

Sedbergh & District

# LOOKAROUND

March 2024

Donation £1

Issue 429

Lots of new advertisers in this edition, AC Plumbing, Doggy Stylin, The Custom Cushion Co, and the White Hart Social Club, and a couple of returning advertisers, Carl the

Window Cleaner and Able Memorials. Please do support them, and all our other local businesses where you can. What goes around comes around, help the community thrive!

## LOOKAROUND

**Is looking for a volunteer to help us find new advertisers.**

**Just a few hours a month to keep an eye out for new businesses in Sedbergh and District and to ask if they would like to help support the Newsletter.**

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or call  
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**COVER PHOTO**  
**Sedbergh and the Dale**  
*Yvonne Cervetti*

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

**Wed 6th March - St Andrew's**  
**Wed 13th March - Christian Aid**  
**Wed 20th March - St Andrew's**  
**Wed 27th March - St Andrew's**

Groups who would like to run a Coffee Morning  
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 or email [lebriggs@hotmail.co.uk](mailto:lebriggs@hotmail.co.uk)

# ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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

## CONTACT INFORMATION

*Email:*

**editor@sedberghlookaround.org.uk**

*Phone:*

**07464 895425**

*Address:*

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

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

## PAYMENT INFORMATION

**CHEQUE**

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## **SHEEP PEN RESTORATION**

*Julia Pritchard*

Local stonemasons Steven Allen from Tebay and Trevor Stamper from Shap have beautifully restored what are locally known as 'Ben sheep folds' nestled at the base of Brant Fell within the Howgill's. The folds were commissioned by The Foundation for Common Land (Our Upland Commons) as part of a £3m project supported by the National Lottery Heritage Fund. The task was undertaken in the wind and rain of late autumn and took 15 days to complete.

My grandfather, Tom Sedgwick, in the early to mid nineteenth century and his forefathers, fully utilised the fold as a sheep holding, clipping and

sorting pen. The significance of the wash ford, shown as the small enclosure closest to the beck in the above picture, was to hold sheep after their fleeces had been washed and cleaned of peat. To do this the nearby beck was dammed to create a plunge pool. The sheep would be immersed and washed in the pool before being put in the wash ford to dry. Hopefully by ridding the fleece of peat, would establish a higher cost at market.

Move forward to the late 1970's and early 1980's and I accompanied my father and mother (Billy and Dorothy Parker) on clipping days up to Ben sheep fold. We would set off on the small red Massey Ferguson tractor, with sheep dog, clipping



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shears and a basket, with a flask of tea, a bottle of orange squash, sandwiches and a selection of my mother's cakes and pies for lunch! Sheep would be gathered from the Ben section of Brant fell, which was where my father's sheep were \*hefted were brought down to the sheep pens and clipped by hand by my father. Lunch was a lovely meal sat by the beck.

Now that the sheep pens have been restored, then local farmers can once again use them for gathering sheep and sorting out hefted sheep to their individual owners.

The sheep pens and fold are truly splendid and well worth a visit, into the Howgill's for, although who needs an excuse to visit the glorious fells!

\*hefted -where sheep through generational memory learn to stay on a certain part of the fell, depending, which farmer has the rights to it.



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### **VOLUNTARY SOCIAL CAR SCHEME**

**A driver's view**

*Susa Ellis*

Last September I joined the volunteers who man the Voluntary Social Car Scheme led and coordinated locally by Myles Ripley (see the advert in last month's Lookaround ) under the aegis of Westmorland and Furness Council. I thought our readers might be interested in my experience .

I enjoy driving, and meeting people, and have found the volunteering an enjoyable combination of the two. The current team is quite small and we could do with more drivers, but a lot of people are put off coming forward because they have busy lives and fear they can't make any sort of commitment. I had the same concerns, but in fact those people who need transport for hospital, or social / creative needs usually give a lot of notice of their needs to the Coordinator, and it has proved quite simple to identify as necessary a clear day some two weeks ahead, and give a morning or an afternoon to the scheme. Some

trips are very short, for example taking people from within Sedbergh to the Health Centre for pre booked tests and appointments and seeing them home afterwards. These trips often take less than an hour. Others are longer, my longest taking a client and her dog from Cowgill through Barbondale to the vets in Kirkby Lonsdale! At the moment I am probably doing a run for someone about every 10 days, and it is not onerous. But we are a small team and naturally not always available, so we are not always able to help. More drivers would be good.

Passengers pay a cash fee to the driver stipulated on a chart provided by Westmorland and Furness Council, calculated according to the miles the passenger has been driven.

Additionally, a record is kept of non-passenger miles, that is the miles going to get the person, and then returning solo to your home at the end. The coordinator submits claims for these miles every so often for all his drivers, and when the claims are processed each driver receives a small subsidy direct to their bank account for this additional expense.

Because the scheme is supported by the Local Authority there is a certain amount of “bureaucratise” which made the initial application a bit daunting. For example, you have to establish that your personal car insurance covers volunteer driving. I was concerned that this would mean a lot of endless phoning to institutions, and fiddling with the internet. But in fact I discovered with



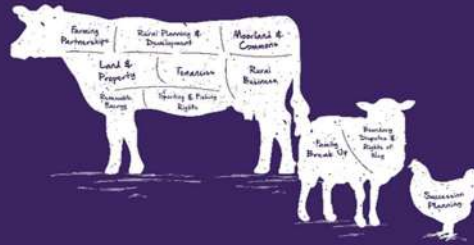
# **LOOKAROUND AGM 2024**

**At 19:00 THURSDAY 7th March  
72 Main Street in the Rawthey Room**

**Think Lookaround could be better - let us know how!**

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my insurers ( Aviva zero ) that it was a question listed in their help section of Frequently Asked Questions and a screen shot of the answer was enough to deal with the requirement.

There is no requirement to do a minimum number of hours so you can just volunteer when a job and a date/time suit you. There is no special training needed, just the "bureaucratse" form filling initially to establish that you are safe, legal and suitable.

I have found the experience interesting, friendly and worthwhile. If you are interested in joining us, please contact Myles Ripley at [vscsedbergh@gmail.com](mailto:vscsedbergh@gmail.com) or 07880 161648.

### **WESTERN DALES BUS 563/564 Stagecoach service**

*WDB Ltd Board of Directors*

At the end of March, Stagecoach will be starting a new bus service between Kendal and Penrith. This might seem a good thing for our communities, but Western Dales Bus (WDB) believes it won't provide satisfactory bus links for Sedbergh and Kirkby Stephen.

The new Stagecoach service will run daily (Mon-Fri):

- ◆ WDB Kendal services from both Sedbergh (on Weds and Sat) and Kirkby Stephen (on Fri) take passengers to Sainsburys, Aldi and Morrisons, but Stagecoach will not.



- ◆ Stagecoach gives passengers only 2 hours 15 minutes in the town compared with WDB's choice of 3.5 or over 4.5 hours.
- ◆ The Penrith end of the route has similar shortcomings for passengers from Kirkby Stephen, giving them only 2 hours 10 minutes there instead of WDB's option (on Tues and Thurs) of a two and three-quarter or 4.5 hour stay.
- ◆ Stagecoach will not provide any links to the communities of Dent, Ravenstonedale and Newbiggin-on Lune.

WDB believe that their timetable still provides a viable service. WDB will know you agree if you carry on travelling with them - and will mean that they will have the income for their services to continue.

As has already been seen with bus services in this area, it's

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## **COMMUNITY FIRST RESPONDER ANNUAL REPORT**

*Myles Ripley*

Do come along to our AGM on Monday March 4th at 6.30pm

Thank you to all the team for their hard work and commitment.

Our team has shrunk to 4 active responders at present for a variety of reasons and we thank those people who gave their time as volunteers especially Stuart Cheesman who is now a "real" ambulance service trainee but has been so valuable as a member of the team for many years.

We are looking at where we can contribute best to installing more community defibrillators and are actively engaged in discussions with Farfield Mill and Howgill.

Supplies of defib pads and batteries has remained a problem this year due to global shipping and supply issues but we currently hold spares for both models that we use.

Our team members are now activated by an app which has significant advantages over the old system especially as it is linked to really good mapping software that takes us almost up to the front door, though it is only as good as the information fed to it by the caller!

We have been alerted to 94 calls in the year ending Jan 31st 2024 (suspiciously similar to the 95 from last year!) – attended 75 and were stood down for the remaining 19 – a better ratio than last year. 55 were in Sedbergh and 39 in outlying locations. 54 were in "daytime" and the rest in evening/nighttime. Our average call out rate is about 8 a month ie 2 a week but they often come in clumps rather than nicely

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spread out! We have not been badly affected by the much publicised long waits for ambulances, nor much affected by the industrial action. The primary reason for this is that we are only called to high urgency calls and so the ambulances are prioritised to us.

Some of us have also volunteered for the low acuity call out system which won a national award for being one of the best new initiatives for health care but now awaits some funding despite its success. MPs are active on the case for getting that funding.

We have also provided Defib and CPR demo/familiarisations to pupils at Settlebeck School, Young Farmers, WI and carried out some refresher training on Defib use in Milthrop. We are very willing to do these demos and familiarisations to any group – just get in touch.

We are in a healthy state and look forward to the next year. Anybody wishing to find out more about becoming a Community First Responder would be very welcome to contact Myles on [mylesripley@btinternet.com](mailto:mylesripley@btinternet.com)

## EATING THROUGH THE BIBLE

*Sarah Woof*

.. now that probably caught your attention, perhaps reminds you of an advert on TV where employees ate pages of a book to learn what was said there. We will not do that. What we will do is look at situations in the Bible where food is mentioned and or eaten, and then get together to eat the food and hear the story or account of the event. Run by Dentdale Christian Fellowship and starting with Passover meal on Friday April 26th, 6.30pm for 7pm in a venue to be decided in Dent. Everyone welcome, including children, do let us know if you want to come. No charge although a donation box will be there if you want to help towards costs, no obligation at all.

These meetings, around food to enjoy will be a fun and relaxed way to learn a bit more about the Bible. Further info or to register your interest, Sarah & John, 015396 25212.

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## TACKLING TRAUMA IN TEENAGERS

*Fritz Hrynyk*

Trauma has many forms and comes from many places: bereavement, accidents, falling out with friends or family, crashing a cherished car etc.

The trauma a teenager can experience on their passage through an ever-changing time can be difficult to deal with.

There's an extra burden of puberty, the ever-present social media, girlfriends or boyfriends, getting to grips with sexuality, exams, peer pressure.

The body and mind may be in need of time to stop, pause and re-asses the ever-changing social and personal landscape.

Lying on a couch for 45 minutes and having a CranioSacral Therapy treatment can be the start of this process of reassessment.

It's calm, it's gentle and it's undertaken in the comfortable and safe surrounding of the treatment room with a parent or guardian present.

If you feel one of your teenagers may benefit from a treatment and would like to know more then please call Fritz at Dalesway Therapies on 08171 665662 or 015396 21303 or email [daleswaytherapies@gmail.com](mailto:daleswaytherapies@gmail.com).

Visit our website [www.daleswaytherapies.co.uk](http://www.daleswaytherapies.co.uk), Facebook: Dalesway Therapies, Instagram: [dalesway\\_therapies](https://www.instagram.com/dalesway_therapies)



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## CHANGE OF NAME

*John Feltham*

For various reasons, the ensemble hitherto known as “Grievous Bodily Harmony”

has changed its name and henceforth is known as.....

The Chequered Acafellas

We’re still six blokes who use unaccompanied (“a cappella”) close harmony singing to entertain, amuse and stir the emotions, with music from all eras and genres: ancient to modern, sacred and secular, traditional, folk and working songs, with some laughs along the way.

We are delighted to have been invited to perform at this year’s Sedbergh Music Festival on Monday

24th June at 7.30pm in St Andrew’s Church, Sedbergh (we performed at the 2022 Festival under our original name).

We hope to see you there. If not, look out for publicity for other concerts which are mostly in the Western Dales area.

Our concert fee is always donated to charity or local good causes.

---

## UKRAINE COFFEE MORNING

*Douglas Thomson*

The coffee morning held on the 7th of February raised £429.96 for Ukraine. The raffle, home baking and donations raised this very creditable sum. Thanks to all who helped in any way.



## BRITISH SCHOOL TRUST

*Jean Cope*

The trustees will meet on Wednesday 20th March 2024 to consider GRANT APPLICATIONS from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training. APPLICATIONS should be in writing and addressed to The Honorary Secretary of the Trust, 14 Guldrey Fold, Sedbergh, Cumbria LA10 5DY.

## DENTDALE BABIES & TODDLERS

*Sarah Woof*

This group was the first to re-open after the lockdowns and therefore attracted a lot of parents with babies and toddlers, not just from Dent but Sedbergh and further away.

It meets every Tuesday, 9.30am to 11.30am in a venue in Dent and all families are welcome.

The Health Visitor attends once a month for Baby clinic and to chat over any concerns with parents, this is a valuable resource.

Our venue was for many many years the Hall, with the kind

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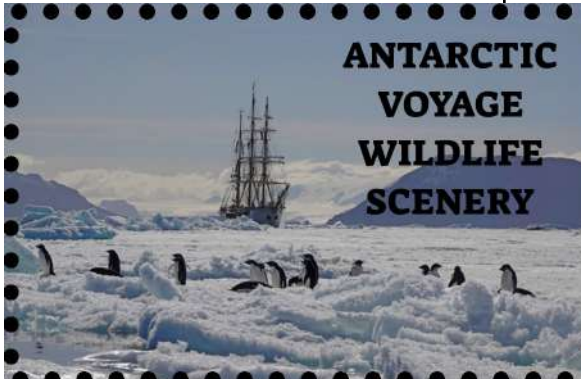
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Tel: 015396 20930

permission of the school, we always moved to the Methodist Church in December for clinic and our annual party where Hardy Soft Play provided fun equipment and Father Christmas always has time to call by. This year we stayed at the Church just into February and will meet from the 20th Feb in the Haygarth Room at the back of the Memorial Hall. We meet each week in termtime.

