

Sedbergh & District

LOOKAROUND

April 2024

Donation £1

Issue 430

We've two new advertisers in this edition, Fitsteps, and the Beauty Rooms - see the ads on page 11 and 5 respectively. And Lookaround had it's AGM on the 17th March, Myles

has written a report which you can read on page 19. We can always do with a bit of extra help, particularly in finding new advertisers, so if you like the idea please contact us. *Ed.*



**2024
Sedbergh**



Spring Show

**NOW SUNDAY 21st April
1pm to 4pm**

Closing date for entries Saturday 13th April

Don't forget to get those forms in.
Come along on the day to enjoy the exhibits,
music, tea and cakes

Free to enter an exhibit

£1 admission to the show (cash only)



CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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Akay

Marie Walker

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

Wed 3rd April - St Andrew's
Wed 10th April - St Andrew's
Wed 17th April - St Andrew's
Wed 24th April - St Andrew's Mission Societies

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

- ◇ We will print an advert supplied by you, or we can design one for you.
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- ◇ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◇ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◇ 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.
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Double Column 5.2" x 4"	=£30.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

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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

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Cheques Payable to :

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BACS**

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Sedbergh and District Lookaround

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Reference:

Invoice Number and your name or reference.

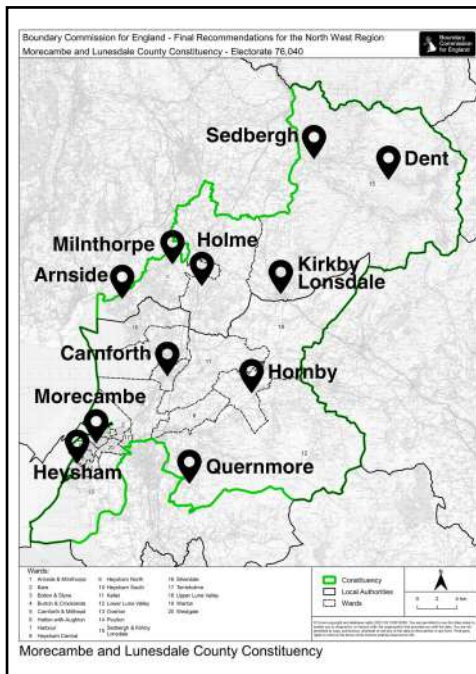
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NEW PARLIAMENTARY CONSTITUENCY BOUNDARIES

Lizzi Collinge

The boundaries of parliamentary constituencies have changed and Sedbergh is now in the NEW Morecambe and Lunesdale constituency which sees sections of three former constituencies merging into one.

The new constituency stretches from Heysham in the south up to Arnside in the north then all the way east to Dent via Kirkby Lonsdale and Sedbergh, before heading south through the Lune Valley to Quernmore. The bulk of the new constituency is formed by the old Morecambe and Lunesdale which merges with three wards of the former Westmorland and Lonsdale constituency and one ward from the former Lancaster and Fleetwood



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constituency. Those constituencies are changing with Westmorland and Lonsdale moving further north and Lancaster and Fleetwood becoming a new Lancaster and Wyre seat.

The boundary review was undertaken by the independent Boundary Commission for England after an Act was passed in Parliament in 2020. The Government sets the guidelines for the review. The mandatory factors are that there will be 650 constituencies and that all constituencies must contain between 69,724 and 77,062 registered voters. The legislation sets down that the numbers are based on electoral registers, not population. For this review, the reference electoral register was from March 2020.

The Act also states that the review may also take into account the following factors:

- Special geographical considerations, including in particular

the size, shape and accessibility of a constituency

- Local government boundaries
- Boundaries of existing

constituencies

- Any local ties that would be broken by changes in constituencies
- The inconveniences attendant on such changes

You can find more details by going to the Boundary Commission for England website.

ARE YOU READY TO VOTE?

Helpful Book Company

Since October last year, it's been a legal requirement that you have to bring photo ID with you to vote in person in a general election – although this doesn't apply if you're a postal voter. I'll have more information on postal voting in next week's newsletter – stay tuned!

As we're due to have an election sometime later this year, I thought I'd give everyone a bit more information about it, which I've borrowed from a really useful article that Robin wrote for us on the Tech Inner Circle website.

Don't get me wrong, I have no insider info about exactly when the election will be, I just think it's good to be prepared. But before we start, don't forget that you need to be registered to vote first! So if anyone needs to do that, you can start the process here.

Now the good thing is that this photo ID doesn't have to be in date (within reason), but it does have to look like you. So whilst an expired passport from last year should be fine, one from 30 years ago probably isn't going to cut it!

The most common forms of photo ID that you can use include a passport, a driver's licence, a blue badge, an Older Person's Bus Pass or a 60+ Oyster card. If you don't have any of those, there's a list of all the acceptable forms of ID here that you can have a look at, to see if you have anything else that might work.

Applying for a Voter Authority Certificate

If you don't currently have any acceptable photo ID, you can apply online (or by post – more on that in a moment) for a free "Voter Authority Certificate". You'll need to give your exact name, address, date of birth and National Insurance number.

Part of the process involves taking and submitting a photo, so it's a good idea to do the application on a smartphone or tablet with a built-in camera. Or you might want to have someone nearby to help you take a photo and attach it to the online form.

If you don't have a suitable device, or if you aren't confident with getting the photo onto the form, you can apply by post instead. You'll need to get in touch with your local council and ask them to send you a form, or you can download and print a form here to send in (with a photo!) by post.

If you're comfortable with applying online, click or tap on the link here and then on the green "Start Now" button further down the page. You'll be taken through a series of questions on each screen – answer each one and click or tap "Continue" to be guided through the process.

Your certificate should then arrive in the post in time for election day – so just remember to take it with you!

Invitation to
Cheese and Wine
Open Evening at the
refurbished
Haygarth Room, Dent
Saturday 20th April
6.30 to 8.30



**CHRISTIAN AID COFFEE
MORNING**

Rev Anne Pitt

Many thanks to all who came to our Spring Coffee morning on the 13th March in St Andrew's, Sedbergh, and to those who helped in the running of it. Despite the deluge on the day and other events taking place, we made £123.00 in all after expenses and it was immediately sent off to Christian Aid.

Our next fund raising will be the annual Christian Aid Week in May. Details will appear in the May edition of Lookaround.

Many thanks on behalf of Sedbergh and District's Christian Aid committee.

DEMENTIA WILDLIFE EVENT

Cumbria Wildlife Trust

An opportunity for people with dementia and their companions to discover the wildlife and tranquility of the garden at Plumgarths.

This is a small and friendly event, designed for people with dementia and their companions to discover the nature and beauty of Plumgarth's gardens through wildlife watching, nature identification, and craft activities. There is also the option to join us for a cup of tea and a chat afterwards.

If the weather is bad, the event will be moved indoors. Free parking is available on site.

Please note that each person with dementia must be accompanied by a friend or relative.

Booking required

14.30-16.00 Friday 12th April, 10th May, 14th June

Phone number 07387 209974

Email

yolandaa@cumbriawildlifetrust.org.uk

Know before you go

Mobility - The garden is accessible via flat paths which meander through trees, grassland, growing areas and a pond. There are no steps and facilities in the building are disability accessible. The events will only cover short distances and we can work with different mobility levels, so do join us.

Suitable for wheelchairs

Accessible toilet

WORLD DAY OF PRAYER 2024

Dilys Evans

This service of prayer, information and song took place in Christian places of worship across the world on March 1st 2024. It had been produced by a group of women from Palestine before all the recent atrocities. In the light of recent events, everything was more poignant. The women had based the worship on Ephesians 4 verses 1-7. "I beg you to bear one another in love".

And we did, joining together at Cornerstone from all the Western Dales churches and chapels, sharing friendship later in the chapel room. £260 was raised to support the work of World Day of Prayer throughout the world.

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SEDBERGH ECONOMIC PARTNERSHIP NEWS

Joanne Golton

SEP is a collaboration of organisations (public, private and voluntary) working together to increase the economic prospects of Sedbergh. It has 5 key themes including 'Supporting the vitality of Main Steet'. Work is now underway to talk with all businesses on Main Street and Finkle Street and undertake a survey - a summary report will be shared in the next Lookaround.

More information:

For the Main Street survey please contact John Barraclough on 07979 640131 or njbarraclough@googlemail.com. General SEP enquiries can be directed to Joanne Golton, SEP co-ordinator 07989 355441 or jegolton@outlook.com

Sedbergh Economic Partnership

DENTDALE CHOIR CONCERT

John Feltham

On Saturday April 27th at 7.30pm in St Andrew's Church, Dent, The Dentdale Choir is presenting an exciting new programme of Baroque masterpieces.

Along with the iconic, uplifting and well-loved Gloria by Antonio Vivaldi, the choir is going back to 17th century England to our finest composer Henry Purcell. Like Mozart, Purcell lived a prolific life, only to die in his mid 30s. In his short life, he too wrote a huge volume of high quality music. The Dentdale Choir has prepared a selection of his music, both sacred and profane, which will be interspersed with some of his finest instrumental music played by Julian Cann and his quartet with John Seymour at the harpsichord.

The choir is led this year by Nicholas Hurndall Smith.

In addition, we will hear multi-instrumentalist Roger Bush on the organ as well as an ensemble drawn from the choir - they sang three short madrigals at last year's concert. This time, they'll sing a selection of ancient and modern pieces.

We think that the whole concert is guaranteed to lift the spirits and stir emotions.

LENT LUNCHESES

Anne Reed Screen

I would like to say a big thank you to everyone who has helped, made soup and attended the Lent Lunches. Also Douglas Thomson for providing rolls. So far we have made over £250 for St Johns Hospice and Manna House with more to come. So many thanks to everyone.

EATING THROUGH THE BIBLE

Sarah E Woof - 015396 25212

The 1st of our series of 'Eating thru the Bible', sharing together over food mentioned in stories and parables and hearing those events come alive, is Passover.

We (DDCF) have booked the Haygarth Room at the back of the Memorial Hall for Friday 26th April, please see advert, and ALL AGES are invited. IF you can book in it helps the catering but it is OK to just turn up on the night. 6.30pm for 7pm.

We are planning other such meals and look forward to some informal, relaxed evenings over food.

GETTING TOGETHER IN DENT

Sarah E Woof

The Wednesday morning group, Getting Together, which used the Methodist Church in Dent has stopped for the time being.

We will be starting up again, maybe May or June but in a different way and hopefully outside when the weather is dry.

Toys, a brew and cake are available at the Wednesday afternoon Community Corner in the same venue, and all ages are welcome.

HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

If you are in financial need or have a real need for an item which you do not have the wherewithal to buy, then the Sedbergh United Charities may be able to help you. Or, if a friend or neighbour is in need of financial help then please let them know about us.

The Charities also have an

Exhibition Fund:

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

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

Tony Reed Screen

(a865@btinternet.com or 015396 21081)

or John Sykes

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

Any application will be treated in confidence. Sedbergh United Charities and Widow's Hospital - Registered Charity No. 231058



OPEN HOUSE

Every Tuesday

Coffee, Craft & Chat

10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



Sedbergh
Grief Share
07498 870267

*For anyone
struggling
with bereavement*

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

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



FITSTEPS



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CHAIR

This is your chance to get fit in my dance-based fitness classes:
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FitSteps

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Sedbergh Peoples Hall

FitSteps

THURSDAYS

£6.50 7-8pm
Dent Memorial Hall

FitSteps Chair

THURSDAYS

£5 10-10:45am
Dent Methodist Church



Book via QR code

BOOK TOWN QUIZ

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. In which classic 19th century novel is Amelia Sedley one of the principal characters?
2. Which TV newsreader wrote stories for children about Victoria Plum?
3. In 1990 *The Daughter of Time* by Josephine Tey was voted number one in *The Top 100 Crime Novels of All Time* list compiled by the British

Crime Writers' Association. Which historical figure was its subject?

4. Which French writer, winner of the Nobel Prize for Literature in 1957, published *La Peste* (*The Plague*) in 1947?

5. In 1911 Ambrose Bierce published a dictionary in which all the definitions are satirical or cynical – e.g. Love: A temporary insanity curable by marriage or by removal of the patient from the influences under which he incurred the disorder. What is its title?

