentence, but it sounds like an idea. Hello - all the People's Hall (PH) supporters and those who have yet to enjoy an event, private or community based in this facility.

In conversation with PH Chair Steve Longlands he suggested to me that many new people have moved into Sedbergh in the last few years, so, perhaps, I should include a little of the history of the PH.

The PH is really quite marvellous, built with money raised in the town from simple events.

In 1945 a public meeting to consider the question of a community hall for the town was held. It was unanimously resolved that it should be called the People's Hall.

1946. the committee looked at plans and found a suitable site. A

letter was sent to residents to inform people of the progress, and the hopes for building the hall.

1948. The committee explained that they would remain as an independent body until funds reached £10,000, and the building could begin.

1951. The Rural District Council had in mind the site for the building of the PH.

1952. Plans were submitted to Town and Country Planning.

1953. No licence was given for the building of the PH unless it was built by volunteers with uncontrolled materials, which was not feasible. During this year many ideas and schemes were discussed. Plans were again submitted, it was agreed that a good dance floor was an essential, and another £5000 would be needed.

1954. Things began to move forward. At another public meeting it was agreed that the local Playing Fields Association should be asked

SEDBERGH TOWN BAND

CHRISTMAS CONCERT

7:30pm Tuesday 5th December
St Andrews Church, Sedbergh.

Tickets on the door, £8 (card or cash)

Mulled Wine

Minced Pies

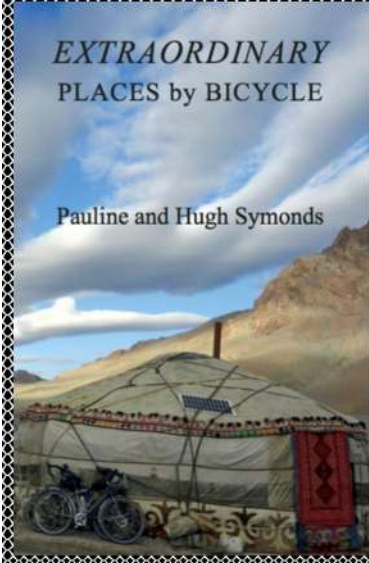
Christmas Jumpers?
YES!!!

Presents

Santa & his Elf!

EXTRAORDINARY
PLACES by BICYCLE

Pauline and Hugh Symonds



Extraordinary Places by Bicycle

by Pauline and Hugh Symonds
(Hayloft Publishing)

available from Sleepy Elephant,
Westwood Books and all good
bookshops. Ten years of cycling
60,000km through 38 countries.

Pauline and Hugh are giving a
presentation with photographs in the

People's Hall, Sedbergh
Friday 1st December at 7.30.

The focus will be on the ride through the
cordilleras of Colombia.

Tickets £5 at the door.

for permission to build on Howgill Lane field as the early Busk Lane site was felt unsuitable. The committee looked at a variety of wooden halls. Plans for a wooden hall were put forward to the County Planning Officer. The Parish council was able to provide the space for parking, and a hall 130ft by 70ft was approved. Then it was revised with an extra 5ft. Tenders were put out for preparing the site. It was felt that local firms should be given the chance for subcontracts. Grants were applied for.

1955. At last the committee was in site of its target. The Yorkshire Dales brought up various issues which were resolved over time. A quote for the wooden hall from a company in Hull costing £6,900 was accepted with beech dance floor £285. The makers of the hall said it would be likely to

last 100 years and guaranteed for 50 years. At a public meeting in June the committee, having raised all the money for the hall locally, felt that they wanted to continue to run the facility when it was built. A Mrs Street said, 'After all the years of hard work they should not give it away to

someone else to run.' This was vigorously supported and the vote to run the People's Hall by a committee of trustees was unanimous. The Rural District Council paid toward getting the main drainage for the hall.

1956. Many great and small difficulties had to be overcome throughout the year, not least raising extra money, revising plans, licencing for stage plays, letting agreements and charges. At this point the BBC agreed to feature the People's Hall on it's 'Week Ahead' programme. So,



at last on 24 Nov 1956 the PH was officially opened.

1957 The committee approved the purchase of some iron gates, which were only removed in the last few years. One of the first complaints the management committee had to deal with was that sheep were sheltering around the hall and leaving foul messages outside.

Funds were raised during these years with events such as regular whist drives - there's a blast from the past. Perhaps we should start them again. I for one would enjoy that; my Nan taught me to play 1000 years ago. Also, regular dance evenings were held in the Masonic hall, which has now been converted into the flats situated just next door to the hall. The name, People's Hall comes from the fact that the hall belongs to the people of the town. Once it was possible for events to be held in the PH it became the place to be. The amazing thing is that it was built a piece at a time, as the money came in it was used to put up another bit. When the main wall was erected there was an overnight storm and the wall blew down again. Mind you they didn't name storms in those days they just called them 'gales'.

All through the 1960's and 70's the PH hosted a myriad of events, memorable performances from rock band the 'Hellions', led by Garth Steadman and his brother Alan. Other bands who played at this time



St Andrew's Church, Sedbergh

CONCERT

Sedbergh Orchestra

Conductor Roland Fudge
Leader - Val Snelling

**7.30 pm Thursday
7th December**

Coriolan Overture - Beethoven
Le Tombeau de Couperin - Ravel
The Italian Symphony - Mendelssohn

Tickets £8 (£10 on the door)
18 and under free

Tickets from Sedbergh Information Centre
and orchestral members

Doors open 7.15pm

were, Wee Willy Henry and the Wanderers, and Fat Harold and the Rhythmic. The names are so un-PC I just had to include them. There was an annual Children's Gala, and a much-anticipated Christmas Party. Regular dances of the 'Strictly' kind were well attended, as were Cabaret Nights and Wrestling. If you want to know more there is a little book entitled 'The Story of the People's Hall 1945-2012', it is just possible a few copies could still be about.

Back to 2023; Looking back over this year, a great many changes have come about. The PH lost one of its greatest patron's in the shape of Dr Gina Barney. Gina brought about much needed updates during the

FOLK CAROLS CONCERT

with Muldoons Picnic, Lakeland Voices
and the Cowgill Folk Chorale
Dent Memorial Hall
7.:30pm Friday December 8

HARMONY SINGING WORKSHOPS

December 9 and 10
Tickets: Sedbergh TIC, Dent shop, or
David Burbidge, 015396.21166
www.lakelandvoice.co.uk

time she served on the committee, not least of which was the new extension which houses the toilet facilities. Her special talent was for accessing grants, and this enabled the PH to add to its facilities; a smart bar and a room to hold the lighting and sound equipment for shows and talks etc. The central heating, a new roof, an updated committee room, and, of course, she was instrumental in building the gym. The gym is independently run, but the PH is its landlord and so therefore it is a source of income for the PH. Gina will be missed.

Here are just some of the events which were held at the PH this year.

A steady flow of talks and presentations on a wide variety of subjects. Sales of rugs and beds. Assorted conferences and housing associations events. Birthday parties, christenings, three wedding receptions, five funerals/ commemorations. Six fell race events. Three shows featuring tribute acts. Our wonderful Spring Show. Town Band Concerts. Settlebeck School Awards. A Spellbound panto. Booktown Literary Festival.

Sheepfest and Wool Market. Plus, regular bookings from groups offering dance, ballet, Yoga and other exercise classes. Adult learning English classes. Art Society. Craft groups. Fund raisers, jumble sales, and table top sales. Ladies NFU and WI's. Not forgetting Young Farmers and many more.

One thing that is very important to the smooth running of the PH is the Caretaker. Bill Lewis did this job for many years but sadly died this year. He was a hard worker and always kept the area around the PH free from litter. With Bill, litter picking was a bit of a hobby. Another of his hobbies was photography, and many of his photographs have been bequeathed to the PH. We have a new caretaker who strives to keep the PH clean and tidy for each hirer. Please do leave the facilities as you find them this is much appreciated. The PH also now has a gardener which means the outside can look as good as the inside. Thank you.

A forth coming fund raiser for the PH will take place on Sat Jan 13. At 2 pm doors will open and at 2.30 pm the film 'Downton Abbey a New Era' will be shown. The film will be followed by afternoon tea. The afternoon will end with a singalong featuring Claire Pope. Tickets for just the film only will be £6.50. for afternoon tea only £7.50. £12.50 for the combined ticket. Tickets will be available from the TIC around the New Year. Watch out for posters around that time.

If you can donate a cake or a raffle prize give me a call on 015396 20147.

ROYAL BRITISH LEGION SEDBERGH BRANCH

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

For more information, visit our website:
<http://branches.britishlegion.org.uk/branches/sedbergh>



A MESSAGE FROM THE BUTCHERS

Jonny Harper

Hi everyone,

We wanted to write a small piece in this edition of the Lookaround to say a huge thank you to everybody for helping The Meat Hook to win the award for 'The Best Butchers Shop in Cumbria' at this year's England's Business Awards.

We are incredibly proud of this achievement in such a short time of trading, and we couldn't have done it without the people of Sedbergh.

The awards evening took place on Sunday 8th October at The Auctioneer, in Carlisle. Me and Sarah got to enjoy a delicious 3 course meal and meet lots of other business owners from around Cumbria. It was a brilliant evening.

As well as thanking you all for this we would also just like to say thanks to everyone for your continued support and custom throughout 2023. You keep us busy, and we wouldn't want it any other way. Speaking of busy,

Christmas is very nearly upon us, and we are really looking forward to

supplying you all with your Christmas feasts again this year. Our order book won't be open for much longer once this is published so please pop into the shop and get your orders in before it's too late.

The last thing we would like to do is to wish you all a very merry Christmas and a Happy New Year. Have a good one!



SEDBERGH ECONOMIC PARTNERSHIP WEBSITE

Joanne Galton

The Sedbergh Economic Partnership (SEP) is a collaboration of representatives from local businesses, groups, public agencies and organisations including the Council, Settlebeck School, Cumbria Tourism, Sedbergh School and the Community Trust. The SEP meets every 8 weeks and works together with the aim of helping deliver long-term economic success in Sedbergh.

The SEP was formed in response to the publication of the Sedbergh Economic Assessment by South Lakeland District Council prior to the pandemic. In 2021, the Partnership collectively defined a new vision and

ambition for growth and published the Sedbergh Framework for Growth – this is the economic plan for the town.

SEP are currently working on removing barriers and aiding business growth by:

Facilitating more housing.

Improving connectivity (transport and infrastructure).

Supporting the vitality of Main Street.

Growing new business and networks.

Promoting Sedbergh as a place to work and visit.

The SEP provides a forum for discussion, enhances information sharing and understanding and it is managed by a project officer. The



new Westmorland and Furness Council attends together with the National Park Authority and Parish Council and having a local partnership helps to inform and influence policies and programmes of these local agencies.

To help with transparency and understanding, the SEP has recently launched a new website www.sedbergheconomicpartnership.org so residents and businesses can look at latest issues, see who is involved, read notes from the meetings and get updates on any latest business news.

All comments and/or feedback are most welcome, please email sedbergheconomicpartnership@outlook.com

HAPPY FEET

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



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

Phone 07968535420
for an appointment.

NEW HISTORY SOCIETY WEBSITE

Michelle Hartley

In 1993 the world wide web became publicly available and just three years later the Sedbergh & District History Society had an email address. It would be another 10 years before the Society took the next step and created a website for itself.

It was a bold move for a small local history society, because the internet was still young, although the Society had already been around for over 25 years. In the December 2005 Newsletter, committee member Diane Elphick wrote "History is not only about the past but also about change and continuity", these words still ring true today.

At the end of 2022 the Society decided it was time to move forward once again. With people increasingly looking online for information, and our own membership spread across the globe, we felt it was time to expand our online presence and respond to the needs of the modern world.

We put out to tender for a website designer and chose Matt Strickland of 'Rocket Sites', who was not only familiar with the area (having created the Sedbergh Town website), but was also competitive! With a cost for the project, we now needed funding to help implement it.

We completed several funding applications and were pleased that all three bodies saw the value in our project and offered grants. Two of the funding bodies are right here in town, the Sedbergh Parish Council and the

Sedbergh Community Trust, which graciously contributed around a third of the money required. The last was the Yorkshire Dales National Park Authority's Sustainable Development Fund, which has granted us a substantial amount, allowing the full project to go ahead. To all three of these funding bodies, we are very grateful!

With the money in place, we moved forward with 'Rocket Sites' and have been working hard these past few months to get it set up and running. The website will be the main access and information point for both Society events and the history of the Sedbergh area. Many of the old exhibitions in which the Society or individual members have been

involved are being made available for viewing. The website will also act as a freely available resource hub providing links and downloads to a wide variety of information related to the local area.

For our members, they will also have access to our new archives catalogue system, provided to us by the Cumbria Local History Federation. We are currently entering records from past Historians and Newsletters, photographs, newspaper clippings, censuses, registers and so much more! We hope to go live with this in the new year. We will continually be adding to the catalogue until our 40 years' worth of materials has all been added.

In the meantime, we have released the website as a 'soft' opening. So, please go to this at, www.sedberghhistory.org.uk and have a look at everything that is available. We hope that everyone will find it useful and interesting, and it will encourage you to learn more about the fascinating history and people of Sedbergh and District, and perhaps your own histories too!



Domino Drive

Friday 12th January 2024

Barbon Village Hall, Barbon
7.30pm
£3 entry

Raffle & Refreshments



Please come along and support our fundraiser!
Clare Thompson 07590115844
Proceeds go to Barbon & District Agricultural Show

SOCIAL CAR SCHEME

Myles Ripley

Over the Christmas and New Year period the Social car scheme will not be operational from 18th December to 4th January. We wish our customers a very Happy Christmas and hope they will have a very happy and prosperous 2024.

This service is available to those who have no car or alternative transport arrangements and need

transport especially to medical appointments. We would always ask people to get in touch about possible transport as early as possible as we only have a few drivers who are all volunteers and may have other things on!

If you are a driver and wish to volunteer with us, do get in touch. There is no minimum time required of you. We are also looking for a new coordinator who can respond to requests and coordinate the drivers. We have a dedicated phone number and email so you can handle the requests at times that are convenient to you.

We would also remind possible customers that there are two other services that may assist (over and above the bus services provided by Western Dales Bus) – namely the Patient Transport service run North West Ambulance service on 0800 032 3240 and Rural Wheels which uses local taxi firms at a discounted rate 01228 226430.

COMMUNITY ORCHARD GROUP SEDBERGH (COGS)

Ann Parratt

What a great time we had at Apple Day this year! The atmosphere was very relaxed, with people enjoying meeting friends, having their apples juiced and eating yummy cakes!

For all the hard working volunteers outside it stayed dry and relatively warm while they crushed (scrattered) about 500kg of apples, making 300 litres of juice. Many were taking their juice home to make into cider, others were going to freeze their juice, and others were just planning to drink it.

We really appreciate all the help people give at this free event, it simply couldn't happen without you.

Inside People's Hall there was lots to do and see as well. Great music from Common Ground, delicious food to sample as well as to take away, plants to buy, children's activities, and apples identified by a member of South Lakeland Orchard Group (SLOG).

In addition to this four local groups were represented, the Sedbergh Beekeepers, Cumbria Wildlife Trust, Red Squirrel Group and Master Composters - thank you all for coming.

Last but certainly not least, we had a very successful raffle. Prizes were

PEOPLE'S HALL NEW YEAR EVENT

**Sat Jan 13th.
Doors open at 2pm.
Film at 2.30pm.**

DOWNTON ABBEY 'A NEW ERA'

**4pm Time For Afternoon Tea.
Cakes and sandwich tea and
coffee brought to your table.**

**Followed by a Sing Along and
Raffle.**

**Tickets for film only £6.50
Tea only £7.50**



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Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

generously donated by local businesses and friends of COGS.

We raised just over £500 this year, which is a huge help in running the orchard so thank you for your support.

All these activities are run by volunteers, without whom it would be impossible to put on this family friendly event, so a huge thank you from COGS.



OUR CHILDRENS' WOOD **A partnership between Sedbergh Primary School and the Sedbergh Environmental Network**

Sedbergh Environmental Network

Another planting season is starting up again after a busy summer of weeding and caring for the trees already planted. Most of trees have survived the year and a few trees on sites that suffered from the early dry spell have been replanted. The trees we are given are all healthy young saplings and so have a good start to life. Many of the first trees planted some 5 years ago are growing strong and are now well higher than the planters!

The volunteers still meet each Wednesday morning between 11.00am and 1.00pm and are quite able to plant over a-100 saplings each morning. We are always wanting new volunteers even if you only come once or twice a season. We now have many more sites than we started with, and several are substantial areas. If you fancy helping to plant a few trees then please email Peter or Barbara (peterapps51@gmail.com, barbara@garsdaledesign.co.uk). There is no test - it will be a definite "yes please"!

This year our new tree nursery looks well established and has been well looked after by the volunteers. It has now taken all the trees we received from the Conservation Volunteers in late Spring together with trees from The Woodland Trust in November. We also have home grown trees including over a-100 saplings grown by a lady on

Woodside Avenue and some more by a lady on Buckbank Lane. These small trees are now safely replanted in the nursery to grow on for next years Autumn planting.

In 2022 the Primary School wildlife club grew some Rowan trees, and these have grown on in the nursery to be strong enough for planting out. They were among the first to be replanted this year at a local field on the edge of The Dales Way.

The Yorkshire Dales National Park young rangers were hosted at the tree nursery during the October half term. New beds to take the trees from the Woodland Trust were dug, the existing tree beds were weeded, and notices were erected to advertise a change in one of the rights of way. It was a full morning, and the young rangers were brilliant workers who we would hope to work with again.

CHRISTIAN AID OCTOBER COFFEE MORNING

Revd Anne Pitt

Many thanks for all who supported our Coffee morning in October. £242.55 was raised and after expenses, £217.55 was sent to Christian Aid. It was once again a testament to local generosity and concern for our troubled world especially as it was a quiet day in Sedbergh with few people out and about.

We start next year's cycle of fund raising on 13th March 2024 with our Spring coffee morning but until then you can see how Christian Aid is active worldwide by visiting the website: www.christianaid.org.uk

On behalf of Sedbergh and District Christian Aid Committee.



LATE NIGHT SHOPPING SCHEDULE

Ed Welti

The schedule is almost finalised as we go to press. You may already have seen the official posters. This is what it looks like at the moment, it shouldn't change much!

5:00PM Craft Market opens in the Church, Sedbergh School Library and the Main Street.

5:00PM Start of Procession, proceeding from the Fire Station, up Back Lane and on to Sedbergh Information Centre. **Drum Nation** will warm up outside the Church and join the Procession.

5:30-6:00PM Church Bells

5:30-7:30PM Santas Grotto in the Information Centre. Bookings are open in the Information Centre.

6:00-7:00PM Organ Recital in the Church

6:15-7:00PM Live Nativity in the Churchyard, along with **Carol Singers**.