This room with outdoor space and the adjoining Sedgwick Room will be our new home, all on one level and easy access and we look forward to welcoming babies and Toddlers and parents for years to come.

For info or help contact Sarah on 015396 25212 or find our FB page.

## ANTARCTIC VOYAGE WILDLIFE SCENERY



**A TALK BY MYLES RIPLEY**  
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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](mailto:a865@btinternet.com) or 015396 21081)

or John Sykes  
([jmsykes100@gmail.com](mailto: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 QUIZ MARCH 2024**

*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.

1. The title of Mark Haddon's best-selling 2003 novel was taken from the Sherlock Holmes story 'Silver Blaze'. What is it?

2. Which poet said that he remembered Adlestrop?

3. The Years of the Sword and Pillar of State were Elizabeth Longford's two-volume biography of whom?

4. What is the title of Rosemary Sutcliff's novel about a Roman soldier who tries to discover the truth about the disappearance of his father's legion in northern Britain?

5. Which American author won the Nobel Prize for Literature in 1962? As well as several outstanding novels he wrote an account of a journey round America with his poodle, entitled Travels with Charley.

6. Who wrote One Hundred Years of Solitude?

7. And who wrote One Hundred and One Dalmations?

8. Which playwright wrote The Rivals and The School for Scandal?

9. Who, between 1951 and 1974, produced the 46-volume series of county guides on The Buildings of England?

10. This Australian writer was a highly-regarded war correspondent whose later books include Gallipoli, The White Nile, The Blue Nile, Cooper's Creek and The Fatal Impact. Who was he?

11. Whose novels include The Girl at the Lion d'Or, Birdsong, Charlotte Gray, Human Traces, A Week in December, Snow Country and The Seventh Son?

12. What is the name of the Tudor lawyer in the series of books by C J Sansom beginning with Dissolution in 2003, the most recent being Tombland in 2018?

## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

The School intends to introduce a daily bus service from Windermere in September 2024. This is in response to a significant increase in day enquiries and registrations from the Lake District. In addition the School has introduced a bus service to Edinburgh for exeat etc to cater for the needs of pupils in Scotland. This is added to the services to Wetherby, Keele and Hexham.

The School is introducing an innovative new Year 9 curriculum names 9 INSPIRE going beyond traditional subject titles, fostering a blend of skills and topic-based learning to equip pupils to meet the demands of a rapidly evolving and unpredictable future.

The Prep School were entertained by Matt Dickinson, a film maker, artist and Everest summiteer, as well as having been in the Amazon and Antarctica.

Sedgwick House won the Academic Challenge (as in 'University Challenge') following an exciting final that finished in a tiebreak..

The Friends of Sedbergh Prep held a Burns Supper for parents and friends of the School, and the girls organised a Burns supper for the pupils.

At the end of February ten pupils will run 250 km along the Dales Way to raise money for Young Minds UK.

OS O Ashton and her husband Barry had a win on TV's Pointless.

The Archives were visited by Mount School, York, who intend to following Freddie Spencer-Chapman's (1921-26) foot steps in

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Greenland in July, and came to see the School's collection about him.

The Rawthey Ball (a Highland dance) took place on 3rd February

A parent, Robert Cohen, barrister, gave the Prep School a talk on the rule of law and individual liberty

Year 7 and 8 went on a sports tour to Edinburgh which included a visit to Edinburgh Castle, and games against Fettes and Cargilfield

Sedgwick and Evans House sponsor two girls from Restart Orphanage in Kenya to attend a private school.

Liz Taylor, Armed Forces Liaison Officer, gave a talk to pupils about becoming an Army Officer and the over 200 roles available in the Army.

The Week Schools Guide declared Sedbergh Great for Outdoor Pursuits 'with 26 different sports and outdoor activities on offer'.

### **Art**

An Exhibition of work by pupils is on display at Farfield Mill in the community gallery until 27th March

During half term the Art Department went on a tour to Paris

### **Drama**

Rehearsals are well in hand for next term's production of Buggy Malone by Yr 9 and 10.



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

**2024**

Thursday 14th March

Tuesday 16th April

Thursday 16th May



The Sixth form had a trip to London which included the Garrick Theatre and the Theatre Royal together with Operation Mincement and Cabaret at the Kit Kat Club, and a visit to the V&A.

The Prep's summer musical next term will be We Will Rock You.

### **Music**

From an initial entry of around 350 to 400 schools, the Chamber Choir has reached the last seven in the final of Barnardo's Choir of the Year competition. The final will be in March in the Symphony Hall in Birmingham. The winning choir will sing in the Albert Hall.

A Scholars' Concert was held in the Thornely Studio on Sunday 4th February

The School will be taking part in the Sedbergh Music Festival and will host some events, not least the BBC Singers and Jess Gillam

### **Target Sport**

The Prep School shooters went on a Winter tour to Bisley

Sedbergh were in the British National Schools final for Standing 10m air rifle in Staffordshire and too Gold, Silver and Bronze.

### **Cross-country**

Fifteen schools took part in the Rawthey Run on 18th January.

Prep runners who had qualified earlier went to Hunter Hall to trial for Cumbria, and seven are going through to the Nationals in March. U11 and U13 runners also went to Giggleswick for the Catteral Shield with the U11 boys and U13 girls coming out on top in a strong field

The first of the Wednesday Epic runs had to be cancelled due to the weather conditions of snow and ice.



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The second went to the top of Holme Fell Wall

The Morgan Run (7 ½ km) with pupils (including runners from the Prep), Old Sedberghians, staff, and guests took place on 27th January in reasonable running weather and dry underfoot (most of the time). Four hundred and forty four runners completed the course. The winner was Harry Cooling for the Town team, with OS Ben Van Dijk second and Hugo Berry third. The first and second girls were Julia and Daisy Fielding with Sally Bennett OS third

The School sent 22 runners to the King Henry VIII Relays in Coventry, divided into three girls' teams and two boys'. Julia F ran the 10th fastest

time in the relays in 2024 and the 5th fastest ever Sedbergh girl.

In the States OS Fraser Sproul lowered his 3,000 m time by 6 seconds.

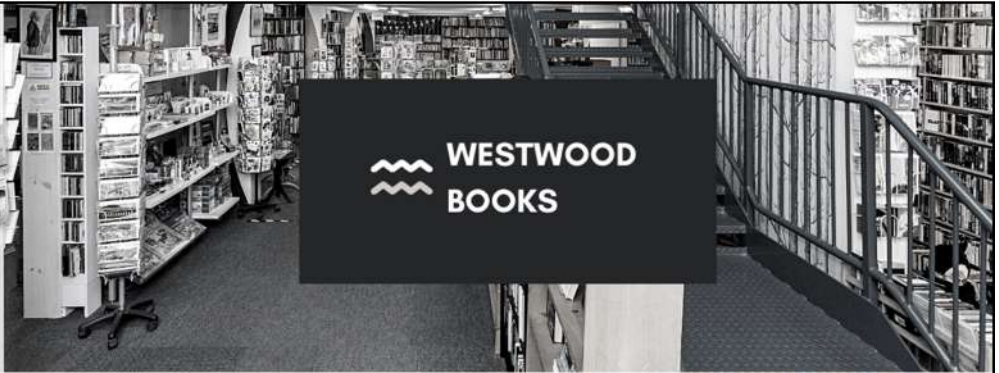
### **Fives**

The team took part in the Northern Schools Fives Tournament at the University of Durham and gained the U16 Doubles championship and runner up and the U16 singles runner up

### **Hockey**

The U16 girls went to Cheltenham to play Dean Close and qualified for the Tier 1 Quarter Finals

The U15 girls took part in the North v South County Final and won all



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their three games and retained the trophy.

The U13 girls gained second place in the Girls SHC Plate National Final Climbing

Forty young climbers from four local schools took part in an invitational Casterton climbing competition at the Ingleton climbing wall. Cecily from the Prep, who had suggested the competition, won first place.

The Prep hopes to organise an event for primary school children in the summer term

### Netball

The U15 team won the South Lakes Tournament at QES, winning 10-7 against QES in the final.



### Rugby

The House rugby competitions have begun and can usually be identified by the amount of noise!

OS J Botham played for Wales in the first of the Six Nations games

The 1st VII won the RGS Newcastle U18 Sevens, the U16s won the Durham School Sevens, and U14s won the St Peter's York Sevens.

The U14s were beaten by Prince Henry's GS in the last 8 of the School Sport Magazine National Schools Rugby Cup  
 OSs Oli Spenser and Ben Redshaw played for England U20 against Wales and were joined at half time by OS Kane James

## Swimming

Archie (H) set a new British Record for 50m backstroke at Richmond Dales

## Future Events

Sedbergh U18 Triangular Sevens tournament is on 28th February 2024

There is a Long exeat weekend on 1st March

The School will hold an Open Day for Year 12 on 9th March, and the Prep School on Saturday 16th March 10.00 – 12.30

A Ben Crossland Concert will be held in the Thornely Studio at 7.30 pm on 8th March (free admission)

An Evening of Jazz and Swing in Powell Hall is to be held on 10th March at 7 pm

The Wilson Run Dinner takes place at 7 pm in Powell Hall on 18th March

and the Wilson Run OS and Parents Lunch in Powell Hall on 19th March at 12 noon

The Wilson Run starts at 2pm on 19th March opposite Lupton House in Back Lane

A Junior 4 mile cross country – Brackensgill starts on 21st March at 10.20 am

The end of Term is 22nd March and the summer term will start on Sunday 14th April

The Sedbergh School Super Tens will be on 31st March and 1st April

The Prep School Epic will be on 27th April this year

The two First Class cricket games this year are Thunder Cricket v Southern Vipers on 14th July 2024 and Metro Bank One Day Cup on 24th July 2024

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## **SEDBERGH PARISH COUNCIL**

*Janey Hassam – Clerk to the  
Governors*

The Council held its meeting at 7.30pm on Thursday 8 February 2024, 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 March 2024 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

### **Westmorland and Furness Council**

Members welcomed the cabinet member for Highways and Assets from Westmorland and Furness Council. A short presentation was given, along with the opportunity for Q&A. Members hope to receive updates on matters raised in due course, including provision of additional yellow lining. Also, the current condition of the A684 (Sedbergh to Kendal Road) and any future hopes for improved safety for Junction 37, M6 (National Highways). In addition, Members hope for an update on the proposal to relocate

coach parking away from the town centre.

### **Other matters**

Parking Charges – Short stay parking pay and display rates, at Loftus Hill and Joss Lane car park, will be increased from April 2024. Resident annual parking permits will also be increased from September 2024 to £70 per annum (personal) and £120 per annum (business/ interchangeable). Members discussed the planning application by Westmorland and Furness Council for the renewal of the temporary site at Scroggs for the Gypsy and Traveller site (21 days) five years, also a request for Sedbergh Parish Council to consider a license agreement with W&F Council for residents to plant a tree on highways land and the appointment of a new Internal Auditor. In addition, general correspondence, including letters received in respect of support for the new bus service and correspondence from the Royal British Legion in respect of Remembrance Sunday plans/parades, due to recent changes in future road closure requirements.

## **2024 Sedbergh Spring Show**

**Saturday 20th April 2024**

In the People's Hall 1-4pm

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If you have any queries, or wish to contact Sedbergh Parish Council, please email at [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk) As always, Members of the public are welcome to attend meetings of the Parish Council. Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office, with agendas and minutes available online at [www.sedberghparishcouncil.org.uk](http://www.sedberghparishcouncil.org.uk)

## **TIM'S COLUMN**

*Tim Farron MP*

I can't wait for the next General Election.

Actually, judging from the conversations I have been having with people as I go around knocking on doors and chatting to people I'm not alone in that view.

The more time we spend hanging around waiting for the Prime Minister to call the election the more frustrating things get. What worries me more than the result of the election (although, of course, that does worry me a bit) is the state the country will be in when we eventually get a new government, whichever party comes to power.

I am getting more and more frustrated by the fact that nothing much seems to be happening on things I feel are becoming increasingly urgent. I can give you lots of examples, but this is the first one that comes to mind.

As I hope you know, I have been fighting to get the government to give councils the ability to control the growth in holiday lets, something that is making our already desperate housing crisis so much worse. The government announced some plans early last year and asked for people's opinions. The deadline for submitting your thoughts was June. Since then, nothing. I raised the issue in Parliament back in October with Michael Gove the minister responsible for making the plan happen. He promised to let us know what they propose to do "shortly". Since then, still nothing.



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I have been so frustrated with the lack of action that I have put a motion to Parliament calling on the government to do something to address the issue before there are no homes left for young people in our area. Let's see if that gets them to do something.

Sadly there are so many other examples. The lack of any NHS dentists. I've been fighting on this issue for over 15 years now. The government has at last announced some action with the promise of £200million extra funding for dentistry. But they have cut about £1 billion from funding dentists in this country. £200 million just replaces a small fraction of that. It's no wonder

that we are seeing so many people stopping working for NHS dentistry.

The shortage of workers for our hospitality businesses. It seems like every week now we read in the Gazette about another restaurant or café closing because they simply cannot find the staff to work there. The government needs to do something about this urgently or we will not have any businesses left. I drew to the minister's attention to this during questions in the House of Commons the other day. To her credit, she did agree to speak to me about the issue to see what could be done. But to be honest I am getting a bit bored with meetings with ministers

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to discuss what can be done. What we need is action.

I could go on.

But let's end on a note of something actually happening. Earlier last month, the hospital in Preston announced that it was going to start charging people who needed to stay overnight in the overnight accommodation they provided for people who needed to stay near their dangerously ill relatives. Clearly, this impacts most on people who must travel furthest to use the hospital, that is largely those of us living here. I rapidly made the hospital trust know my opinion of this plan and I was very pleased to receive a letter the other day telling me they had changed their minds.

If you want me to take action on these or any other issues, please do get in touch. You can email us at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or give us a call on 01539 723403.