6. Which British prime minister became chairman of the family publishing business after retiring from politics, having been a junior partner in the company earlier in his career?

7. By what overall name is the series of books known that begins with *The Man of Property*, published in 1906?

8. Shakespeare, *Sonnet 18*: 'Rough winds do shake...' The next five words were taken as the title of a novel published in 1958 and dramatised on TV in the early 1990s. What is the title and who wrote it?

9. 'Hail to thee, blithe spirit! Bird thou never wert.' Who is addressing what?

10. And who wrote the play *Blihe Spirit*?

11. Who wrote the Languedoc trilogy – *Labyrinth* (2005), *Sepulchre* (2007) and *Citadel* (2012) – centring on the city of Carcassonne in both medieval and more recent times?

12. Who, in a number of editions from 1859 onwards, published his translation of *The Rubáiyát of Omar Khayyám*?

TIM'S COLUMN

Tim Farron MP

I don't think I have mentioned it here before but in addition to representing your views in parliament and doing my best to sort out the issues you raise, I have another responsibility: I am the Liberal Democrat spokesman for the Environment, Food and Rural Affairs. In the past I have often avoided taking on additional political roles as I worry that they might take me away from focusing on the job that you voted for me to do, but in this role overlaps quite a bit with being your MP, so I thought it a good idea to take it on. It is, in effect, our party's agricultural affairs spokesman and so gives me more opportunities to speak

in Parliament on issues that affect our local farmers. Naturally, I speak in debates on agricultural issues like the one on farming that was held in Parliament earlier this month, but it also means that I try to ensure that farming is considered in other matters like planning reform, improving broadband services and reducing our carbon emissions.

It also means I get invited to speak at events like the NFU Annual Conference in Birmingham last month, where I was fortunate enough to have the Prime Minister acting as my warm up act.

There are about 1,100 farms in my constituency and I get to chat to a great many of them in the course of the year, but it is also useful, at

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events like these, to be able to speak to farmers outside our area, and build a broader picture of the frustrations they have with their industry. It is particularly important at the moment when the Government seems determined to reduce the amount of food we produce in this country, and make us more dependent on imports from countries where animals are raised in conditions that are nothing like as good as those our farmers work to. They claim their plans are driven by environment concerns but they do not appear to have fully assessed the impact that importing more food will have on our carbon emissions. Meanwhile, farmers are being forced off their farms by landlords who see they can make

more money by taking landscape recovery funds from the Government than they do from renting out farms to people whose families have farmed there for generations. I could go on. I am desperately worried about the state of agriculture in this country, and what will happen to the industry if this Government continues on its current path.

But, as I said, I do my best to ensure that farming matters do not take up all of my time. I was so happy that the Government have at last listened to me and, to be fair, several other MPs, and brought forward proposals to enable local councils to restrict the number of properties that can be used for short-term lets. Let's pass over the fact that I put forward

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an amendment to a Government Bill that would have made just this change nearly two years ago. At least something is being done.

Beyond this, I have been pushing ministers for more funding for cancer treatment in Cumbria, questioned them about the plans to turn off our phone lines, and found some time to play a bit of football with quite a few young people around the constituency.

All in all a pretty busy month but if you have things you want me to try and sort don't let that put you off. Give us a call on 01539 723403 or drop us an email at tim@timfarron.co.uk.

Thanks for your support.

SEDBERGH PARISH COUNCIL

Janey Hassam, Parish Clerk

The Council held its meeting at 7.30pm on Thursday 14 March 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 11 April 2024 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

Westmorland and Furness Council

Members hosted the Assistant Director of Inclusive and Green Growth at Westmorland and Furness Council. The team's remit includes

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

economic development and regeneration. The Parish Council had previously been disappointed not to be considered for any Public Realm monies/improvements distributed from the UK Shared Prosperity Fund in 2023. Therefore, Members welcomed the opportunity to speak directly about their hopes/aspirations for the future. Including interwoven plans to improve the playground at Howgill Lane with the potential to extend parking and the possibility to relocate recycling and coach parking from Joss Lane car park. The latter would help make Joss Lane car park a more welcoming space, improve parking facilities and, therefore, enhance the attractiveness of the town centre.

Newcastle Building Society

Members welcomed the Head of Branch Development for the building society, giving a short presentation on their vision and ethos for connecting communities for a better financial future. They are currently looking to expand in Cumbria/North Yorkshire and attended following an invite from Members.

Other matters

Various Planning matters were discussed, including the provision of an enhanced footway bridge at Cross Keys and variations to other current footpaths in the parish area. In respect of the former, whilst Members had no objections to the new bridge proposal at Cross Keys, they were mindful of problematic parking in the



THE CROSS KEYS

Tearoom in Cautley

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9.30 – 4.30 (sometimes later on Friday) on
Fridays, Saturdays and Sundays

015396 20284

Crosskeyscautley@outlook.com

www.cautleyspout.co.uk

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

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

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

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

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

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

area, and that additional thought should be given to improve this as part of the project. Members also discussed the request from The Royal British Legion for them to become the authority responsible for road closures associated with a Remembrance Sunday parade. However, regrettably, following an estimate of circa £1,000 to comply with new regulations, Members felt unable to justify the cost. Members asked that this be fed back to Westmorland and Furness Council as, undoubtedly, other areas must be facing the same challenges. And, currently, W&F Councils administration fee for the road closures formed a significant amount of the total costs. Members were pleased that the EV chargers at Loftus Hill car park were now in operation, and hope that the installation at Joss Lane will be completed soon. The parish owned street lighting improvement project had recently been completed, a further article will follow, to include thanks to all those that supported both these projects in a future Lookaround.

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

Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office, with agendas and minutes available online at www.sedberghparishcouncil.org.uk

SEDBERGH PRIMARY PROMISE AUCTION

Michelle Hartley

Our fourth promise auction will be taking place on Friday 17th May 2024 at Sedbergh Primary School. We are delighted to have Will Alexander of Bentham Auction Mart as our auctioneer on the night, bringing a wonderful professionalism to our proceedings! Our last auction raised over £4,000 in support of our Big Build Project, but all plans for the project were put on hold due to Covid -19 and then a change of headteacher in 2022.

Under the new leadership of Victoria Hudson, the scope of the project has been refocused and here she explains more about it: "Sedbergh Primary School is an aging building and has been adapted to fit changing cohorts of pupils over the years. Recently, it has become apparent that further adaptations are required to support our youngest pupils. Therefore, we are raising money for a renovation project in our Early Years setting. This project will include: renovating the toilet blocks to create several more cubicles to cater for our rising numbers; creating an



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2024

Tuesday 16th April

Thursday 16th May

Wednesday 19th June



intimate care space to support nappy changing and care for pupils with special needs; and will also freshen up the classrooms with redecoration and new flooring to allow for more flexible use of the space. This project will benefit the children of Sedbergh for many years to come.”

This will be our last chance to raise ‘big’ money for the Big Build Project as works will be starting this summer. If you are able to donate a promise for the auction, we would be delighted to hear from you. Please email us at ptfa@sedbergh-pri.cumbria.sch.uk or call the school at 015396 20510. Many thanks, and we hope you can join us in May and find the perfect promise for you!

Sedbergh Primary PTFA

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

A new Head has been appointed to the Prep School for when Will Newman leaves to take up his appointment as Headmaster of Cranleigh Prep School in Surrey. The surprise is that the new appointment is a Headmistress, though this is not without precedent – Sara Hirst was Headmistress. Kate Martin has been Headmistress of Mowden since 2020. She is married and has a son who will go into School House in year 9 in September. She will take up her post in January 2025

The School and the Prep hosted a two day visit by fifteen agents from all over the world who look for schools to send international pupils to. They were shown round by pupils to gain insight into the all round twenty four hour/seven day a week boarding experience

Sedbergh School and Sedbergh Prep School are excited to be working alongside The Yoto Carnegies and England’s Book Town, to organise a one-day children’s literary festival this Spring. The schools will be hosting several events on 23rd April for Primary and Secondary children at both the Sedbergh and Casterton sites.

On February 21st the Prep celebrated International Mother Language Day and pupils contributed in Dutch, Spanish, Russian, Turkish, Mandarin Chinese, Japanese and Twi-verbazend!

The first of the qualifying runs for the Wilson took place on 21st February – the only description must be “challenging” as they waded



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through the mud and roaring ghylls. The next two were somewhat better, but the fourth was again an appalling day.

Year 5 enjoyed a residential trip to Edinburgh, a high light of which was feeling like being close to a volcanic eruption in Dynamic Earth

A riveting visit to the Moot court took place when pupils engaged in a trial centred around the challenging topic of county lines. Pupils assumed various roles, from barristers and solicitors to criminals and witnesses, making a great learning experience.

On one Sunday morning one of the Houses ran on the local fells for the charity "Who Dares Cares", and raised a total of £1.715k for men and women struggling with PTSD

Eight upper sixth formers completed a charity run of 250 km for Young Minds UK and raised over £5,500

Music

The Choir reached the final in the Barnardo's National Choral Competition, the largest choral competition in the UK with initial entries between 350 and 400 schools. There were seven choirs in the final which took place in the Birmingham Symphony Hall. In the end there was only one mark between them and the winners, and they were the top mixed choir in the competition

The Prep School joined forces with the Senior School Choir for an afternoon concert and evening evensong at Bolton Abbey.

OS Ben Crossland brought his group to the Thornely Studio for a jazz concert on Friday 8th March,

which was enjoyed by an enthusiastic audience. The following Sunday the School annual Jazz and Swing Evening took place in Powell Hall

Running

OS Imo Boddy is currently preparing for a world record attempt, climbing the National 3 Peaks and running in between them

At the time of going to press the qualifiers for the Wilson Run have all taken place, but the result of the run itself will have to wait until the May edition. T.

Evans House won the inter-House Ten Mile Relay and Lupton won the Girls'. Each house team consists of 2 x yr9, 4 x yr10/11, 4 x yr12/13, the running order can be tactical, each runs the one mile lap of the xc course

Rugby

Powell House scored a 25-5 victory over School House to win the senior House rugby competition

The U15 team won the Ampleforth Sevens tournament. The Sedbergh team won at the Warwick tournament. The U14 and U15 won the King's Macclefield Sevens.

Ten teams competed in the Sedbergh U14 tournament and Sedbergh won the cup beating Rdillian in a hard fought final

By the middle of March the 1st team had played 9 fixtures, and won eight.

Target Sport

OS Daisy has been appointed captain of the U21 rifle team and OS Harriet captain of the U25 team touring South Africa, and OS Sarah is also in the U21 team.



Equestrian

On 19th February the team went to Northallerton, not only to meet the PM but to enable the 7m team to gain first place, and Hattie an individual 1st place. They also sent two teams to Kelsal Hall to compete in a National Schools Championship Qualifier and Windsor Qualified. They got a first place in the 80m class

Future Events

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 Confirmation Service will be on Sunday 28th April

there will be one exeunt weekend in the summer term 4th – 6th May

There will be a Sixth Form Open Morning on 11th May

There will be performances of Bugsy Malone in the Arden Theatre on 15th May 7.30-9.30 pm and 16th May 7.30 - 9.30 pm

The House Garden Parties will take place on Saturday 19th May 1pm – 5pm

There will be a whole school barbecue on Powell pitch on 23rd May 6pm - 8 pm

There will be an Old Sedberghian Touch Rugby tournament at 9 am on 24th May

Half term will be 24th May to 2nd June

Terms ends on 29th June which will be Speech Day.

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

LOOKAROUND

CHAIRMAN'S REPORT

Myles Ripley

2023 was another successful year with the publication proving its worth to the community and keeping our head above the water financially. We have been able to make a couple of donations to local events. We note however that the funds are slowly decreasing and we need to continue to attract more advertisers to boost our income. We have increased our advertising rate for the first time this millenium but while that has helped, it hasn't solved the issue. Our postal subscription rate continues to be eroded by the Post office and we have just raised the subscription rate again! We continue to examine how to increase our "donation" rate (aka sales) and hope to introduce some sort of electronic payment as we suspect that some people do not donate as they do not carry cash. However, in a chicken and egg situation, we need to become a charity in order to use some of the electronic systems that are available such as QR codes or embedded chips as the service charges would otherwise probably outweigh the increase in income. We would ideally like to increase the suggested donation amount but for cash payments £1 is a nice round figure! We hope to report next year that an electronic system is in place.