6:15-7:00PM Town Band at the Main Street Bus Shelter area.

7:00 - 7:30PM: Drum Nation at the Main St Bus Shelter preceded by other mini performances around the town.

8:00PM Craft Market Ends.

PUMPKIN PARTY

Sarah Woof

What a great evening! The children, and adults, kept coming and coming and yes, coming! Some in lovely costumes and others in rather scary outfits and we were pleased to welcome everyone. The weather stayed dry which was a great help and the table groaned with food. There were a few games but mostly the children played in the garden or helped eat the cakes. It was great to see adults chatting and having a catch up while the kids swapped ideas of where to visit next! Some stayed all eve . Each child received a goody bag, 25 Bags of Hope Inc an activity booklet telling of God's love along with sweeties and a very noisy Pumpkin blow hooter. After that the bags were plastic with just sweeties in when the books ran out. We gave out between 35 and 40 bags in all. We had carved words like Hope, Love and Peace in our Pumpkins, put candles in them and sat them on our garden wall by the road, bringing light into the darkness. The event was funded by Dentdale Christian Fellowship and we look forward to seeing everyone again next year on Oct 31st.

HEDGE LAYING AND LOG SPLITTING SERVICES



**All Enquiries Welcome
Mobile 07711164871**

DENT GROUPS

Sarah Woof

Getting Together

This is a relatively new group which meets in the Methodist Church in Dentdale on a Wednesday morning, 9.30am to 11.30am.

It is a bit like a Toddler group and Coffee and Cake drop in for older people all rolled into one!

We have a warm comfortable room with plenty of space to 'do your own thing" be that join in whatever craft is happening or do a jigsaw, play with toys or sit and chat.

So far we have made Stained Glass window decorations, painted stones and made bread. People are welcome to drop in and out or come and stay. We ask for £2 per family if possible which covers the few expenses we have .

Do get in touch if you would like more information, or to check if we are meeting between Christmas and New Year. Looking forward to you coming.

Sarah E Woof 015396 25212.

Community Corner

This sociable group continues to meet every Wednesday afternoon in the Methodist Church in Dentdale from 2pm to 3.30pm, or a bit longer if the Dominoe game is a bit competitive! We serve tea and biscuits and cake and always have a jigsaw on the go. A literal warm welcome awaits.

Do just check with Christine Brown or Sarah E Woof what the arrangements will be around Christmas. In Feb it will be 1 year since we began and I am sure we will be celebrating!

TROTT CELEBRATION CONCERT

3pm Sunday 17th December
Thornley Studio, Sedbergh School

*Performances from young,
local musicians who benefit
from the legacy of Freda Trott*

ALL WELCOME

to listen and find out more

Refreshments served

HOW DO I KNOW THAT I'VE FOUND THE RIGHT THERAPIST?

Fritz Hrynyk

Feeling the need to have therapy doesn't necessarily mean that you'll be bearing your soul to a person you don't know, laid on a couch or sat in an overstuffed leather chair, as there are many different modalities; acupuncture, reiki, osteopathy, chiropractic just to name a very small few from a long list; what they each have in common are two very important elements. The first is the client, that's you. The second is the therapist and if you choose CranioSacral therapy, that would be me.

If a client feels supported physically and emotionally during a session they will be more able to relax, soften and let go of the tension that has presented itself in the body. In an effective, therapeutic session, healing is significantly improved

when the client feels this support from the therapy and the therapist.

How do you know what therapy to have and which practitioner to use? You can look on websites, visit the numerous social media platforms and look at posts, you can get recommendations from others who have had the treatment or you can pick up the phone call me and make a judgment based on what you need and the impression you get from talking to a person and not reading a post. It costs you nothing to talk and be listened to.

Come and talk to myself, Fritz and my wife, Yvonne at our Dalesway Therapies stand in St. Andrews Church on Wednesday 6th December from 6pm for the Sedbergh Late night opening. Gift vouchers available!

Want to know more about CranioSacral Therapy then visit the organisation I have trained with <https://www.upledger.co.uk/what-is-craniosacral-therapy/>

Or visit our website: <https://www.daleswaytherapies.co.uk> or call me on 07817 665662 or 015396 21303.

We wish all our clients, everyone who attends Yvonne's classes, our neighbours, friends and all of Sedbergh and surroundings a fabulous festive season and a happy and healthy 2024.

See the advert on page 61.



Robert Powell

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& Management**

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**HARDSHIP AND EXHIBITION
FUNDS**

John Sykes

Hardship Fund:

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.

The Charities also have an

Exhibition Fund:

For under 25-year-olds for help with educational or training needs.

To apply for help from, or should you wish to make a donation to, the Charities then please contact:

Tony Reed Screen

(a865@btinternet.com or 015396 21081)

or John Sykes

(jmsykes100@gmail.com or 07786 384 917).

Any application will be treated in confidence.

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

**BOOK TOWN BOOK QUIZ
December 2023**

Gerry Cotter

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

Answers at rear of this edition on page 88

1. In which 19th century novel is the main female character called Bathsheba Everdene?

2. Whose eponymous adventures took place at Linbury Court School, and who wrote about them?

3. The memoirs of which politician were entitled A Journey?

4. Who travelled with a donkey in the Cévennes, as described in a book published in 1879?

5. Who wrote Portrait of the Artist as a Young Man?

6. And who wrote Portrait of the Artist as a Young Dog?

7. Who became Britain's Poet Laureate in 2019?

8. Which Roman poet wrote The Aeneid?

9. Which famous English writer published a dictionary in 1755?

10. What is the title of Hilary Mantel's novel published in 2020, the sequel to Wolf Hall and Bring Up The Bodies?

11. Which company published the Harry Potter books?

12. In Alan Bennett's book The Uncommon Reader who discovers the pleasures of reading?



GEORGINA'S LIVING WELL GROUP PRESENTATION

Georgina Devine/Ed Welti

The Living Well Group was established in 2015 to make sure the voices of people with learning disabilities and autism are being listened to, locally, regionally and nationally. They work with the many self-advocacy forums, directors of adult services, care boards, the NHS, communities and businesses. Georgina is an active member of the group and has prepared a presentation on the work she does to make sure the issues she faces are addressed.

Below is the text of her presentation.

I live in a rural area in the Sedbergh area of Cumbria. Public transport is often not available, for example :

The last bus from the nearest town of Kendal is 1.30pm during the week and 4:08pm on a Saturday, and no buses on Sundays. *(Now, of course, the only bus runs on a Wednesday).*

I used to be able to request a Westerndales bus service on a Friday from Dent and a bus on Tuesday to the Spar to go shopping, but both of these have stopped now.

I rely on the volunteer driver scheme. Often there are no drivers available or they can only take me one way.

The cost of a taxi to my class in Kendal is £50 return and I can't afford this.

I feel lonely and isolated, and I'm not the only one.

I have written to my MP and the Council to tell them about the problems other people and I have been having with public transport.

22nd April – Tim Farron MP for South Lakes.

26th April – Phil Green, Assistant Director for Highways and Transport Cumbria County Council

Some issues I discussed with the MP and the Council:

Plus Bus piloted in 4 rural areas of the country but not Cumbria.

Discussed Cheshire Plus Bus and having something similar in Cumbria

Community Voluntary Car Scheme – it finishes at 6:30pm and is not always available so I miss some activities.

Very limited bus service.

Taxis are expensive.

Rural Wheels Taxi firm – I can only use 2 x weekly and they finish at 6pm. They sometimes have a contract with the schools and then I cannot use them.

Travel Assist to Blackburn and Darwen – used to come from Blackburn to Cumbria and offer trips out but they do not do this any more.

Travel Assist Scheme

Little Green Bus Charity

This presentation was prepared earlier in the year, but Georgina continues her work highlighting the issues above and other problems. She has had a long and detailed correspondence with Tim Farron and other public figures.





**MERRY CHRISTMAS FROM
LAKELAND VOICE SINGERS**

David Burbidge

All our singers at Lakeland Voice look forward to singing with you all at our Folk Carols Concert - "Drive the Cold Winter Away" - on Friday December 8 with Muldoons' Picnic acapella group from Glasgow, Lakeland Voices folk choir from Cumbria, and the Cowgill Folk chorale from Dentdale. Our songs are drawn from the lively folk traditions of Sheffield pub carolling, as well as mediaeval carols, west gallery carols, Slovenian carols, carols sung in folk clubs, Cornish carols, Yorkshire carols etc. If you would like to host some or all of the 5 singers in Muldoons Picnic in your house they would very much welcome some accommodation for one night, on Friday night. They are happy to bring sleeping bags and sleeping mats if all you can offer is floor space. We've had a very good



year of singing with almost 1,000 singers joining us at the Street Choirs Festival which we hosted in Kendal, singing trips to the islands of Jura and Islay, mountain walking with singing in Slovenia and the Lake District, and a welcoming concert by our singers on Oxenholme station when the mayor of our twin town Zrece came to visit earlier in the year.

We are now getting ready for our Folk Carols Festival in Dent over the weekend of December 8-10 with harmony singing workshops, concerts, and singing walks down the valley, a weekend at the Black Sail youth hostel and inside the lighthouse at Whitley Bay, and another trip to Slovenia next year where we will sing alongside local choirs and singing groups. On behalf of all our singers, I will you a very merry and melodious Christmas, and a happy and harmonious New Year. David Burbidge, 015396.21166 www.lakelandvoice.co.uk

B4RN

Douglas Thomson

After 8 years of trying, it was a great pleasure to see B4RN's broadband service being installed into parts of Sedbergh. The west and south of the Town now has access to its service.

Such joy was short lived. A much larger company (Fibrus) who already have the contract for the rest of Cumbria announced their intention for a self-funded rollout to the rest of Sedbergh and several other B4RN areas in Cumbria. This meant that the government voucher funding which was essential to a B4RN rollout would no longer be available to us.

Being an optimist I still hope for a reversal of this decision but in truth it does not look very likely.

It seems we have, sadly, to accept the inevitable. The deployment of B4RN to the rest of Sedbergh is highly unlikely. B4RN have disbanded their Sedbergh project team and allocated the staff to other tasks, and we are doing the same with the Sedbergh volunteer team. Our equipment is being donated to other projects.

I'd like to express my thanks to all the residents from all over the Town who supported the project through thick and thin. For those in the west and south of the town, I hope you are enjoying your new service.

Celebrate with us - a free voucher....

We'll be launching our new website in December & we'd like to share a gift with you! If you have family/friends coming to stay in 2024 use code 'local24' to receive a £50 discount off our Apartment prices on our new website. Eligible for 2 night stays between 2.1.24 - 31.3.24.



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Accommodation

**SEDBERGH ALLOTMENTS
ASSOCIATION
AGM Report**

Ann Parratt

Sedbergh Allotments Association held its 15th Annual General Meeting at the People's Hall on 30 October.

Following the essential business of approval of minutes and election of officers, the meeting received the Treasurer's report which confirmed that the Association continues to be financially stable with income from rents and fund-raising sufficient to cover the main running costs of public liability insurance, membership of the National Allotments Society and water charges. The meeting agreed that annual plot rentals should therefore remain unchanged.

Members reflected on a generally successful season, notwithstanding a growing problem of visiting rabbits and the vagaries of the weather. The allotment site continues to be maintained in good order and receives favourable comments from

both residents and visitors. This winter the Association has arranged for the boundary hedges to be professionally laid so as to ensure their longevity and good health – work which has been made possible by a generous grant of £900 from Westmorland & Furness Council.

The Secretary reported that due to the surrender of a number of plots which have been taken on by new members, the waiting list is now relatively short compared to previous years. Anyone residing within the LA10 5 postal area is welcome to apply to be included on the waiting list (see contact details in this 'Lookaround').

Following the meeting, members enjoyed a 'Jacob's Join' accompanied by delicious home-made fare and mulled wine.

Note: Full details of Sedbergh Community Allotments are included in the 'interest groups' page of www.sedbergh.org.uk



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10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



**Sedbergh
Grief Share**

07498 870267

*For anyone
struggling
with bereavement*

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

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

KEEPING OUR SKIES DARK

Sedbergh Environmental Network

The whole of our National Park is a Dark Sky reserve which means that as far as we possibly can our external lights should meet the standards set out by Dark Sky International and reiterated by the Yorkshire Dales National Park (see the YDNPA Dark Skies Friendly Lighting Advice and the Lighting Tips and Guidance leaflet).

The benefits of having a dark sky are now well known yet much of the world still cannot see the stars. In Cumbria we are lucky – we have one of Britain’s darkest natural skies where the milky way is still clearly visible in many areas. Yet there is still much to be done to keep the skies dark and to improve those areas where illumination impacts on our senses and damages the view of the sky.

The Friends of the Lake District organisation has recently produced a publication called “Good Lighting Technical Advice Note” to raise awareness of the impact that badly designed external lighting can have on the environment and our own

health and how well designed lighting can save energy and carbon and boost our economy with the possibilities of astro tourism..

With a series of excellent diagrams the document shows ways in which we can retain our existing dark areas and how, in areas of high illumination, lighting can be altered to reduce glare and light pollution.

It is important to remember that the aims are not to make everywhere dark – but to keep the light away from our sky. This means directing lighting to where it is needed and to minimise or better still eliminate glare.

The publication is supported by all the Local Authorities together with the two National Parks and the Arncliffe and Silverdale Area of Outstanding National Beauty.

It can be found at <https://www.friendsofthelakedistrict.org.uk/lighting-policy> and is well worth reading.

*Also see New Parish Council
Lighting on page 76.*



CARER SUPPORT SOUTH LAKES

Sharron Lewis

Carer Support South Lakes (CSSL) is an independent, local charity, based in Kendal. It provides a range of services to support and enhance the lives of unpaid Carers of all ages throughout South Lakeland.

There are over 13,000 unpaid Carers in the South Lakes alone ranging in age from 5 to 98 - Adult Carers, Parent Carers and Young Carers. Initially, most don't think of themselves as Carers, because they are looking after someone they love and when you love someone it is natural to want to care for them. You may even be one yourself.

However, over a period of time and depending on the nature of the caring responsibilities, the role can become increasingly more difficult to manage. Many Carers give up their income, education, employment prospects or pension rights to continue looking after someone. Others attempt to juggle work, school or other commitments alongside their caring responsibilities. As various pressures increase, this can lead to feelings of loneliness, isolation, frustration, poor physical and mental health.

CSSL are here to help manage the impact of caring on the lives of unpaid Carers. We are the Carer's Carer. There are a range of services available to help local Carers and we will assist you to access helpful



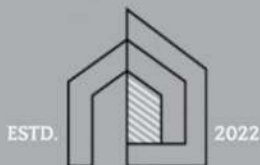
Howgills Cleaning Services are currently looking for cleaners to join our expanding team.

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information relevant to your caring role as well as emotional support, financial support, advocacy and opportunities to take a break. We understand the pressures that Carers are under and seek to walk alongside them during the most demanding of times.

If you are an unpaid Carer and not yet registered with us, please don't hesitate to get in touch. If you know someone who might be an unpaid Carer, please tell them about us. If you're not an unpaid Carer but want to support those who are, you could help us by volunteering a few hours of your time each month.

We'd love to hear from you.

Carer Support, Beeson Annexe,
Beeson Road, Kendal, LA9 6EL

Telephone: 01539 815970

If you would like any help or advice please come along to our 'Drop In' Session at Sedbergh Methodist Church, Tuesday 9th January 10am – 12pm

SEDBERGH SPRING SHOW **Saturday 20th April 2024**

Marion Wood

The Spring Show in 2024 will be on 20th April. We were delighted with the entries this year and the number of visitors who came to enjoy the afternoon Show. Next year we will have the band playing again and serve tea, scones, and cakes. We also hope to have some musicians playing from Settlebeck school.

2024 will see the return of a local celebrity to present the cups at the end of the afternoon. We hope to continue to have an enjoyable day to celebrate the talents we have in our community. Entry forms will be in the shops end of February with no charge to enter an item. There will simply be an admission ticket fee to attend on the day (cash only).

Any queries or volunteers to help on the day, please ring Marion Wood (21385)

Here are the classes for 2024. So start planning your entries now.

Handcrafts

- A patchwork or quilted item
- Any cloth item from repurposed material
- A wooden item
- A bag of any medium (not from a kit)
- A cross stitch article (indicate if own design)
- A tapestry (indicate if own design)
- A handmade cushion (max size 40cm)
- A piece of fused glass
- A handwoven item
- A homemade bracelet
- A card made from recycled material
- A Spring wreath (non-perishable)
- A soft toy knitted or crocheted

Sedbergh Community Swifts
Send Festive Greetings
to all readers



Contact us:
ta.hoare@btinternet.com
01539 824043

A soft toy sewn
A dressed doll (the doll may be bought)
Any craft item on the theme "farming"

Garments

A hand knitted garment in thicker yarn (double knitting or thicker)
A hand knitted garment in finer yarn (4 ply or finer)
A hand knitted scarf, snood, or shawl
A crocheted article or garment
A handmade apron

Flowers and Plants

A large houseplant over 30cm
A small houseplant under 20cm
"Paris Olympics" a dinner table arrangement (W/D 45cm)
"Walk in a meadow" an arrangement in a box (W/D 45cm)
An arrangement in a basket (W/D 45cm)
A Spring Wreath including fresh flowers.

Home Produce

Four cheese scones
Fruit cake
Four fruit scones
Six biscuits of any variety
Four muffins
Gingerbread
Lemon drizzle cake
Teabread
Round shortbread (minimum size 15cm)
Six flapjack pieces
Victoria sandwich (filled with raspberry jam)
Vegetable pasty
Savoury Quiche
Pot of raspberry jam
Pot of strawberry jam
Pot of Seville orange marmalade
Pot of any other fruit marmalade

Pot of any other jam
Pot of fruit jelly
Pot of lemon curd
Pot of chutney
Bottle of homemade sloe or damson gin
Bottle of any other flavoured spirit
A white loaf (machine made)
A sourdough loaf (handmade)

Art

Painting: Still life
Painting: abstract
Painting: Landscape
Mixed Media Image
A page from your sketch book

Photography

Wildlife (size minimum 8x6, maximum 12x10)
Local View (Cumbria or Yorkshire) (size minimum 8x6, maximum 12x10)
Spring (size minimum 8x6, maximum 12x10)
Cloud Inversion (size minimum 8x6, maximum 12x10)
People and Portraiture (size minimum 8x6, maximum 12x10)
Sport (size minimum 8x6, maximum 12x10)
Water (size minimum 8x6, maximum 12x10)

Children (not school entries)
A handprint (age 6 and under)
An Olympic Medal (age 7-11)
2 chocolate crispy cakes (unbaked) (age 11 and under)
A mug of flowers (age 16 and under)
Photograph of an insect (maximum 5x7) (age 11 and under)
Photograph of moss or lichen (maximum 5x7) (age 16 and under)



SEDBERGH ENVIRONMENTAL MARKET

Michelle Hartley

In late October we had our fifth eco market which was another great success with lots of information stalls and environmental businesses, some familiar faces and many new ones.