## AI

*Martin Dodds*

It was not long after I arrived in Sedbergh, back in 1974, that I learned about "AI". A visit by the AI team to a farm was a significant and expensive day in the annual breeding cycle.

The 'artificiality' involves science and technology, but it depends on real bull semen, garnered from real live bulls, and then on the natural processes in the womb of a real live cow [in fact possibly several hundred wombs, served from the one bull], and if all goes well, it ends with natural birth processes for the resulting calves.

AI was and is never risk free. In the short term, collecting the semen involves getting close to a bull, and it is always wise to be ready for an uncertain temper in the beast. Then keeping the semen alive and healthy until needed remains critical. Delivering the contents of the straw to the cow might again be tricky if an animal is bad-tempered or a nervous heifer.

In the longer term, while the benefits of selecting semen from a prize animal may be profitable in

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terms of improving breeding and the end price for the calves, there is a potential problem that a proliferation of off-spring from a limited number of prime bulls, could risk in-breeding if the variety of the gene pool is diminished.

I believe these risks were understood from the outset, and measures were taken and applied to cope with them. No doubt they have been refined over time since the early days, but the principle of weighing up the risks before embarking on a programme having such widespread ramifications both for farming incomes and expenditure, and for animal welfare and genetics, was recognised as an essential responsibility.

Now there seems to be an up-start “AI” in our midst. It is perhaps symptomatic of its nature and origins that no one concerned seems to have noticed, or cared, that the initials already have another well-understood significance in farming.

Artificial Intelligence may be seen by some as the ‘next logical development’ of information technology [IT]. As such, it could be regarded as a ‘neutral’ phenomenon, but having the potential for positive benefits in enabling much quicker analysis of much greater quantities of scientific data and potential positive applications in medicine, economic development, etc.

I suppose a bar stool could be described as a ‘neutral’ phenomenon,



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enabling positive benefits in allowing customers to sit comfortably to sip their drinks.

On the other hand, if a bar stool is picked up for use in settling an argument, its use ceases to be neutral.

There are already plenty of warning experiences about the potential for IT to be applied in 'non-neutral' ways. When electronic calculators were first introduced, teachers noticed that pupils argued that the answer on the screen must be correct whatever the teacher said, before they checked that they had inputted the correct figures information.

The introduction of electronic trading of stocks and shares seems at times to have caused some significant instability events in the financial markets, not least because the speed at which the algorithms can react is too fast for human financial brains to keep up.

The long-running scandal of the unwarranted prosecutions of so many sub-postmasters, once again in the news, is really an error of the same basic type as the naïve faith of the pupil in the calculator screen, but it has ruined hundreds of lives.

The old adage 'rubbish in, rubbish out', still applies. It seems some people disregard it when using a flashy computer and software

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system, especially if it has cost a lot of money. [The Post Office is not alone in providing examples of this sad reality.]

It is sometimes argued that Artificial Intelligence could cut out the potential for human error. This seems to me to be spurious. The initial instigation of AI systems is done by people. The assumptions, and maybe even the subconscious biases arising from their experience and contexts, may lurk unnoticed behind the way they design and programme AI technology.

If there is then a subsequent phase in which an AI facility itself builds the next, more advanced generation of AI using its own iterative processing and analysis programmes, it seems plausible that this will 'inherit' something of any subconscious bias derived from the original human input. In view of the known phenomenon of the 'butterfly effect'

or the 'ripple' effect, this could potentially magnify this tendency.

Speaking personally, I feel a kind of technological tyranny exists in many aspects of modern life. A person with low technological skills, or who cannot afford a computer, is discriminated against by all kinds of companies and businesses who offer significantly less expensive goods and services for those who do their transactions on-line.

The mind-set of the people who design many websites seems to be from a different planet to where I am. I readily admit I am not technology-minded, but I find many websites very frustrating to navigate. Individual pages present too much extraneous information and unnecessary alternative or duplicatory choices.

Existing IT has enabled the development of 'Social Media' platforms, and the creation of 'virtual reality' applications. In themselves, these features are again 'neutral' and can have positive and useful characteristics. But like all IT, we have learned to our cost that these facilities are open to damaging abuse, ranging from blurring the distinctions between reality and entertainment, [as in the recent posting of a vicious bullying attack by a group of schoolgirls on a vulnerable schoolfellow], to the deliberate promulgation of misinformation and hate speech.

Hacking into restricted data bases seems to have become a criminal sport of ever-increasing participation.

Some aspects of IT seem to intensify the trend to separate users from firsthand experience of the

environment. As a fell-walker, I am amazed at how often I meet other walkers who appear to be glued to their 'phone.

Given these negative side effects, and no doubt an IT expert could provide more, there seems to be a case for not rushing ahead with Artificial Intelligence at least until these kinds of risks can be properly identified, and steps taken to avoid them.

In the middle of the last century, Science fiction writers were already exploring the potential hazards that might come from thinking machines. This may be best represented by the '3 laws of robotics', generally attributed to Isaac Asimov and colleagues;-

- A robot may not injure a human being or, through inaction, allow a human being to come to harm.

- A robot must obey orders given it by human beings except where such orders would conflict with the First Law.

- A robot must protect its own existence as long as such protection does not conflict with the First or Second Law.

It seems to me that it ought not to be beyond human wit to build on these kinds of ideas to apply to the new field of AI. And ideally retrofit them to all the already existing IT technologies which have proved so open to damaging abuse.

In the Old Testament, there is a city named Ai. It became a symbol of catastrophic ruin.

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

*John Carey*

The perception is that we are experiencing an increasing number of weather events, possibly reinforced by the fact that each storm has been given a name these days. Already this year, we have had Henk, Isha, and Jocelyn, added to which, there were a number of occurrences at the tail-end of last year. Perched on the hillside at 1150ft above sea level, Dent Station is certainly at the mercy of the elements and, whilst we lost a few slates this time, it could have been a whole lot worse! We are lucky to have support from excellent local tradesmen who are always prepared to come to our assistance with the necessary repairs.

However, our problems are nothing compared with those endured on the railway over the last few weeks with a number of flooding incidents leading to cancellation of services. It is a fact that the railway industry has become more risk averse following the recent fatal accident at Carmont, just outside Aberdeen, and the rules for operating over waterlogged track

have tightened significantly. However, we do perhaps need to need to argue for improved resilience of our railway and question whether any of the flooding incidents could have been mitigated with better attention to blocked culverts etc. It is true that whilst there were significant weather events in the past such as the harsh winters of 1947 and 1963 these did not occur with the same frequency and, with the exception of the snow drifts, rarely caused disruption to services.

A little further south down the line, work has commenced to reconnect Horton Quarry to the rail network. This is a welcome development as it will remove a significant number of heavy lorries from our roads and improve the environment for the local residents. Whilst quarrying in the area is of limited lifespan, with extraction due to end in around 2043, such traffic is, of course, vital to the sustainability of our line. In general, the line operates at well below its potential capacity for freight.

More controversially, the rail connection will see the erection of a footbridge and two lift towers at Horton Station as the stone trains will



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obstruct the present barrow crossing. The lifts are required to comply with modern disability requirements for step-free access. Whilst many have argued for an alternative solution, the plans seem to be a bizarre mixture of old and new, quite out of character with a 'heritage' Midland station. Equally controversial, has been the cost, said to be in the region of £2.3m, to be borne by the quarry operator.

As I think I may have articulated before, there is a worry that this might set a dangerous precedent for other heritage stations on our line which currently rely on barrow crossings such as Dent and Ribbleshead. It is a paradox that whilst Dent is one of the most disability-friendly stations with easy access to the southbound platform and even a low-floor bus on a Saturday, there have been various concerns raised by the rail authorities over the years towards the foot crossing. To make matters worse, the crossing is



located on a bend and, even to this day, there is a 30mph speed restriction in force. Foot crossings are generally disliked by the railway in any circumstances and will inevitably be outlawed. Could the expenditure of circa £2.3m ever be justified on such a smaller intermediate station? Probably not. More likely, there will be a rather long, graded path from the roadway on the far side of the bridge were this ever to happen.

No sooner than I had submitted the article for the last Lookaround than the news came through that Westmorland and Furness Council had come up with a solution for the reinstatement of the weekday bus



service between Sedbergh and Kendal as from 25th March. Whilst, of course, this is excellent news I must temper this slightly with the thought that there are clearly unintended consequences to existing operators elsewhere on the route that should have been better considered. It seems to me that Westmorland and Furness have inherited the legacy of the erstwhile Cumbria County Council with an over-reliance on Stagecoach as being the dominant commercial operator. In short, there were few other operators left in the area as most had withdrawn from the business since removal of subsidies by the council in 2014.

Over the intervening period since 2014, Western Dales Community Bus and others had valiantly stepped in to provide single-day services from Kirkby Stephen towards Penrith and Kendal, and the new Stagecoach timetable running through to Penrith, as it does, will duplicate and, doubtless, affect the viability of these smaller operators. That significant misgiving aside, the proposed new timetable is an imaginative use of two school buses and provides both Sedbergh and Kirby Stephen with Monday to Friday journeys in both directions. Meanwhile, the Western Dales Bus service remains the only means of public transport between Sedbergh and Kendal on Saturdays, crucially, providing multiple journey

options. The new service is but the first step in reinstating daily public transport, following which, it will be necessary to argue to Westmorland and Furness Council for earlier and later journeys useful to access work and education. These have been lacking for some years. It is to be hoped that Western Dales Bus manage their way around a difficult situation not of their making and, perhaps, there is an opportunity to look at alternative markets and destinations.

Back to the railway, I should remind that the Dales Railcard is available to local residents within the qualifying post codes and is well worth having. For a modest outlay, currently £10, this gives a 1/3



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discount from a ticket purchased on the day to Leeds, Bradford, Carlisle, or Lancaster (via Hellifield) and any station in between. Even better, there is an offer running until the end of March giving a 50% discount. These can be obtained via the Settle Carlisle Railway Development Company website or in person at Skipton, Settle, Appleby, or Carlisle Stations with proof of residency.

It is indeed a good time to consider using the services we have, including both bus and rail. The government £2 fare cap on the buses has been extended until December 2024. Indeed, 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? This would involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back to Sedbergh. Please check [www.westerndalesbus.co.uk](http://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](http://www.dalesbus.org) For rail journeys please consult [www.northernrailway.co.uk](http://www.northernrailway.co.uk) which will also give details of any potential disruption. If I can be of any assistance on any bus or rail matter, please feel free to contact via [john.carey@settle-carlisle.com](mailto:john.carey@settle-carlisle.com) and I would be delighted to help.



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## GARSDALE FOOT METHODIST CHAPEL

*Colin Cowperthwaite*

Garsdale Foot Chapel was the place of worship for my family for many decades. My parents started attending this remote chapel during the 1930's and 1940's, continuing until its closure in 1979. As children living on a farm a mile up the dale, my sisters and I attended Sunday School there at 1pm each Sunday, followed by two services at 2pm and 6.30pm. I recently unearthed a programme commemorating its centenary in 1963 (which I sadly defaced as a 9-year-old!), also a newspaper article from Maurice Campbell's 1979 scrapbook which reported on the closure of the chapel. Following are a few excerpts from these documents.

Inscribed over the door is the date 1863, but the deed itself is not executed until 17th August 1864; it conveys "a piece or parcel of land or ground, and the chapel recently built thereon situate at Bridge End - part of a close of land called Robin Ing, 107 sq. Yds. 3 sq.ft. - from William Whaley of Hawes, to the trustees for the sum of 5 pounds". And what a formidable body of trustees they appear to be, suggestive surely of the fact that the area is almost wholly Methodist:-

Henry Harper of Hole, Thomas Mason of Thwaite Head, William Mason of Birkrigg, Joseph Raw of Bridge End, Peter Harper of Hole, John Harper of Swarthgill, Richard Harper of Knudmaning, Robert Hutchinson of West Rackenthwaite, William Haygarth of Aygill, Roger



Bowness of Bellow End, George Mason of Birkrigg, all Farmers; John Dinsdale (Draper) of Badger Dub, John Metcalfe the elder (Quarryman) of Rattenrow, Thomas Wearing (Badger) of Whitbeck, John Metcalfe the younger of Bellow End and Edmond Metcalfe of Rattenrow (Labourers), with three other names, not of Garsdale people but from the circuit - Christopher Taylor of Prospect House, Sedbergh (Gentleman), Henry Sykes (Grocer) of Sedbergh, and William Shaw (Farmer) of Cautley.

A new chapter opens in 1919, when a new Sedbergh Circuit is formed, but by this time more changes have come to the Dales.



The depopulating first noted in 1882 has continued, full chapels except for specials would appear to be a thing of the past. The Old Chapel (Low Smithy) as we now call it, and the Foot are working in joint harness, and do so up to 1945, with the people attending morning and evening at the Foot, and afternoon (for a pleasant service?) at Low Smithy. The preachers of the circuit like to go to the Foot, everything is so homely and sincere, and it is an especial joy to welcome Mr Jim Pratt from Caton back again in September, remembering that he conducted his first service ever at Garsdale Foot, before 1900.

The little chapel has no financial worries, all the care for it is lovingly undertaken by the people without charge; and again, as a team. Peter Bowness bequeathed 100 pounds way back in 1923 for our use, and latterly John Handley has done the same. We are seeking this year (1963) to ease the labours of our voluntary chapel keepers by installing electric heating, and we trust that all who read this story will find profit and blessing in remembering the past, encouragement to go on, and will join with us in the services planned and make an offering to God in acknowledgement of the debt you owe.

Yours in the continuing service of Our Lord Jesus Christ, John P. Monkhouse (minister), Thomas Cowperthwaite and Richard Thwaite (Chapel Stewards), Alice Bell and Bowness Hutchinson (Society Stewards).