We have lost, hopefully temporarily, one of our proof readers due to ill health and we thank her for

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all her hard work. We now have a fully established new treasurer, Frances Haigh, who is masterminding our accounts very successfully. The rest of the team remains unchanged and we thank all of them for all their hard work – on a personal note, I thank them for covering for my absence in the Southern Hemisphere over Christmas. We would love to recruit some more people in any of the roles but especially another compiler in case he is unable on any month to carry on his amazing work. A suitably persuasive advertising salesman would be very useful too!

We look forward to 2024 and continuing to publish successfully.

SEDBERGH ENVIRONMENTAL MARKET

Michelle Hartley

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

Our very own 'The Children's Wood', who are responsible for planting 1000s of trees and hedges around the parish, were there to talk to locals about their work and discuss potential new sites where they can plant. Back again was Jitterbugs, the ultimate in upcycling, with fantastical sculptures made from anything and everything, using mostly metal and wood. Old tin cans, spark-plugs,

typewriter keys and alphabet block are just a small selection of components used in these whimsical creations. Emilia's Soaps came with both solid and liquid soaps in a range of scents to wow the nose. Sweet, floral and zesty were all there with Chocolate Orange, Geranium & Patchouli and Juniperberry & Lime. The ultimate eco soap looked like confetti and was a mix of all leftover soaps!

The items of Watch Piece Jewellery are made from the faces and inner workings of broken watches and timepieces. These tiny parts are carefully crafted into rings, necklaces, earrings and broaches and can truly be considered timeless. Another returning stall was the RSPB, working since 1889 to protect the wild and are now the largest nature conservation charity in the country. Although their original focus was on birds over the years they have expanded to preserving and protecting all wildlife and habitats and aim to 'Give Nature a Home'. The Zero Pantry is still going strong with their shop in Kirkby Lonsdale, but was able to steal away to come to our market. Just a small, but fantastic selection of their products were brought, including many eco household products and pre-packaged meals.

Pasitheia Star is named after Pasitheia the goddess of relaxation and meditation in Greek mythology. With this in mind her focus is on self-care items and pampering products made from upcycled fabrics and bamboo materials. Ali Sharman handweaver brought her beautifully woven wool products using fleece

from local farms. As a member of Fibreshed, her ethos is to promote the production of clothing using natural resources, from defined regions and regenerative farming practices. The Westmorland Waste Reduction Team, previously Recycle for Cumbria, came to the market to promote their campaigns for waste reduction, in particular food waste, and were providing great advice and tools to help with this.

Kidz on Trend, an eco-shop, brought along a wonderful range of children's products, including bamboo kitchenware, wooden and silicone toys, organic children and baby's clothing, wildlife books and a selection of seeded cards. Upside Crafts came with a wide variety of products made from upcycled or repurposed materials, including clothing and bags from old fabrics and hats and scrubbies from worn-out wool jumpers. One specialty was belts and plant hangers made from

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the cores and outers of used climbing ropes. Owen Jones and Jane Bradley showed off their basketry weaving skills, cutting and shaping various sustainable wood products which they grow, coppice and harvest themselves. They brought along a lovely selection of baskets, wreaths, hats, as well as large and small decorations. Lastly, Happy Sprout Kitchen ran the lunch stall this market with a great range of vegan foods. The mains were 'Sweet potato & Cauliflower Masala' and 'Jackfruit & Seitan sausage French Cassoulet'. Alongside these were quiches, cookies and brownies.

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

BOOK TOWN TAKEOVER

Carole Nelson

THE YOTO CARNEGIES
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Yoto Carnegies, the UK's longest running and best loved book awards for children and young people, have announced a partnership with Sedbergh, England's Book Town, to deliver a free day-long festival of events celebrating outstanding reading experiences for children and young people.

Scheduled for Tuesday 23rd April, the Yoto Carnegies Book Town Takeover is made possible through a partnership with Sedbergh School, Sedbergh Prep School, and Pen&Inc magazine, a champion of diversity and inclusion in children's literature.

The festival's daytime programme will cater to school groups, featuring sessions with the 2024 Yoto Carnegies shortlisted illustrators, renowned children's authors, publishing experts specialising in material for young readers, and experienced group leaders for the Carnegies Shadowing Scheme. This national reading initiative involves groups reading the shortlisted books and voting for their favourites. Additionally, there will be a dedicated session for educators and librarians to explore shadowing as an avenue to foster a love for reading and engage with diverse book collections.

The evening session, set on World Book Night, will be open to the public and will feature a headline

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appearance by Anne Fine, a two-time recipient of the Carnegie Medal for Writing. Notably, Fine authored 'Madame Doubtfire,' later adapted into the blockbuster film starring Robin Williams. Anne Fine was the first novelist to be honoured as the UK Children's Laureate (2001-2003) and has contributed to various genres, including picture books, chapter books, middle-grade fiction, young adult fiction, and adult novels.

Anne Fine said, "Winning the Carnegie Medal is the highlight of any children's writer's career, (may I boast that I've done it twice?), and such is this prize's importance that it's fitting that this year there's a partnership between the Yoto Carnegies and Sedbergh, England's Book Town. I very much look forward to speaking at this day long festival, which will promote books and reading for children and young people."

<https://buytickets.at/castertonsedberghpreparatoryschool/1191270>

To register your interest to attend the Yoto Carnegies Book Town Takeover on 23rd April 2024 in Sedbergh, England's Book Town, please contact carnegies@sedberghschool.org.

The shortlists for the 2024 Yoto Carnegies will be announced at a

panel event at London Book Fair beginning at 9.15am on Wednesday 13 March. The winners' ceremony will be hosted live and streamed online on Thursday 20 June.

Pen&Inc magazine and the Yoto Carnegies are partnered in their mission to create a

better, more inclusive world through reading for pleasure, and are both a part of CILIP, the Library and Information Association.

Yoto, the innovative screen-free audio platform for children, proudly headlines the Awards as the main sponsor. The Yoto Carnegies also receive support from ALCS, with Scholastic serving as the official book supplier and First News as the official media partner.

ARE YOU BOWLED OVER?

Philip Johns

Would you believe that we are well into Spring and Summer is on the way? With the weather Gods reeking vengeance on the residents of Cumbria and Yorkshire, it is hard to believe. However, fingers crossed, the rain and wind will abate soon and that shiny, bright thing in the sky will make an appearance and start drying things out and put a smile back on our faces.

One thing that is guaranteed to put a smile on your face is a game of crown green bowls at Sedbergh Bowling Club. This is situated behind the Queens Gardens, accessible through the gardens on foot or, by car, at the end of Queens Drive between the last two houses on the right. The club has its own car park and clubhouse.

The club has one of the best kept greens in Cumbria due to the tender care given to it by volunteer club members, along with lovely gardens looked after by one of our green fingered members. The club has a raised viewing platform which gives excellent view of matches but also of the wonderfully spectacular vista of the surrounding Howgills. Even if you do not wish to partake in the sport, feel free to come down, sit and feast your eyes on the surrounds. You may even be rewarded by seeing the RAF jets passing at near eyelevel, a breathtaking sight (and sound!).

If you have played bowls before, and you have your own woods, you are welcome to play whenever the green is free, which is most mornings

and some afternoons. There is an honesty box where you can pay £2.00 per player for an unlimited time.

If you wish to try your hand at bowling, the club has a good array of woods that you can use, free of charge, and our members are happy to show you the ins and outs of the game. If you wish to join the club, the annual subscription fee is just £30 which gives you full use of the green and facilities. There are no further charges for matches or casual play.

The club runs two league sides which play in the evenings, two senior league sides for those over 60 years old, who play in the afternoon, and a 'Rural' side who play on a Friday evening for those especially



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who have limited experience. Some Sundays the club holds a variety of inhouse club competitions which are very social and a good way for the newer players to mix with the more experienced players. The league matches are played over the South Lakeland area, home and away, and is a great way to visit different villages that you may not have been to. On Wednesday afternoons and any free Sunday afternoons, the club holds general bowling for members who wish to come down for a casual game or just to meet up.

Dismiss the idea that bowling is just for the 'fuddy duddies', the sport attracts people of all ages, from school children to retirees. Even if you have limited movement, the sport is good exercise without putting too much strain on your body. It is a mixture of gentle walking, stretching and bending without realising. Most of all, it's a great way to meet others and have a chinwag, a cup of tea and a biscuit and put the world to rights.

If you are interested, contact me, Philip Johns, Secretary, on 07807 909860, ps.johns@btinternet.com, or any other member, and we can arrange to meet you at the ground and give it a go.

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**PORTRAIT OR LANDSCAPE
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Julie Wakeling

I've got a quick tip for you this morning if you use a smartphone or tablet – it's simple, but something I use a lot.

So, if you have a tablet or smartphone, you probably know that you can hold it either way round. You can hold it "portrait" (where it's taller than it is wide) or "landscape" (where it's wider than it is tall).

Some people use it one way round all the time. That's fine, of course – after all, it's your tablet or phone, so it's up to you how you use it. But it's worth thinking about whether that's always the easiest way. A lot of the time it depends what you're doing.

Even if you're browsing the web, it can depend on exactly which web pages you're looking at.

For example, normally when I'm reading a web page, I prefer to hold it in the "portrait" position, so I have a longer bit of the web page on the screen at once. But if the text is very small, I might change it to landscape so I can see it better. Or if there are several pictures on the webpage so the text ends up in a narrow column, I might turn it to landscape.

If I'm typing a quick message on my phone I hold it upright... though I've never got the knack of typing with my thumbs like lots of people do! But if I have something longer to type, maybe on a tablet, I'll turn it round to the sideways position so it feels more like a real keyboard.

One other thing to know about this: some apps display different options on the screen depending on which

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way round you have it. I particularly find that in portrait mode it might only show you the main part of the screen of whatever app it is but in landscape mode it might show you extra menus.

So a really handy tip is if you can't see an option for what you want to do, turn the screen round and it might appear.

It can get a little bit complicated, though (as always)...

Some apps – especially phone apps or games – will only work one way up. So if you turn your phone or tablet round and nothing happens, that could be why.

It could also be that the rotation is "locked". To check that, open the Control Panel on an iPhone or iPad

(swipe down from the top right of the screen or up from the bottom of the screen), or Quick Settings on an Android device (swipe down from the top of the screen, then swipe down again). On an iPhone or iPad, you're looking for a padlock symbol with a circular arrow round it. The setting on an Android phone or tablet will be labelled "auto-rotate", "screen rotation", "landscape" or something along those lines.

Sometimes it might not be obvious whether it's locked or not from just looking at the symbol. If you're not sure, tap the symbol and swivel the phone or tablet to see if the screen starts rotating again. (Remember that the Home screen doesn't usually rotate, so you'll need to open something like your web browser to check it.)

One more weirdness I've come across is on some Android phones. Instead of the screen just rotating when you turn the phone, you might get a little icon pop up on one corner asking you if you want to rotate it. I suppose it makes sense – stops you rotating the screen by accident – but that's something to look out for if your screen rotation doesn't seem to be working.

Anyway, as I say, it's up to you but it's worth thinking about – you might find you can make your device easier to use just by turning it round every so often.

(We hope to publish more hints and tips from Julia at the Helpful Book Company in future editions – hope you will find them useful – Ed)



NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

Well, spring has brought a renewed optimism as regards our local transport. It is pleasing to report that the railway has mostly been behaving itself and February was one of the best months in recent times with very few cancellations and reduced instances of late running. At the time of writing the omens for March appear favourable but let's hope.

OK, the spectre of industrial action has not entirely gone away, and we saw strike action by the ASLEF union on 1st March, the consequence being no trains on our line. It is difficult to understand what the grievance is as drivers are generally well paid. As for rest-day working, this has been longstanding practice which has traditionally benefited both parties, employer and employee. However, it is simply not sustainable to rely on voluntary working and we need a 7-day railway in this day and age. Continued action is harmful to public confidence in the rail travel and reduces the ability for long term plans.