Backsbottom Farm brought a variety of delicious organic heritage apples to sell, which are also made into cider vinegar in a variety of flavours including, hawthorn, blackthorn blossom and beech leaf. Woodcrafts from the farm's managed native woodland were also available, along with natural art charcoal. We also saw the return of The Lune Rivers Trust, an organisation that conserves, protects and rehabilitates

the Lune River and its tributaries. In the past it has carried out a Natural Flood Management project in Sedbergh (2 phases) and worked with Sedbergh Primary School releasing elvers into the Rawthey River. Another return stall was local business Blackhorse Farm Flowers which grows British seasonal flowers sustainably without the use of pesticides or herbicides, only organic peat free compost and natural homemade teas. Everything is grown just outside Sedbergh which keeps their carbon footprint low.

Some new stalls included Happy Sprout Kitchen who brought a variety of vegan foods, both sweet and savoury. Vegan quiches were available, changing with each market

POST OFFICE

Penny Black

Cards
Gifts
Stationery

Dear Lovely Sedbergh Customers,

Here at Penny Black, we wish to make your Christmas as stress free as possible. So:
Be knocked out by our boxes of **Christmas Cards** (cheaper than a well-known garden centre)!

Fill your boots from our range of inexpensive **Stocking Fillers!**

Have a write good time perusing our lovely **Stationery!**

Pass the time choosing a **Calendar**, including our fabulous "Ned's views of Sedbergh!"

Get enwrapped with our choice of **Festive Paper** and **Parcel & Post!**

But most of all, have a very happy and peaceful Christmas.

At Penny Black. We've got Christmas all wrapped up

based on seasonal ingredients, along with 'parmesan cheese' from sunflower seeds. For those with a sweet tooth there were brownies, including 'matcha cranberry' and 'dark chocolate raspberry' and biscuits 'lemon and lime' and 'Brazil chocolate chip'. Binkyboo Crafting is a registered vegan business which recycles, repurposes and reuses materials. Their main craft is macrame hangings made from broken down textiles embellished with other repurposed decorations. A Bit of a Buzz produces lovely scented bees wax candles and cleaning products, all with natural ingredients, including Coconut FlamBeé, Lemon myrtle and Wild basil + peppermint. The business is also a member of the Lune Valley Holistic Community Beekeepers who create and improve pollinator-friendly habitats.

Cumbria Master Composters, part of 'Garden Organic', came again and is an organisation that promotes composting in local communities. It provides basic information on how to get started, but also helps with more complex inquiries for those already composting. This year they brought their fabulous wormery too! Roesk brought a variety of upcycled items, many of which were wooden plates/bowls, along with small furniture and bric a brac. All products are made using preloved items found in charity shops or house sales and given new life often through careful decorating using eco-friendly paints. Free hand washes were offered on the day by Qi Essence. Their hand wash is 100% natural and the majority of the ingredients are also certified organic.

Their eco ethos extends to all aspects of their packaging with glass and bamboo bottles and labels, inks and adhesives being environmental too.

Bee More Eco had a range of reusable fabric products with an emphasis on beeswax wraps which were sold in a variety of sizes and a fantastic and fun range of patterns. They also had other upcycled fabric items, including innovative playing card holders made from old CDs. The products from Gneiss Rugs use no electricity, just a peg loom and hard work. The rugs are made from woollen selvedge, a waste product from the weaving industry, and come in a fantastic range of colours and each one is individual. You can also see and buy these beautiful rugs at Farfield Mill, keeping your carbon footprint low. The Cumbria Wildlife Trust is a charity that works hard to restore and connect wild places and works with nature to tackle the climate emergency. They manage 41 nature reserves in Cumbria, including Burns Beck Moss right on own doorstep and 11 more within a 12 mile radius.

Dentdale Bees & Mayfair Organics is a local 70 acre farm part of 'Organic Farmers and Growers' producing a wide range of farm products from wax and wool to fruit and veg. The animals are used in conservation grazing and trees and hedgerows are being planted to improve biodiversity and prevent soil erosion. Brees Herbal Teas is a plastic free company which was selling a fantastic range of loose-leaf teas, with equally great names

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including 'Sereni-Tea', 'Har-Tea' and 'Chess-Tea'. These natural healing teas are also made with organic ingredients whenever possible. Papilio Arts and Crafts had a variety of upcycled products from a range of materials, in particular their jewellery. Using scraps of old paper, it is rolled into bead shapes or used to cover wood or bamboo, with other upcycled beads added to complete the piece. Each item is individual based on the colours of the original scraps of paper. A delicious vegetarian lunch was served by Waterside Café from Kendal, using lots of local and organic ingredients. The main menu included a spicy vegetarian stew or a carrot and coriander soup, both

served with their freshly made breads. Sweet flapjacks, crumble slices and brownies rounded off this tasty meal.

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

CANARY GIRLS MEMORIAL PROJECT

Sandra Gold-Wood

Hello everyone, I know it has been sometime since you have had an update.

Firstly; Valerie Welti and I have plenty of speaker dates in the diary for 2024. Val very kindly covered for me when I was unable to fulfil my bookings. Storm Agnes got in the way of my talk at Silecroft which was postponed for a few weeks. I must thank Liz Clerk for driving me to this talk. My broken arm meant I was unable to travel to Durham for another. However, the Durham date has been rebooked for next year.

There have been a number of developments; and we haven't completely given up on charitable registration. The idea of a memorial for the Canary Girls, (female and some male munitions workers) had already been discussed in Parliament in 2013. It was agreed that they should indeed have a memorial in the National Memorial Arboretum. We at the Canary Girls Memorial Project (CGMP0 are doing our best to find out what went wrong! Letters have been sent to the MOD, who were of course responsible for employing these war workers. There has been no reply so far from the MOD, but that comes as no surprise. However, we have had a reply to the letter which was sent to Women's Minister for Equality. Strangely, to my way of thinking the reply came from the Ministry for Culture, Media and Sport. Nevertheless, there were some helpful ideas in the letter which we are following up.

Also mentioned in 2013 Parliamentary discussion was that the Royal British Legion had given permission for any wartime munitions workers or relatives of a worker to join the march past the London Cenotaph on Remembrance day. They can march along with all the other organisations who are paying their respects to those who gave so much for our freedom, and the lives we are so privilege to live. This was news to me. However, this has been followed it up and it was found that a person has to apply through their local RBL branch to get permission to walk in the parade. It is our intention to secure permission to walk in the parade in London in 2024 and to lay a yellow poppy wreath among all the red ones for the Canary Girls.

Talking of wreath laying, this year joining us in laying a wreath for the Canary Girls, were the parishes of Windermere, Beetham and Urswick. Former MP, Eric Martlew, carried a yellow poppy wreath in the Parade thorough Carlisle and placed the wreath on the towns central war memorial. Naturally, there was one here in sunny Sedbergh. There may well be others who did the same around our area.

We now have an online petition which you can access through our website. Just type in Canary Girls Memorial Project or Canary-Girls.com and click on the word petition at the top of the page. This will take you to the link and you can easily sign. Please do sign; 100,000 signatures are needed and then it goes automatically to the PM, and

then it will be hard for the powers that be to ignore CGMP.

The wonderful thing about the petition is all the messages that have come to us. Many of the people signing are sharing the experiences of their family members who worked in munitions. Some with tragic consequences. The information they are sending is invaluable.

One thing I personally wish to add; I take nothing away from all the men who gave their lives for our freedom and I am pleased that the tradition of remembering them continues. Still, the women munitions workers should also be remembered for their work and sacrifice too.

A big thank you for your continuing support the CGMP, it is greatly appreciated. Thanks also to all of you who brought a quiz sheet. See the questions below .

The winner of the chocolates this time is Elizabeth Skill.

CANARY GIRLS QUIZ QUESTIONS

Sandra Gold Wood

1. What was it that Jason and his Argonauts were after?
2. Who is the Norse God with a hammer?
3. Who did Lancelot fall in love with?
4. Who fiddled while Rome burned?
5. What can you do with the Midas touch?
6. Which King tried to hold back the tide?
7. Name the Giant who created the Giant's Causeway?

8. King Harold died when an arrow pierced his eye - true or false?

9. What is the opiate named after a Greek God?

10. A Japanese girl was told her husband would live as long as the petals on a flower, she split the petals of a carnation and turned it into which flower?

11. What do we think Nelson said with his dying breath?

12. Which indigenous people believe the world was created by a Rainbow Snake?

13. What is the Sword of Damocles supposed to hang from?

14. Where can you see the megalithic structure 'Nine Ladies'?

15. What does legend say can be found at Black Mere pool in the Peak District

16. How many heads has the Hindu God Ravana have?

17. The Skull of which round table Knight is said to be at Dover Castle?

18. Which Egyptian God has the head of a Jackal?

19. Who has the right to be King of Piel Island ?

20. What is said to be the food of the Gods?

Answers are on page 88.



IN THE TANGLED WEB OF MEMORY

Phoenix Lee

In the tangled web of memory,
Where past and present blend,
Dementia weaves its web so tight,
That thoughts are hard to mend.

Faces fade and voices hush,
As if they were never real,
While scenes and fragments flood
the mind,
That no one else can feel.

Names and places slip away,
Like sand through open hands,
The mind no longer holds them fast,
The threads of life unravelled
strands.

Forgetting is a silent thief,
That steals a lifetime's store,
Leaving empty spaces where
The vibrant spirit roared

The ones we love seem strangers
now,
Unrecognizable and lost,
The memories that bound us once
Are now a heavy cost

The joys and sorrows of a life,
That once was sharp and true,
Are fading into shadows now,
With much diminished hue.

But still there's love that binds us
fast,
And caring takes its place,
With patience and compassion,
We hold each other with warm
embrace.

For though the threads of memory,
Are frayed and come undone,
Love endures beyond all things,
And lights the path that's won.



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DENTDALE MORE THAN 90 YEARS AGO

Colin Cowperthwaite

This is part of an article about Dentdale which appeared in a 1930's 'Handbook for the Visitor and Tourist' compiled by Frederic Riley.

A fascinating walk is provided as one leaves Dent Head, where an ever unfolding panorama of unspoilt beauty is revealed. A prominent landmark, two miles away, is the white ribbon-like station road curving up the green hill slope, while further northward, across the hidden valley of Garsdale, is the lofty summit of Baugh Fell.

Built in attractive style amid ideal surroundings stands Deeside Shooting Lodge, a property of the

late Lord Henry Bentinck. The cottage near the roadside a little further on is Scow, a name probably derived from the Danish word scua (a wood). During the making of the railway at Dent Head a license was obtained for the house, which became known as the Wonder Inn. It has since been rebuilt. An interesting feature is seen in the stream bed here, where the water pours over a broad projecting platform of rock formed by the underlying shale having been washed back a distance of several feet. The descending and ever-winding road follows the stream, and in several places where the gradient of its bed agrees with the inclined strata, the water glides for

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many yards over the smooth surface of the same bedding plane.

Between Dent Head and the station the terraced railway line passes over the Arten Gill Viaduct, which spans the gully between Wold Fell and Brant Fell-end. This viaduct is 645 feet long and consists of 11 arches. The building of this notable piece of masonry presented great difficulties, owing to the thick bed of shale and drift overlying the limestone upon which the piers rest. Shafts 50 feet in depth had to be sunk and timbered in order to reach the rock to begin the foundations, and during this time it was necessary to continue pumping out the water as it rose in the shafts.

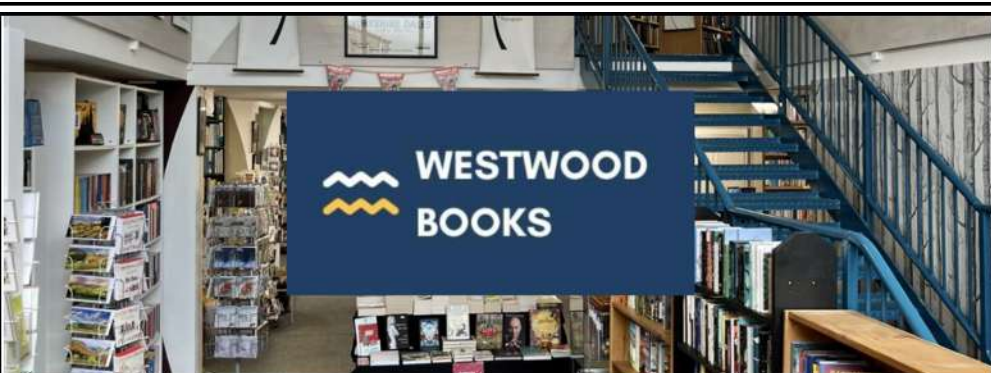
In passing Arten Gill, the ruins of Stone House Marble Mill recall an industry which at one time used to flourish here. For many years this mill provided one of the chief sources of local employment, and was a valuable asset to the dale. Dent "marble" (Hardraw Scar and encrinital limestone), when cut and polished, becomes well known, and fine examples of work upon which a great amount of labour and skill had been expended, were sent far and wide. Many beautiful fireplaces and memorial columns in various parts of the country were fashioned at Stone House Mill. Owen's College, Manchester, possesses a fine stair case of Dent Marble, while fireplaces have been supplied to the Inns of Court, London, and the Royal Palace at St. Petersburg; besides being exported to places as far afield as Australia and Bermuda. Gritstone sand, used liberally in marble and

stone sawing, was obtained from both Widdale and Whernside tarns, the mill having a "sand right" included in the old deeds. The sand was packed in small sacks and carried down the mountain side in panniers on the backs of donkeys.

Of the original buildings, only the polishing shop and show room is standing. The principal saw-mill stood a little further up the stream, while another was situated near the road. Here the quarried stone was cut to shape by machinery working day and night, the power being derived from two overshot water-wheels fed by the adjacent stream, supplemented during dry weather by water from one of the tarns high up on the fells.

In connection with Stone House Mill we are reminded of the visit paid here in 1836 by Sir W.J. Armstrong of Newcastle-on-Tyne, during a fishing expedition in Dentdale. Whilst watching the trundling wheels and the stream falling down the hill side, he became engrossed by the further possibilities of water as a source of power. For ten years the great engineer worked in perfecting these ideas, which resulted in the hydraulic crane and other forms of hydraulic machinery that have found their way to every part of the civilised world. In contemplating the ruins of Stone House, where many partly finished specimens of the marble workers' art lie half-buried among the weeds, one cannot but regret the passing from the dale of this useful industry.

The mill was opened about the year 1780 in premises formerly used for wool spinning and carding. In 1815 the works were considerably



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enlarged, and at this time employed about forty workpeople, including thirteen skilled marble masons. Owing to decreasing trade towards the end of the 19th century - due largely to the importation of cheap foreign marble - the business became unprofitable, and the mill closed down some thirty years ago. For much information concerning Stone House Mill, the writer is indebted to Mr R. Bayne, the present owner of the property.

A road coming in at Arten Gill leads over the fell to Widdale Foot. About a mile-and-a-half along this road a rough track branches to the left and runs northward along the fell high above the railway onward to

Garsdale Head. This ancient road with its interesting associations is still known as the "Old Scotch Driving Road", and is part of the actual route along which the sheep drovers used to bring their flocks from Scotland to the great sheep fairs of Ribblesdale. Mr James Batty, an old dalesman of Dent, informs me that at some of the fairs held at Newby Head, Scotch sheep to the number of ten thousand have been assembled on the moss in front of the Inn.

The road above, which is now seldom used, attains a height of 1,700 feet above sea level, and provides one of the finest prospects obtainable from any upland road throughout the district, including a

fine panoramic view of the hills and mountains surrounding Dentdale and Garsdale. Where the road is enclosed its average width is twelve yards, more than twice the width of the usual pack-horse road.

During their long journeys the sheep drovers lived in spartan simplicity, often sleeping alongside their flocks on the open fells with only a rough blanket or shawl for covering. Their food consisted chiefly of oatmeal, carried in a bag on their backs and mixed with water from the streams. In addition to this "crowdie", as it was called, havercakes (oatcakes) were occasionally obtained. This food was carried in a small bag which became to be known as a haversack.

SEDBERGH HISTORY SOCIETY The Garnett Family

Karen Bruce Lockhart

Following our AGM our Chairman, Professor Robert Fox, gave a very interesting short talk about the more prominent members of the Garnett family and in particular Thomas Garnett.

Thomas Garnett is undoubtedly the best known of the Garnett family, and is remembered by a well known engraving. At about the time the portrait was made he was lecturing in Albemarle Street about the fashionable laughing gas, sometimes with embarrassing results. He was head hunted by the newly formed Royal Institution in 1799 which was then little more than a London Club. He was the only professor in the Royal Institution and lectured on the whole range of scientific knowledge – and was very good at it. He had been head hunted from the Glasgow Andersonian (which became the University of Strathclyde). Within 7 or 8 years he had reached the top of the culture tree but he died of typhus when only 36, and his tomb and a copper plate were found near Euston Station during the excavations for HS2

How had this boy from Barbon managed this? From the point of view of Londoners this was a young man from the North with a Westmorland accent and from unimaginable deprivation. However, from the Westmorland end the view was different. He was the child of a yeoman farmer. He had been apprenticed to John Dawson, the well known mathematician who taught at

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Sedbergh School. Garnett is only mentioned on the School records. He went on from there to gain an MD at Edinburgh, and practised at the Spa in Harrogate. From there he progressed to the Andersonian and then the Royal Institute. He was much less disadvantaged than the Londoners may have thought. The literacy level in Westmorland was the highest of any county in the country. John Dawson was a nationally important teacher. The family although yeoman farmers were at the upper level of yeoman society. He also lived at a more life changing time than any since the Middle Ages. There was comparatively little infant mortality and the large number of children born to a farmer had to find other occupations. Many learnt numeracy and literacy, which allowed Dawson's elder brother to become an exciseman in Lancaster and Garnett's younger brother, who knew Latin and Greek, to become curate of St John's Firbank, where he served for 35 years. Garnett himself had two daughters (his wife died in childbirth). After their father's death, both were brought up in Barbon and might have been expected to marry locally but married into the higher reaches of the East India Company, one to an officer in the EIC army (she lived for several years in India), the other, Catherine, to a former EIC surgeon. Catherine was a poet and artist and features in the Dictionary of National Biography. They were not a run of the mill family. They were able to challenge society and take them on face to face.

Professor Fox hopes to publish his book on the Garnett family next year.

50 YEARS AGO

Colin Cowperthwaite

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

Young Wives

A commentary on life in Sierra Leone, illustrated with slides, was given by the Rev. D. Capstick and his wife Ruth, at the Young Wives meeting last week. They were introduced and thanked by Mrs H. Hill, the leader, and the proceeds of a bring and buy stall amounting to 39.50 was donated to Rev. Capstick for use in his missionary work.