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Just 16 years later, The Westmorland Gazette dated June 29th 1979 reports

A steady decline in population has brought the end of an era for a picturesque Methodist Chapel in Garsdale. The closure of the 115-year-old chapel standing beside the River Clough at Garsdale Foot was marked by a thanksgiving service. The Rev. Colin Harbach, minister of the Sedbergh Methodist Circuit, said the closure had become inevitable due to the gradual decline in the population of the dale. Average attendance at the weekly services over the last few years had been between 8 and 10, and in December last year it was decided to close the chapel indefinitely. Mr Harbach said: "The population of the dale has declined over the years. Young people have not had the opportunity to stay in the community, and with no young people there is no future. People are not despondent about the closure. The chapel has served its purpose and is no longer required, and its worshippers can be accommodated at other chapels nearby. But it is a little sad when a

place of worship closes. The chapel was part of the community, and everything that happened in the dale centred on the chapel. When Methodism was introduced to the dale in the 1860's, it transformed the character of the area from roughness and drunkenness to strict temperance. The chapel was a very important part of the community, and its closure marks the end of an era for the dale. In a way the beginning of the end started soon after the chapel was built, as the Industrial Revolution was well under way and the de-population process was taking place". The chapel was built of stone in 1864 at the cost of 135 pounds. The future of the building has still to be decided by the Sedbergh Methodist Circuit Meeting.

The chapel was eventually sold locally and over the past few years has been converted into a holiday let which opened during 2023.

## SEDBERGH & DISTRICT HISTORY SOCIETY Longhouses in the Duddon Valley

*Karen Bruce Lockhart*

On 7th February the Society heard an illustrated talk by Stephen Cove, the Archivist of the Duddon Valley Local History Group, who had mostly directed the three digs that the Group carried out in the Seathwaite Valley, investigating some of the longhouses there.

In the first few years of the century the Group carried out a survey of the various stone constructions in the valley. These were very varied and included little stones, big rocks, straight lines, circles, kists, burial cairns, washfolds, potash pits, stones carrying dates, consolidation walls, a giant wall and later quarries and mines. Altogether they surveyed some 2,400 sites not previously recorded. Among these they found the remains of 15 rectangular buildings on 12 sites.

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The longhouse is a building brought from the north by the Vikings, and consisted of two cells with a cross passage in between. One end was the living quarters and the other a byre. The houses were normally built on a slope so that the byre drained down the slope. They were also normally built on a southwest/northeast line against the prevailing winds and were not all the same size. They were not just shielings. The outline of these houses can be seen in modern farmhouses, having been gradually built onto.

They decided to investigate three of the houses with a view to seeing how the settlements worked and whether they were connected to each other at all. They obtained assistance

from the National Park and the National Trust, and raised funds from the Heritage Lottery Fund, the Council for British Archaeology, Copeland Council, the Sid John Fisher Foundation and the CGP Group. The first year's dig in 2016 was at Tongue House. This consisted of an elliptical enclosure with a rectangular building inside and a walled enclosure which seemed to link the surrounding crags. As is often the case it was not possible to tell whether the latter had been built to keep things in or to keep them out. The dig was made difficult by the really thick bracken, the roots of which took a lot of digging out, but they found the cross passage and a hearth, and evidence of occupation

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dating around 200 AD (which would be Romano/British), 800 (viking) and 1600 (late medieval). Some similarities were found with longhouses in Orkney.

They were assisted in the project by Oxford Archaeological North and six local schools were involved in the project. In addition about 70 volunteers in total helped the archaeologists from Oxford Archaeology North with the digging over the three years of digs. They filmed the project every day. At the end of the digs several tons of earth had been moved and this all had to be returned and the walls rebuilt

They found a retaining wall which helped to make the site level, and a flagged floor under which was a

cobbled floor. They also found a hearth. There was very little room between the rectangular building and the elliptical wall, barely room for a man to bend to dig. They found a lot of horseshoes. Some charcoal was found and the first results from this gave a date between 1500 and 1600 AD, and the second 1300 and 1400 BC, the third came up with 1300 to 1500 AD. So it appeared the houses had been occupied at at least three different periods. Pollen analyses were also done.

A full report of the excavation produced by Oxford Archaeology North is available on the Group's website as well as other information such a diaries and publications.



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## 50 YEARS AGO

*Colin Cowperthwaite*

A selection of items taken from local newspapers dating from March 1974.

### **The late Mr Myles Jackson**

The funeral took place at Sedbergh Methodist Church last Friday of Mr Myles Jackson, a well-known Methodist and retired farmer, of Capplethwaite Hall, Sedbergh. Mr Jackson, who died suddenly at his home, was within a week of his 84th birthday. A native of Cautley, he was born at Narthwaite, the eldest child and only son of the late Mr and Mrs Myles Jackson. After schooling, he farmed with his parents and after their death continued at Narthwaite, farming with his son. In 1958 he retired and formally handed over to his son. In 1960 Mr Jackson jnr. bought Capplethwaite Hall, and the family have lived there since. The service was conducted by the Rev. H.S. Hills and cremation at Lancaster followed. Mr Jackson is survived by a son, two daughters and three grandchildren.

### **Coffee Morning**

A very successful coffee morning was held last Saturday at the home of Dr and Mrs Henry Thistlethwaite, The Old Barn, Birks, Sedbergh, on behalf of the Liberal Party. Mrs Claire Brooks, Skipton division parliamentary Liberal candidate at the recent election, her mother Mrs Graham, and other Skipton Liberals, attended the event, as did Mr David Raw (Westmorland) and Mr G. Luxton, district Liberal councillor on the new Cumbria County Council. Proceeds amounted to 55 pounds.

## Methodists

The Sunday evening service at Sedbergh Methodist Church was taken by the Mission Band, led by Miss June Tebay. The address was given by Mr John Armitstead, and choral items by members of the band. Soloist was Mrs Dorothy Pratt. The pianist was Mr Sandy Roy, and Mrs G. Spencer was at the organ. The closing Fellowship meeting of the winter season was held at Garsdale Street Chapel last week. Speaker was District Nurse Linda Butters of Hawes, who spoke on her experiences of hospital life. Wendy Dinsdale and Jane Allen, both of Gayle, gave vocal items. Organist was Mrs T.R. Peacock. Hawes Junction Fellowship was held last

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Wednesday evening when the speaker was the Rev. H.S. Hills, the subject being the 23rd Psalm. Soloist was Mr George Flint, and the organist was Miss Gladys Allen.

#### **Driver dies as cars catch fire**

A young man was killed in a head-on collision between two cars at Sedbergh on Sunday morning. He was 20-year-old Clive Bernard Routledge of Shipley, Yorkshire. The other car involved was driven by the Rev, George Peter Wedgwood of Flintergill House, Dent. He was not injured. His wife was taken to Westmorland County Hospital, Kendal, but was discharged after treatment. The accident happened in Sedbergh, 400 yards south of Holly

Road, and both cars caught fire. Sedbergh and Kendal Fire Service attended the blaze, but both cars were completely burned out.

#### **Prizewinner**

Hayfield Hand Knitting Wools have been running a "Gauge-the-Age" competition, and one of the 25 equal prize-winners is Mrs B. Maynard Smith who lives in Queens Drive, Sedbergh. She will be going to London for an overnight stay at the Tara Hotel as a guest of Hayfield on March 22nd. She will also be their guest for luncheon at the Royal Garden Hotel on March 23rd, and will be presented with a 40 pound shopping spree voucher to be used in Kensington High Street. To win her

prize, Mrs Maynard Smith had to put five pictures of children into their correct age sequence.

### **Farewell**

Mr Geoffrey Hague, Clerk to Sedbergh magistrates for the past 15 years, made his final appearance at the local court on Wednesday. Reorganisation of local government means that Mr Hague loses the post, which was previously occupied by his father for 37 years. The Sedbergh court, which for more than 100 years has been part of the Ewecross Petty Sessional Division, amalgamates with the Lonsdale Division in April. At the final sitting of the court under the old system, magistrates presented Mr Hague with a framed picture in recognition of his service. His wife received a bouquet. The chairman, Mr J. Burrow, paid tribute to Mr Hague's courtesy to the court. "We thank you for all you have done for us. We are extremely sorry you are leaving and we wish you well for the future", he said.

### **The late Mrs E.E. Middleton**

Dent lost its oldest resident on the death of Mrs E.E. Middleton recently. She had lived in Dent all her life and was 92. The funeral took place at the Methodist Church on Saturday, conducted by the Rev. H.S. Hills and the Rev. A.J.W. Barker. Mrs Middleton, widow of William Middleton, commenced business as a draper and outfitter after the First World War. The business is still carried on by her son. She is survived by her son and daughter, five grandchildren and five great grandchildren.

## **THE FORGOTTEN PRINCE**

*Karen Bruce Lockhart*

Prince John Charles Francis, born on 12th July 1905, was the fifth and youngest of King George V and Queen Mary's six children. He was known as Johnnie, and his brothers were David (Edward VIII/Duke of Windsor), Bertie (George VI), Harry (Duke of Gloucester) and George (Duke of Kent). He had one sister, Mary (the Princess Royal). He was fifth in line to the throne. He was brought up at Sandringham with his brothers and sister under the supervision of their nanny.

John was said to be a bright, vibrant, healthy child in the first four years of his life and there were no signs of epilepsy. He was very

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cheeky and loved practical jokes, such as reportedly putting glue on door handles, and once famously referred to his father as the "ugly old man." When he was four he was diagnosed as epileptic. He may have been autistic and/or had learning disabilities. He became wilful and disobedient, was said to be "slow" and "painfully slow", and alone among the King's children escaped punishment from their father who indulged him His siblings Mary and George were particularly fond of him, but David seems to have seen him as a nuisance. At that time epilepsy was thought to be a form of mental illness, and epileptics were put in epilepsy colonies or mental institutions. Despite his disruptive behaviour he was described as "a friendly, outgoing little boy, much loved by his brothers and sister, a sort of mascot for the family"

As he grew older his seizures increased, and at the age when his brothers had been sent to boarding school it was decided he should not go, and indeed his formal education ceased and his tutors were dismissed. At the age of 11 he was sent to live with the nanny (Lala) at Wood Farm on the Sandringham estate. The Queen arranged for local children to be brought in to be playmates for him. He seldom saw his brothers and sister after they all went to boarding school, and also because the epileptic attacks became so bad and so often that they were upset by them.

Because of his unpredictable behaviour he was seldom seen in public after about 11 when his seizures started to become severe, but this was not because, as had been alleged, the family were ashamed of him and locked him away out of sight. He remained very much a part of a family that that was seldom able to be all together, particularly as it was wartime. Both Queen Mary and his grandmother Queen Alexander spent a lot of time with him and were very fond of him.

The doctors warned that he was unlikely to reach adulthood, and soon after spending Christmas with the family he died in his sleep after a severe seizure on 18th January 1919. A report of his death in the Daily Mirror a few days later mentioned his epilepsy in public for the first time. He was buried at Sandringham beside his uncle John who had lived only one day. John is said to be an unlucky name for the Royal Family.





## **SEDBERGH COMMUNITY SWIFTS**

*Tanya & Edmund Hoare*

Do you recognise the Sedbergh skyline pictured above on our wonderful group logo? It was designed by one of our talented local swift enthusiasts and appeared on the mugs that we had made a while ago.

It is only 2 months to go now until our swifts return at the beginning of May! Many people can remember how, decades ago, there used to be many more swifts, and how they used to hurtle down Main St. Those of us for whom swifts are a passion do all we can to improve their lot, by ensuring that they have a home when they complete their long flight back from Africa to breed.

Swift conservation is a two-fold approach, most importantly by preserving existing nest sites to maintain the population, as well as putting up boxes and internal nest bricks. Swifts are a bird that we CAN help, they share our homes, the buildings we live and work in, so WE can all make a difference ourselves.

Now is a good time to put up boxes or nest bricks. It can take time for swifts to occupy boxes, and it is unpredictable, which is why it's important to put up as many as possible. The box we use most is the Stimpson Model 30, as it is robust and inexpensive, and we now can supply versions made wholly or partially in uPVC, which is better for exposed locations. The uPVC is sourced from waste material, kindly donated by one of the largest manufacturers. Contact us as we usually have some boxes in stock. And playing swift attraction calls is by far the best way to improve the chances of swift occupancy: we usually have the caller systems in stock.

We are urging developers to use, and planning officers to specify, integral swift nest bricks as a universal and versatile option for cavity nesting birds. For example, given a choice, sparrows very much prefer them to commercially available sparrow terraces - sparrows can use swift bricks/boxes, but swifts can't use sparrow boxes – so a swift brick such as the new S-brick covers both

species. (While we wish to help all wildlife, it's worth remembering too that sparrows number in excess of 5 million whereas swifts are only less than 80,000 pairs). Incorporating swift bricks for increasing wildlife biodiversity can help towards gaining planning permission.

Last month we explained that a sizable colony in the Back Lane and Vicarage Lane area has been lost. If we are to keep up the population the best we can do is to put up boxes in that area, including Main St near Westwood Books, with a fair chance of occupancy by some of the displaced swifts. Could you help? We can supply boxes and arrange for them to be put up free of charge. As we've said before, swifts are perfect house guests, not messy and only

here for three months. Many people do not even realise they have swifts as they dart into the nest sites in the blink of an eye. Please get in touch with us for advice.

Think of the pleasure that swifts give us all as they swoop and swirl over the playing fields and around town. For a bird that makes this immense journey from Africa twice a year, surely we have a duty to provide them with suitable breeding places. If we are to give swifts a future, let us all do all we can to help them.

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## ANTARCTIC WILDLIFE

*Myles Ripley*

Having just returned from a 7 week sailing trip along the Scotia Arc visiting the Falklands, South Georgia, the Weddell Sea and the South Shetlands, this month's article is somewhat less local than normal! Avian Flu has hit this area of the world and, as here in the Northern Hemisphere, it has affected not only the birds but the seals as well. Control measures to reduce the import of non indigenous species into these special places has been in place for years but has been toughened up again to try and reduce any risk of humans introducing or transferring the virus from one site to another. Footwear cleaning to remove any soil/seed residue plus disinfection and, hardest of all, Velcro cleaning and disinfection.