The Friends have long argued for improvements in the rail timetable, and it is the case that any changes are often small and hard-won. But yet, we have recently been advised that, as from 2nd June, the 1116 Sunday train from Leeds to Carlisle will serve all-stops north of Skipton which will mean the Dent and Garsdale receive an additional northbound service at around 1238

and 1244 respectively. We feel that, with so few services, these should stop at every station, and we are working on the other anomalies where intermediate stations are currently missed. Meanwhile, there remains a strong case for an express service placed in between the stopping trains and, indeed, this may well occur in the future but, in all likelihood, a different operator.

It is rare to be able to report on a new service on the line but that is exactly what is happening. As from 8th of June there will be a Saturday train operating two return services between Manchester and Ribbleshead. Whilst this is primarily aimed at the leisure market from Manchester to the 3 Peaks area,



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there will be opportunities to travel in the opposite direction. The train will depart Ribbleshead at 1108. It should be possible to catch the slightly preceding southbound train from Dent towards Leeds and perhaps change at Settle or Hellifield. Of course, it is expected that this will increase numbers of folks walking into the area and it will be easy for walkers to reach Dent village on foot, possibly wanting to return to the railway on the bus.

As regular readers will be acquainted, the Friends are passionate about connecting bus services and have provided financial support to local services which have included Western Dales Bus in the past as well as other



worthy causes. This year, we are supporting our DalesBus colleagues in their efforts to reinstate the 830 Northern DalesBus. For those possible unacquainted, this was the popular Sunday service from Ribbleshead Station to Richmond via Hawes giving a spectacular journey over Buttertubs Pass and once featured on the BBC4 'slow-TV' programme 'All Aboard the Country Bus'. The likely start date is 5th May if all goes according to plan. Also, it is hoped to provide a Sunday service from Garsdale Station to Castle Bolton via Hawes. The Friends also currently support the Saturday service from Kirkby Stephen Station to Penrith.

Whilst reaching only a few miles away from the Sedbergh area, the

DalesBus network is quite an undertaking with 20 or so routes in the summer and 6 in the winter, all managed by a small team of 7 unpaid volunteers. Last year the organisation achieved its 500,000th passenger milestone and it is fully expected to exceed last years' passenger figures of 53,000, that is, just on Sundays and bank holidays plus two services on a Saturday. The services are primarily designed to bring people into the National Park, however, we do see plenty of local residents using the services. There is a new-found optimism and perhaps recognition of

the fact that reliable public transport is vital to the visitor economy as well as an urgent need for decarbonisation.

The summer services begin to be implemented from 31st March.

Back to the local buses, I suppose that the most important event will be the commencement of the extended 563/564 service into Kendal as from Monday 25th March. Whilst it has been slightly controversial in some quarters, the reinstatement of regular service between Sedbergh and Kendal has to be largely applauded. OK, the timetable could be better, but surely this is but a first step towards ultimately providing journeys also for education and employment, essential in such rural areas. These can be argued for later. I did say controversial as the new service inevitably will affect the several services currently offered by Western Dales Bus and others from Kirkby



Stephen and, on this, I have certain sympathies. Possibly, it could have been better handled.

There is a need for the new Westmorland and Furness authority to quickly establish a working 'Enhanced Partnership' but, until then, bus operators exist in an open 'commercial' market. The weekday route beyond Sedbergh to Kirkby Stephen and Penrith is unsubsidised and open to commercial operators. I do not really see the point in dwelling on it at this time, but far better to seek out other markets of which there are several local opportunities and needs. Not only has the community bus service provided an excellent service to locals but it has been essential to the visitor economy in Dentdale, without which it would be difficult to access Dent or Sedbergh from the railway station. Indeed, there is every possibility that visitor numbers will increase with the new train service into the area as well as the general increase expected in the summer months. Also, not to forget, the bus provides the possibility of local residents accessing rail services to both Leeds and Carlisle. We await details of the summer bus services in order that these can be promoted away from the line. The Friends and DalesBus colleagues will gladly assist with publicity if so requested.



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 discount from a ticket purchased on the day to Leeds, Bradford, Carlisle, or Lancaster (via Hellifield) and any station in between. 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. As I have mentioned on several occasions, 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? 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 for bus running and times.

The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will 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 and I would be delighted to help.

THE WORST WINTERS

Karen Bruce Lockhart

There have been harsh winter throughout history in England – reference is often made to the Thames freezing over, the winter of 1814 being perhaps the most famous for this. After that the old London Bridge was removed and steps were taken to prevent floodings, so that the water moved faster and did not freeze so easily (but occasionally still did).

In reading these reports it should be remembered that there was no electricity, no gas, and houses were not insulated. Food was always short for the majority in winter up till the mid twentieth century, and transport for food and fuel was minimal even in good times. There were no luxuries such as electric light or electric fires, no electric or gas stoves, no deep freezes for storage, and no truly waterproof clothing. There was only wool and fur for warm clothing, when it could be obtained or afforded. Heat was provided in some parts by coal, but the majority were dependent on wood or peat personally gathered in the summer, and often inadequate for the severer winters. There was no central heating in ordinary houses even well into the 20th century. Heating more than one room was often impossible, and any hot water had to be boiled on the one fire. Even in 1947 there was difficulty reaching outlying farms with food, cattle feed and coal – and coal was in any event in very short supply.

The following summary of hard winters only takes in years when

there was prolonged snow and frost. Many winters in between had shorter periods of very heavy falls of snow and very hard frosts but they did not last more than about two weeks at the worst.

The worst winters were usually those that involved lengthy periods of snow and/or freezing temperatures, when farms and villages became cut off for days and even weeks. Both the snow and prolonged frost could decimate (or worse) the cattle and sheep, destroying livelihoods. Cattle and pigs were usually slaughtered in the autumn and the number that had to be fed and sheltered during the winter were reduced to a minimum, so losses during the winter were serious.

Reliable reports only begin in the 17th century. In 1614/15 heavy snow fell from 20th January to 12th March. In 1644 there was 8 days of snow at the end of January. Huge numbers of sheep died in Scotland in the winter of 1633, followed by a poor harvest and then a severe winter with the snow lying from December to March. In 1657-58 the snow lay from December into March. In 1664-65 a severe frost lasted two months and is reputed to have included the coldest day ever recorded in England. In 1674 most of the sheep perished in snow that lasted 13 days. What was probably the worst winter of all was in 1683-84 when the Thames was frozen right up to London Bridge to a depth of 11 inches for two months. The frost froze the ground in Somerset to a depth of four feet. This was the winter described in *Lorna Doon*.

1694 had deep snow which affected even London for five weeks. It was so cold that arctic sea ice formed right round Iceland, which normally has mild winters being in the Gulf Stream. The 17th Century was generally one of harsh winters and cool wet summers.

In the 18th Century things were not much better. The winter of 1708-9 is known as *Le Grand Hiver* in France. Rivers and Lakes froze solid all over Europe and livestock and fish froze to death. Crops failed and famine ensued. In 1715-16 the frost lasted two months, the Thames froze again and a flood tide lifted the ice 15 feet without it breaking it was so thick. Then in 1739-40 a winter set in which is believed to be the coldest since

records began with temperatures falling to -24C (though 1995 beat this) and the Thames remaining frozen for 8 weeks. The frost started in October and the spring was cold as well. An easterly gale persisted and brought severe snow and ice. In 1762-3 the intense frost and strong easterlies lasted from Christmas Day to the end of January. 1775-6 was a severe winter – very cold in January to early February followed by a stormy February. In 1783-4 the snow lasted for four months starting in October and 1784 was cold generally with sleet in the Moray Firth in August. This may have been due to an eruption in Iceland. In 1788-9 the frost began on Christmas Eve and lasted till late March, made worse by

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a short thaw and severe flooding in February. The roads and rivers became impassible, causing food shortages.

In the 19th Century a foot of snow fell in March 1812 in Scotland, but the winter of 1813-4 was one of the coldest on record and was one of the snowiest winters in the last 300 years, perhaps only exceeded by 1947. Heavy snow fell as late as April and May. A volcanic eruption in the East Indies caused the whole of 1816 to be very cold and snow persisted in the hills until late July. Snow ruined the crops in Scotland in October. In 1822-3 ice had formed on the Thames by late December and there was a great snow storm in the North of England. 1834-35 was a particularly harsh winter in Scotland with falls of 8 or 9 feet in parts, and snow right through until April. In 1836-7 five or six inches of snow fell in October. On Christmas Day 1836 snow depths were reported of 5-15

feet in places and drifts of 20-50 feet. This was followed by heavy falls in January and blizzards in late February lasting into March. 1851-2 saw heavy snow falls in Scotland but the snow stopped by the end of January. The next year the weather was bad from February and the snow lasted well into March. In 1878-9 snow fell in the South East to a depth of 1-2 feet in December, and snow continued to fall from November to May with 2 feet falling in the Midlands in April. In 1878-9 the snow lay in the north for three months. The winter of 1894-5 is sometimes said to be the end of the "Little Ice Age" (roughly 1300 – 1850). There was mass unemployment and soup kitchens had to be set up. Coal supplies dwindled as transporting coal by water became impossible. December was unusually warm, but January was a different matter with heavy snow at the beginning of the month, followed by thaw and widespread flooding, and then snow again. January was the coldest since 1766. Snow fell widely again in February but the hours of sunshine were the highest recorded since records began, resulting in bitter cold with Wakefield recording a mean temperature for 9 days of -12.7. The Manchester Ship Canal froze over. By the end of February the weekly death rate from pneumonia was 950 above average (this was at the height of the Russian flu epidemic). Gas and water pipes fractured in the frozen ground. Temperatures between -21C and -27C were recorded daily between 7th and 19th February. A thaw set in after 21st, but there was a



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week of heavy snow at the beginning of March.

Neither the last years of the 19th nor the early 20th century were particularly snowy but in 1916 there were very heavy falls in the mountains. Several years had heavy falls of snow but not long lasting, although upper Teesdale was snowbound with 7 foot drifts for a week in 1908. 1932-33 is the winter that features in Winter Holiday of Swallows & Amazon's fame – clearing the snow provided work for the unemployed as it was in the Depression. The winter of 1940 was exceptionally cold, with severe frost from 27th December to 18th February.

Then came 1947. Snow fell on 19th December in Southern England, followed by a mild spell with temperatures as high as 14C so no one expected a severe winter. Then the snow began on 22nd January and lasted till 17th March. Snow drifts up to 7 metres deep cut off villages and roads. Snow fell somewhere in the country every day for 55 days. An odd feature was that the normally wet west of Scotland was completely dry in February and sunny, while the Midlands hardly saw the sun. The situation was made worse when the snow melted and the ground, frozen solid, could not absorb the snow melt and caused widespread flooding. Added to this a fierce storm with wind speed of 50 knots or more blew in.

The years between then and 1962 saw heavy falls of snow but not lasting. Then in December 1962 the snow began and persisted through January and February. It was the coldest winter since 1740. Though

there was a lot of sunshine the lack of cloud cover allowed the temperatures to plunge. Lakes and rivers froze over – it was possible to skate across Windermere and the Thames again froze despite the faster flow. Drifts of 20 feet and more closed road and rail. There was flooding when the thaw came on 4th March but nothing like 1947. Since then there have been heavy falls of snow, but the periods of snow cover have been relatively short, and frost has seldom lasted more than two weeks. Recently tarns such as Tarn Hows that used to freeze regularly for skating have failed to happen, and snow has quickly melted off the hills except on very high ground.

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APRIL FOOL'S DAY 1974?

Colin Cowperthwaite

Fifty years ago, on Monday the first of April 1974, the new county of Cumbria came into being. The Local Government Act of 1972 saw the re-drawing of the administrative map of England, creating several new counties. One of these, Cumbria, was an amalgamation of the previous administrative counties of Cumberland and Westmorland, together with parts of Lancashire (the Furness area), and the West Riding of Yorkshire (Sedbergh and Dent). Sedbergh and District became part of South Lakeland, one of six new district councils covering the newly formed county.