Sedbergh TT Motor Cycle Racer weds

A honeymoon in Athens followed the wedding of TT motor-cycle racer Mr Robin Udall and local government officer Miss Christine Park. They were married at St Anne's Parish Church in Singleton last Thursday. The bridegroom, a professional antique restorer and cabinet maker,



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is well known in the motor-cycling racing world with nine TT's in the Isle of Man to his credit. He is the only son of Mr and Mrs Robert Udall of Merlin Cragg, Marthwaite, Sedbergh. Miss Park is the elder daughter of Mr and Mrs William Park of Warton, near Preston. Given away by her father, the bride wore a white Dacron gown and carried pink roses and lilies-of-the-valley. The couple, who are to live in Sedbergh, held a reception at the River Wyre Hotel, Poulton, before leaving for honeymoon.

Junior Guild

A story and a test of Biblical knowledge was given to members at their meeting last week by the Rev. G.D. Rhodes. He was introduced by Judith Dixon and thanked by Nicola Taylor and Patricia Harris. The lesson was read by Vivian Souter, and the register kept by Janet Chamley, who was also the pianist.

Sedbergh School teacher ordained

A former Sedbergh School master, Mr E.P.E. Long, who was interned with his wife for the whole of the 1939-45 war after the Germans caught them during the invasion of France, was ordained at Sedbergh on Sunday. The service, at St Andrew's Church, was conducted by the Bishop of Bradford, the Rt. Rev. Ross Hook. The service took place on the 39th anniversary of the ordination of Sedbergh School's chaplain, Canon A.T.I. Boggis, who attended the service. Canon D.A. Rogers, the vicar of Sedbergh, told the Gazette it was the first ordination there since the war. The candidate was presented by the Archdeacon of

Bradford, the Ven. W. Johnston. Canon Rogers and the Archdeacon of Craven, the Ven. Martin Kaye, also took part in the service.

Representatives of the churches in Sedbergh and neighbouring parishes attended. Mr Long will be assistant curate at Sedbergh, Garsdale and Cautley. He has just finished six months' training at Lincoln Theological College. He is a widower with no surviving family. His hobbies include walking, gardening, reading, music and architecture.

Old Folks Party

Pupils at the secondary school held their second annual party for the old folk of Sedbergh at the school recently. The youngsters, who had saved all year for the event, invited 175 old folk who were welcomed by the headmaster, Mr Peter Roberts. They were entertained to tea and a concert provided by staff and pupils. At the conclusion, each old person was presented with a gift of either meat, grocery, coal or logs. Parents had provided the gifts of grocery and the children had contributed the rest. On behalf of the guests, thanks were expressed by Mr Tom Steadman, chairman of the Over-Sixties Club, and Canon D.A. Rogers, chairman of the board of governors of the school, also of the Old People's Welfare Committee.

Firemen fight for Two Hours to free Driver

A well-known local night club entertainer suffered multiple injuries in a crash near Sedbergh during the early hours of Saturday morning. Mr Barry Oram, 35, of 32 Castlehaw, Sedbergh, was returning from a club

engagement in Cockermouth when his car ran off the road only a quarter of a mile from his home, and ploughed into a wall. Sedbergh firemen, police and an emergency accident team from Kendal fought for two hours to free him.

He was taken to the Royal Lancaster Infirmary where his condition yesterday was said to be 'fairly comfortable'. No other vehicle was involved in the accident, which is believed to have gone unnoticed for some time until discovered by a passing couple from Garsdale, who reported it to the police. Mr Oram suffered two broken legs and severe chest injuries. He is a painter and decorator, and is well known throughout the Northern club circuit as a singer. He is married with a young family.

Primary School

There was a good attendance of parents and friends for the Nativity Play performed by the infants at the school recently. The play was arranged by Mrs S. Thornber, and the singers were accompanied by Mrs M.S. Potts (piano) and Mrs R. Lord (guitar). Last Wednesday evening the pupils of the Primary School held a carol concert in the hall of the Secondary School at which carols were sung by the children, parents and members of the public.

Musical items were given on violins, recorders, guitars and trumpets. Accompaniment was provided by Messrs. R. Bush, W.L. Smith and S. Patterson. A collection taken in aid of the Royal National Institute for the Blind amounted to over eleven pounds.



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KENNETH CAMPBELL V.C.

Karen Bruce Lockhart

Kenneth Campbell VC was born on 21st April and came from Ayrshire. He attended Sedbergh School from 1926 to 1929 and gained a chemistry degree at Clare College, Cambridge, where he was a member of the University Air Squadron. In September 1939 he was mobilised for service with the Royal Air Force and joined No 22 Squadron in September 1940 piloting the Bristol Beaufort torpedo bomber. In March 1941 he successfully torpedoed two vessels

In 1941 the German battleship (or battle cruiser) Gneisenau with her sister ship Scharnhorst made sorties

into the Atlantic to attack British shipping. They had sunk HMS Rawalpindi and HMS Glorious as well as merchant shipping – in March alone they sank 16 merchant ships and were instrumental in U-Boats sinking five more and damaging the battleship HMS Malaya. At the end of the month, they retired to Brest. They were seen as extremely dangerous to Britain's ability to obtain supplies and feed itself.

On 6th April the Gneisenau was moored on 500 yards from a mole in Brest's inner harbour. There was a stone mole bending round the ship with rising ground beyond on which stood batteries of guns. Other batteries clustered thickly round the two arms of land which encircled the outer harbour, while three heavily armed anti-aircraft ships moored nearby guarded the cruiser. Even if Campbell managed to avoid these defences, if he came in over the mole at low level it would be impossible to avoid crashing into the rising ground beyond the cruiser.

For the attack to be effective Campbell had to release his torpedo close to the side of the mole and fly in at 50 feet, while facing a thousand guns from the shore batteries and the battle cruisers. Despite this Campbell, knowingly facing almost certain death, flew in below the mast height of the guarding ships and skimmed over the mole, dropping his torpedo successfully and blowing a 40 foot hole in the side of the cruiser below the water line. Normally a plane dropping a torpedo would race away weaving to avoid fire, but this was impossible in the circumstances



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and Campbell was forced into a steep banking turn to try and avoid the rising ground, but this exposed the whole outline of the plane to the withering fire of the guns, and he was shot down. It was a week before news of his death reached London via the French Resistance, and it was a year before the VC was awarded, unusually based on the reports received from the French Resistance rather than waiting for investigations after the war.

Later bombing raids further damaged Gneisenau and it is said that this was the turning point in the Battle of the Atlantic. He was buried in Brest Cemetery by the Germans. It was 50 years before his hometown of Saltcoats recognised his bravery with a bench near the war memorial. His VC, the only one awarded to an RAF torpedo bomber crew member, is held by 22 Squadron.

**SEDBERGH & DISTRICT
HISTORY SOCIETY
937 And All That**

Karen Bruce Lockhart

On 1st November our Chairman, Kevin Lancaster, gave us an extremely interesting talk on how the Norwegian Vikings came to settle in the Sedbergh dale in the early 900s.

He pointed out that very little is known about the area from the end of the Roman occupation until about 1092. For instance, although placenames can be traced, the names of individual people are non-existent. In National terms Alfred the Great died in 899 and most of the internal conflicts had been settled. The English and the Danes had sort of united and were at least nominally Christian. There had been a sort of peace for a couple of generations – 50 years or so – by 937

Meanwhile the Norwegian people had spread out round the north of Scotland and settled in Ireland, and south to what became Normandy.

Around 937 large numbers of the Norwegians were persuaded to leave or were driven out of the Dublin area and spread across the Irish Sea to places like the Isle of Man and the Wirral. Others went slightly further north and followed the rivers and the remaining Roman roads further inland. It was not an invasion, but men looking for suitable places to settle. They were not really refugees but equally were probably not coming voluntarily

To demonstrate what might have happened, Kevin Lancaster, took us on a journey with an imaginary Norwegian and his family and retainers (which might have been anything up to 100 or more, rather than an individual man) up the valley of the Lune. They would have come up the Lune in their long ships and perhaps have transferred to the old Roman road from Barbon north up Jordan Lane and across the Rawthey at Holme Farm. If a large party it



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might have split at this point, some going on north but others turning right towards Sedbergh.

Sedbergh at that time was part of the Danelaw and predominantly settled as the names demonstrate by the Danish in villages such as Kirkby Lonsdale, Mansergh and Sedbergh, and the English in villages such as Barbon and Killington. Following the Romans leaving the population is thought to have shrunk, possibly as much as half, and areas which had been farmed in Roman times had been lying fallow for about 4 or 500 years, mostly on the somewhat higher ground. The local population and local lords may have told the newcomers as they came up through Sedbergh and Dowbigging that they

were welcome to these neglected lands. These farms were suitable for cattle because they could grow cereals to feed cattle, having fields which had been previously ploughed with stones removed. There are about 30 examples of such thwaites in the Sedbergh area. He showed us pictures of the earthworks from the original settlers and the ploughable land on his own farm at Sarthwaite where the imaginary venturer might have settled.

Within about two generations the newcomers would have become simply part of the local population, much as the Polish who settled after WW2 have been absorbed in the area with only their surnames to distinguish them

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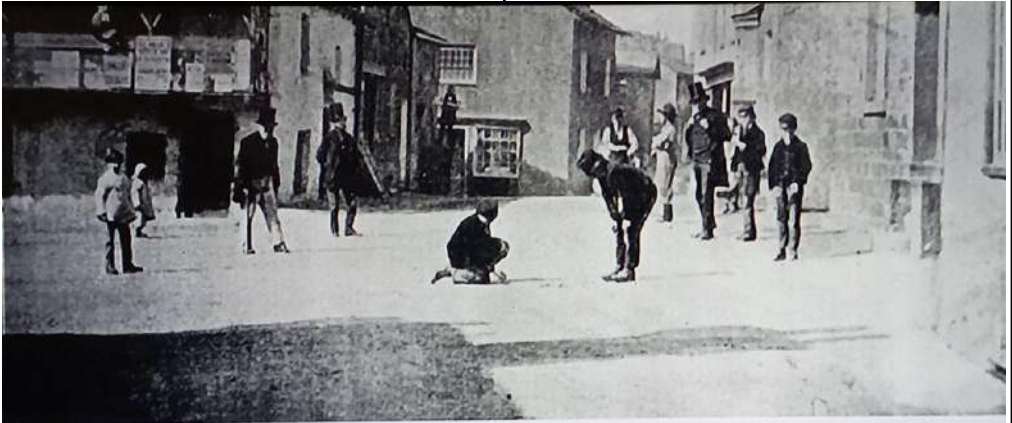
Aldo Uijdert

A couple of years ago my friend and I visited your lovely town. We were making a trip around the UK and we had marbles to play on interesting places, like Hadrians Wall. When we left our hotel in Sedbergh, just across the street there was a picture behind a window of 2 kids playing marbles on the Sedbergh market. It happened to be one of the earliest pictures of Sedbergh. What a

coincidence for us! We decided to recreate that picture starring us. We took our marbles and camera and went to find the market place. But it was nowhere to be found.

With the help of a couple of kind locals we found out the location was now on the middle of the road. That was a challenge indeed!

But with some accurate timing, waiting for a gap in the busy traffic, we managed to make the desired picture.



Sedbergh Market Place before 1858,
Probably one of the oldest photographs of Sedbergh.



WESTMORLAND MONUMENT SAVED

Andrew Fagg

Builders from Richmond have restored one of Westmorland's most important 19th century industrial sites, the Smardale Gill limekilns near Kirkby Stephen. It means the Grade II-listed stone structures can be removed from Historic England's 'Heritage at Risk' register. The kilns had been one of ten Scheduled Monuments and 74 Listed Buildings in the Yorkshire Dales National Park to be classed as 'at risk'.

Major repair work was carried out between May and October this year by contractors Staley Stonework of Richmond, following structural surveys completed by Mason Clark Associates of York. The project was led by the Yorkshire Dales National



Park Authority, as part of the Westmorland Dales Landscape Partnership Scheme funded by the National Lottery Heritage Fund. The restoration of the kilns is described as a 'significant achievement' in a progress report on the National Park Authority's annual work programme, considered this morning by the Audit and Review Committee (see item 6).

The project was also celebrated last Saturday (11 November) at the Dales Archaeology Day 2023, held in Middleham. Senior Historic Environment Officer Sarah Whiteley and an expert on lime kilns, David Johnson, who did the archaeological monitoring of the repair work on site, each gave presentations. Mr Johnson told the conference: "It is a very good example of an industrial scale lime kiln and it's by a very prominent footpath in a National Nature Reserve, so it was worth saving. It was in a heck of a mess but now I think it looks absolutely splendid."

He paid tribute to stonemason Richard Staley, in particular for creating a bespoke device which was used to facilitate the injection of 30 tonnes of mortar into the rubble layer between the inner and outer walls of



Richard Staley of Staley Stonework.

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the kilns, to stabilise the structure (see photo of Richard with device).

Other work involved clearing turf from the kiln tops, removing loose stone from the firing bowls, replacing badly degraded stonework, and re-pointing throughout.

Sarah Whiteley told the Dales Archaeology Day conference: "The kilns were built in the mid-19th century and appear on the 1857 1st edition Ordnance Survey map of the area. They were built initially for the production of lime used in the construction of Smardale Gill viaduct, then in the production of lime for steel making in Barrow and Darlington. They are part of a wider complex of industrial features here, which

includes quarries, railway sidings, an incline plane tramway and engine house, representing what was formerly a major commercial lime producing operation.

"Hopefully we have maintained the significance of the kilns by doing this work, and have increased understanding of the monument."

The Smardale Gill lime kilns are owned by Cumbria Wildlife Trust and are part of its publicly accessible Smardale Nature Reserve. The National Park Authority worked with the wildlife trust, as well as the Northern Viaduct Trust, which owns the adjacent Smardale Gill viaduct, regarding access to the site and other logistics.

The background of the advertisement features several overlapping covers of the 'Lookaround' magazine. The covers are for the December 2020 issue (Issue 394) and the December 2019 issue (Issue 392). The magazine title 'LOOKAROUND' is prominently displayed in large, stylized letters on each cover. The background image is slightly faded and serves as a backdrop for the text.

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SEDBERGH'S WW2 WAR EFFORT

From the Sedbergh Scrapbook

Although Sedbergh Town was not in the forefront of the battle during World War Two, its people still played their part, and their financial contribution was quite remarkable.

Sedbergh and its district was at the time a small but vibrant and self-sufficient market town surrounded by a farming community. The total population was in the region of 4,000 people. The farms were small and little above subsistence level. It had no real industries, and the only differing feature was the presence of a public school, which may have contributed to employment in the

town, but was not a source of great wealth.

Newspaper reports of the time feature the number of small sums raised from week to week. £3 here and £5 there may sound small to us today, but accounting for inflation, they look very different - between £180 and £200 in today's terms - although the actual purchasing power was often considerably greater. These relatively small sums, raised by jumble sales, dances, entertainments, whist drives etc, were mostly, raised for war charities. Yet, they were not always small amounts - a sale at Sedbergh Auction Mart in September 1940 raised £325 - almost £19,000 today - for the Spitfire Fund.



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However, the truly surprising funds raised were those achieved each year for the National fund-raising weeks. In 1941 for War Weapons week the Town decided to attempt to raise £25,000 – an ambitious sum, even in modern money. The Town threw itself into effort and by the end of the first day, this sum had been surpassed by £10,000. The Post Office stayed open until 7.30 pm each night, and the banks opened for an hour in the evening.

Entertainments, football matches, parades, open gardens, displays, concerts, dances, whist drives, film shows and exhibitions took place, and the final sum raised was £96,626 – said to be enough to buy 19 spitfires. This is the equivalent of

over £4,000,000 today, but with an purchasing power of up to £17,000,000 in modern terms.

But that was by no means the end of the story. For Warships Week in 1942 the Town again decided to try to raise a further £25,000 to finance a Motor Torpedo Boat. Once again, this was achieved by the end of the first day, and the final sum raised was more than double. The Town supported their torpedo boat with gifts and money until it was sunk.

In 1943 the week was Wing for Victory. This time they were more ambitious and set a target of £40,000 for a Lancaster bomber and raised £82,750 – said to be enough to purchase eight Spitfires as well as the bomber. The Town had already

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raised £9,000 for a Tanks for Attack campaign, enough to finance a Churchill tank.

The last such campaign was Salute the Soldier week in June 1944. This time the Town decided to aim for £45,000 for three Churchill tanks. The final total was just under the sum raised in 1941 at £96,546, although with the country's economic situation and inflation it did not have the same purchasing power. The contributions of the surrounding parishes to these sums should not be ignored. Dent had a target of £1,500 in 1944 and raised investments of £16,825. Although a great deal of these sums was raised in cash in sixpences, shillings and pounds the

bulk was in war savings certificates. By 1943 Sedbergh had done particularly well with wartime savings. The National Average was £12 12s 9d (£530) per head, and Sedbergh's average was £20 16s. 7d. (£875). For small savings the National average was £5 3s 7d (£217) whereas Sedbergh's was £14 (£590). The group savings were also well above the average. In 1944 Sedbergh was presented with the Yorkshire Championship Savings Flag for the highest total of small savings in the county.

Adapted from: <https://www.sedbergh.org.uk/scrapbook/sedberghs-ww2-war-effort>

NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

Things are ticking over nicely at the station as we head for the winter months, and it gives opportunity to reflect on the fact it is now 5 years since our good friend and colleague, Dr John Disney tragically passed away at the comparatively early age of 58. It was through his generous legacy that the Friends were able to acquire the property. Indeed, there can be no finer memorial to John, for Dent was a place that he truly loved and often visited despite the travel distance from his home in Derby. Since our purchase, just over 3 years ago, we have, of course, concerned ourselves with a backlog of conservation work, utilising the services of the excellent Dentdale tradesmen augmented by our own volunteers.

Most will already be aware of the work of the Friends, but we are essentially a transport user group with a significant volunteering arm, involved in a variety of aspects including station adoption, a couple of shops, the café at Ribbleshead and two signal boxes at Settle and Armthwaite which are open to the public. We also offer free guided walks and heritage tours. There are plenty of opportunities for volunteering, and so, if you feel like getting involved, we'd be delighted to hear from you. However, since campaigning to save the line in the 1980s one of our main functions is maintaining a watchful eye on the services and striving for improvements. Whilst the threat of closure may have long since gone, the threats to the line come in other forms these days.

Of course, recent transport news has been dominated by the reversal of the ill-considered proposal to close

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most of the ticket offices across the network. This was a rather hastily implemented plan with little consultation and justified on the basis that only 12% of ticket sales are 'in person'. Critically, it ignored the fact that station staff perform a variety of other roles including offering customer advice, assisting those with disabilities or mobility issues or simply unlocking station facilities.