South Georgia was the first location where significant numbers of confirmed flu infection were found in both birds and mammals but interestingly, not many in Penguins despite their very high density nesting colonies. Some cases have now been found down on the

Antarctic peninsula as well and it is probably not too pessimistic to suggest, given the mobility of the animals, that it will spread all around.

Having said that, my experience of the wildlife was fantastic. Most animals are completely unafraid of humans since hunting ceased many years ago. There are rules telling not to be closer than 5 metres to any animal, but nobody tells the animals that rule! In fact the Fur Seals guarding their harems on the beach are very proactive in making sure you keep away!

We were also lucky enough to have a, deliberately, close encounter with iceberg A23A which is approximately 50 x 50 miles. It broke off from the Larssen Ice Shelf in 1986 but grounded in shallow water between the Weddell Sea and South Georgia until recently when its slow melting released it and it now drifts further to the North West and it has even graced the evening news in January 24. Less happy were our encounters with the unusually frequent icebergs when we were making our way south. You can see the big icebergs easily with radar but

it the smaller growlers that often remain invisible until quite close and rapid course changes have to be made to avoid potentially damaging contact. Luckily by this stage of our journey it was light for all 24 hours, though the sun wasn't above the horizon, so it made spotting them a little bit easier.

Climate change is affecting the Antarctic, as with the rest of the world, but there are concerns that the big ice shelves and the floating glacier snouts are becoming unstable and may break up much more rapidly than ever before. Global sea levels will be affected and the process becomes an accelerating cycle as the ice cover is lost.

Despite all the gloomy words above, if you ever get the chance to visit this unique part of the world, I would highly recommend it – it is fascinating and beautiful. If you want to see more then I will be giving a presentation about my trip in March at St Andrews Sedbergh on Wed March 13th at 7pm with an entry of £5 (cash on the door) going 50/50 towards Cumbria Wildlife and the Royal British Legion. I hope you may want to come along.

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Thursday 27th June 2024 at 7:30pm  
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group, see what Wild Garsdale Pike is all about & enjoy exploring a beautiful place!

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Join us to find out why and what we can do to enable nature to thrive again.

Sunday 10th March 10am – 1pm  
Monday 11th March 10am – 1pm  
Saturday 15th March 10am - 1pm  
Sunday 16th March 10am - 1pm

For more information and to book email: [info@wildgarsdalepike.org.uk](mailto:info@wildgarsdalepike.org.uk)  
Limited places!



### **I'M SAT HERE IN THE COLD**

*Sue Baxter*

Oooooohhh what a cruel wind  
Is blowing today;  
We'll have to hold tight,  
Or it'll blow us away!

Tree tops are swaying,  
Almost over they go!  
There's talk in the newspapers  
Of meters of snow!!

Where it will fall,  
We're not really sure,  
But weather warnings like this,  
We must not ignore!

Soooo get on the App,  
Bread and milk is a must!  
Check things outside,  
I feel We're on the cusp!

Check on your neighbours,  
Then lay low for a while,  
Puy a stew on the hob  
And attack the log pile.

## KILLINGTON SAILING ANNUAL REPORT

*Geoff Pardoe*

I am pleased to report that membership numbers are again very buoyant having nearly matched the record numbers of last year, feedback from members has been very positive. It is very pleasing to see all age groups enjoying the facilities and participating in various water based activities.

Increased numbers can put pressure on the facilities but with great cooperation and consideration of others there have been no major problems.

The Association has again benefitted from an increase in revenue due to the high level of

membership. When the running and fixed costs have been extracted we are again left with a surplus which has allowed us to again subsidise the membership fees of all renewing family and individual members. This is only for the new season as we don't know what the coming year will bring.

We have also continued to use the extra funds to upgrade the facilities and heavily subsidise training sessions. More details on completed and planned developments are explained under the relevant main headings.

### **New door and gate access system**

The door access system to the clubhouse, that has served us well for 23 years, is going to have to be replaced. We can no longer source a supply of blank access cards, they ceased to be manufactured seven years ago. A very similar system will be installed in February ready for the new season. During this new installation we intend to extend the technology to provide an operating system to control the security of the gate. Your clubhouse access card will also operate the gate lock.

### **Training opportunities**

The training sessions were well attended during the Spring and early Summer but tailed off during the holiday period, and were particularly appreciated by new members. Members requiring RYA approval were directed to the training sessions held at the lake by Arnside SC. The success of the sessions and the feedback from members has encouraged us to fund and develop a programme of training for the coming

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season with adjustments to the timetable to reflect demand.

The funded training is aimed at encouraging members to extend their skill base and for them to sample new activities. Information about the courses will be displayed on the website when the programme is confirmed.

A number of escort boat training sessions have been taking place to encourage members to help provide escort boat cover on selected weekends as well as the published sailing events. It is hoped to extend these funded escort boat training sessions sponsored by the Association in exchange for a commitment from the participant to help at selected times when escort boat cover is provided.

### **Sailing Events for 2024**

The initial list of sailing events for the new season will hopefully be added to. The website will be the main notice board for confirmation of planned events and hopefully the announcement of any additional events as the season progresses.

- Laser/ILCA Open racing event – Sat 20th April

- Open Day in conjunction with RYA - Sat May 18th

All events, including non-sailing, at the lake will be put in the events calendar on the website and advertised on the KSA Facebook page.

### **Club craft**

The 'Megasup' board that can accommodate up to six paddlers has had less use than anticipated. Two new windsurfer boards suitable for younger members have been added to the stock to encourage junior

participation. A Wing has been purchased to allow members to start learning Wingfoiling.

The craft booking system and the logging system are working well. Regular feedback on the condition of the craft enables us to ensure necessary work is done in good time. It is essential that members maintain the high standard of care, respecting the craft as they would their own.

### **Site developments**

- The Canal and River Trust, our landlords (CRT) have repaired the lakeside retaining wall below the right hand side of the dinghy park. CRT have completed their work refurbishing the dam and spillway without causing us any disruption.

- CRT have decided on their actions to reduce the amount of Blue Green Algae (BGA) in the reservoir. The work has been delayed and the new start date is now early Spring 2024. They propose to tether bags filled with barley straw to the lake bed where the feeder streams enter the reservoir, this could reduce the amount of nutrients entering. There shouldn't be any impact on our activities. The process has been successful on smaller stretches of

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water so there is some optimism that we will get a reduction.

### **Volunteering**

The date of the annual 'members workday' is Sunday 3rd March. This is the annual event where members have the opportunity to offer their help to give the site a 'spring clean' ready for the new season. There are a variety of jobs both in the clubhouse and on the site and the session starts at 10.00 and is generally finished by 1.00. It is also an opportunity to meet some of the committee to seek answers to question you may have.

Thanks to the members who have been able to get involved in volunteering their help with a variety of tasks. I look forward to your

continued support during the coming season when hopefully there will be an expansion of opportunities for volunteering to help develop the Association.

### **General**

The committee have had another busy year with the developments that have come to fruition helped greatly by the many varied skills that the committee is blessed with. I feel very lucky to have this team who work hard throughout the season to ensure KSA is offering the opportunity for members to benefit from quality facilities. The work done is not always obvious and may not get the recognition it deserves so I wish to offer a big thank you to the committee.

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## KIRKBY LONSDALE HOCKEY CLUB

### New Junior Team Managers

*Matt Kerslake*

The club that introduced Olympic Bronze Medallist Fiona Crackles to hockey, will be celebrating its 20-year anniversary in 2024 but unfortunately faces losing its feeder junior teams in September if new volunteers can't be found, leaving development of the club at risk.

Julie Pickard and Annie Gardner-Aston have helped out for many years but their children no longer play for the club, so it's a natural point for them to bring their hockey volunteering to an end with HUGE thanks and appreciation from the club and its members.

The season runs from September to April with Junior training happening at Casterton School Astro on a Thursday evening between 5:30 - 6.30. Two to three responsible adults are needed to monitor the session, checking the children in at the

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beginning and making sure they leave with their parent/guardian.

Coaches attend to help development so there are no coaching obligations.

"A parent who already stands on the touchline is an ideal candidate" says Annie.

The club currently has two men's teams and one ladies team, playing in North West leagues.

Get in touch via the contacts page on the club website [www.klhc.co.uk](http://www.klhc.co.uk) to find out more.

Kirkby Lonsdale Hockey Club are open to sponsorship – see the website for details.

Thanks,

Matt Kerslake, Kirkby Lonsdale  
07879 589623

## FRIENDS OF THE DALES

*Victoria Benn*

Here are the latest FREE online events from environmental campaigning charity, Friends of the Dales:

New - Friends 4 Friends

If you've ever wanted to know more about Friends of the Dales and its environmental campaigning work - now is your chance to find out!

It is hosting a social event for non-members and supporters wanting to learn more on Wednesday 6 March.

Existing members are welcome too as long as they bring a 'non member' friend with them!

Taking place at Gargrave Village Hall on Wednesday 6 March (11am - 3pm) there will be welcome refreshments, a short presentation, light complimentary lunch (donations welcome) followed by a guided, leisurely three mile circular walk.

There is absolutely no obligation to subscribe as a member at the event – it just offers an opportunity for anyone with a passion and interest in building a sustainable future for the Yorkshire Dales to get to know the charity better!

To book your place email:  
[victoria.benn@friendsofthedales.org.uk](mailto:victoria.benn@friendsofthedales.org.uk)

Online Talk: Connecting Young People to the Yorkshire Dales  
Wednesday 20 March, 4.30pm

Meet one of Friends of the Dales Creative Campaigners – its group of passionate environmentalists aged 20-30. In this online talk Ruth Garrett will share the issues close to her heart as well as providing insight into the challenges faced by young people wanting to connect with or live in a National Park. In addition to supporting the charity's work, Ruth runs her own film production company, Kittiwake Productions and is an Ambassador for Campaign for National Parks (CNP). Ruth also created a short documentary on sustainable farming featuring former Friends of the Dales trustee, farmer Anthony Bradley, made possible with a CNP New Perspectives Bursary in 2022.

To book visit:  
[www.friendsofthedales.org.uk/events](http://www.friendsofthedales.org.uk/events)



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## FAMILY MUSINGS

*Sarah Woof*

Recently my elder brother celebrated his 80th birthday. I spoke to him 'on the day' to give our good wishes and told him something would arrive in the post. He thought that that was quite exciting. So do I because I have no idea what it will be....yet! Possibly some gorgeous daffodils from Cornwall, or biscuits or chocolates from some supplier or other. I asked the grandchildren for ideas and there was a definite theme .. sweets, chocolates, biscuits! We are obviously on same wavelength.

As this is submitted before Pancake day I can't tell you how the pancake making goes. I guess it will

go well or it won't, we will eat well before Lent whatever we have.

Speaking of Lent, last month I said I was taking up dog walking for Lent and was starting early. Well, I did start early, about 3 weeks early and managed to really confuse people who saw us. They thought they recognised me but didn't know we had dogs so decided it wasn't me. Anyway, we have two lovely dogs living with us. Going from no dogs to two lively ones was quite something. The kitchen had to be cleared of anything remotely edible, and all food be it for human or animal stored in tins.

One dog will be staying and in due course will become a proper Sheepdog, the other we are fostering

## The market is bouncing back...



2024 began well for the housing market, with buyer demand up 12% year-on-year and the number of sales agreed climbing 13%. (Zoopla)

House prices rose in January for the 4th successive month. (The Halifax)



Mortgage rates dropped below 5% in January, seeing more people returning to the market.

(The Times)

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until she can go home and trying to not get too attached.

The local grandchildren get on well with the dogs and vice versa, especially the older dog, finding the youngsters love throwing her chewed rope endlessly means they are friends for life.

February is a busy month for our family for birthdays, not only my brother but hubby, couple of in-laws, a niece, and 3 grandchildren. Two had ages ending in a 0. I am a few years off that but am starting to plan. Don't want to be caught unawares now do I? Meanwhile there's Easter to look forward to .....hope the bunny has a big basket for all the eggs. Happy Easter.

## **JANUARY WEATHER**

*B Wright*

Although not the wettest January on record there was certainly enough rain to keep everywhere saturated. A total of 43.2"(108.0mm) fell in the area. Once again much of it fell in torrential downpours. Fortunately, without flooding!! Winds, as usual, were varied in direction and strength though often from a Westerly direction. Temperatures also varied from those to be expect to ones slightly above average.

Fortunately, the rain and temperatures ensured we were not without grass which the sheep obviously enjoyed. Although wet I have managed to get on and off the field with my small tractor, which fortunately I can still push if it slides. I dare not risk my bigger one as I could never push that one in similar circumstances.

After the tup jumping the fence last month, I decided to move them all into the paddock next to the ewes. So far so good with no more escapes!! Fortunately, I managed to get some of last year's hay which they enjoy after their mixed rations.

---

## **KILLINGTON W.I.**

### **The Afternoon W.I. for the Entire District**

*Christine Drury*

It's always the sign of a well-received talk when the members continue to ask questions and discuss the topic long after the speaker has finished the actual talk. Such was the case at Killington WI February meeting.

The speaker was Francine Denton, who is the daughter in law of our treasurer, Margaret Denton. Her topic was "Working with young LGBTQ people." It would be hard to find anyone more enthusiastic and committed to her work. She explained in detail the meanings of the letters, then spoke about the various group of people she works with.

Although unpaid, Francine is employed by Wakefield Council to work primarily with children aged from nine to thirteen. It is recognised that the age of eight is when children often realise that they are different. She also works with troubled young people who are experiencing gender dysphoria and are often suicidal. A lot of her work is online and she holds weekly zoom meetings for those who are confused about their gender. She is in weekly contact with about 40 young people and their families and she represents Trans youth on national panels. She is also involved in a project called "Safe Gender Affirming Practice," being well aware of the hostility often encountered by trans people.

To illustrate her talk, Francine displayed books and objects for members to look at, including an inclusive flag with symbols and colour representing the intersex community.