This historic change caused much concern in the Sedbergh area, not least because we were leaving the much loved county of Yorkshire ! At the time I had just reached 20 years of age, and frankly was not too bothered about the change. Indeed, prior to that time most expectant mothers in our area were taken to Helme Chase Maternity Home in Kendal to have their babies. My mother being one of these, I was born in Westmorland and therefore could not have played cricket for Yorkshire assuming I had any sporting skills, which was definitely not the case ! Having started work in Kendal two years earlier, and continuing to work there for the next 40 years, I suppose I saw Kendal as

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the natural administrative centre for our area rather than Wakefield (administrative headquarters for the West Riding) which was some 80 miles from Sedbergh. Indeed, many locals had never even been to Wakefield. I well recall my father (a Garsdale farmer) posting his official documents off to St John's North in Wakefield, a place which I was keen to look up many years later, during my first and only visit to the city !

I have in my possession various old newspaper cuttings dating from the early 1970's which provide differing views on the subject. Various local people held strong opinions about this momentous change. Mrs Janet Young of Birks House said in March 1971:

"Sedbergh naturally faces west. The grammar schools our children attend, our hospital group, our agricultural services, railway station, electricity and gas supplies, our motorway and main bus services and shopping centre are all to the west. Local branches of the NFU, the WI and Young Farmers Club are affiliated to the Westmorland County branches. Kendal provides the major sources of employment for this district, and our Labour Exchange and main National Insurance Office are situated there".

In the same month, Anne Thwaite of Dent stated "I would like to support the theory that we belong to the Yorkshire Dales. Dent and Garsdale have the same geographical formation in their hill ranges - and the

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same type of farming is practised. Only when one leaves Sedbergh do the Lakeland hills begin to appear. Why should Sedbergh become an appendage of the Lake District, dragging Dent and Garsdale along the same way?"

In December 1971, the Gazette reported that Sedbergh residents who fear the loss of their Yorkshire heritage under the re-organisation of local government were told at a public meeting that they should not worry. They were assured that the changes will be administrative, not geographical, and that Sedbergh will "still be Yorkshire". A panel of councillors agreed that, with an electoral roll of 2,600 Sedbergh would be as well represented in Cumbria with the new county councillors as it is at present with the West Riding.

A Westmorland Gazette report from January 1972 said that "Sedbergh will be better represented in the new County of Cumbria, members of the Rural Council's Finance and Housing Committee have been told. In a summary of the draft scheme, Mr A.G. Wilkinson (Clerk) stated that at present, one

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councillor represented Sedbergh electoral division, which included Settle and has an electorate of 7,788. When Sedbergh joins Cumbria, 18,017 electors from Sedbergh and South Westmorland would return four councillors, an average of 4,504 electors per councillor".

Reported in February 1972: "In contrast to North Lonsdale Rural Council, which does not think it will have enough councillors on the new Cumbria Council, Sedbergh Rural Council is quite satisfied. Its clerk, Mr A.G. Wilkinson said that his council is quite happy with having just one councillor, although they will represent some 120,000 acres, stretching from Sedbergh to Kirkby Lonsdale. "We think it is a reasonable and perfectly workable system", he said.

Well-known council chairman, Coun Jack Dawson, stated that: "For many years Sedbergh, being in the

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West Riding, has enjoyed the services of a wealthy and large county authority. These circumstances have no doubt been advantageous to us in a number of ways, not least in the way of rates. Under the new arrangement of local government areas, the great West Riding has been pruned, and we have been cast off. It would seem that nobody really knew what to do with us, and thus we have been stuck on to a new authority with which we have nothing in common. We do not even drink the same kind of water - theirs flows eastward and ours to the west. I am not against change, but if change has to come, then the obvious direction of change should be towards Kendal".

In December 1971 the Yorkshire Post paid a visit to Sedbergh Auction Mart, then situated where Spar and the Health Centre now stand, to test the waters with local farmers. One retired farmer, Mr Tom Scarr of Station Road, recalled with a sigh the sterner stuff that Sedbergh folk were made of before the war. "In the 1930's they tried to put Sedbergh in with Westmorland, under Kendal. People fought tooth and nail. They

refused to go in. Now they are having to. Why are they carving the West Riding up like this ? It used to be a first class county."

Mr Robert Ellison of Dent, a member of the local NFU committee, confessed that he would miss the ancient Yorkshire sense of rivalry. "We are still going to be Yorkshiremen. We have done well from the West Riding. They have had money to spend here. In a county area like Cumbria, I wonder if the same amount will be available from the rates. I think we will be worse off financially, apart from losing our old loyalty to Yorkshire in the end".

Mr George Metcalfe of Garsdale ("call me Miggs, they'll know who it is") said he was "born, bred and fed a Yorkshireman. But it won't make any difference who is going to rule the roost. Anyway, we have gone downhill since the last war. We don't know who won the war yet". He also stated: "There is one good thing. We will be all right as long as we get plenty of that Cumberland sausage. That is why a Cumberland man has a better shine on him than some of us wizened Yorkshiremen. They make better sausages !".

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Mr Richard Middleton, also of Garsdale, believed it would not be too bad going into Cumbria, although he would not have thought much of joining up with just Westmorland. His friend Mr Joe Hartley, another Garsdale farmer, felt resigned: "If we could do anything about it then it might be worth making a fuss. Another thing - if we were worrying fellows, we wouldn't be farmers in these dales".

In Sedbergh Main Street, Mrs Alice Hall, of Fairholme, was shopping with her four year old daughter. She said: "I will not like having to put Cumbria at the bottom of my address. Although I believe there was nothing else for it but a link with Kendal. I will be Yorkshire as long as I live". A well-known butcher in the town, Mr Robert Udale, agreed with gusto. "We think we will still be Yorkshiremen. One thing is certain, nothing can change me!".

I have often heard confused visitors to the town asking in which county Sedbergh lies. Like other locals, I usually reply: "Sedbergh is in Cumbria, also in the Yorkshire Dales National Park, and has a Lancashire postcode!".

50 YEARS AGO

Colin Cowperthwaite

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

Easter Service

For the morning service on Easter Day at the Parish Church, there were more communicants than for any previous Easter service in the church records, which go back for over 100 years. There were also more communicants than usual at both Garsdale and Cautley parish churches. The Sedbergh service was conducted by the vicar, Canon D.A. Rogers, assisted by the Rev E.P.E. Long and Rev A.L. Martin, newly appointed chaplain to Sedbergh School. Floral decorations in the church included a small Easter garden created by Sunday School children.

Teacher marries Bank Cashier

A honeymoon in York followed the wedding of Mr Anthony Denton and Miss Margaret Scarr who were married at St Andrew's Church, Sedbergh, recently by Canon D.A. Rogers. The bridegroom, chief cashier in a Liverpool bank, is the younger son of Mr and the late Mrs F.W. Denton of Formby, Liverpool. His bride, a home economics teacher, is the only daughter of the late Mr K. Scarr and Mrs Scarr of Sedbergh. Given away by her brother, the bride wore a white polyester satin crepe dress with a bodice of guipure lace, and a waist-length veil. She carried white chrysanthemums and freesias. Attending the bride were Judith Harper, Eileen Scarr, Tara Denton,

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bridegroom's niece, Charlotte Scarr, bride's niece. Jason Scarr, bride's nephew, was a pageboy. Mr Francis Denton of North Bay, Canada, who is the bridegroom's brother, was the best man. A reception was held at the Bull Hotel, Sedbergh. The couple are to make their home at Huyton, Liverpool.

Long Service

There was a large attendance of relatives and friends in the school to celebrate the 80th birthday of Mr Tom Sedgwick of Thwaite, Howgill. It was an even happier occasion, as it marked the completion of 70 years in the church choir for Mr Sedgwick. In recognition of both events, Mrs Rhodes presented Mr Sedgwick with a walking stick inscribed in silver, on

behalf of parishioners, and tributes were paid to his faithful and loyal service. Mrs J. Postlethwaite presented Mrs Sedgwick with a bouquet. Mr Sedgwick is a member of a family who have lived in Howgill for generations, and have been closely linked with its welfare. He has been a prominent breeder, exhibitor and judge of Rough Fell sheep, and is a familiar figure in Farming circles.

Doctor to Fight in By-Election

Dr Henry Thistlethwaite of Sedbergh is contesting the South Lakeland District Council by-election (Sedbergh ward) as a Liberal. Dr Thistlethwaite has practiced medicine in Sedbergh for over 30 years. He is married, with four daughters. One daughter, lanthe, has the unusual

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occupation of "herdsman", near Penrith. Mrs Thistlethwaite was a dental surgeon, also in Sedbergh. He is Life President of the Skipton Division Liberal Association, and a Vice-President of the Yorkshire Liberal Federation. He is a member of Sedbergh Parish Council and has been associated with Sedbergh Theatre Group for many years. Dr and Mrs Thistlethwaite live at Birks and are both retired. His hobby is local history.

Mr J.H. Harding

The funeral took place on Thursday at Sedbergh Parish Church of Mr James Hetherington Harding, of 7 Settlebeck, Sedbergh. In failing health for the last three months, Mr Harding, who was 86, died in hospital at Preston. Born at Sedbergh, he was the son of Mr and Mrs Thomas Harding, and had spent all his working life in the service of the GPO. For a time he was stationed at Keighley, but for many years and until his retirement 27 years ago, he had been the postmaster at Sedbergh. During the First World War he joined the Royal Engineers and saw service in Mesopotamia, and in earlier years had been a member of the Sedbergh

Conservative Club and the British Legion. For over 50 years his hobby had been beekeeping, and the experience gained in this period had made him well known and an acknowledged expert in this field. Mr Harding, whose wife died some years ago, is survived by a son. The service was conducted by the vicar, Canon D.A. Rogers, and cremation followed at Skipton.

Methodist Ministers on Exchange Visit

The superintendent minister of the Sedbergh Methodist Circuit, the Rev H. Stanley Hills, and his wife will be spending seven weeks in the United States this summer on an exchange visit with the Rev Walter B. Phelps, minister of two Methodist parishes in Iowa. Mr and Mrs Hills will leave by air from Manchester in June, and during their time in the States, Mr Hills will be in charge of the United Methodist Churches of Rock Rapids and George in Iowa. Mr Hills came to Sedbergh in 1969, having served in the Lands End district of Cornwall for eleven years prior to moving north. Before that he had been in Bolton, Bury and Burnley. During the war years he was in the Forest Hill Circuit in London, and then spent four years as a Chaplain to the Forces with the army in the European campaign, and later in India. The Rev Walter B. Phelps will be accompanied by his wife and three of their four sons. He is a native of Cedar Rapids, Iowa. His wife Mrs Margaret Phelps came from Lohrville, Iowa, a small farming community which was named after her great grandfather, founder of the community.

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The Garden Rooms at Tennants and charity Yorkshire Dales Millennium Trust are delighted to announce the launch of their 2024 Yorkshire Dales Photography Competition – and are now inviting entries from talented amateur photographers.

***NEW* JUNIOR COMPETITION!**

This year a Junior Competition for ages 6 to 17 is also being launched. For further details and entries please click on the weblink at the end of this article.

Your brief

The Yorkshire Dales has a unique charm and beauty - a landscape and people like no other. Windswept moors, verdant dales crisscrossed with drystone walls, traditional farming communities and bustling market towns. The Dales have inspired countless artists over the centuries, and we are now inviting you to pick up your camera and capture what the Yorkshire Dales means to you, be it the people, the landscape, or the wildlife.

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Visitors to the exhibition will then be invited to vote for their favourite. The overall winning entry, as voted for by the public, will receive a prize of a £100 photographic voucher and a Yorkshire Hamper. Twelve images from the final 35 will be selected by the Yorkshire Dales Millennium Trust for their 2025 Calendar.

Key dates

Entries to be submitted by 5pm on 28th April.

The 35 finalists who have been selected to exhibit will be notified by 5th May.

The finalists' framed photographs must be delivered to The Garden Rooms at Tennants

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APRIL WILDLIFE GARDEN

Julia Sier

April can be unpredictable: balmy warm days, interspersed with late frosts, sharp winds and cold showers. But the arrival of spring is accelerating and every day brings new firsts in the wildlife calendar. Here are a few things to do and look out for in your garden.