There are many areas where the rail industry could have saved money and so why choose this one, perhaps a soft target? Of course, we must not forget that many of our local stations (including Dent) had already lost their staffed ticket offices some years ago and, in these cases, the footfall would make it difficult to justify such a facility.

There is a fundamental problem in that we have the most complicated and outdated ticket system, probably in most of Europe, which has its origins in Victorian times. A sad indictment for the country that invented the railway. We need urgent reform of the ticket system, and some might argue that rail travel needs to be made affordable. The recent transport select committee concluded that the proposed closure of ticket offices at this stage was 'too much, too soon' perhaps implying that they might foresee changes at some point. Possibly, the way forward would be a combination of both online and ticket machines whilst still retaining hubs where passengers could seek additional assistance if needed. Wait a minute, isn't that what we already have in Settle and Appleby?

The strike action appears to be carrying on and whilst, at the time of

writing, we have not been advised of any new dates it is anticipated that it is only a matter of time. The public are getting a little weary and it is about time this was brought to a head. We have seen periods of disruption before due to strikes and other causes and these tend to drive the regular users to other modes of transport, usually the private car, never to come back.

The autumn leaf fall has certainly been evident and impacted on the trains services which suffer from poor adhesion. Not only does this make it difficult to start, but also difficult to stop. The S&C with its steeper gradients creates a further dimension. Whilst we have seen the daily visit of the rail head treatment train this has not been without its problems as, rather ironically, this has broken down on two occasions, blocking the line to passenger services. On one of these occasions, a following passenger train was stranded for 2 hours at Blea Moor.

We continue to monitor the passenger services on a daily basis, and it is sad to report that performance falls considerably short of what we would expect. The recent month of October was no exception. Indeed, we noted that approximately 19% of services ran late by 10 minutes or over. Some of the reasons were beyond the control of the train





operator such as flooding, freight train failures and leaf-fall. However, many of the issues are due to crew resourcing and allocation. Quite simply, the rail industry is under resourced and there is no spare capacity. As a further problem, we were recently advised that the carriage allocation to the S&C would be reduced over the winter months despite the anticipated increase in visits to events and travel over the holiday period.

However, there has to be some good news at the end of all of this and we understand that the usual winter offer will apply for Dales Railcard holders. Whilst the exact details remain to be seen this is likely to be 50%-off a standard 'on the day' ticket to anywhere on the line which is excellent for a trip, maybe to Leeds or Carlisle. The Dales Railcard is worth having, in any event, as it offers one-third off a normal on the day ticket for the remainder of the year. These can be obtained via the Settle Carlisle Development Company website or at Appleby or Settle ticket offices with proof of residency in a qualifying postcode.

Amongst, other things the Friends are also passionate about bus services. As far as the Settle Carlisle line is concerned, we are indeed

fortunate that there are still a few bus services connecting with our line, however, these tend to be provided by the voluntary or the community sector including Western Dales Bus and DalesBus. The volunteer Western Dales Bus is now an established part of the local transport scene in the absence of commercial operators. Elsewhere in the Dales, the volunteer managed DalesBus network goes from strength to strength and recently carried its 500,000th passenger since forming in 2005, a creditable achievement. However, the challenges of operating bus services that connect with trains are considerable. Getting simply timetable adjustments which would allow for better connectivity is virtually impossible and immensely frustrating. Even worse is when the rail operator alters its timetable without adequate notice. It is a sad fact that rail and bus operators tend to act distant from each other unless there is any compelling commercial reason to do otherwise.

The government £2 fare cap on the buses has now been extended until October 2024. Indeed, it is a good time to 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 also runs on Wednesdays. 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 making use of the Dales Railcard offer when it arises? 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 check www.westerndalesbus.co.uk for bus running and times.

The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will give also details of any potential disruption. If we can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and we would be delighted to help.

Finally, as this will be the last article before February 2024 it would seem opportune to wish everyone an excellent Christmas and a prosperous New Year from all at the Friends.

RATTY MAKES A WELCOME RETURN TO CUMBRIA'S RIVERBANKS

RSPB

Once a common sight in our rivers, water voles have vanished from the Lake District. In a bid to re-establish this small, yet vital part of the ecosystem, environmental organisations and landowners have joined forces to create the habitat conditions needed to bring back this much-loved creature to Cumbria. This week, their hard work has been rewarded as the last of 365 water voles were released into their new homes.

Nationally, water voles are Britain's fastest declining mammal. Over the last century they've gone from an estimated population of eight million to around 132,000. In that time, they have disappeared from 94% of sites where they once lived, including the Lake District.

204 water voles were released at Haweswater, taking place not long after 161 water voles were rehomed on the Lowther Estate. It marked the end of the initial phase of the first re-introduction programme to take place in the National Park since they were virtually wiped out - mainly due to habitat loss, pollution and the devastation caused by the rapid spread of the water vole's nemesis; invasive, non-native American mink. Defenceless against the mink, whole colonies were swiftly decimated.

These threats had to be addressed before any animals could be reintroduced.

River conservation charity, Eden Rivers Trust (ERT) was awarded

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money from the Environment Agency's Water Environment Improvement Fund (WEIF), The Moorhouse Fund (Cumbria Community Foundation) and Ernest Cook Trust to work with landowners and volunteers to find suitable sites, make necessary improvements to habitats and take steps to control non-native predators ahead of this summer's re-introduction.

The successful release of the water voles is a result of a partnership project between Eden Rivers Trust, The Environment Agency and the Cumbria Connect programme.

As a result of their efforts, water voles are now settling into their new homes on the Lowther Estate and at Haweswater, managed by the RSPB and United Utilities.

Dave Greaves, Species and Habitat Officer at Eden Rivers Trust explains why now is the right time to reintroduce water voles:

"The conditions must be right to successfully re-introduce water voles and a wide range of partners have worked closely with us to get to this point. Firstly, Lowther Estates and the RSPB/United Utilities' commitment to landscape-scale river restoration and

habitat improvement projects has created the variety of river and wetland habitats needed for water voles to thrive.

"Secondly, control of invasive, non-native American mink had to be in place as they kill water voles and other native wildlife. Water voles didn't co-evolve with American mink, and so lack strategies to avoid predation. We now have a more effective and efficient way of controlling mink - working with landowners and the local community so that the water voles stand a better chance of survival.

"Finally, more funding is now becoming available as nature recovery rises up the agenda of government and nature-friendly farming and land management is adopted."

To ensure a successful release, Eden Rivers Trust has worked with water vole ecology specialists, Derek Gow Consultancy to find suitable sites and supply captive-bred voles that are closer to the genetic make-up of voles that would have once been more widespread in this part of Cumbria.

Bill Kenmir, Conservation Manager at Cumbria Connect, added:

"This reintroduction of water voles to Cumbria marks a significant step forward in nature restoration of our landscape. Recognised as a keystone species due to their pivotal role, these charming creatures wield significant influence in delicately balanced ecosystems by engineering new habitats and increasing plant diversity along waterways.

“By adopting a landscape-scale approach and with further releases planned across the area, we hope to create a network of interconnected populations across restored floodplains. This will allow the water voles to disperse across more dynamic habitats, including alongside beaver at Lowther, allowing them to thrive.”

Jim Bliss, Lowther Estate said:

“Lowther is very excited to be part of a project that is reintroducing this adorable and much-loved species back to our northern landscape. For the first time in around 400 years, beavers and water voles can begin to live alongside each other in Cumbria.

“Beavers and water voles co-exist happily. The more dams created by beavers, the higher the water table. This in turn gives voles greater access to wider feeding areas. For their part, the voles, alongside their burrows, help the growth of a variety of wetland plant species – species that have previously been out-

competed by monoculture. All this helps to create a diversity of soil structures which in turn brings in more diversity.”

“Lowther’s wider plan is to eradicate non-native invasive species and implement nature recovery across the estate. The water vole project is a key part of this strategy.”

David Morris, RSPB Area Manager for Cumbria, added:

“We are thrilled to witness the water voles’ return to Haweswater, a testament to 12 years of dedicated landscape recovery in collaboration with our partner, United Utilities. Haweswater’s role in the esteemed Cumbrian River Restoration Programme, earning the European Riverprize 2022, reflects our commitment to reinstating natural river processes. Now, working more widely with our neighbours the Lowther Estate, we have created an environment where we can support the revival of this endangered species, establishing a population that can disperse across the wider landscape, contributing to a resilient ecosystem that benefits both nature and people.”

John Gorst, Catchment Partnership Officer for United Utilities, said:

“We’re proud to be part of the reintroduction of water voles at Haweswater. They will play their part in continuing to improve the biodiversity around the estate and build on the good work that our partnership with the RSPB has done.”

Find out more about the re-introduction of water voles to the Lake District at <https://edenriverstrust.org.uk>

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OCTOBER WEATHER

B. Wright

A fairly dry month for October with only 55mm (2.2) of rainfall. Temperatures were also fairly normal with the first frost of the season on the night of 12th. There were a few windy days, as usual normally westerly.

We assume that the bats have left the area as we haven't seen them for a long time. Rabbits seem to have moved in as youngsters are seen regularly digging mini holes around the place. Jackdaws are regular visitors especially around peanuts!! We have heard owls from time to time but rarely seen them. The badgers continue to dig in our field. There are acres and acres of grassland around us but only our field is used by the badgers!! Pheasants seem to be partial to sheep feed as they follow me from trough to trough! They also glean up around the bird feeding station area!

FAMILY MUSINGS

Sarah Woof

Small faces pressed up against the glass of our shop windows, especially the toy window where my Dad would have a train running around a track along with toys of every size and colour on display. There would be games compendiums of Draughts, Snakes & Ladders and Ludo which were very popular, special edition Matchbox cars and bags of farm animals. In another window little purses and jewellery sets appealing to little girls along with Brush & Comb sets and boxed handkerchiefs suitable for Grandmother's Christmas box.

A farm trailer would pull up outside school in the evening and soon be full of people of all ages, sitting on bales, off 'up dale' Carol singing. None of this all dressed up and 'tral a la la' at chosen houses, we went everywhere! Up farm tracks, on footpaths, garden paths and cobbled yards, we got fed too and the adults throats got lubricated frequently. Oh 'those were the days my friends', to quote a favourite song of mine. Days long gone in fact but still alive in my memory.

Christmas cometh of that there is no doubt, the advertising, the written word, excitement in the air. Be not mistaken the festivities will come whether we are ready or not, Jesus came to a young couple who were rather unprepared, these days we can prepare though of course all the usual, day to day stuff doesn't stop happening just because a tree needs buying and decorating, presents to buy and wrap, food to cook and cards to send. I look forward to being fit and

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healthy as Christmas cometh this year to recompense for the opposite last year, and although I was happy for them, no family members are jetting of across the world this December, unless of course they haven't told me yet.. !?

Whether you look back to happy times this Christmas, or focus very much on creating new memories in the here and now, remember 'Love came down at Christmas love divine', Thank you for reading Musings all year and I wish you a very happy Christmas and a healthy New Year. More to share in 2024.

AUTUMN

Sue Baxter

Iridescent leaves scatter the floor.
Around every corner there's more
and there's more!
All blown from the sky and into a drift,
This golden blanket is Autumn's gift.
They rustle and crunch and make lots
of sound,
As you walk through this covered
ground.



NEWS FROM THE PEWS

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

With dusters, vacuum cleaners, brushes of all kinds and polish taken up with gusto a willing band swept and polished throughout the church one Saturday morning in November. Our menfolk came up trumps, reaching up to those high places where cobwebs like to settle. We can now enter the space below the ringing chamber without fear of tripping over some stray bucket or flower pedestal.

November, traditionally the month for remembrance saw St Andrew's church filled for the annual service of Remembrance. The day was cold, but dry, always a bonus when gathering around the War Memorial for the two-minute silence following the service. In the evening the Sedbergh Town Band gave their Remembrance Concert with the proceeds helping to swell the collection for the Royal British Legion.

With Christmas on the horizon, our Christmas Fair was a good occasion Father Christmas greeting everyone as they came through the door and lots of Christmas goodies on sale. As always, the catering ladies in the kitchen were run off their feet keeping up with the demand for luscious lunches.

This is a little snippet the vicar told us on Sunday morning following the Fair. One of his sons was very taken by delving into the "Lucky Dip" for a gaily wrapped parcel. When asked early on Sunday morning if he was

going to go to church, he asked "Will there be a Lucky Dip?"

The next few weeks will be busy, busy. The Advent Carol Service on 3rd December at 6pm, Late Night Opening on Wednesday 6th December when the tower bells will ring at 5.30pm to start the proceedings before Tony will give an organ recital for an hour. The choir will be practising in readiness, the silver will be cleaned and with an (almost) cobweb free church we look forward to the Nativity Play being performed at 4.30pm on Christmas Eve, the Christmas Eve service at 11.30pm and all the other Christmas Services taking place, a hectic time for the Vicar and those non-stipendiary, and retired clergy who so freely give of their time and talents to assist in the parish.

How wonderful it will be to hear the rafters resounding to those familiar words of our favourite carols, we do hope you will be able to join us at least one of the services and we look forward to welcoming you.

A Happy Christmas to you all.

PS

The Wednesday Coffee Mornings take a break on 13th December and restart on 10th January.

See you then if not before!



Settlebeck School

SETTLEBECK SCHOOL NEWS

Lewis Sedgwick

This past term has seen a plethora of events for us here at Settlebeck School including the Year 7 residential to Hawes End, inter-house sports, spelling competitions and football fixtures.

The Year 7 residential trip to Hawes End, Keswick, was thoroughly enjoyed by all, even if the dismal weather sought to keep them inside. They partook in a range of outdoor and teambuilding activities, such as lashing and sailing canoes, and soaking wet ghyll scrambling. They certainly deserved their hot chocolates at the end of the evening!

Just before half term on October 19th saw us celebrate the second annual Awards Evening at the Sedbergh People's Hall. We welcomed students, parents, teachers and last year's leavers – who have continued on to a variety of further education places and apprenticeships- as well as distinguished members of the community and our special guest speaker, Tracey Neville. Tracey Neville MBE is a former England netball international player and England head coach. While playing, she was a member of the prestigious teams that won bronze medals at the 1998 Commonwealth Games and the 1999 World Netball Championships. Some of you when seeing the surname, Neville, may think of Phil and Gary of Man. United fame. There

is a link; they are her brothers. We greatly appreciated her attendance. And her advice about diligence, perseverance and seizing opportunities will certainly stick with us. The Awards Evening indeed is a celebration of such qualities in our students. Prizes were awarded for outstanding academic achievement as well as students' endeavour to continue bettering themselves, regardless of how challenging it may be. In addition to these, several special awards were also given out to those who demonstrate best the values of our school. A pleasant evening was had by all with refreshments provided by our catering team and a musical interlude provided by, unusually, a group of 4 male student singers. We all look forward to next year's ceremony.

Whilst in celebration mode, congratulations is due to Year 8 student, Olivia, who has come away from the English Taekwondo Internationals in Leeds, with a bronze medal. We eagerly await the results of her next competition.

In addition, our very own PE teacher and former student of Settlebeck School, Connie Hodgson, had a moment of fame when she

recently appeared on Countryfile as a World Champion in Cumberland and Westmorland Wrestling

Not long after half term on November 11th, we focused on something more sombre, the opportunity for all of us to remember those who gave themselves for our today during the two world wars. Here at Settlebeck, our Remembrance assembly, presented by newly appointed Head of History, Mr. East, gave us all a chance to reflect on the many brave locals who never returned after leaving English shores, many of whose names we recognised as those held by students in school today. The assembly allowed us an insight into the lives of the men, women, boys and girls who fought worked and lived during these terrible conflicts, many of them on the frontlines of Ypres and Arras just barely older than the Year 11s sitting in the back rows of the hall that day. A sobering thought. We are proud to say that we will remember their sacrifice.

Two of our head students, Will Dawson and Fiona Hoggarth, then went on to represent us at the church Remembrance service at St, Andrews on the Sunday morning, reading the roll of honour and laying wreaths on the cenotaph in the church grounds along with the representatives of many other local organisations. One person who attended the service commented on how moving it was that the two students were from families with members named on the roll of honour, a reminder of the close community we live in.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

Both Halloween and Bonfire Night were celebrated in the Houses, with activities such as dressing up, apple dipping, good food and pumpkin carving, and the School Fireworks were a magnificent sight and well attended by the Town. It was so lucky to squeeze them into a gap between the showers

Food, toiletries and essentials were purchased by an OS and delivered to Rainbow House children's home in Watamu, Kenya, with sums raised by Sedbergh (pupil) Golf Day and the Sedgwick honey

In sport, Wednesday 8th November was a particularly busy

day at home with Rugby fixtures, hockey fixture, County netball finals and the English Schools Cross Country finals

The School held a ceremony at 11 am on Remembrance Day. Remembrance Sunday started with Alex playing a lament in front of the flag staff at the Cloister and also at the Boer War memorial. The full Remembrance service took place on the Cloisters with the whole School and the Prep School parading. As is a tradition the school filed out past the VC memorial placing their poppies on the memorial. Again just managing to avoid the rain. The Prep School learnt about the youngest and oldest Sedberghians to be killed.

Music

On 9th November the School performed A Shropshire Lad in the School chapel, an interesting performance during the Remembrance week.

On Remembrance Sunday the Chapel Choir performed Faure's Requiem in the chapel which included two very good solos.

By the time this is published the School will have given three performances in the Brewery Arts Centre, of Grease.

Rugby

The 1st XV played Blacklock College on Busk on the first day of the autumn half term and were well beaten 52-20. The Seconds also lost against Blacklock. The 1st XV drew with Warwick on Saturday 11th 24-24 . this was the annual Wavel Wakefield fixture. A large red poppy decorated the pitch

The U16A had a rather more successful half term, attending the Millfield U16 Rugby Festival, winning the Festival (which included beating Blacklock 17-0)

The 1st XV lost to Clifton College 17-7. The Prep School had a tour to Edinburgh over the weekend of 4th/6th November. They also held an U9, U10 and U11 tournament at home.

The Prep School had to cancel its U10 Rugby Primary Schools Festival on 15th November due to the soggy condition of the pitches in the continuous heavy rain. However,

earlier it had a very successful rugby tour to Edinburgh schools

Equestrian

The team went down to Buckinghamshire to the Nationals. Ella in the Prep won the 70cm Pumpkin Showjumping, and Scarlett in her last appearance for the School after 7 years was Reserve National Champion in the 1m10 Arena eventing. In the 80cm warm up Prep School pupil Zara came first with Elsie third and Lucy firth

Hockey

Despite a not very good performance at the U16 Boys Cumbria Tournament, the team qualified for the North West finals next term.

The Girls 1st XI played under lights on the new pitch below the Hirst Centre for the first time against Dean Close. Missing both their captain and vice-captain due to illness, they lost 3-0.