At the end of Francine's talk, Wendy thanked her profusely and expressed the opinion that it was a pleasure, not a task to thank her.

Following a delicious afternoon tea, we moved on to our regular meeting. Our president, Susan Sharrocks, reminded us to vote for the competition; which on this occasion

was "A favourite proverb or saying". We noted that Anne Macer will be 90 on 22nd February and that Avril and Alison have February birthdays. Lavinia and Christine offered to attend the Speakers' Afternoon on 21st March. After discussion about the Spring Show on 28th April, we learnt that Joan had won the competition and the raffle was won by Margaret Fearnhead.

Our next meeting will be on 12th March, 2024, at 2pm in the Peoples' Hall. Do join us if you can.

---

### **SEDBERGH W.I.**

*Moira Folks*

A hard frost and sunny morning gave ideal conditions for our walkers in Levens Deer Park on 18th January. They walked through the park, enjoyed seeing the deer, over the bridge and up the other side to Sedgwick village and had lunch at Sizergh Farm Shop, where they started discussing the possibility of a walking group holiday in the autumn: a very profitable discussion which resulted in the holiday now being booked!

Louise Atkinson organised the lunch club at the Highwayman at

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Burrow on 25th January: about 9 or 10 members enjoyed their meals, the venue and the company but Louise herself was absent as she was involved in a late booking for a family social occasion.

We welcomed Myles Ripley to our main meeting on Valentine's Day. Appropriately enough, our meeting was concerned with hearts, but not in a lovey-dovey way. Myles came to talk to us about how to treat hearts that have stopped beating, using a defibrillator. First, he asked us where we could find defibrillators in Sedbergh - here are some of them: the People's Hall, the Tourist Information Office, the Fire Station, the old telephone kiosk in Millthrop, the Medical Centre. The First Responders Team, presently comprising 4 volunteers led by Myles himself, was formed about 5 years ago with help from the team at Dent. Myles demonstrated how to treat a cardiac arrest using 'ResusciAnnie', a kind of doll torso which is attached to the defib machine: the machine speaks to the person operating it, giving instructions. We all had a fascinating evening listening to Myles and learning what we could do if needed in an emergency. Anne Petyt gave the vote of thanks.

The book club met at Angela's home on February 15th to discuss 'Three Sisters, Three Queens' by Philippa Gregory, an author of historical fiction well known to some of our group. The three queens are the Spanish Katherine of Aragon, who was firstly wife of Arthur, Prince of Wales, the eldest son of King Henry VII, the first Tudor King, a

Lancastrian (red rose) who had defeated Richard III of York (white rose) to win the Wars of the Roses in 1485. When Arthur died young, leaving Katherine a widow, his younger brother, the future Henry VIII, later married his sister-in-law Katherine, who then became Queen of England. Margaret Tudor, Henry's older sister, was married at age thirteen to James IV, King of Scotland, to bring about a lasting peace between England and Scotland. Her younger sister, Mary Tudor, was married to the elderly King of France who soon died so she became the Dowager Queen of France – but soon found someone else to love! Technically, of course, Katherine was sister-in-law to Margaret and Mary, but they all called each other 'sister'. Philippa Gregory makes Margaret Tudor the central character of her novel and weaves her story round her and how she behaves with the other members of her family, notably with her fiery brother Henry VIII but also with her own partners. It paints a vivid picture of life in royal circles in the 16th century. The average score was about 7.5/10. Special thanks to Angela for hosting the meeting and Janet for providing the wonderful cakes for our tea!

On Wednesday 13th March at 7.30pm we will be holding our Annual Meeting in the committee room of the People's Hall, reviewing the past year and celebrating the 75th anniversary of Sedbergh WI. If you would like further information about our group, please contact our Secretary, Valerie Welti, on 07969 376649.

## HOWGILL & FIRBANK W.I.

*Audrey Hoggarth*

The February meeting was held at Firbank on the 1st. Sarah gave a warm welcome to everyone and to our speaker Andrea Meanwell, Hill farmer at Borrow Bridge near Tebay.

From an early age she dreamed of owning her own farm and having her own flock of sheep. Four years on her dreams came true firstly farming with her son before handing over the reins. Sheep being the main enterprise. Andrea is a very busy lady as well as farming, she is an author of several books and works for the national trust.

Pauline thanked Andrea for a most interesting talk, and we wished her well in the future.



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We continued with the discussion of the resolutions and the subjects to be voted on. From the four shortlisted subjects we favoured Dental Health Matters. The results have been forwarded to the W. I office.

We were reminded of forth coming events: The annual council meeting in April and the northern show at Shap also in April.

The competition for a shepherd's stick was won by Anne Kendal. The meeting continued with a quiz to name the song titles won by Jacky.

The meeting was closed having had a most enjoyable evening.

We meet again on March 7th at the newly renovated Howgill village hall. Join us for an evening with Abbie Lawson; Great British Bake Off ,at 7.30.

See you there.

**theWI**  
INSPIRING WOMEN

**SEDBERGH LADIES N.F.U.  
DECEMBER**

*Caroline Sandys-Clarke*

Our well attended coffee morning on the 23rd of November 2023 raised the excellent sum of £338.15p for Dementia UK.

For our December meeting, Helen Corpe came to talk to us about life in the Prison Service. Helen joined Lancaster Farms Prison in 1997 to train as an officer and support officer followed by 9 weeks as a prison officer in Wakefield. Helens training enabled her to develop personal skills, deal with people, use the radio, control violence and restrain people. She returned to Lancaster for a further 16 years before going to Hindley Prison in Wigan for a spell followed by Thorn Cross Open Prison. Returning to Lancaster she was working with adults who were serious offenders such as killers.

Over the years Helen dealt with many younger prisoners who came from troubled backgrounds and some of whom frequently became repeat offenders. But many of these benefitted from the schooling they were given which prepared them for a return to normal society. One of her

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saddest cases though was a juvenile who had done really well and was due to be released, however 3 weeks before his release date he committed suicide. It transpired he did not want to go back to his family and their lifestyle.

Anne Sykes our president thanked Helen for a fascinating insight into life as a Prison Officer.

Our Christmas Meal at the Golf Club at lunchtime on the 16th January was very nearly thwarted by a sudden fall of snow, but luckily nearly all members who had booked in managed to get there, where we enjoyed a delicious meal in a very cosy setting.

---

### **SEDBERGH LADIES N.F.U. FEBRUARY**

*Caroline Sandys Clarke*

On 20th February we enjoyed a really informative and helpful talk from Nicola Crawford about Carer Support in South Lakeland, an organisation very few of us had heard of or knew about.

To quote from their brochure "Carer Support South Lakeland identifies the needs of unpaid Carers of any age and provides quality services, support and advocacy to promote their wellbeing". Most carers are probably looking after family members and can be as young as 4 or 5 or in their eighties or nineties. There are 12,000 Carers in South Lakes who are known about, there will be many more not known about or who maybe don't even think of themselves as Carers. Carer Support offers 1:1 support to talk things over confidentially; Counselling which is a

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sort of talking therapy, again strictly confidential; A sitting service provided absolutely free for up to 3 hours, by vetted volunteers, to give Carers a chance to get out and see friends or go shopping. Or a telephone service when the Carer can be called at a mutually convenient time just for a chat or to talk through problems or challenges. Carer Support South Lakes are keen to get more widely known so that they can help more Carers. They can be contacted on 01539 815970 or [admin@carersupportsouthlakes.org.uk](mailto:admin@carersupportsouthlakes.org.uk). There are similar groups all over the country.

Nicola was warmly thanked by our new President Barbara Escombe for her extremely interesting talk. Our AGM followed. For our next meeting on 19th March our speaker is Jean Scott Smith with a talk entitled 'Mardale a lost Lakeland'.

Our April meeting is 'A Writers Life' by Diane Allen on the 16th. Visitors are always welcome to our meetings which take place in the committee room of the Peoples Hall on the third Tuesday of the month starting at 7.30pm.

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### DENTDALE, HEAD TO FOOT Orchids in Cumbria

*Andrew Povey on behalf of DDHF*

Our February meeting was a talk given by Peter Bullard, a former director of the Cumbria Wildlife Trust.

There are 32 different species of orchid to be found in Cumbria! They are not easy to spot as they usually only flower for a relatively short time; some of them are very short and can be quite hidden by the surrounding vegetation.

Peter illustrated his talk with many colourful slides of a range of different orchids. One of the most common is the Early Purple Orchid which is usually seen in April, the common spotted orchid flowers later in May/June. One of the rarest is the small white orchid, the ladies slipper is being reintroduced in Cumbria.

The Wildlife website gives more details of nature reserves that are home to many species.

Our next meeting is on 1st March at 2pm in the Sedgwick Room in Dent. The speaker will be Andrea Huxley and her talk will be an Introduction to Health/Dance and Fitness.

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

Please follow us and 'like' our page.

For further information please call.

Andrew Povey on behalf of DDHF

07881655166

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

### BLOOD BIOMARKERS AND DEMENTIA DIAGNOSIS

*Quan Tran, Alzheimer's Society*

Findings from a study led by researchers in Sweden have suggested that a commercial blood test could detect Alzheimer's disease as accurately as standard lumbar punctures. The blood test detects 'p-tau217', a form of the protein tau, which is a hallmark protein of Alzheimer's disease.

The study has been published in the journal JAMA Neurology.

Experts welcomed the findings. "In the past year, we have seen incredible progress in the development of blood-based Alzheimer's tests. And as we see more and more different types of tests becoming available, studies like this are key to understanding which

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are most accurate,” said Dr Sheona Scales, Director of Research at Alzheimer’s Research UK.

People with Alzheimer’s have a build-up of proteins known as amyloid and tau in their brain, which is one of the main ways to detect the disease. Alzheimer’s is generally diagnosed based on people’s symptoms, such as thinking or memory problems. However, only 2% of people with a dementia diagnosis receive one through ‘gold standard’ methods, such as PET scans or lumbar punctures.

Improving diagnosis will be even more vital with the imminent arrival of new Alzheimer’s disease therapies. “Coming down the line are potentially ground-breaking new drugs which can slow the progression of early-stage Alzheimer’s disease,” said Dr Richard Oakley, Associate Director of Research and Innovation at Alzheimer’s Society. “But for people to be eligible for them if they’re approved in the UK, they will need an early, accurate diagnosis. This study is a hugely welcome step in the right direction.”

In this new study, levels of p-tau217 in the blood reflected the levels of amyloid and tau proteins seen in brain scans and lumbar punctures. “Before any blood tests can become standard diagnostic tools, they must be independently shown to be at least as sensitive and accurate as gold-standard approved tests, such as lumbar punctures,” said Dr Scales, who added that the test “has huge potential to revolutionise diagnosis for people with suspected Alzheimer’s.”

“What’s particularly promising about the new study is that the researchers used a cut-off threshold to group people into those who were very likely to have Alzheimer’s, those who were very unlikely to have the disease, and an ‘intermediate’ group who would need further tests using conventional methods like lumbar punctures or PET scans,” said Dr Scales. Using a blood test in this way, the researchers predict, could reduce the demand for these follow-up tests by around 80%.

However, there are still unanswered questions, said Dr Scales. “We need to gain a better

picture of how these types of blood tests perform day-to-day in real-world healthcare systems, including more diverse patient populations” Scales continued. Also, similar to new treatments, blood tests need to go through regulatory approval before they can be used in a healthcare setting, she added.

To address these issues, Dr Scales highlighted the Blood Biomarker Challenge launched in in 2023, a £5M project led by Alzheimer’s Research UK, Alzheimer’s Society, and the NIHR, and funded by players of the People’s Postcode Lottery. The project will involve working with world-class researchers to pilot the implementation of new blood tests in the NHS that can diagnose Alzheimer’s disease earlier and more accurately than current methods.

People deserve a quick and accurate diagnosis, which will “ultimately bring us closer towards a cure for dementia” said Dr Scales.

---

## TOP TIPS ON CONSUMER ISSUES

### *Citizens Advice*

Citizens Advice is finding that people are losing time and money trying to deal with consumer problems. Here are some tips:

#### 1. Delivery problems

It’s the seller’s responsibility to make sure the item is delivered to the address given. Contact them directly. If they claim they’ve delivered it or don’t know where it is, you can ask for a redelivery, or possibly a refund.

#### 2. Defective goods

You have legal rights to a refund, repair or replacement if the item you

bought is broken or damaged, unusable, or not what was advertised.

#### 3. What if I change my mind?

If you buy in store, you don’t have a legal right to return goods if you’ve simply changed your mind. If you buy online you usually get a cooling off period, but there are some exemptions – check first.

#### 4. Pay safe

Pay by card so you have another form of protection. Be cautious if you’re asked to pay in an unusual way, such as in iTunes vouchers, as this could be the sign of a scam.

#### 5. Making a return

Get proof of your return - a receipt from a shop or proof of postage, and tracking where possible. Check the service you use covers the value of the goods.

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

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



## TALES OF SHEERING GAYE

*Sandra Gold-Wood*

When we left Sheering Gaye Village last month two newcomers had entered the bar at the Swan surprising the regulars gathered there. Violet had a bit of an unexpected surprise. While Daniel is risking his life to help someone escape East Berlin. The primary school is continuing to thrive under new head Conner Fitzgerlad, and PC Alders and fiancée are now Mr and Mrs Alders. Read On.....

The strangers who turned up at the Swan turned out to be the new owners of the Post Office and Stores, a Mr Batholomew Osborne and wife Ingrid. The curious villagers watched with interest as the peculiar Osbornes settled in. The arrival of the Osbornes removal van brought many villagers out on to the village green to view the Osbornes' belongings. There was a brass bedstead which was much admired by the watchers and the gold Daylon three-piece-suite was something old Mrs Billings, postman George's mother, particularly liked. When the last of the items had been taken in the villagers went off to the village hall for a cup of tea and a good natter about what they had seen.