- Sow some hardy annual seeds for pollinators
- As the days warm, plants put on a growth spurt and this is a cue to get out in the garden to sow some seeds.
- We may not be able to get to our local garden centre at the moment but why not buy some hardy annual seeds online and sow them directly into any gaps in your borders? No compost, pots or greenhouse required.
- Hardy annuals are generally quick and easy to grow, so ideal for budding young wildlife gardeners too.
- Pollinator friendly species include borage, nasturtiums, sunflowers, marigolds and cornflowers.

Action: how to grow a wild patch

- Leave some weeds for wildlife
- If you're having a spring tidy up while you're at home, leave a few corners of the garden to go wild, the wildlife will love you for it.
- Wild patches of nettles are great for small tortoiseshell and peacock butterflies, which are now laying their eggs on the newly emerging leaves.
- Dandelions, celandines and buttercups are all packed with pollen and nectar, perfect for feeding early pollinators.

Keep feeding the birds

- Garden birds are working hard at the moment, defending territories, laying eggs or feeding young so will welcome an easy source of high energy food.

- Some foods are not suitable for young chicks so switch from dried to live or soaked mealworms and make sure peanuts can't be taken whole.

Action: how to feed birds in your garden

Look and listen out for spring migrants returning

You may have already spotted your first swallow, and other visitors to look out for include blackcaps, house martins, swifts and garden warblers.

Your garden may also play host to some more unusual international arrivals as some migrants may use it as a short-term refuge to rest up, before moving on to their normal habitat. Chiffchaffs, willow warblers, whitethroats, pied flycatchers and common redstarts are all possible.

Listen to the dawn chorus

- The dawn chorus is one of highlights of the wildlife calendar and late April to early May is the best time to experience it.

- Why not get up super early and venture out into your garden or local woodland to experience it close up? Alternatively, leave your window open and enjoy the chorus from the comfort of your own bed!

- Not sure what time to set your watch – look up local sunrise times on the internet – April 1st 6:42 – April 30th 5:34

Look out for orange tip butterflies on the wing

- The females, who have black, rather than orange tipped wings, lay

their eggs singly on plants of the crucifer family, especially cuckoo flower and garlic mustard.

- Look carefully and you may spot an egg on one of these hedgerow plants, they are tiny but also orange!

Look out for ladybirds tempted out of hibernation by warmer spring days

- Ladybirds are one of our most familiar beetles and well-loved by gardeners as they and their larvae are voracious feeders and can consume as many as 50 aphids a day.

- The commonest species are the easily recognisable, red and black, two-spot and larger seven-spot ladybirds, however they can also come in black, yellow, white or brown and may have stripes as well as spots.

There are lots more ideas about looking after yourself and nature on the national Wildlife Trusts website, including links to Wildlife Trust webcams around the country.

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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Only one month to go before our swifts come back, usually in the first week of May! Our friend and swift colleague in Israel tells us that his first swifts arrived back in February and as I write this in mid-March, now one pair has laid its 3rd egg.

For birds weighing only about 40gms (little more than a Cadbury's crème egg), the migration of swifts never ceases to amaze. The roundtrip from Central Africa is more than 14,000 miles and swifts will make this journey each year in an average lifetime of 7-9 years. They

are continually airborne for their 9 months in Africa, only resting when they return here to breed. Even here, most of their time is spent foraging for insects to bring up their young. It is estimated they may fly about 2 million miles in a lifetime, equivalent to 4 return trips to the moon. Truly remarkable!

Although they may look superficially similar, and all feed on

insects in the air, swifts are completely unrelated to the Hirundines, the group to which the swallows and martins belong. Strangely, the swift's closest relatives are the hummingbirds, in the group Apodiformes. Both have very short legs and DNA analysis suggests the



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a) Swallow

group's evolution diverged 65-70 million years ago. Swallows and martins return to this country before the swifts, in April, and Sand Martins even earlier, in March.

Swifts, swallows and martins: Here is a reminder on What's the difference?

Behaviour:

• A characteristic of swifts is their screaming parties as parties of birds hurtle around our towns and villages close to roof tops.



b) House Martin

- Because of their tiny legs, swifts cannot perch – a bird on a wire is never a swift.
- Unlike swallows and martins, swifts are not messy!
- Nesting habits:
 - Swallows nest inside buildings, in outhouses and barns, on ledges and beams.
 - House martins make cup-shaped mud nests on the outside of buildings high up under the eaves.
 - So, both these birds can be seen on the nest.
 - Swifts however are never seen on the nest, as they are hidden from view within the eaves, or in crevices in walls.

Appearance: • Swallows and martins have white patches, which you may glimpse as they twist and turn in the air, especially the white rump of house martin. So, if you catch sight of any white, then it's not a swift.

• Swifts are all dark and have longer scythe-shaped wings.

a) swallow b) house martin c) swift

To Contact Sedbergh Community Swifts:

email ta.hoare@btinternet.com or ring 01539 824043



c) Swift

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SAVING THE CURLEW

Friends of the Dales

With the curlew now one of the UK's most critically endangered species, Yorkshire Dales environmental campaigning charity, Friends of the Dales have taken action to make this year's World Curlew Day on 21 April really count. Its Creative Campaigners (aged 20-30) and other

friends have made in the region of twenty life-size curlew sculptures from foraged and recycled wire - thanks to the expert guidance of Dales based artist, Lesley Knevitt. Make a date to come and see the team at its one-day outdoor installation and awareness raising event on Sunday 14 April at Malham. The curlew will be placed in the field alongside the pathway that links Malham village to Janet's Foss (by kind agreement of farmers Neil

Heseltine and Leigh Weston).

Through information giving, activities and instructions on how to make your own wire curlew Friends of the Dales aims to raise awareness of the bird's endangered status and the things we can all do to help improve their survival rate. There will also be a short online curlew knowledge quiz with the chance to win a year's individual membership to the charity.

Friends of the Dales will also be making available the resources created for this event to village, community and environmental groups wanting to run similar events. www.friendsofthedales.org.uk


Friends of the
DALES
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STAR GAZING AT ITS BEST

Andrew Fagg

Dozens of 'sky quality' meter readings have underlined the Yorkshire Dales National Park's status as an International Dark Sky Reserve.

During 2023 the National Park Authority trialled permanent light metres at locations in Aysgarth, Garsdale, Grassington, Long Preston, Malham, Oughtershaw and Sedbusk. They consistently produced sky quality metre readings of above 21, indicating that the National Park offered stargazing at its best, with the stars of the Milky Way clearly visible.

One-off readings were taken at a further 46 locations during 2023, including at Pendragon Castle in Mallerstang, Howgill Lane above

Sedbergh, Cotter Force in Upper Wensleydale and Malham Tarn. They also produced readings of above 21.

The Yorkshire Dales National Park Authority has included the data in its second annual report to the US-based certification body, Dark Sky International.

The Yorkshire Dales National Park became an International Dark Sky Reserve in December 2020, at the same time as the North York Moors National Park. Since then the Park Authority has increased engagement with local tourism businesses to promote the dark sky, particularly during the dark skies season running from October to March.

The annual Dark Skies Festival took place this year from 9-24



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February. It had more than 50 sell out events.

Member Champion for Promoting Understanding at the Yorkshire Dales National Park Authority, Derek Twine, said: "It's fantastic that the National Park has International Dark Sky Reserve status. My thanks go to the volunteers who collected the sky quality metre readings. It's great to see so many people working locally to protect the dark sky. In 2023 we saw several businesses, such as Stone House Hotel near Hawes, lead the way by installing dark sky friendly lighting at their sites. "Since submitting our annual report to the international association, we've held the 9th Dark Skies Festival, in February. Businesses such as accommodation providers, pubs and

outdoor activity providers have told us they benefited from increased tourism and revenue during the festival period.

"It's exciting to look ahead too. We've struck up a partnership with Melbecks Parish Council to look at how we can help create a dark sky friendly village. And we will continue to support communities and organisations, not least through our planning service, to ensure external lighting is well designed – with light cast down to where it is needed, not angled up into the sky."

For more information please contact the Yorkshire Dales National Park Media Officer Andrew Fagg
Andrew.Fagg@yorkshiredales.org.uk

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FAMILY MUSINGS

Sarah Woof

My lovely family look after me very well, not just on 'special' days and holidays but all the time, they keep me occupied and when they run out of things for me to do the dogs take over. There is absolutely no way I would go out at 7.30am in pouring rain for a walk if it wasn't for Pip and Tilly, it wouldn't happen! So, they are 'good for me' and a number of people have said recently 'how much better I look', which brings the question, 'better than when or what .. was I looking haggard, unkempt, ill, too plump, tired, hungry, ..?! A certain cake cupboard in our Dale certainly sorts the "hungry" aspect, nothing quite like someone else's home baking after a wet/cold dog walk.

Playing at being an animal with 2 of our grandchildren becomes very entertaining. Simple rules, I lie on the floor on a bed of cushions they lovingly prepare for me, and I am told to go to sleep. Of course I 'peep', get caught, told off and shut my eyes, peeping to see them bedding down then jumping up exclaiming, "it's morning!". I keep forgetting to ask their mummy if the enthusiasm exists in real life. Then they feed me and one becomes my baby, I might be a cow, or a sheep or a dog and need to make appropriate sounds. One day I was told " you are a boy dog and you had puppies, you lick your puppy", i suggested boy dogs don't have puppies but wondered if that was a wise thing to say, all was well, 'they do today' apparently.

One day these little children will be tall strapping men but in my mind I

will 'see' them in their antics of now, and delight in reminding them!

Our son came home to take part in the shorter Dent Run and of course it was perfect reason to once again create an encouraging banner. Just 1, not the 5 of one past year.

Spring is here, flowers and blossom, birds singing and rain.. and more rain.. roll on sunny dry days especially around Easter, please, for egg rolling and hunting and especially for the new born Lambs.

Happy Easter to you and yours.

FEBRUARY WEATHER

B Wright

A very wet month once again with 220mm (55") of precipitation, much of it falling on a few days of torrential rain. Although it was generally a mild month we did have some white tops for a few days. Winds were usually from a westerly direction and often fairly fresh.

Although I didn't have days of standing water we did have days when my garden tractor couldn't get across the field because of the mud! This meant using a barrow/ to get the feed across to the sheep, for which they were very grateful!

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We have had a few visits from a cock pheasant both in the field and the garden. He is obviously keen on any extra food.

This year I didn't put the tups in but guess what --- one jumped the fence!! So far, there is no telling what might happen. I am hoping that it was too late in the season for the ewes still to be fertile because it was a coloured tup in with both colour of ewes!!

Rabbits seem to have disappeared as we haven't seen any recently. Perhaps the badger activity has either driven out the rabbit or they became food. Although we had some mild days we did not see any bats. They are no doubt tucked up somewhere.

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SEDBERGH LADIES FRIENDSHIP GROUP

Andrea Huxley

The Sedbergh Ladies Friendship

Group is open to all women of all ages who want to meet others for chat, outings and activities. Many of us reach a point in our lives when our circumstances have changed and we need to find new friends. Whether you have moved to the area and know no one or your children have flown the nest, or you have retired or want to network for work, or you find yourself without a partner or just wish to meet new people - this group is open to all.

The group was created by three ladies who have found themselves in at least one of those situations above, so they clubbed together to create this group, firstly as a private group on facebook

www.facebook.com/groups/sedberghladiesfriendshipgroup, providing a safe space for ladies to ask questions, suggest activities, groups or create events that are open to anyone living in the area.

The group appreciates that not everyone has social media and so



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have put up posters around town with contact details so that if you are interested you can join. Currently we are holding a monthly coffee and chat session and also an evening session so we can get to know each other. There is a book club starting too. There is great interest in starting a community rock choir (men will be welcome too) so if anyone has any ideas, please contact us!

The group is not designed to arrange groups - we are not event planners! It is to create the safe space for women to meet and network and be empowered to create social groups themselves; so whether you fancy starting a craft group and just need to meet like-minded women or want a regular walking buddy, this group could be for you.