Netball

At the U14 South Lakes Tournament the team earned first place. The 1st VII won against Scarisbrick and moved into the 3rd round of the Sisters in Sport Cup

Running

The Prep send teams to the Boys and Girls Cross Country Invitational Championships at Stonyhurst.

The U13 girls came second overall in the English Schools' Athletics Association Cross Country Cup held at Sedbergh and qualified for the national finals in Ipswich in December. The boys had a bad time

losing shoes in the very muddy course.

The U11 and U13 teams went to the St Mary's Hall Cross Country Championships and brought back a load of trophies.

Six teams of three attended the National Cross Country relays at Mansfield

Forthcoming Events

The 1st XV will play Millfield on Wednesday 6th December at 2.15 pm

There will be an organ recital La Nativite at 8.30 pm on Wednesday 6th December.

The choir will perform A Ceremony of Carols at 7.30 pm on Friday 8th December in the School Chapel

The 2nd XV will play Loretto 1st XV at 2.15 on 9th December.

The Guest Carol Service will take place at 5 pm on Sunday 10th December to which all are invited to join in.

The School will spend a day contributing to the community and charities on 13th December.

The formal School Carol Service (parents only) will be at 4pm on Thursday 14th December. The Prep School carol service (also in the School chapel) is at 11 am on Friday 15th December.

Term ends officially at 2pm on Friday 15th December. The Lent term begins a 7 pm on 7th January.

The Morgan Run is at 2.30 pm on Saturday 27th January.

There will be a music recital in the Thornely studio at 6.30 pm on Thursday, 25th January.

In the week starting 22nd January Scholarship assessments in various

fields will take place for pupils who will start Year 7 at the Prep School.

Half term begins on Friday 9th February at 2 pm and ends at 7 pm on 18th February.

Scholarship assessments for pupil who will start Year 9 at the Senior School will take place in the week after February half term.

The Wilson Run is on Tuesday 19th March at 2 pm.

And finally a piece of news – Sedbergh School International Ltd and EQuest Education Group have announced a collaboration to offer British educational programs in Vietnam. The first will be with the British Curriculum Integrated School in Ho Chi Minh City rebranded Sedbergh Vietnam. The school, which will be one of the largest Bilingual curriculum schools in District 7, Ho Chi Minh City, emulating Sedbergh School's educational approach, is dedicated to fostering students' holistic development.

The advertisement for Dalesway Therapies is enclosed in a rectangular border. At the top, two vertical poles support several arrow-shaped signs pointing to the left. The left pole has two signs: 'MYOFASCIAL MASSAGE & SCARWORK' and 'FASCIAL FITNESS BAREFOOT TRAINING'. The right pole has two signs: 'CRANIOSACRAL THERAPY' and 'SOMATOEMOTIONAL RELEASE'. Below the signs, the names and phone numbers of the therapists are listed: 'Yvonne 07795063107' on the left and 'Fritz 07817665662' on the right. The background of the advertisement features a faint, stylized illustration of rolling hills. At the bottom, the text 'Dalesway Therapies' is written in a large, bold, serif font, followed by the phone number '015396 21303'. Below this, social media icons for Instagram and Facebook are shown, along with the text '@dalesway_therapies' and 'daleswaytherapies@gmail.com'. The website address 'www.daleswaytherapies.co.uk' is printed at the very bottom.

SEDBERGH W.I.

Moira Folks

Storm Babet put paid to our walking group's plans for an outing on October 19th, when severe weather was forecast. Fortunately, the lunch club at Crooklands went ahead as planned on October 26th: Valerie, Ellen, Louise, Marjorie, Angela and Anne Symons had a very pleasant get-together with good food and amazing large puddings! After a summer break, the craft and chat group met again at Valerie's on 2nd November – always an enjoyable time to try out new things or continue old projects.

Our main meeting on November 8th was also on a craft theme. After a career in the NHS, in retirement Shelagh Cobb had turned to craft projects to fill her days, making cards using her skills in painting, fabric and embroidery being one of these projects. With Christmas looming on the horizon next month, she had brought along cards ready printed with 'Merry Christmas' for us to decorate with fabric Christmas trees, baubles or elves. Some needed to be ironed on to the cards, others required double-sided tape cut into strips to attach them to the card. We all came away with at least one card – some quick workers even made three, some of them looking very professional! Ellen thanked Shelagh for a most enjoyable and sociable evening when we had appreciated help not only from Shelagh but also from each

other. We were all in awe of the sample cards that Shelagh passed round, especially those which involved painting and embroidery on fabric – beautiful cards for all seasons which are on sale at the Sedbergh Craft Workshop on Main Street and also at Farfield Mill.

Book club met at Sandra Kemp's home on November 9th to discuss a challenging book – 'The Two Lives of Louis and Louise' by Julie Cohen, longlisted for the annual Polari Prize for LGBTQ+ Fiction. It's challenging to read because Louis and Louise are born to the same parents on the same day (but they are not twins!): in one storyline Lou is a boy, and in the other a girl. The author considers

how the boy Lou may react differently to a situation than the girl Lou might. There was room for a lot of confusion between the episodes! Good points are the author's description of the social

background between bosses and factory workers in a strike-torn community in the USA, parental expectations and treatment of male and female children and how this makes them react, and the sympathetic treatment of someone in end-of-life care. Scores ranged from 3/10 to 7/10, the average being 5.3.

There will be no meeting at the People's Hall in December because we hope to be enjoying our Christmas Dinner at the Pheasant, Casterton, that evening.

Our first meeting of 2024 will be held in the People's Hall committee



room on Wednesday 10th January at 7.30pm when Marjorie Bidgway will be telling us all about 'The History of Buttons'. You are most welcome to join us!

For further information, please contact our President, Megan Taylor, by email (taylor71@hotmail.co.uk) or our Secretary, Valerie Welti, on 07969 376649

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

We met at Firbank Church Hall on November 2nd. Sarah gave a warm welcome to members.

During the A.G.M. in October were delighted to welcome former member Christine Knipe who during the meeting enrolled as our newest member. Welcome back to Christine.

Sarah attended the Open Meeting, hostesses being Casterton W.I. and enjoyed a great presentation with amazing Pictures.

A warm welcome was given to our speaker, Gill Ferguson, who introduced us to wet felting using sheep's wool, soap and water, focusing on a Christmas theme making robins and Christmas puddings.

Pauline thanked Gill for an enjoyable evening.

Before leaving she judged the competition for a Pumpkin lantern. First was Pauline and second was Liz.

Refreshments were served, bringing the meeting to a close.

We meet again on Thursday December 7th. at Cross Keys, Cautley, for our Christmas meal at 7.p.m.

DENTDALE W.I.

Thelma Belfield

November is the month when we hold our Annual General Meeting. The business of the meeting is usually quite lengthy, so we don't book a speaker but organise a quiz to have some social time once business is dealt with. Consequently, my article this month may be shorter and less informative than usual. However, I will try my best to offer all Lookaround readers something of interest.

Generally, AGM's are rather dull and prosaic, unless of course it is a company that has made pots of money in the preceding year and you are a shareholder waiting to hear how much you are going to receive. Sadly, the WI is nonprofit making and many Institutes simply have enough money in the account to stay viable for a further 12 months. WI AGMs are often poorly attended as this is the meeting when members are

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encouraged to join the committee, maybe stand for nomination for the role of President, Treasurer or Secretary. Generally, very few volunteers come forward and its left to the stalwart, long-standing committee and officers to carry on regardless.

However, surprisingly our AGM this year attracted 75% of our membership, plus 4 visitors but despite the increased attendance, there were no new nominees for the committee and all the current committee members agreed to remain and Jackie was once again unanimously elected as President. The really good news was that the 4 visitors are looking to join our institute in the New Year and that's a very

welcome prospect at the end of a busy year. Various reports are presented at this meeting and the most interesting is always the Annual Report from our secretary. It is a synopsis of our activities throughout the past year, and it is always uplifting and reassuring to reflect on how much has been achieved. The interesting topics we have learned about from speakers, events we have supported, funds we have raised and outings we have enjoyed as a group. The outgoing President always addresses the meeting, mainly to say thank you to all the membership for their help and support throughout the year and there is always a special mention for members who have given outstanding support. In addition, this

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year, Jackie referred to the planting of the tree last December, in memory of HM Queen Elizabeth II and informed us that a memorial plaque was being produced and would be sited during the springtime of 2024. That sounds a long time ahead, particularly on a cold, wet and windy November day but it is an event we will look forward to. Alongside all the formal reports and the nomination and election of committee and officers, there is a light-hearted presentation to be made and that is to the overall winner of the competitions held at each meeting throughout the year. This year Chris T was the winner and Jackie presented her with the silver winner's cup.

With all the formalities of the AGM completed, Jackie made two further announcements. Firstly, the Christmas Lunch menu was available for us all to make our selection. Secondly, the dining club outing will be on the 14th of November to The Country Harvest for lunch and most likely some Christmas shopping. Gill, our Programme secretary asked for four volunteers to each lead a presentation of one of the 2024 Resolutions at our January meeting. The topics are varied, 1) Say no to gambling advertising: 2) Dental Health Matters: 3) Impacts of poor housing conditions: 4) Improving Outcomes for Women in the Criminal Justice System: There will be a full discussion on each at our January meeting, followed by an informal vote amongst our members' The result will be forwarded to our local Federation and ultimately the Resolution

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receiving the most votes in our area will be passed to the

National Federation for selection and presentation at the National AGM in June 2024. It will be interesting to see which of these receives the greatest support as they are all very important issues.

Business completed, it was time for tea and homemade cake. Chocolate sponge and a delicious flapjack (courtesy of the committee) followed by drawing the raffle, with Catherine and Alice being lucky winners, then finally, the long awaited Quiz.

The quiz was quite unusual, working in teams we were given a quiz paper (face down on the table and not to be looked at until permission was given – it was like being back in the exam Hall at school). We were none the wiser once we turned the page as Quiz Mistress Gill required us to draw the answers or mark them on given diagrams as she asked each question. It was fun, one of the questions asked us to draw the logo for the newly formed Westmorland and Furness Council and shamefully, no one got it right. However, it made

an enjoyable ending to our 2023 AGM. The joint winning teams beat our team by half a mark but they kindly shared the prizes (boxes of Celebrations and Cadburys Roses amongst all the teams. Cake and chocolates - Wow what a night. I believe it was one of the most enjoyable AGM's we have ever had.

Happy Christmas to you all and Peace and Goodwill for the New Year. Do try and join us at our meetings during 2024. We really do have a an enjoyable time, learning different things, sharing activities and making new friends. We look forward to seeing you.

KILLINGTON W.I.

The Afternoon W.I. for the Entire District

Wendy Frazer-Urquhart

Well! What does one write about when there is nothing much to write about? Today I should be regaling you with the details of our riveting AGM held yesterday. Sadly, it didn't happen. Several of the prime performers were stricken down with various seasonal bugs and we decided to postpone the meeting. This is the first time I can remember such a thing. All that excitement will have to wait for a while. As a group we have continued to meet each other for chats and lunches, after all, friendship is the main reward for being a member of a WI.

My own personal reason for writing a non-report is so that I can say, " AS THE READERS DIGEST AND I ALWAYS SAY -- A HAPPY CHRISTMAS TO ALL OUR READERS!

SEDBERGH LADIES N.F.U.

Caroline Sandys-Clarke

On 17th October members met for a very interesting talk by Anne Bannister about the stall she started 2 years ago on Sedbergh Market....."Annie's Home Made Kitchen". Anne has always enjoyed baking and making preserves and after much research decided to have her own stall on the market every Wednesday. She had to have her kitchen inspected by Trading standards and take out Public liability. Then there are a lot of rules to be followed regarding labelling of contents, lists of allergens, percentage of fruit to sugar in Jams and Marmalade, which have to be weighed before and after cooking. A

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Anne sources all of her fruit and vegetables locally, from people's gardens, Powells, the market and JM Pratts. The latter are particularly helpful for frozen fruit. Her Jars are from a company in Bristol and she encourages customers to bring empty jars back for recycling. She has her own labelling machine and researched the easiest labels to take off, to speed up the recycling process! A delicious tasting session concluded the meeting. Sadly Anne has decided to retire at Christmas. She will be much missed by her many customers.

DENTDALE HEAD TO FOOT The Y.D.N.P. Past and Future

Andrew Povey

It was a great pleasure to welcome David Butterworth, the chief executive of the Yorkshire Dales National Park Authority to our November meeting. The YDNP is 70 years old next year, 2024 so it was particularly appropriate to recall the history of its formation and development. Its early incarnations were as two separate parks, the West Riding and the North Riding. It was in the large scale Local Government reorganisation of 1974 when these two were combined and the new authority was formed with increased powers.

It now covers 843 square miles with about one thousand farms. It has outstanding scenery, rare habitats and many aspects of interesting cultural history.



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The relationship with farmers and landowners is particularly important. The authority has a legal obligation to provide information to the general public –hence the information centres dotted around the area.

Looking to the future, the challenges include, the effects of climate change, flooding and the loss of species with a decrease in biodiversity.

The National park promotes inspiration and joy, and substantial benefits to physical and mental health.

David interspersed his talk with amusing anecdotes of his many years of service with the authority. It was a very enjoyable afternoon.

Our next event is on 1st December at 2pm in the Sedgwick room in Dent.

This will be a Christmas Jacob's Join 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

A SIMPLE CUP OF TEA

Martin Dodds

Tea has been a staple drink in my family both as a child in my parents' home, and in our own home once married. It is almost something we take for granted as a normal part of life, and it is still a widely popular drink across Britain.

Until the last decade or so, tea was not a viable crop in Britain, and still the majority of the tea available in the shops is imported.

[Perhaps I should clarify that for the purpose of this piece, when I say tea, I mean tea, and not any of the other 'speciality' infused beverages that are often included loosely under that heading.]

Most of the commercial brands of tea with which we are familiar, are grown on large estates in tropical or sub-tropical countries where the climate was and is favourable. The estate owners tend to be either international corporations, or large wealthy local landowners.

I have no firm information about how these estates were first established, and what was previously grown on the land or whether it was carbon-sequestering, natural vegetation.

Nor do I know whether there may previously have been a local rural population living and working the land, who were evicted to make way for commercial tea growing.

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I think these are important questions to ask ourselves, especially when in the tea producing countries there may also be widespread poverty and hunger through lack of local sources of food, or access to land which could perhaps be used to grow essential local food as an alternative to tea plantations.

The estate workers are not particularly well paid, and probably live in housing which would not be accepted as fit for habitation in Britain. Nevertheless, the hard physical work of tea picking does provide employment.

There are now a few brands of 'Fairly traded' and 'Ethical' teas available, whose growers are

expected to meet minimum standards of welfare for their workers, and environmental practice in the cultivation of the crop. So far however, the range of teas available from such sources is fairly limited in comparison to those sold by the big company brands and is sometimes more expensive.

Importing tea is presumably still mostly done by ship. This involves significant fuel consumption, still mostly hydrocarbons no doubt, thus contributing to some extent to the climate change crisis. Again, the conditions of employment on these vessels may, or may not, meet reasonable welfare standards.

The construction and maintenance of the ships, without which my



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'cuppa' would not be available, involved and probably still involves heavy industrial processes, requiring large energy inputs, such as coking coal for steel production, and the exploitation of non-renewable resources, though I believe recycling of steel scrap is now significant.

Then there is the sophisticated, computerised, navigational equipment, incorporating among other things the all-important 'electronic chips', for which increasingly rare, and finite, 'rare earths' are essential.

Nearer home of course, my tea usually comes in the convenient 'tea-bag'. Until recently I had never thought twice about this, except how convenient it is. Now there are 'environmentally friendly' tea bags being promoted. I have to conclude that the standard tea bag material is not environmentally friendly.

Having got the tea home, I do not consume it by placing a spoonful of loose tea or a tea bag in my mouth. I need at least a drinking vessel of some kind, usually pottery, china or porcelain, but sometimes plasticised cardboard or a plastic and metal thermos flask cap. Each of these

substances has its own 'back story', as does the tea itself, in some cases possibly involving environmentally or socially undesirable consequences.

Having placed my tea bag in the cup, I add hot water. For this I need a domestic heat source, which may be from fossil fuel, [oil or gas] or from electricity, which at present still is usually at least in part generated by fossil fuel. [I have never tried to make a cup of tea by placing a mug with tea bag and cold water in a microwave, has anyone any experience of this?]

Whichever fuel source is used to heat the water, it involves either a complicated network of infrastructure in the form of gas and electricity mains, or a system of mining and transporting solid or liquid hydrocarbons, often from overseas, as well as transport miles to a dealer and then to my house.

The kettle [or perhaps the microwave] may be made of metal or metal and plastic, and the plugs and cabling will usually involve both.

Not everyone has milk in their tea, but many usually do, including me. [Not too much mind, and I like to see the colour of the tea first, to judge how much to add to achieve the kind of flavour I like!]

I think the majority of our milk in Britain is home produced, but not all of it. Am I right that Britain both exports dairy products and at the same time imports milk? More seemingly unnecessary food miles. In recent years, the pressure for cheap milk has caused considerable problems for the dairy farming sector in our country.

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And what about the tea spoons, milk jugs, fridges, dishwashers, washing-up liquid, dish cloths, and tea towels which are all associated with that 'simple' cup of tea? The complicated web of things involved in a 'simple' cup of tea may well include many other elements that I have overlooked.

Tea of course is not alone in being part of an internationally complex system of trade goods, having both social and environmental, as well as economic implications.

The ultimate balance sheet may not yet be compiled, but the environmental and social impacts of the system seem to be reflected in the international inequity in access to the resources for a decent standard and quality of life, and in the growing environmental degradation of the planet in terms of habitat and species loss, pollution and climate change.

I can see that my lifestyle is part of the problem, but also that the institutional assumptions on which the world is run by the powerful, are probably the most destructive element in the present sorry state of affairs.

Marks for myself? Could do better, need to try harder. I am aware that there are committed people, families and groups who are taking positive, practical action in the best ways that seem appropriate to them, from whom I need to learn more.

Marks for the major global commercial and trading institutions? Poor. Some individuals have begun to recognise that their acquisition of great wealth at the expense of others

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carries a degree of responsibility to which they respond with affordable charitable giving. But what is urgently needed is a complete revolution in thinking, attitudes and behaviour at a systemic level. Those leaders who have begun to acknowledge their responsibilities could play a positive role in achieving this, but are they really persuaded of the need?

Marks for national governments and trading blocs? Poor again. Responsibility to their constituents seems to be seen largely in narrow terms of securing national or regional self-interest and so retaining their hold on political power, and leaving the rest of the world to fend for itself. In the end, ignoring the causes of the problems afflicting the world beyond 'our' national borders, will rebound on us all.