From the upstairs window of her new home Ingrid had been watching the villagers and thinking how stupid they were, just like her stupid husband. Ingrid watched Batholomew as he chatted to a couple of the villagers, thinking how ridiculous he was with his collection of sports jackets and silly moustache. Then smiling to herself she dwelt for a few

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minutes on her secret plans. Batholomew Osborne was a large well-built man, on the other hand Ingrid was skeletal, and as if to add to her look she always wore grey clothes that appeared to be three sizes too big for her. No one knew what colour hair she had, or indeed even if she had any, as she always wore a woolly hat pulled well down. Ingrid never made eye contact with any of the villagers and spoke in a whisper. The villagers were irritated by her and tended to only go into the P/O or shop when either Margaret Muffat or Batholomew was serving.

The Osbornes were quite often a topic of discussion in the bar at the Swan unless Batholomew was in, and he often was but never with Ingrid. Dora expressed her misgiving about the couple to Roger who had to admit Ingrid was strange, saying, 'Maybe she was shy.'

In these early months of 1974 life at the Vicarage for Rev Grey, his wife and family, became so much more relaxed. Because of this Shelia Grey felt able to take on the job of school secretary which she thoroughly enjoyed. Like everyone else at

Sheering Gaye Primary Shelia fell under the spell Conner Fitzgerald seemed to cast. For his part Conner encouraged everyone, and was happily helping Carole Wheeler toward realising her dream of becoming a teacher. A delighted and inspired Carole was studying hard in order to get into teacher training college. However, she was worried about her son Adam as it had come to her attention that he was skipping school. Confiding this to Conner who, to Carole relief, said he would give the head at Denham High school call and see what he could find out. Adam was sixteen, and Carole knew he would need to work to hard to improve his chances in his exams. Although she knew she should not, Carole was harbouring a dream for her son: she really hoped he'd go to university. What she didn't know was that Adam, at every opportunity, would jump on the London train and spend his afternoons and evenings busking around Soho. And Carole's friend and fellow worker, Jean Moffat didn't know that her daughter Silvia was also skipping school to go with him.

It was raining hard in East Berlin as the gathered party of salesmen stood waiting for the guards to finish searching the coach. All they wanted was to get on and out of the downpour and back to the West without further delay. The guards had at last finished searching the bus, and were now making a meal of searching the driver. As soon as he could the driver got into his seat and turned the engine on. The guards now turned their attention to the salesmen, eyeing them menacingly

as they loaded their bags into the luggage compartment under the coach. The situation was very uncomfortable, and the guards seemed to be particularly tense their hands fidgeting with the guns they carried.

Giles nodded to Daniel as a thick grey smoke began to billow from the vehicles exhaust. While the guards were distracted by the smoke a figure boarded the bus and crouched under the seat two-rows from the back. Taking the initiative Daniel quickly urged the party to get aboard the bus, knowing that the driver had been heavily bribed to keep the guards engaged.

The salesmen did not need asking twice. Daniel took his seat window side and Giles quickly sat beside him. There on the floor half under the seat Nona crouched, and as she looked up at Daniel her eyes filled with tears. He smiled kindly and placed his coat over her.

Last night Daniel had insisted that he needed to call the American Embassy. After a good hour of threatening on both sides, the offered bribe was accepted and the East German official agreed to allow the call. Daniel and Giles knew the conversation would be listened to and likely recorded, but they also knew that Major Digby would understand the code they used. They just had to hope the Major would actually get the message, and in time.

At last, the coach set off toward the first check point with smoke still billowing from its exhaust. At the second check point with the West in sight the coach party with the tension

ramping up watched as the guards accompanying the coach stood and chatted to the check point guards, sharing out the cigarettes and other items they had taken from the salesman's luggage.

Giles and Daniel were doing their best to stay calm, while praying the Major had got the message and that he would show up soon. Time was of the essence because the longer this took the more probable it was that someone would notice that Nona was missing. If they did, then he and Giles would end up as guests of the Stasi, and the consequences for Nona were best not contemplated. A sudden commotion broke out amongst the guards, who were now shouting and ominously pointing their guns in the

direction of the American check-point. Daniel would have laughed if the situation had been less dangerous. There, walking toward the East German check-point, was Major Digby waving a large white flag. Despite the shouted threats of the guards, he, and the two soldiers with him, walked on. A few yards short of the confused guards the Major stopped and loudly called out in German good wishes and birthday congratulations to Erich Honecker the East German leader. The guards, now even more confused, knew they should have known this and feared repercussions from the Stasi, who were always watching, and so they quickly took up the cheers and added their congratulations too. The brave

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Major stepped forward again and put a box on the ground which was brimming with bottles of whiskey, cigarettes, and chocolate. At this point an Officer arrived. The guards stood to attention their happy moment over. The Major offered up the goodies to the Officer, repeating that it was gift to honour Honecker's birthday. The guards were all down cast as they knew they would now not be sharing in the Major's gift. The stern and unsmiling Officer took the box from the Major Diby who offered his hand: the offer was declined. However, the Officer did wave the coach onward, and everyone on it let out a sigh of relief as quietly as they could.

As March drew to a close, PC Terry Alders and his bride Dorothy had settled happily into the Police house. Dorothy had passed her nursing exams and worked on the general ward at Denham hospital. Their respective families had forgiven them for marrying on the quiet, although they had all insisted on a family party in June. Sergeant Poulson was a regular visitor to the police house these days, supposedly to coach Terry on for his Sergeant's exam, but Terry was sure it was down to Dorothy's cooking.

In the week after the Osbornes had moved in, Dave Walker received a letter with a Scottish postmark. Trying to think who he might know in Scotland he switched the kettle on

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and opened the letter. To his utter surprise it was from Lambert Quinn. What he read surprised him even more. It seemed that Lambert was engaged to girl he had met at the Garland Hotel in Kenmore. The letter went on to explain how he had once felt about Violet and why he had gone away. Lambert expressed his happiness at meeting Moria, the girl he would be marrying in the Autumn, adding that he would be pleased if Dave would be his best man. Next, he asked if Dave would like to buy his house which he was at present renting. Dave made himself a strong coffee and sat down at the kitchen table to think on all of Lambert's news. At the bottom of the page was a post script in capital letters asking

Dave not to share any of the information. Dave finished his tea and began to write his reply.

At the Muffat household, Jean was in the kitchen preparing dinner for her family. Her son John was out on his bike, and Jean called out the back door for him to come in and lay the table. Ten minutes later Silvia barged in the back door, her head down as she grunted in Jean's direction. Jean would have asked her what was wrong, but it wasn't worth the argument. Although she made a mental note to talk to her later that evening. Singing to herself she thought about how much she was enjoying evening classes at the school, and how she felt it had brought the village community closer

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was a bride and, in her heart, she wasn't sure Ian was the right man for her, after all they were both so young. On top of this, Margaret was very concerned about her sister, fourteen-year-old Silvia. Silvia was throwing herself at Adam Wheeler, who, Margaret was pretty sure, really wasn't interested; all he wanted was to make it in the music business. Margaret knew her sister had been following him up to London and skipping school. She also knew that if her parents found out there would be hell to pay. Dinner was ready and on the table. Jean and her children sat down to eat. Jean wondered where her husband Les was. It wasn't like him to be late.

'I'll have to put your dad's dinner in the oven, make sure to tell him. You're on washing up Silvia, drying John, and Margaret clear up and put away. Right, I'm off, see you later.'

Just as Jean slipped her coat there was a knock on the front door. There on the door step was PC Alders, a serious look on his face, causing Jean to exclaim, 'What on earth are you doing here?' 'Can I come in Jean?' 'Why, what is it?' asked Jean as they made their way through to the kitchen. By now the girls had registered something was up and stood beside their mother. PC Alders made them all sit down, and sent John off to watch telly. Happy to compile John was off in a flash. 'What is it, Terry, for heaven's sake tell us?' pleaded Jean.

'It's Les, I'm afraid, he's had a serious heart attack, they've taken him to the heart hospital at Hammersmith, Ed Raymond's

together. Half an hour later Jean's eldest daughter Margaret, who worked at the Post office, arrived home, giving her Mum a kiss and a hug and telling her that Ian would be over later.

Margaret and her soldier boyfriend Ian had been dating for about three months now, and Margaret was under pressure from Ian to go all the way. Margaret, who was now eighteen having had a birthday last month, was still reluctant. Oh yes, Margaret knew about the pill and so did Ian, and that was the problem because he could see no reason why she shouldn't start taking it. However, Margaret dreamed that she would be worthy of wearing white when she

outside, he'll take you, alright Jean.' Jean's face had lost all its colour, and she hugged her daughters close to her. 'Go on Mum, Ed's waiting,' encouraged Margaret, her arm round her sister who had dissolved into tears. PC Alders told the girls he'd come over with any news, as he steered Jean toward the door. In the quiet that was left the girls cried for their father and silently prayed that he would recover.

Later that week the members of the Parish council assembled in the village hall. Jonas Marshall, Rev Grey, Mrs Day, Dora Croft, Ted Blade and George Billings. After chatting about Les Muffat's heart attack and other village gossip, they started on the short agenda. Jonas, as chair, opened the meeting, expressed his thanks to them all for turning out on what was a cold and stormy night and quickly dispensed with the formalities, and got on to what they were all very excited about. A few days ago, Colonel McElroy had asked permission to attend the Parish Council meeting, and as he took his seat all eyes were on him, each of them wondering whether what he had to say would affect them and Sheering Gaye Village.

Stanley Hall Violet sat in a cosy armchair beside the blazing fire that Norman had made up for her earlier. From time to time, she stared at the phone willing it to make the ringing sound she longed for. Daniel's phone call was well over due. His letter had said he would phone on Wed or Thursday. It was Friday and she was worried on a number of levels: was he in trouble? was he hurt or worse?

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how would she tell him she was pregnant? In fact, she wondered, how would she tell anyone she was pregnant? All her life Violet had been sensible and reliable. What on earth would her mother say? Given that her mother was already in Spain, newly married to Frank, Violet told herself she could easily put that one off for a while. Then there was her brother Norman, how would he take it? Then again, he was so totally smitten with Donna Wyman he was unlikely to notice. Of course, in the natural way of things it would soon become obvious. Violet also wondered what sort of reception she would receive when she told Conner. After all it was hardly a good example to set young people. Then shrugging her shoulders she smiled, because of Millicent (Daniel's mother) she was finically independent, she didn't need to work, and she could give her child a lovely life.

Nevertheless, for all her happy thoughts Violet couldn't stop a tear slipping down her cheek as her sore heart yearned for Daniel.

*To be continued.....*

## BOOK TOWN QUIZ ANSWERS

1. The Curious Incident of the Dog in the Night-time
2. Edward Thomas
3. The Duke of Wellington
4. The Eagle of the Ninth
5. John Steinbeck
6. Gabriel Garcia Márquez
7. Dodie Smith
8. Richard Brinsley Sheridan
9. Nikolaus Pevsner
10. Alan Moorehead
11. Sebastian Faulks'
12. Matthew Shardlake

## EDITORIAL

Like everybody else in the current financial climate Lookaround has suffered over the past year, and for the first time we've made a loss over the year. What would really help us is if we could find somebody with a spare few hours to keep an eye on what is happening in the local area (not necessarily limited to Sedbergh and District) and approach any businesses new to the area, and ask them to advertise with us. A few more advertisers would ensure that we continue to be viable, and can continue with our own contribution to the community.

It has been heartening though that we have a number of new advertisers in this edition, which will definitely help.

And also heartening that our circulation, and associated donations continues to hold up. Thank you all!

*Ed Welti.*

## PERSONAL MESSAGES

### DENT

Pam would like to thank faithful friends and neighbours for their support and encouragement during her recent stay in hospital. It was and is much appreciated. Thank you all.

=====

### FOR SALE

Rosewood Options Large dog crate, L 36"xW 24"xH 27" (91x62x69 cm), £30. Ring Pam on 2004

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105

### Medical in any area

111

### Pension Service Surgery

Stricklandgate House every Tuesday 1400 - 1600  
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### Police in any area

101

### Sight Advice South Lakes

01539 769055

### South Lakes Citizens Advice Bureau

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### South Lakeland District Council

01539 733 333

### Western Dales Community Bus Service

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### Yorkshire Dales National Park

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*If you would like to see any numbers listed here, please let us know.*

## LOOKAROUND DETAILS

### **LOOKAROUND INFORMATION**

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

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

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

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

### **ARTICLES**

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

the text of the same email.

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

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

a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

We will post Lookaround to you in the UK at a cost of £40.00 for an Annual Subscription, or anywhere in the world for £6.00 per issue.

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

## PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens  
 Bruce Loch Nature Area, Busk Lane  
 Cautley Spout, A683 towards Kirkby Stephen  
 Community Office, 72 Main Street  
 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 Calder's to the highest point in the Howgills, . *(Walk 1)*

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

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

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

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

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

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

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

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

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

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

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

# DIARY OF EVENTS

Dates are held up to 10/12/2024  
 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.