For more information contact

Jo: 07769908663

Jill: 07900531043

SEDBERGH W.I.

Moira Folks

Seventy-five years old and a certificate to prove it! In December 1948 some determined ladies in the Sedbergh area came together to form a new Women's Institute which they named Frostrow WI after the place where some of them lived, and Frostrow Chapel where they were to hold their meetings for several years. In November 2010, the decision was made at the AGM to change our name to Sedbergh WI which we felt was more inclusive and because people sometimes used to ask us where Frostrow was! By this time, of course, we were meeting in Sedbergh People's Hall, having moved along Howgill Lane from the Masonic Hall which was Frostrow WI's base for some time.

So, from a little bit of ancient history, we find ourselves back in the very near past with our energetic walking group who went across to Kirkby Stephen on February 22nd. Anne Pitt continues: 'Though overcast, the day stayed dry, so we were able to enjoy both a coffee-stop and our lunchbreak outside en-route. We followed the Stainmore Railway path loop incorporating the Poetry Path route, which meant we had firm footing most of the way despite the soggy weather preceding our outing. On our return into the town, we went to the very interesting Parish Church, often referred to as the Cathedral of the Dales, which stands on the site of the original Anglo-Saxon church, as some members hadn't explored it before. We rounded off our day with

hot drinks and cake in one of the local cafés.'

The lunch club met at Country Harvest near Ingleton to browse in the shop and have an enjoyable lunch on Leap Year Day; and on March 7th Ellen, Christine, Moira and of course our hostess, Valerie, met at her house for craft and chat and putting some final touches to our Sedbergh WI albums for display later.

March 13th: our Annual Meeting, but a meeting with a difference because displayed on the table in front of the Secretary (Valerie), the President (Megan) and Treasurer (Sandra Kemp) was a 75th Anniversary cake! There was some work to do before attacking the cake, however, and memories to be jogged

as Valerie read out the Committee's Report, reminding us of the good times we had shared in the past year, including the very popular Fashion Show by Kitty Brown Boutique, talks about the Butterflies of Cumbria and the Pendle Witches, a talk and an amazing display of Buttons through the ages, our lovely Sail on Windermere and sumptuous Afternoon Tea at the Belsfield Hotel, and our Christmas Dinner at The Pheasant at Casterton. Our retiring Treasurer, Sandra Kemp, showed us she had kept a tight hold on the purse-strings so all is in order for her successor, Christine Chamberlain, who has been shadowing her this year. Thanks were expressed to Sandra and Valerie for all their hard

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work, and also to Megan Taylor, our President for the past year, who will be moving from Sedbergh in the near future. More thanks were given to all the committee, and a big welcome to Louise Atkinson as the new President, and to Janet Hornby who is also joining the committee. After all that, we were ready for nibbles and our 75th birthday cake with cold drinks or tea, and a chance to chat and look at all the Frostraw and Sedbergh WI albums laid out on the tables round the room. It was a very happy evening!

The book club met at Christine's house the next day to discuss 'The Betrayal' by Helen Dunmore, set in 1950s Russia after the Siege of Leningrad (1941-44) in which over 800,000 people died. 'The Betrayal' is the sequel to Dunmore's book 'The Siege', which 2 or 3 of our group had read, and continues the story of the 2 main characters, Andrei (a doctor) and Anna (a teacher) in peacetime – but it's peace with an overriding threat. It's a very moving story showing this young couple facing unimaginable trials with the state in Stalinist Russia. Dunmore is

excellent at setting scenes, working out relationships, building up a sense of fear and dread that something is going to go wrong. I can't praise this book enough: if you enjoy books about how real people face up to evil and persecution, you will appreciate this book. Average score 8.5/10.

Our next meeting on Wednesday 10th April is an Open Meeting, taking place in the Main Hall of the People's Hall at 7.30pm. The speaker, Abbi Lawson (from the Great British Bake-off in 2023), will be talking about 'Hedgerow Baking'. For non-members of Sedbergh WI, the entry charge will be £3.50 (£3 for visiting WI members) and will include light refreshments. For further details, please contact our President, Louise Atkinson, on 01539 621015; or our Secretary, Valerie Welti, on 07969 376649

HOWGILL AND FIRBANK W.I.

Audrey Hoggarth

Sarah, our President, gave a warm welcome to eleven members. We had the privilege to be the first group to hold a meeting in the new brightly decorated hall following a major renovation.

A special warm welcome was given to our speaker, Abbie Lawson, who featured on the latest series of "Great British Bake Off". Living in Tebay where there is plenty of countryside to enjoy her passion of foraging from hedgerows such as nettles, nuts, berries and dandelions all of which are edible. Abbie quickly whipped up some pureed spinach, eggs, vanilla, lemon and cream cheese resulting in some lovely healthy cupcakes; one

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for each of us which we all agreed a really nice treat.

No stranger to baking success she wowed the judges with a cake in the shape of a marquee celebrating the 70th Anniversary of Greenholme show. Bridget thanked Abbie for a most interesting talk and demonstration. We all enjoyed meeting Abbie and we wish her luck with her cooking/baking journey.

Members are reminded that subscriptions are due in April. We would like to thank everyone who supported our domino drive raising £149 for WI funds. We now look ahead to the annual Council meeting on April 8th. Before that we will welcome speaker Joan Bentley who will bring "Spring in the Air" with her flower arranging on April 4th at Firbank church hall at 7.30pm. Visitors welcome.

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INSPIRING WOMEN

KILLINGTON W.I.

The Afternoon WI For The Entire District

Christine Drury

Our March meeting began with a talk by our guest speaker, Chris Clowes, entitled "Life before Cross Keys ". As the talk progressed, we understood why some of Chris's friends have urged her to write a book and have even suggested a suitable title (tongue in cheek) "Is that all there is?". The varied and enriching life events Chris described came to life for us through her words and enthusiasm. Her full, busy active life could have encompassed several lifetimes.

She took us on a nostalgic trip down memory lane as she recalled life in the 1950s in the village of Orton where she was born. She jolted the memories of many of our members. We appreciated her honesty as she shared with us her ups and downs and many changes of direction. Finally, Chris brought us up to date as she talked about running the Cross Keys Tea Room, surely familiar to all of us.

In thanking Chris, Dily spoke for all the members, I believe, in saying what an enthralling talk she had given us and it had been a joy to listen to. I wonder whether any of our members might have felt inspired to write their own life stories, for publication or not, while their memories are still fresh. Certainly Chris did not disappoint us with her anecdotes and experiences.

Next on our agenda was afternoon tea which helped dispel some of the dismal gloom of the rainy afternoon.



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Margaret led the meeting in the absence of our president, Susan who is with family in Australia. Margaret read out a text from Susan, wishing us well for our meeting. She was with us in spirit. Margaret also read out a letter of thanks from Anne Macer, for the bouquet we had sent her on her 90th birthday. Anne is a valued member who is now too infirm to attend meetings in person but maintains a keen interest in all the activities of our WI. We expressed good wishes to Wendy who was the only member with a birthday in March. Our competitions winner was our secretary, Christine, to her delight.

Our next meeting, in the Peoples Hall committee room, will be on Tuesday 9th April at 2pm/. Our speaker will be Nicol Crawford whose subject will be "Support for Unpaid Carers". You would be very welcome to join us.

DENTDALE W.I.

Thelma Belfield

January saw us discussing the four Resolutions for 2024 and the resulting vote within our group was in support of The Impact of Poor housing conditions. This will be forwarded to our federation and the united vote throughout CFWFI will subsequently be counted and forwarded to the national federation for discussion and approval at the annual conference in June. Despite the damp, dreary and wet weather during January, the days seemed to pass swiftly and at our February meeting we welcomed an author, whose presentation title was Charles Dickens, Cautley, Charity – and South America by the way' Many of us were wondering what this mysterious title would reveal. Our speaker was Jean Briggs, who writes crime novels based on Charles Dickens. She has written 11 books

and whilst doing so she does a tremendous amount of research. It was during some research work that Jean came across a reference to Sedbergh in one of Dickens's letters. Curiosity led her to discover his correspondence with a Mrs Antonia Matthews, wife of the curate at St John's Church, Cowgill. The curate was an academic, they had 9 children and lived in Dee Cottage in Cowgill. Jean is an excellent raconteur and she told us the story of how Mrs Antonia Matthews wrote to Charles Dickens, knowing him to be a generous benefactor, to ask for financial help. Dickens, who was acquainted with the daughter of the owner of Coutts Bank who in turn was notable for her charitable works,

he asked her to help. Curates were very poorly paid, maybe £100 annually and Mrs Matthews had 9 children to care for, which appeared to be the reason for her request for help. The Coutts benefactress duly sent £10 to Mrs Matthews, a second request a month later was rewarded with a further £10 and a third three months later with £15. The requests for financial help continued over several years, amounting to a considerable amount of money, until Dickens in exasperation, threw the final one in the fire. Antonia herself was related to Adam Sedgewick, himself a fairly wealthy man. Antonia's mother had married well, a Senor Manara, (this was the link with South America) and when he died,



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she was left a wealthy woman, owning an estate in Norfolk and a house in Harrow. Mysteriously, neither of these relatives had offered financial help to Antonia despite her apparent straitened circumstances. The mystery remained unsolved. Two of her sons went on to have successful careers, two daughters remained unmarried. There is no record of the remaining offspring. Ultimately in 1863 the curate of St John's Cowgill, became vicar of Hawes, hopefully his salary increased. As I said earlier, Jean is a great storyteller and it was our good fortune to hear how, whilst doing research for one of her novels she came across the reference to Sedbergh that caused her to delve

further into this little piece of local history.

Our March meeting attracted a good number of visitors, the reason for this was, the talk being given was by three intrepid ladies in our village who in 2022 set-off on an epic cycle ride across Europe. The title of their talk was 'Cycling across Europe- miles upon miles of smiles' as you can imagine this was not to be missed. The snowdrops had bloomed and faded and been replaced by 'hosts of golden daffodils' to quote a most famous author. This provided a welcome brightness and cheerfulness to our gardens and hedgerows as the wet weather continues relentlessly and the rain was tipping down as we arrived for

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our meeting. Business matters were quickly dealt with. Firstly, despite the weather, the Dent Run had taken place successfully on the 9th of March with over 400 runners participating. As always, the runners enjoyed a rewarding tea provided by the Dent Run committee with delicious cakes and scones baked by the generous ladies in our group. Jackie reported on the progress of the wildflower garden on Dent Car park. Work has begun clearing the ground. It is very hard work and the very wet conditions have not helped but an energetic team of WI members together with additional help from village residents, progress is being made. It is hoped that planting will commence by the end of the month. Our memorial tree planted on the car park at the end of 2022 continues to thrive, and the rota for watering it during the summertime is to be reinstated. Each year our WI selects a local cause for our fund raising. This year The Brathay Trust, Place 2 be, Jigsaw and the Children's Hospice at St. Johns are on the list. A final decision will be taken next month. Ideas for fund raising events will also be considered. A final item was raised by Jackie, who looking

towards the future, announced that both she and Gill our Programme secretary wished to stand down from their posts at the end of this year. Both vacancies will need to be filled at our AGM in November.