We should not pretend that the solutions to these injustices are easy, and they may well not be comfortable for those of us who benefit from the status quo. That may seem like a reason to leave the problems to other people. But is that a good reason? I think not.

SEDBERGH PARISH COUNCIL

Janey Hassam - Clerk to the Council

The Council held its meeting at 7.30pm on Thursday 9 November 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 14 December 2023 in the Committee Room, Sedbergh People's Hall, Howgill Lane.

Sedbergh Electric Vehicle Charging

Following recent site inspections, it has been concluded by the network operator that street works (including temporary road closure) will now be

necessary for connections at both car parks. This will cause a delay into early 2024. Members would like to take the opportunity to highlight that provision of these EV chargers is only possible with significant financial support via Gov.uk Office for Zero Emission Vehicles On Street Residential Chargepoint Scheme administered by The Energy Saving Trust. With thanks also to Sedbergh Community Energy Cumbria, Cumbria Action for Sustainability, Yorkshire Dales National Park Sustainable Development Fund and The Sedbergh Community Trust. The EV Chargers will be available for visitors and residents when completed – particularly acknowledging the difficulties that

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some residents might face when considering electric vehicles due to the lack of suitable off-street parking.

Parish Lighting

Over the coming weeks/months, most of the street lighting under the responsibility of Sedbergh Parish Council will be upgraded to LED bulbs. This will allow the lights to be in keeping with Westmorland and Furness owned street lights, giving environmental improvements, and reducing soaring energy costs. The project has been funded with significant financial support from Cumbria Action for Sustainability and Yorkshire Dales National Park Sustainable Development Fund. In addition, a wealth of knowledge and support from Friends of the Lake District's Dark Skies Officer. A separate article is also in this edition of the Lookaround, giving a more detailed background to the project.

UK Shared Prosperity Fund

Members were disappointed to learn that despite lobbying by the Parish Council, and the Sedbergh Economic Partnership, that no funds from the UK Shared Prosperity Fund had come to the area. Noting, for example, that all Public Realm funds had been allocated to Westmorland and Furness Council led projects only.

Other matters

Members had welcomed an update from representatives of Broadacre in respect of the development off Station Road. Various other matters were additionally discussed; Members noted that there had been no progress on the replacement weekday bus service and a letter, seeking an urgent update, would be

sent to Westmorland and Furness Council and all relevant parties, including Tim Farron MP. Finance, including an award of £250.00 to Sedbergh Music Festival 2024. Planning matters and Amenities. Also, general correspondence, highways concerns, and the parking improvement strategy were discussed. Finally, Members heard an update, with some concern, regarding the most recent meeting of the Sedbergh Economic Partnership. Members questioned their continuing attendance if there were no changes.

Members would like to wish all a Happy and Healthy Christmas and the very best for 2023

If you have any queries, or wish to contact Sedbergh Parish Council, please email at clerk@sedberghparishcouncil.org.uk As always, Members of the public are welcome to attend meetings of the Parish Council.

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

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

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TIM'S COLUMN

Tim Farron

I write this Lookaround column in a state of massive frustration just after the Prime Minister “reshuffled” his cabinet. Of course, the Prime Minister is perfectly within his rights to have whoever he wants acting as ministers within his government. However, we have seen so many changes within this government that it is no surprise that nothing ever gets done. The reason for my frustration on this occasion is I worry that our work to bring radiotherapy treatment to Kendal took a big step backwards as a result of this reshuffle.

You will know I have been campaigning to improve our cancer treatment here since I was first

elected. We had a major success with the arrival of chemotherapy treatment in Kendal but I always said the job was not done until cancer patients in our area could also access radiotherapy treatment here too. The National Radiotherapy Advisory Group says it is bad practice for people to have to travel more than 45 minutes for radiotherapy treatment but according to analysis conducted by the charity Radiotherapy UK, only 765 people in Westmorland and Lonsdale live within 45 minutes of our nearest treatment centre, The Royal Preston Hospital. As if that was not bad enough it has just been announced that the government is planning to build a new hospital for Preston to



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the South of the city. Moving our radiotherapy treatment even further away. As soon as I heard this I arranged a meeting with the then Health Minister Will Quince. The meeting went quite well and he agreed to host a meeting of all of the relevant health organisations to discuss bringing radiotherapy to Kendal.

But then the reshuffle happened.

I don't know the full story, what I do know is that Will Quince announced that day that he was stepping down from being a health minister. So now I have to start all over again with the new minister. At least we know who that is, but I have scoured his CV and have found no experience in healthcare, so I worry there is going to have to be another massive education job before we make much progress on this issue.

Fortunately, Michael Gove did not get moved in the reshuffle so I am hopeful that he will carry through with his commitment to me that he will bring forward plans to address the growing problem in our area of family homes being turned into Airbnbs and second homes. We face a massive housing crisis around here and the

government has taken far too long to recognise it, let alone do anything about it.

Another minister who stayed in place was Gillian Keegan, the Education Secretary, so I am hopeful that something will come out of the meeting I managed to arrange between her, Cumbria Tourism and myself to discuss the skills shortage our tourism businesses face. We were really pleased when the plans to introduce a new T-level in catering were first announced. But since that time nothing much has happened, the planned launch date for the qualification has been delayed twice and we now have no idea when it will actually happen. Meanwhile 79% of tourism businesses say recruitment is a problem.

Lookaround doesn't do a January edition so this is the last you will hear from me here until February 2024, but we will keep working. If there is anything I can help you with do send an email to tim@timfarron.co.uk or give us a call on 01538 723 403.

I hope you have a wonderful Christmas and I wish you all the very best for 2024.

Thanks for your support.

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NEW PARISH COUNCIL LIGHTING

Janey Hassam - Clerk to the Council

The Parish Council was concerned at the rising cost of our footway lights, both with electricity prices shooting up, and with some older lights beginning to fail, needing increasing maintenance. Although there is no legal public duty to provide the additional lighting, well placed lights do help to give a sense of safety on paths and ginnels after dark.

Conscious of being in the Yorkshire Dales National Park 'Dark Sky Reserve' the Council worked with Friends of the Lake District's Dark Skies Officer, who with Cumbria

County Council's lighting officers, have delivered good, design winning lighting projects in several communities. The initial audit updated our lighting records, reducing our KWh usage saving 25% off our electricity charges.

With expert input twenty-four new good quality modern LED lights will be installed. They provide much better light cover on the path and road surfaces, as well as being compliant with Dark Skies (direction of the beam, intensity, etc.). Using a warm colour temperature of 2,200 Kelvin they are much less glaring on your eye and less harmful to all the wildlife active overnight.

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needs, the lights dim by 50% after 9pm (as do the Streets lights), and 100% dim between 12pm to 6am, called a part-night switch off. With public finances decreasing and electricity energy prices only going up further, more and more Councils are looking at these measures, including North Yorkshire Council.

Special thanks go to the Yorkshire Dales National Park Authority for awarding a Sustainable Development Fund grant, and the Cumbria Action for Sustainability (Cafs) Community Climate Grant. They recognised Sedbergh Parish Council's leadership with this lighting project, especially linked to helping reduce Sedbergh's carbon footprint.

See Dark Skies on page 23.



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Citizens Advice

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1. Does it seem too good to be true? If it seems too good to be true — it probably is. This is especially true for products which are 'must-haves' or are sold out in major retailers. It may seem like the perfect present, but you might end up with nothing. Be wary of sites offering big discounts, and ensure that you're buying from the retailer's official website so that you know it's a genuine product. You can find out if a company is registered by searching their details on gov.uk. Sole traders (someone who runs their own business) and partnerships (where two or more people run a business together) don't need to register with gov.uk, so you'll need to do further research on their site to make sure they're a genuine seller.

2. Check you're buying from a trustworthy retailer. Do some background research into the company. Start with an internet search about the retailer and have a look at their official website. Make sure you find their return and refund policies so you can understand your rights if something goes wrong with your purchase. Find out how they can be contacted, where in the world they're based and whether they're

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part of a consumer protection scheme. Seeing what others say about the retailer can help you find out if it's a legitimate seller or not. But remember to look into reviews on other websites too, not just their official website.

3. How do they want you to pay?

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NEW RISK SCORE STRONGLY PREDICTS DEMENTIA CHANCES

Alzheimer's Society

A new dementia risk score 'calculator' identifies people potentially at risk of developing the disease within the next 14 years, according to a study published by The British Medical Journal (BMJ).

A new dementia risk score, which draws on 11 mostly modifiable risk factors, identifies people at risk - from mid-life onwards - of developing the disease within the next 14 years, suggests a new study.

The findings are from a large long-term study published in the open access journal BMJ Mental Health, which shows that the UK Biobank Dementia Risk Score (UKBDRS) outperformed three other widely used risk scores.

40% of cases could be averted

Up to 50 million people worldwide are thought to be living with dementia, with numbers projected to triple by 2050.

But targeting key risk factors, several of which involve lifestyle, could potentially avert around 40% of cases.

Various risk scores have been devised to try and predict a person's

chances of developing dementia while preventive measures are still possible.

But these scores have proved unreliable across different age groups and geographies, and some rely on expensive and invasive tests.

To try and get round these issues, the researchers drew on two large groups of 50 to 73-year olds participating in two long-term studies - one group for developing the new risk score (the UK Biobank study) and one for validating it (Whitehall II).

11 dementia risk factors identified

The researchers produced 11 predictive factors for any type of dementia:

- age
- education
- history of diabetes
- history of or current depression
- history of stroke
- parental dementia
- economic disadvantage (Townsend deprivation index)
- high blood pressure
- high cholesterol
- living alone
- male sex.

The APOE gene, which is involved in the production of a protein that helps carry cholesterol and other

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types of fat in the bloodstream, is a known risk factor for dementia. It was also added to the risk score (UKBDRS-APOE).

Within 14 years, 3813 (nearly 2%) and 93 (just over 3%) participants developed dementia in the UK Biobank and Whitehall II groups, respectively.

"Things we can do to help reduce our risk"

The researchers suggest that the accuracy of their risk score could be further improved by adding cognitive tests, a brain scan, and a blood test for indicators of neurodegeneration.

But as these are expensive and/or time intensive they may not always be available.

"The UKBDRS may best be used as an initial screening tool to stratify people into risk groups, and those identified as high risk could then benefit from the more time intensive follow-up assessments," suggested lead author Dr Raihaan Patel.

"It's important to remember that this risk score only tells us about our chances of developing dementia; it doesn't represent a definitive outcome," said lead co-author associate Professor Sana Suri.

"The importance of each risk factor varies and given that some of the factors included in the score can be modified or treated, there are things we can all do to help reduce our risk of dementia."



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She explains: "While older age (60 and above) and APOE confer the greatest risk, modifiable factors, such as diabetes, depression, and high blood pressure also have a key role. For example, the estimated risk for a person with all of these will be approximately three times higher than that of a person of the same age who doesn't have any."

The researchers also acknowledge various limitations to their research. The classification of dementia differed between the two groups as did the demographics, lifestyle, and health of the participants.

"There are many steps we would need to take before we can use this risk score in clinical practice," added Dr Patel.

"The UK's most accurate dementia risk calculator"

Dr Richard Oakley, Associate Director of Research and Innovation at Alzheimer's Society, said:

This Alzheimer's Society-funded research is in its early stages but it's exciting as it gives us the UK's most accurate dementia risk calculator.

"While it's still under development we hope it will soon help identify people in mid-life who are at greater risk of developing dementia so they can make changes to their lifestyle to try to reduce that risk. As a rule of thumb for everyone what's good for the heart is good for the head, and taking care of your cardiovascular health could help reduce your risk of getting dementia. Eating a balanced diet, avoiding smoking and heavy drinking, and exercising regularly can all help."

SHEERING GAYE VILLAGE; 1974 BEGINS.

Sandra Gold-Wood

Last month we left Sheering Gaye village for the Highlands of Scotland where we found missing teacher Lambert Quinn visiting his Uncle Fergus. Lambert, still heart-sick for fellow teacher Violet Carpenter, had left Sheering Gaye without telling anyone he was going, wanting to create a mystery around his disappearance. Lambert had taken no belongings with him and had deliberately dropped his wallet in the Muffat's front garden. He was counting on the village gossip, around how he and Daniel had argued over Violet, to lead the police into thinking his disappearance was

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suspicious. However, despite himself, here in Kenmore, Lambert found that he was in fact enjoying himself. Sharing Hogmanay with the local people had proved stimulating, and he had especially liked meeting Moira.

Back in Sheering Gaye village, at the Swan, Dora was putting the finishing touches to her hair and smoothing the folds of her pale blue lace dress as Roger Croft was admiring the cut of his new brown suit while tying his cravat. Dora held a small bunch of red roses and Roger popped one in his buttonhole. Today they were tying the knot. George Billings would run the pub for them, while they went for a short break to Cornwall. They locked up the Swan, but before they could get off to Denham registry office, they were accosted by a group of villagers who sprinkled them with confetti and wished them well. Among them was seventeen-year-old Margaret Muffat,

who couldn't help thinking how much she would like to get married to her soldier boyfriend Ian Lowe.

At Stanley Hall, Violet was kicking herself for not saying a proper goodbye to Daniel. Her sadness turned to delight when late that evening Daniel called her. His voice was kind and soothing as he told her she mustn't worry, adding that he did not know when he would be able to call her again. Violet felt a chill reach into her heart as she heard these words wondering again where Daniel would be going and what he might be doing. Daniel's reassurances went some way toward making her feel better, and as their conversation drew to a close he promised that he would write. Violet, knew even as the words left her lips that he could not answer her question, but all the same she had to ask,

'When will you be back Daniel?'

'I'm sorry Violet darling, I'll be there when I'm there, and don't forget you have my heart.'

'And you have mine Daniel, please take care.'

Finally, they said their goodbyes and Violet did her best to keep the sadness from her voice as they counted together, one, two, and both of them put down their receivers on the word three.

Violet spent a restless night and consequently got up early. Over her morning coffee she set to thinking about how she was going to staff the school when it opened on Monday morning? Before Christmas she had alerted the education department about the staff shortage. They had been less than helpful, telling her



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Sheering Gaye and a dozen other village schools across the county needed staff too. Doing a quick add up of pupils and remembering who had little brothers' or sisters who would be starting school proper this term, she found the numbers suggested that there would be at least another fifteen children up on last term in the lower school. And of course there were already over 60 in the upper school and that was without the baby class. Taping her pencil on the note pad she wondered if Mrs Alders, PC Alders mother, might lend Mrs Day a hand, after all she'd only been retired a couple of years. Then she and Ian Simpkin would have to manage the upper school.

'Impossible', she hissed exasperated, 'where the hell was Lambert, talk about leave us in the lurch, what shall I do Millicent?' Violet asked the room, bringing to mind the memory of her beloved mentor and Daniels mothers. Just at that moment the phone rang.

'Hello, Violet Carpenter speaking.'

'Oh hello Miss Carpenter, its Mr Reditch from the education office.'

Violet did her best to hide her surprise, as Mr Reditch went on to explain that she need have no worries about Sheering Gaye Primary School, as there were no plans to close the school. It turned out that the education department had assigned two teachers and a new head teacher. When Violet expressed her surprise, Mr Reditch, sounding more than a little put out, finished the conversation by telling her she had

friends in high places and curtly replacing the receiver.

'Well I never, friends in high places, surely not, I cannot believe this, surely this has nothing to do with Daniel?'

Violet wrote the names of the new teachers in her note book, finishing each one with a flourish; Mr Peter Dewhurst, a newly qualified teacher. A Miss Donna Wyman, a student on placement and the biggest surprise of all the new head, a Mr Conner Fitzgerald.

With a smile spreading across her face she mused that it was the first time in years that the school would be fully staffed. Rubbing her hands together Violet went into the kitchen to prepare her breakfast. Terry

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Alders, had just seen his fiancée Dorothy off on the Denham bus. Now, back at the Police House Alders quickly straighten up his office knowing that Sergeant Poulson was on his way to see him, although he had no idea why. There was nothing much on the books; there'd been a couple of burglaries which had soon been cleared up with the help of the soldiers guarding the bombsite. The soldiers on guard duty had spotted two men trying to get under the wire to cross the woods and so they had been easily apprehended. Alders popped the kettle on as soon as he spotted the Sergeant's car pull up. Alders placed a steaming mug of tea down on the desk and offered the biscuits tin. Sergeant Poulson helped himself.

'Well lad I expect you are wondering what I've come to see you about? Nothing to worry yourself over.'

Hearing these words did not make Alders less worried, he felt more apprehensive with every word and he noted his Sergeant was looking into his mug and not at him. When Poulson did look at him he felt even worse.

'There's only one way to say this, the Ministry is moving all the soldiers out very soon, top secret this Alders, they have removed all the sensitive material but they want the site covered, you know, guarded, day and night, and it's going to be down to us.'

'But there's only me Sarge! I mean how?'

Sergeant Poulson held up his hand to prevent Alders from going on. 'That's what I've come to see you about, you see the army want to leave eight squaddies here, two shifts, and you'll have to put them up.'

'Where? In the cells? but we've only got two!' Alders could hardly believe his ears.

'I always said you were a smart lad Alders, you'll think of something. They'll be here on Monday,' said his Sergeant helping himself to another biscuit.

'Monday! And how long are they likely to be staying?'

'Sorry lad, I've no idea'. Sergeant Poulson went on to explain the army brass didn't want the soldiers to stay at the pub, or with families, for all the obvious reasons, but until the plans for what was going to happen to the bomb site area were finalised they had to make sure the ground remained under guard. With that Poulson got up, patted Alders on the back and left.

Terry Alders watched his Sergeant drive away and wondered how on earth he would manage. The worst bit was that he would not be able to have Dorothy stay over with him and he didn't even know for how long. On

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Thursday morning a letter dropped on the mat at Stanley Hall. Violet rushed to pick it up hoping it was from Daniel. Disappointed that it was not from him she ripped it open almost destroying the letter inside. It turned out to be from the new head, Conner Fitzgerald. 'Crumbs, exclaimed Violet, before she read the missive, and then again when she had. It seemed that Mr Fitzgerald had asked all the staff to meet him at the school at 10am tomorrow, Friday. There was a list of all those who were expected to attend, including the canteen staff and caretaker. 'Well I never.'

At No 7 Green Edge, Jean Muffat picked up the post from her door mat. Silvia and John were still in bed, her eldest daughter Margaret and her husband Les had already left for work. Jean was enjoying the quietness of the house as she headed for the kitchen. Sitting down at the table she poured herself a cuppa and looked through the post. All the usual stuff, a Readers Digest letter proclaiming that she had won a fortune. Jean tore this in half, the next one was a gas bill, 'Just what we need after Christmas', she said to the room hoping it wasn't too high and deciding to leave it for Les to open. There was a post card from her Aunt Betty, who was in Devon with a friend, and then there was an official looking letter addressed to her. 'What on earth,' she said in surprised. The letter was from Conner Fitzgerald inviting her to the school on Friday morning for a staff meeting. 'Good heavens', she exclaimed wondering if her fellow dinner ladies, Carole

Wheeler and Pauline Raymond had also had letters. Leaving a quick note on the kitchen table for her children, Jean pulled on her coat and headed to fellow dinner lady Pauline's house.