## MARCH 2024

01	DDHF - Health/Dance and Fitness. (58)	DMH
04 1830	First Responder AGM (9)	RR
06 1100	Friends of the Dales (50)	Gargrave V
07 1400	Community Afternoon Tea	GH
07 1900	Lookaround AGM (7)	RR
10 1600	Messy Church	CCCN
12 1400	Killington WI (52)	PH
12 1930	Domino Drive	FCH
13 930	Christian Aid Coffee Morning	StAS
13 1900	Antarctic sailing wildlife talk (13)	StAS
13 1930	Sedbergh WI Annual Meeting (53)	PH
14 1930	Sedbergh Parish Council (20)	PH
19 1400	Sight Advice	PH
19 1430	Wilson Run (15)	Back Lane
20 1100	PMR/GCA Support Group FM	FM
20 1630	Youth connecting to Dales NP (50)	online
21 1400	Community Afternoon Tea	GH
22	Sedbergh School Term Ends (15)	TBA
25	New Sedbergh Kendal Bus Service (Feb)	TBA
27	Lent Lunches End (Feb)	StAS

## APRIL 2024

03 1000	Ghyll, Gryke and Glyph	FM
03 1000	The Space We Fill	FM
04 1400	Community Afternoon Tea	GH
09 1100	PMR/GCA Support Group FM	FM
09 1400	Killington WI	PH
14	Sedbergh School Term Starts (15)	TBA
14 1600	Messy Church	CCCN
16 1400	Sight Advice	PH
18 1400	Community Afternoon Tea	GH
20	Sedbergh Spring Show	PH
20 1000	Spring Show (Dec)	PH
23	Book Town Takeover	Everywhere
26 1830	Eating through the Bible Dent (10)	TBA
27	Dentdale Choir Spring concert (24)	StAD

## MAY 2024

02 1115	PMR/GCA Support Group FM	FM
02 1400	Community Afternoon Tea	GH
12	Christian Aid Week	Sedbergh
12 1600	Messy Church	TBA
14	Dementia Action Week (Feb)	TBA
14 1400	Killington WI	PH
15 930	Christian Aid Coffee morning	StAS
16 1400	Community Afternoon Tea	GH
18	Christian Aid Week	Sedbergh
18 1100	Discover Sailing (46)	Killington
20	Dementia Action Week (Feb)	TBA
21 1400	Sight Advice	TBA

30 1400	Community Afternoon Tea	GH
30 1800	Killington Sports (Feb)	Beckside F


## JUNE 2024

06 1400	Community Afternoon Tea	GH
09 1600	Messy Church	CCCN
11 1400	Killington WI	PH
11 1400	Killington WI	PH
16 1300	MF - Sedbergh Songsters	StAS
<b>16 1300</b>	<b>Sedbergh Music Festival Begins (MF)</b>	<b>StAS</b>
18 1930	MF - Julian Cann Quintet	StAS
19 1300	MF - Nick Humdall Smith	StAS
20 1300	MF - Sedbergh School Musicians	StAS
20 1400	Community Afternoon Tea	GH
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
26 930	Killington WI Coffee Morning	StAS
26 1300	MF - Harp Duo	StAS
27	<b>Sedbergh Music Festival Ends (MF)</b>	<b>TBA</b>
27 1930	MF - BBC Singers	StAS

## JULY 2024

04 1400	Community Afternoon Tea	GH
07	Ghyll, Gryke and Glyph	FM
07	The Space We Fill	FM
09 1400	Killington WI	PH
11	Killington WI Summer Outing	Orton
14	Cricket v Southern Vipers (Feb)	SS
18 1400	Community Afternoon Tea	GH
24	Cricket - Metro Bank One Day Cup (Feb)	SS

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.



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



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.

## 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 - rosemaryahandley@hotmail.co.uk
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
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
Cricket Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 015396 25446
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill – Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	TBA
First Responders - Dent -----	See Public Information
First Responders - Sedbergh -----	See Public Information
Football Club Junior - Sedbergh -----	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
Football Club Senior - Sedbergh -----	Mr Parkin - 015396 20585
Friends of Farfield Mill -----	friends@farfieldmill.org
Friends of Settle and Carlisle Line -----	john.carey@settle-carlisle.com
Garsdale Village Hall -----	Mrs Labbate - 015396 22114/07814 378758 / rhlabbate@gmail.com
Golf Club -----	Mr Gardner - 015396 21551
Good Companions - Dent -----	Sarah Woof - 015396 25212
Grief Share -----	Duty Team Member - 07498 870267
History Society -----	Karen Bruce Lockhart - 015396 34603
Howgill Harriers -----	admin@howgillharriers.co.uk
Howgill Village Hall -----	Gareth Marshall - 07801 276233
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Joe Gorst - 07964 830473 / joe.gorsty24@gmail.com
Killington Parish Hall -----	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk
Lunesdale Archaeology Society -----	lunesdale.archaeology@gmail.com
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003

## GROUPS AND ORGANISATIONS (CONT)

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 -----	Janey Hassam - 07966 134554
People's Gym -----	membership@sedberghgym.club
People's Hall -----	Steve Longlands - 01536 20885
Pepperpot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Janey Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
PMR/GCA support Group -----	0300 111 5090 / kendal@pmrgca.org.uk
Poetry Club* -----	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Royal British Legion -----	Nigel Whiting - 015396 21358 / nigelwhiting306@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 -----	sedberghecomarket@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 / vscssedbergh@gmail.com
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Megan Taylor - taylor71@hotmail.co.uk
Young 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 \*.*



## 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:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: <a href="mailto:alibramall@protonmail.com">alibramall@protonmail.com</a>	20360
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) <i>1T(ES), 1D(ES) NS, CH, L</i> e-mail: <a href="mailto:crosskeyscautley@outlook.com">crosskeyscautley@outlook.com</a>	20284

## CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> website: <a href="http://www.scrogghouse.farm">www.scrogghouse.farm</a>	34032
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Ann Newbold 45845	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) <i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i> e-mail: <a href="mailto:hello@killingtontower.co.uk">hello@killingtontower.co.uk</a> website: <a href="http://www.killingtontower.co.uk">www.killingtontower.co.uk</a>	
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: <a href="mailto:booking@theroostcottage.co.uk">booking@theroostcottage.co.uk</a> website: <a href="http://www.theroostcottage.co.uk">www.theroostcottage.co.uk</a>	07927 295262

### KEY

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

# BUS SERVICES

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

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

## DENT RAILWAY STATION TIMETABLE

*Valid from January 2022*

(N) Through train to Leeds, Sheffield and Nottingham

*Cancellations are always possible, so please check before travelling:  
National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)*

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.48	07.55	10.34	07.03	09.08	10.40
09.16	09.16	14.01	09.38	10.42	13.38
10.47	10.47	15.53	12.13	12.13	16.33 (N)
12.17	12.17	17.48	16.05	16.05	18.41
14.45	14.45	20.20	17.33	17.33	20.26
16.46	16.46	..	19.38	19.38	..
18.15	18.15	..	..	..	..
19.44	19.44	..	..	..	..

# **BUS SERVICES**

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

*From 2nd October 2023*

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

# **BUS SERVICES**

## **Western Dales Bus**

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

*From 2nd October 2023*

Sedbergh Dalesman	0900	..	..
Cautley Cross Keys	0909	..	..
Kirkby Stephen Station entrance	0923	..	..
Kirkby Stephen, Market Square	0928	..	..
Kirkby Stephen Co-op	0935	1139	1428
Kirkby Stephen Social Club	0936	1140	1429
Kirkby Stephen Station entrance	0941	1145	1434
<i>Trains to Carlisle</i>	<i>0934</i>	<i>1106</i>	<i>1501</i>
<i>Trains to Leeds</i>	<i>0920</i>	<i>1146</i>	<i>1455</i>
Ravenstonedale Kings Head	0947	1151	1440
Newbiggin on Lune	0950	1254	1443
Tebay Roundabout	0958	1202	1451
Killington M6 bridge	1008	1212	1501
Kendal Castle Green	1017	1221	1510
Kendal Bus Station	1022	1226	1515
Kendal Morrisons	1027	1231	1520
Kendal Morrisons	1037	1326	1530
Kendal Blackhall Road	1042	1331	1535
Kendal Castle Green	1047	1336	1540
Killington M6 Bridge	1056	1345	1549
Tebay Roundabout	1106	1355	1659
Newbiggin on Lune	1114	1403	1607
Ravenstonedale Kings Head	1117	1406	1610
Kirkby Stephen Station entrance	1123	1412	1616
<i>Trains to Carlisle</i>	<i>1106</i>	<i>1501</i>	<i>1703</i>
<i>Trains to Leeds</i>	<i>1146</i>	<i>1455</i>	<i>1717</i>
Kirkby Stephen Pennine Hotel	1128	1417	1621
Kirkby Stephen Co-op	1129	1418	1623
Kirkby Stephen Market Street	..	..	1624
Kirkby Stephen Station entrance	..	..	1629
Cautley Cross Keys	..	..	1643
Sedbergh, Library	..	..	1652

# **BUS SERVICES**

## **Western Dales Bus**

**S6 Tuesdays and Thursdays - Kirkby Stephen—Penrith  
Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith**

*From 2nd October 2023*

Sedbergh Post Office	0914	..	..
Cautley Cross Keys	0923	..	..
Kirkby Stephen Station Entrance on A685	0937	..	..
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfell (pick up only)	1055	1333	1536
A66 Bridge End Inn(pick up only)	1100	1338	1541
Appleby, The Sands (pick up only)	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Pennine Hotel	1138	1416	..
Kirkby Stephen Social Club	..	..	1616
Kirkby Stephen Station Entrance on A685	..	..	1621
Cautley, Cross Keys	..	..	1625
Sedbergh Town	..	..	1644

## **JOSS LANE & LOFTUS HILL CAR PARKING CHARGES**

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

Both available from the Information Centre only,  
renewable annually on 1<sup>st</sup> September.



## Religious Services in Sedbergh

### CHURCH OF ENGLAND

The Benefice of the Western Dales

**Vicar: Rev'd Andy Burgess**

**20018**

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

Pioneer Minister

**Becca Gilbert**

**Email:**

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

(currently on sabbatical)

Licensed clergy:

**Rev'd Christine Brown 25418**

**Rev'd Lindsay Gray**

Churchwardens:

St Andrew's, Sedbergh

**Tony Reed Screen 21081**

**Susan Sharrocks 20754**

**churchwardens.sedbergh@westerndales.org.uk**

St Andrew's, Dent

**David Wright**

**churchwardens.dent@westerndales.org.uk**

St John the Baptist's, Garsdale

**Bill Mawdsley and Rosemary Lord**

**churchwardens.garsdale@westerndales.org.uk**

St Mark's, Cautley

**Judith Bush and Maureen Hinch**

**churchwardens.cautley@westerndales.org.uk**

St John the Evangelist's, Cowgill

**Janice Moorby and Heather Fraser**

**churchwardens.cowgill@westerndales.org.uk**

Holy Trinity, Howgill

**Pauline Marshall and Helen Hoggarth**

**churchwardens.howgill@westerndales.org.uk**

St John the Evangelist's, Firbank

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

All Saints', Killington

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

### ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

**Parish Priest Kendal**

**Tel: 015397 20063**

### SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

**Janet Chetwood (Comms Clerk)**

**Tel: 21715**

**Sally Ingham (Business Clerk)**

**Tel:07939 569559**

### DENTDALE

#### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

### METHODIST CHURCH IN THE WESTERN DALES

Cornerstone Community Church, New  
Street; Dent;

Garsdale Low Smithy; Hawes Junction

**Rev'd Andy Burgess 20018**

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

Pioneer Minister

**Becca Gilbert**

**Email:**

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

(currently on sabbatical)

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

## *Anglican Service Times*

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

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

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

2nd and 4th Sunday	10.30am, Holy Communion
Tuesdays	9.30am, Morning Prayer

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

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

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

1st Sunday	10.00am, Holy Communion
3rd Sunday	10.00am, Morning Prayer
5th Sunday	10.00am, Morning Prayer

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

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

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

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

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

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

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

**Combined plans for Western Dales Mission Community  
March 2024**

	Time	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	31 <sup>st</sup>
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	Mothering Sunday Service	Joint Service with Holy Communion	6pm- Choral Evensong	Easter Day Holy Communion
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect@ Cornerstone	Morning Service 4pm Messy Church			Easter Day Holy Communion
St. Mark's, Cautley LA10 5LZ	9.30am			MP		Easter Day Holy Communion
St. John's, Garsdale LA10	10am	HC		MP		
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Afternoon Service			
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm					Easter Day Chapel Anniversary
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service				
Holy Trinity Howgill LA10 5JD	9.30am		Mothering Sunday Service			Easter Day Holy Communion
St. John's Firbank LA10 5EF	2.30pm		Mothering Sunday Service			
St. Andrew's, Dent LA10 5QL	10.30am		Mothering Sunday Service		The Liturgy of Palm Sunday	Easter Day Holy Communion
St. John's, Cowgill LA10 5RJ	2.30pm		Mothering Sunday Service			9am Easter Day Holy Communion
Dentdale Methodist Chapel LA10 5QJ	10.30am	Chapel Anniversary Joint Service		Morning Service		
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	<b>Tuesday</b>	<b>5<sup>th</sup></b>				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	<b>Wednesday</b>	<b>6<sup>th</sup></b>	<b>13<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b>27<sup>th</sup></b>	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19.30	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening Prayer			
<b>Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063</b>						

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

**Option 1 - 24hr Prescription line**

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am

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

Telephone Triage – 10.30am – 12pm

**(please phone or book online)**

Late Morning Appointments 10.30am – 12pm &

Afternoon appointments 2.30pm-6pm

**(please phone or book online)**

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

## Dent Surgery

**Currently cancelled due to Covid-19**

## Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

## Saturday morning clinics

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

For more information on all clinic times please see  
our website

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

## Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

Health Centre, Station Road

Telephone Box, Millthorp

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

## First Responders

**IN EMERGENCIES CONTACT THE  
EMERGENCY SERVICES**

The numbers below are for information on  
volunteering only

Sedbergh - Myles Ripley 07880 161648

Dent - Wendy Pontefract 015396 25253

## POLICE

101 or 999

Crimestoppers 0800 555 111

## Community Officer

Kathryn Taylor

Telephone: 101

Email: [101@cumbria.police.uk](mailto:101@cumbria.police.uk)

## DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,  
Anna Kayani and Dawn Douglass

Monday to Friday 0900 - 1700

**SEDBERGH LIBRARY** Main Street 20186

[https://www.cumbria.gov.uk/libraries/locations/  
sed\\_lib.asp](https://www.cumbria.gov.uk/libraries/locations/sed_lib.asp)

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

**DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## SEDBERGH & DISTRICT INFORMATION CENTRE

*for resident & visitor information*

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

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

## VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 \*

Monday-Friday Appointment Only 1400 - 1500 \*

## PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

## POST OFFICE

Main Street - Phone 20406

## MARKET DAY

Wednesday

*Last Page Update:*

*October 2023*