At the bomb site soldiers were demolishing wooden sheds, clearing away outer fencing and packing up the stores. The stores were promptly delivered to the Police house. PC Alders was again taken by surprise at the immediacy of the action. A Corporal Grant introduced himself and helped Alders to sort out the supplies, saying he would see him on Monday.

By 11am the large Army truck was packed up and just four soldiers were left at the site. As it drove away the Sheering Gaye villagers took little notice. They had become accustomed to the comings and goings at the site. Many of them had tried to find out what was going on there before, but had received short shrift, so they no longer bothered. However, it was still a subject for discussion in the Swan. Organist Jonas Marshall and bus driver JJ Jones always had plenty of theories to offer on what would become of the



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2024

Thursday 22 February
Thursday 14 March
Tuesday 16 April



site or indeed whether or not it would become a permanent barrack.

Norman Carpenter, Violets brother and school caretaker, was busy digging over the Vicarage garden. He and Ted Blade had a gardening and handy man business that was doing very nicely. Ted had gone into Denham to pick up some tools and get their shears sharpened. While Norman was digging he found himself thinking about Rev Grey. Norman pondered on what it must have been like to have your father hung for murder. Norman did not often think of his own father, as it only brought back the saddest of memories. Fred Carpenter had served in Burma and been captured by the Japanese. The man who had come home was unrecognisable as the man in the photo his mother had shown him each day, to remind him of his Dad. Fred had recovered to a point but nightmares always tormented him and Norman had thought that it may well have been a blessed relief when he died of pneumonia. Violet was only tiny and she really did not remember their father. Norman looked up at the Vicarage and wondered how the

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Grey twins were coping with the news.

Shelia Grey had served a light lunch of cheese on toast to Donald and the twins. Now she sat down and looked directly at her husband, suggesting that it was time he gave the twins the details about their grandfather. The twins looked at each other and then at their father. Clifford, spoke first saying his mother was right. Ivy joined in saying both she and Clifford were fine but wanted to know the full story. Shelia nodded at her husband; and so Donald began to unfold the story of his childhood. First he explained that the memories were not easy for him and he had tried hard to leave his past behind him. As a child he had suffered at the hands of his violent father as had his mother. He and his sister had been in and out of care and fostered to a variety of families, some good and some not so good. His, sister and his mother had managed to get away together one day when Donald was at school. Donald admitted that sadly he did not know where they went all he knew was that now he alone with his father. Donald explained that his father was a charming man when he

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chose to be and he had claimed that it was Donald's mother who had been responsible for Donald's neglect. The welfare people had fallen for his story. At this Donald looked down at the table and Shelia knew this was the hardest part for him and she placed her hand on his. The twins were shocked as their father went on to tell them how he'd had to steal food for himself and often had to sleep on the streets when he father was entertaining. It was on one of these nights that things changed for him. Donald was almost twelve, it was a freezing night and he'd no coat, he was hunched in a door way crying with hunger and cold. A man asked him if he would like to pray with him,

'I remember saying, pray? Why would I do that? But when I looked into the man's face, I just knew I could trust him, he helped me up and took me to the soup kitchen behind the local church, his name is Alex Benfield, just a small business man who tried to help people, you know him as grandfather, he saved me body and soul, because of him I never had to go back to the house I'd shared with the man who called

himself my father, my life changed that day, and a year or so later my father was hung for murdering a man in cold blood, thankfully, I was living with Alex and his sister, your Aunt Mary by then.'

All the family were in tears and their bonds deepened considerably. The twins found a new respect for their father and felt more than grateful for the kindness their lives were filled with. Shelia poured Donald a brandy. And so Friday morning dawned. Violet, Mrs Day, Norman, Ian Simpkin, Pauline Raymond, Carole Wheeler and Jean Muffat sat in the staff office at Sheering Gaye Primary. They had all been there from around 9.30am enjoying a guessing game around what the new teachers would be like and why the new head had called the meeting. Some feared they would be sacked and Violet told them that was not something they should worry about. The clock stood at ten minutes to ten and the atmosphere of creative speculation in the room was tangible as a car pulled up outside the school. All the assembled staff held their breath as the office door opened.

To be continued.....

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2. Jennings – Anthony Buckeridge
3. Tony Blair
4. Robert Louis Stevenson
5. James Joyce
6. Dylan Thomas
7. Simon Armitage
8. Virgil
9. Dr Samuel Johnson
10. The Mirror and the Light
11. Bloomsbury
12. Queen Elizabeth II

CANARY GIRLS QUIZ ANSWERS

1. Jason & his Argonauts were after the Golden Fleece.
2. The Norse God was Thor.
3. Lancelot fell for Guinevere.
4. Rome burned and Nero fiddled.
5. King Midas turned everything to gold.
6. It was King Canute who tried to stop the tide.
7. That Irish Giant was Finn McCool.
8. Harold died from an arrow in the eye. False.
9. The Opiate name for a Greek God is Morphine.
10. The Japanese flower was a Chrysanthemum.
11. Nelson probably said Kismet Hardy as in the end.
12. Those who believe in the Rainbow Snake, Aborigines.
13. The sword of Damocles is held by a single horse hair.

14. The structure known as, Nine Ladies is Stanton Moor Derbyshire.
15. Who lived in the Peak District's Black Pool, a Mermaid.
16. The Hindu God Ravana has 10 heads.
17. The skull at Dover Castle is said to be Sir Gawain.
18. The Egyptian God was Anubis.
19. King of Piel Island is the landlord of the Ship Inn.
20. The food of the Gods is Ambrosia.

EDITORIAL

Another Lookaround year done, and we've now been producing it for five years. Which must make this my 55th compilation. Blimey! I'm very pleased we are still going, and I do hope we can continue on for another five years or more, though we are undoubtedly facing challenges we need to address in the coming year.

We would, of course, be nothing without our contributors and our advertisers. I'm pretty sure that some of our contributors must work harder than we do, and all I can do is say thankyou to all of them. Please keep it up!

And there are the local businesses that support us with their advertising. And everybody who organizes events in the community. It continues to amaze me how much goes on in the Sedbergh area, and what a wide range of events there are. And to all of you who organize them (and especially those who advertise in Lookaround) - thankyou! *Ed.*

Seasons Greetings To You



**From All
At
LOOKAROUND**

Christmas Messages

ANN MITCHELL

Would like to wish all her family and friends a Merry Christmas and a Happy New Year.

=====

GARTH STEADMAN

Would like to wish his friends a Very Merry Christmas and a Happy and Healthy New Year

=====

GEORGINA

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LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 07/07/2024
 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.

DECEMBER 2023

01 Dentdale Head to Foot jacobs join TBA
 01 1100 PMRGCA Cumbria local support group (Nov) FM
 01 1930 Cycling through the Cordilleras (Sep) PH
 05 1930 Town Band Xmas Concert (5) StAS
 06 930 Walking pilgrims Sedbergh I
 06 1400 Community Corner (Apr) DMC
 06 1700 Friends of Dales digital talk online06
 1700 Late Night Opening (3) Sedbergh
 07 1330 Poetry Club (Aug) RR
 07 1930 Sedbergh Orchestra Concert (7) StAS
 08 1100 PMRGCA Cumbria support group (Nov) Hawes
 08 1930 Ceremony of Carols (Oct) SS
 08 1930 Folk Carols Concert (20,8) DMH
 09 Harmony Singing (20,8) DMH
 10 Harmony Singing (20,8) DMH
 10 1600 Messy Church CCCN
 10 1700 Sedbergh School Carols (59,10) Chapel
 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
 17 1500 Freda Trott Concert (17) Thornley S
 20 1400 Community Corner (Apr) DMC
 27 1400 Community Corner (Apr) DMC
 28 1400 Community Tea GH

JANUARY 2024

09 1000 Carer Support Drop In (24) CCCN
 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 (62) PH
 11 1400 community tea GH
 12 1930 Barbon Domino Drive (12) Barbon VH
 13 People's Hall Extravaganza (Nov) PH
 13 1400 Film and Tea (5,13) PH
 14 1600 Messy Church CCCN
 16 1400 Sight Advice PH
 25 1400 Community tea GH
 26 1900 Sedbergh Primary School Bingo Night SPS

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
 13 930 Christian Aid Coffee Morning StAS
 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
 20 1000 Spring Show (25) PH

MAY 2024

12 Christian Aid Week Sedbergh
 12 1600 Messy Church TBA
 15 930 Christian Aid Coffee morning StAS
 18 Christian Aid Week Sedbergh
 21 1400 Sight Advice TBA

JUNE 2024

09 1600 Messy Church CCCN
 16 1300 MF - Sedbergh Songsters StAS
 16 1300 Sedbergh Music Festival Begins (MF) StAS
 18 1930 MF - Julian Cann Quintet StAS
 19 1300 MF - Nick Humdall Smith StAS
 20 1300 MF - Sedbergh School Musicians StAS
 20 1930 MF - Sedbergh Orchestra StAS
 21 1300 MF - John Robinson StAS
 21 1930 MF - Sedbergh Town Band StAS
 22 1300 MF - 4 Hands 1 Piano StAS
 22 1930 MF - Cotton Town Chorus StAS
 23 1200 MF - Amabile Girls' Choir StAS
 23 1930 MF - Claire Cope Quintet StAS
 25 1300 MF - Cheetham's School of Music StAS
 25 1930 MF - Jess Gillam and the RNS TBA
 26 MF - Fakir Trio StAS
 26 1300 MF - Harp Duo StAS
 27 Sedbergh Music Festival Ends (MF) TBA
 27 1930 MF - BBC Singers StAS

JULY 2024

07 Ghyll, Gryke and Glyph FM
 07 The Space We Fill FM

All entries in the Diary are free and helps other organisations to make their own plans for events. If you have it in your Diary, please put it in ours.

DIARY KEY	
AS	Art Society
BC	Sedbergh Bowling Club
BF	Brigflatts
BVH	Barbon Village Hall
CCCN	Cornerstone Community Church, New St
CM	Coffee Morning
CWT	Cumbria Wildlife Trust
DCMH	Dales Countryside Museum, Hawes
DCP	Dent Car Park
DCS	Dentdale Chapel Schoolroom
DHTF	Dentdale, Head to Foot
DMH	Dent Memorial Hall
DMC	Dent Methodist Chapel
FCH	Firbank Church Hall
FM	Farfield Mill
GC	Golf Club
GH	Gladstone House
GVH	Garsdale Village Hall
HS	History Society
HVH	Howgill Village Hall
HTH	Holy Trinity Howgill
JLCP	Joss Lane Car Park
KL	Kirkby Lonsdale
KPH	Killington Parish Hall
L	Library, Main Street
LHCP	Loftus Hill Car Park
MC	Medical Centre
MCD	Meditation Centre, Dent
PH	People's Hall
QG	Queens Gardens
RFC	Rugby Football Club
RR	Rawthey Room, 72 Main Street
SASL	Sight Advice South Lakeland
SCC	Sedbergh Cricket Club
StAS	St Andrew's Church, Sedbergh
StAD	St Andrew's Church, Dent
StJCC	St Johns Church, Cowgill
StJCG	St Johns Church, Garsdale
StMC	St Mark's Church, Cautley
SIC	Sedbergh Information Centre, 72 Main St
SPS	Sedbergh Primary School
SS	Sedbergh School
SSAT	Settlebeck School Academy Trust
SSL	Sedbergh School Library
STC	Sedbergh Tennis Courts
TBA	To Be Announced
TR	Thirsty Rambler
WHC	White Hart Club
WID	Women's Institute, Dentdale
WIHF	Women's Institute, Howgill & Firbank
WIK	Women's Institute, Killington
WIS	Women's Institute, Sedbergh

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264
Nationally recognised and award winning restaurant. Also has 'The Meadow' outdoor bar and kitchen in the garden for sunny days and evenings.

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183
The restaurant serves modern 'traditional' cuisine using local producers. There's a welcoming fire and plenty of real ales, lagers and gins in the bar.

THE GUNDOG COFFEE SHOP

Pleasant café in Main Street serving coffee, 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 Craggstons Wood, before a final stroll across the base of Winder. *(Walk 11)*

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

PUZZLES (SOLUTIONS ON PAGE 99)

			2				
7			1	5	3	8	
	9					7	
	3	6				8	5
		8		9		7	
	7						3
			4				
		3	6		2	9	
	4		7		1		8

7							3
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		5				1	
	6		5		9		7
				1			
		4		7		9	
				4			
			2	6	8		



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- stay@drawellcottage.co.uk	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: alibramall@protonmail.com	20360
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) <i>1T(ES), 1D(ES) NS, CH, L</i> e-mail: crosskeyscautley@outlook.com	20284

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: sam@thecapps.co.uk website: www.scrogghouse.farm	34032
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: hello@killingtontower.co.uk website: www.killingtontower.co.uk	
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk	07927 295262

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking;
DA = Disabled Access; NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement);
DW = Dogs Welcome; DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal;; NC = No Children; CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

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 / oe.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 *.

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

PUZZLE SOLUTIONS

3	8	5	9	2	7	4	1	6
7	6	4	1	5	3	2	9	8
2	9	1	4	6	8	3	7	5
9	3	6	2	7	4	8	5	1
5	1	8	3	9	6	7	2	4
4	7	2	8	1	5	6	3	9
8	2	7	5	4	9	1	6	3
1	5	3	6	8	2	9	4	7
6	4	9	7	3	1	5	8	2

7	2	6	1	5	4	8	9	3
9	5	8	6	3	2	4	1	7
3	4	1	8	9	7	5	2	6
4	8	5	7	2	6	1	3	9
1	6	3	5	8	9	2	7	4
2	9	7	4	1	3	6	8	5
8	1	4	3	7	5	9	6	2
6	3	2	9	4	1	7	5	8
5	7	9	2	6	8	3	4	1

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

<i>Trains to Carlisle</i>	..	1048	1815
<i>Trains to Leeds</i>	..	1041	1733
Dent Station	..	1053	1737
Dent Village	..	1108	..	1505	1752
Sedbergh Maryfell	0835	1123	1315	1520	1807
Sedbergh Library	0837	1125	1317	1522	1809
Sedbergh opp. Morphets	0839	1127	1319	1524	..
Killington M6 Bridge	0847	1135	1327	1532	..
Oxenholme Station	0857	1145	1337	1542	..
Kendal K Village	0902	1150	1342	1547	..
Kendal Bus Station	0908	1156	1348	1553	..
Kendal Morrisons	0913	1201	1353	1558	..
Kendal Morrisons	0923	1223	1403	1608	..
Kendal Bus Station	0928	1228	1408	1613	..
Kendal K Village	0933	1233	1413	1618	..
Oxenholme Station	0938	1238	1418	1623	..
Killington M6 Bridge	0948	1248	1428	1633	..
Sedbergh Spar	0956	1256	1436	1641	..
Sedbergh Post Office	0958	1258	1438	1643	..
Sedbergh Maryfell	1000	1300	1440	1645	..
Dent Village	1015	..	1455	1700	..
Dent Station	1030	1715	..
<i>Trains to Carlisle</i>	1048	1815	..
<i>Trains to Leeds</i>	1041	1732	..

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 1st 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**

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 - 2nd and 4th Sunday 2pm.

**Combined plans for Western Dales Mission Community
December 2023**

	Time	3rd	10 th	17 th	24th	25 th	31 st
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP		HC-BCP
	10.30am	Morning Service	HC		HC	10.30am Christmas Day HC	
	6.00pm	Advent Carol Service		Town Carol Service	4.30pm Nativity Play with Carols 11.30pm Christmas Night Holy Communion		
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Service 4pm- Messy Church	Joint Service with HC	Service 6pm Christingle	Christmas Day Service	Joint Service
St. Mark's, Cautley LA10 5LZ	2.30pm	HC		Carol Service		9.30am- HC	Taize Service
St. John's, Garsdale LA10	10am	HC		MP		10.00am Christmas Day HC	MP
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service		Afternoon Service		
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm			Carols by Candlelight with Askrigg Ladies			
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service			Carol Service		
Holy Trinity Howgill LA10 5JD	9.30am			Sat 16 th 2pm Carol Service			
St. John's Firbank LA10 5EF	2.30pm		2.30pm HC				
St. Andrew's, Dent LA10 5QL	10.30am		HC	7.00pm- Carol Service	HC 4.30pm Blessing of the Crb		HC
St. John's, Cowgill LA10 5RJ	2.30pm			HC	7.00pm Carols by Lantern	9.00am Christmas Day HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		Morning Service		Christmas Day Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship.	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship.	Meeting for Worship.		Meeting for Worship.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service 8.00pm Christmas Mass (TBC)		Service
	Tuesday	5th					
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP					
	Wednesday	6th	13th	20th	27th		
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP			
Quakers	19:30	Area Meeting Zoom worship – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.		
Roman Catholics	21.00				Compline Night Prayer		
HC- Holy Communion (BCP- Book of Common Prayer)				MP- Morning Prayer			
<p align="center">Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063</p>							

*Combined plans for Western Dales Mission Community
January 2024*

	Time	7 th	14 th	21 st	28 th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Epiphany Service with HC	HC	Joint Service	Candlemas Service with HC 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Covenant Service 4pm- Messy Church		Morning Service
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP	
St. John's, Garsdale LA10	10am	Epiphany Service with HC		MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Covenant Service		Afternoon Service
All Saints, Killington LA6 2HA	2.30pm	EP			
Holy Trinity Howgill LA10 5JD	9.30am		MP		
St. John's Firbank LA10 5EF	2.30pm		HC		
St. Andrew's, Dent LA10 5QL	10.30am		HC		Candlemas Service with HC
St. John's, Cowgill LA10 5RJ	2.30pm	Epiphany Service		HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		Covenant Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	2nd			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	Wednesday	3rd	10th	17th	24th/31st
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00				31 st Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer			MP- Morning Prayer		
Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

**Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)**

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am

**(Face to face appointments – please phone on
the day to book an appointment)**

Telephone Triage – 10.30am – 12pm

(please phone or book online)

Late Morning Appointments 10.30am – 12pm &

Afternoon appointments 2.30pm-6pm

(please phone or book online)

**Please do not attend if you have any
symptoms of Covid-19 (or if you have had a
recent positive test)**

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

Are now available, see our website for details and
call reception to book

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

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

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

Tel: 015396 20125

www.sedbergh.org.uk

If you are an event organiser or accommodation
provider and you would like a listing on the
website, or if you are a local organisation and
want the website to carry information about your
activities, please email the Information and Book
Centre on office@sedbergh.org.uk."

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

October 2023