Business completed, Jackie formally introduced Bea, Anne and Sophie together with their cycles, tent and camping equipment. Bea is a seasoned and experienced cyclist. Born in Belfast during the height of the Troubles, she told us that she often borrowed her brothers bike and went for a long ride to escape from the tensions and had continued through her life enjoying her love of cycling. Sophie and Anne were social cyclists prior to this trip, cycling for pleasure and/ or short shopping trips locally. All three were keen to undertake a challenge and one day during general conversation they decided to make it happen. They elected to cycle the Euro Vela 6 – from the Black Sea to the French coast, a mere 4500-kilometre cycle ride, passing through 7 countries. Serbia, Croatia, Hungary, Austria, Switzerland, Germany and France. On 8th May 2022 they set off, flying from Manchester Airport to Belgrade, complete with crated cycles, camping

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equipment and essentials. Chaos ensued at Manchester airport whilst trying to negotiate the sizeable crates containing the bikes through departure. Despite this they arrived in Belgrade to begin their adventure. Bea described the memorable architecture in eastern Europe, including the many beautiful churches and priories they visited. The cultural and social differences and the friendship and hospitality they found from complete strangers was phenomenal. They relied on OS maps, Google maps and a phone app 'location finder. On one occasion, involving Bea losing her gloves, using What 3 Words to locate each other when having retraced the route to find her gloves, she had become lost. Once reunited, Bea found they were in her pocket all the time. Giggles galore! The Euro Vela route includes canal towpaths, country lanes and rural routes wherever possible. Accommodation varied greatly and included hotels, camping and B&B's. Eastern Europe scored highly with accommodation but with some surprises. One being a shower room constructed completely of rough stone and shells. Another occasion, a man entering the bathroom whilst Bea was using the toilet. In Bratislava (which they all found fascinating) the accommodation was overpriced and very small – a broom cupboard sized bedroom was described. Hospitality was nearly always faultless and local people were friendly and interested in their challenge. In places where accommodation was difficult the three used their tents and camped. Language was not a problem; many people had some English and sign



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language and pictures helped when all else failed. Sadly, the trip was not without problems. Saddle sores developed needing treatment and Anne required hospitalisation in Bavaria ending up in an isolation ward. The latter put an end to the trip at this point and they all returned home. However, undaunted in 2023, they set off for the second time, to continue their journey. This time describing the route along the Danube and through the Loire Valley as magical. In conclusion they cited some highlights of the trip, the kindness and thoughtfulness of so many people, finding a vegetarian restaurant in Serbia, a nudist beach on the Danube, the numerous proposals of marriage Bea received along the way, wonderful artisan bakeries, Awful cups of tea but wonderful coffee. Scrumptious Patisserie, great wine in Sancerre. Being served food in a restaurant by a robot. So many wonderful

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memories and as they said- miles and miles of smiles. We are very fortunate in Dentdale to have neighbours and friends willing to share their experiences and knowledge and there is no doubt that Bea, Anne and Sophie are three of the best.

Our meeting ended as always with tea and homemade biscuits courtesy of Marjorie. The completion for an interesting item beginning with the letter J was won by Gill with her Jelly jigsaw. Marjorie and Sharon were lucky raffle winners,

Next month we will welcome Nicola Crawford from South Lakes Carers. Do come and join us - we look forward to seeing you.

STOP, THINK FRAUD

Action Fraud

Fraud accounts for almost 40% of all crime. In just one year, 1 in 17 adults in England and Wales were victims of fraud. That's nearly 3 million of us.

1 in 5 businesses were also a victim of fraud over a 3 year period. In other words, fraud is rife and it can happen to anyone.

Think you're immune from fraud?

Fraudsters can use highly manipulative methods to get us when our defences are down. Nobody is immune from fraud. We can all be more alert to the risks, and we can all do more to protect ourselves.

4 ways to frustrate a fraudster

1/ Do you stop to check who's really contacting you?

Fraudsters often call or message people, pretending to be from their bank, other well-known and trusted companies, or even someone they know. They can be very convincing, particularly if they've already managed to get hold of some personal information, for example by looking on social media. Having earned their victim's trust, they often ask them to hand over confidential information, make a payment or give them access to their phone or computer.

How to reduce your risk

Never take calls or messages like this at face value - always take time to stop, think and check if the caller or sender is who they say they are.

If you've received a suspicious call or message:

- don't be rushed into a quick decision - think carefully before

handing over money, personal details or access to your device

- if you have any doubts, hang up and do not call the number provided
- be aware that fraudsters can spoof phone numbers, so the number that appears on your caller ID may not be proof of who they are

- instead, check with the organisation directly using contact details you know are correct, such as those on a utility bill, official website, on the back of your card or by 159 for banks

if you get a message from a family member asking you to send money, use known contact details to check if it's real

2/ Do you automatically trust offers and click on links?

“Half-price tickets to a sold-out gig!” “Incredible savings on a last-minute holiday – hurry!” Fraudsters know most people love a bargain, so they use discounts, time pressure and FOMO (fear of missing out) to pressure them into paying out for non-existent deals. Or they urge people to click on links in phishing messages that can take them to a fake website, where the fraudster can steal cash and personal details, or infect the victim's device.

How to reduce your risk

If you see a tempting offer:

- don't be rushed into a quick decision – always take time to stop, think and check if the message, offer or advert is genuine



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Balayage and babylights £55

To book contact my fb page or
message/call me on
07725110134

- don't automatically click a link, particularly in unexpected messages
- if you're not 100% sure, don't use the link to click through – go direct to the organisation's website

- always stay on trusted websites and use the site's recommended payment methods

- avoid paying by bank transfer or virtual currency

- think carefully before you hand over any money or personal details

3/ Do you use the same password for different accounts?

Lots of people use the same password for multiple accounts, such as email, bank account and social media accounts. Less to remember, right? But imagine if a fraudster gets

hold of that password. Now they can access all of their victim's online accounts.

How to reduce your risk

Choose a different password for each account. Too difficult to remember them all? You can keep track of passwords using a password manager, or by using three random words to make them more memorable.

You should:

- never choose a password that features names, places and numbers that are personal to you

- choose a different password for each account that is strong and hard to guess but if you can't change them all at once, prioritise your email account

Q4. Do you use 2-step verification?

Even if someone has chosen strong and unique passwords for their email and bank accounts, there's always a risk – however small – that a fraudster could get hold of them. If they do, there's nothing to stop them accessing those accounts to steal money and other personal details.

How to reduce your risk

Setup 2-step verification (2SV) on your most important accounts, such as email and social media. 2SV works by asking for more information to prove your identity when you're logging into an online account. It's one of the most effective ways to protect your online accounts from criminals.

For more information, please visit:
[https://
stopthinkfraud.campaign.gov.uk](https://stopthinkfraud.campaign.gov.uk)

HELP WITH COUNCIL TAX BILLS

Linda Wilkinson

My council tax seems very high this year, but my income has stayed the same. Everything else seems more expensive - how can I cope?

Contact the council if you are having problems paying your council tax. Firstly, there are discounts available to some people. If you're the only adult in your home, you'll get a 25% discount on your bill. Some adults, e.g. student nurses, are disregarded. If everyone who lives in the property is disregarded, there is a 50% discount.

Next, if you are on a low income or receive benefits, you might be able to get your council tax reduced. The council will ask you details about your

income and your circumstances, so they can work out if you're entitled to a reduction. If you have other people living with you who are aged 18 or over, you might all be responsible for paying council tax. The council will make the calculations.

You may also be eligible for additional support if you're reached State Pension age.

Even if none of the reduction criteria apply to you, the council can still make a 'discretionary reduction'. They'll normally only do this if you can show that you're suffering severe hardship. If your immigration status doesn't let you claim public funds, you can still apply for a discretionary reduction, as this doesn't count as public funds.



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Council tax is a priority bill because you can be taken to court if you get into arrears, so it's important to tell the council if you can't keep up payments. Contact South Lakes Citizens Advice for more help.

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

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

DEMENTIA

Myles Ripley

This month, how about considering taking part in a fundraising challenge to aid Dementia UK – it's local in Kendal so easy to access on 8th and 9th June.

"My father passed away in January 2021 having suffered with dementia for a few years. We collected money for Dementia UK in lieu of flowers at the funeral, I thought it would be a good opportunity therefore to add to the money we had already collected by walking for Dementia UK." Gary and his team who took on a trek for Dementia UK

Walk, jog or run the Lake District Challenge and soak up England's finest countryside at your pace. Choose your distance – the full challenge Kendal Loop; a half

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challenge, quarter challenge or 10km route; or our new Lake District Marathon distance. Test yourself on a fantastic Ultra Challenge – suitable for all experience levels – and you'll get the best support and hospitality all the way.

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- Lakes Marathon – 42km
- Quarter Challenge – 29km
- 10km challenge

Our challenge base camp is in Kendal. From there, the full challenge covers a loop taking in some tough hills to Ambleside, a halfway stop by Lake Windermere, forests, and nature reserves, with some stunning views en route. A huge welcome and celebration awaits you back at base camp after a momentous journey. Push yourself further in the stunning Lake District and support families facing dementia.

Your entry includes free food and drink at regular rest stops, plus support including medics, marshals and massage. As you cross the finish line, you'll receive a glass of fizz, finisher's t-shirt, and a medal to commemorate your achievement.

As Dementia UK is an official partner of this event, you will receive a 50% discount on the 'full sponsorship' registration fee when signing up to support families affected by dementia.

Head to the Dementia UK Ultra Challenge page to find out full details of prices and to sign up. <https://www.ultrachallenge.com/landing-dementia-uk/>

SHEERING GAYE SPRING

Sandra Gold-Wood

March was in full swing and the daffodils were putting on a wonderful display around the edges of the village green. An ambulance pulled up outside the Muffat's and within moments a dozen or so villagers gathered to greet Les Muffat on his return home. Les had been discharged that very morning from the London Heart Hospital. Les's children Margaret, Silvia and John stood in the front garden with his wife's friend Carole Wheeler and PC Terry Alders as Jean and the ambulance driver helped Les down from the vehicle. The group of villagers, clapped and cheered and Les, waved and thank them all for their good wishes.

Inside the house Les dropped into his favourite armchair as family members kissed and hugged their dad. Jean brushed a tear away as she watched them and Carole, put the kettle on. Terry shook Les by the hand and wished him well and refusing the offer of tea he left the family to themselves. After chatting for a while and telling them all about the goings on at the hospital Les got

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up saying that he was going for a lay down. Eleven-year-old John quickly went to help him up the stairs. Les felt touched by his son thoughtfulness. Jean smiled feeling pleased with her son's action. Once Les was settled, Jean joined her friend Carole in the kitchen. John went into the front room to watch TV, knowing no one was going to tell him off today. Silvia, seeing that everyone was busy, slipped her coat on and was out of the door before anyone could asked where she was going. She ran straight to the phone box and called Adam Wheeler.

Margaret had seen her sister slip out and telling her mother she was going down to the phone box to call boyfriend Ian, she followed Silvia. Running across the green as quickly as she could hoping to catch Silvia. It was no use she was too late the Denham bus was pulling away from the stop and she could see her sister sitting at the back. Margaret was

worried, she knew Silvia was in love with Carole's son Adam, the trouble was that she was pretty sure Adam did not feel the same. Standing and watching the bus disappear toward Denham, Margaret gave some thought to her own situation. Once she had dreamed of marrying boyfriend Ian but these day's he was always on at her to sleep with him. Margaret just didn't feel ready. Ian had called her a prude saying nobody waited till they got married these days. Sitting down on the bench in the make shift bus shelter she mulled things over. After about twenty minutes she knew what she would do and so walking to the phone box she dialled Limster barracks and asked to speak to Private Ian Lowe. The reply came as a bit of a surprise. 'No Miss, the regiment is preparing to leave on exercises so no phone calls or messages can be taken at this time, sorry Miss, good night.' And that was that Margaret looked at the phone as

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if she could start again and get a different answer. 'What now?' she said to the night. It had taken her so long to pluck up the courage to finish with Ian and just when she had made the decision this happens.

Far away from Sheering Gaye village, Daniel was sipping a brandy after having enjoyed a good meal, the first decent meal he'd had since he'd left Berlin. Nona, the woman Daniel had rescued, was still in debriefing and he wasn't expecting to see her again. Still, he comforted himself with the thought that at least he had helped her to the relative safety of Britain. On the table beside him sat a smart white phone reminding him that he should call Violet. And yet he hesitated not

knowing what to say. Helping Nona escape had triggered something inside of him odd as it seemed he realised that he could really help people. Well, of course he had helped people in the usual way that most people do, but this was different, this was life changing, because despite the extreme danger he was in when rescuing Nona, Daniel had felt in his element. It had been easy for him while Giles, he'd noticed was trembling and pale. That morning he'd decided to tell his MI5 masters to go to hell and then sign up to work with a red cross team of medics who were heading to Vietnam and this was why he was delaying calling Violet. What on earth was he going to say to her, he could hardly

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expect her to agree to come with him. Finishing his brandy, he placed the glass on the table and picked up the phone. As he listened to it ringing, he decided on another cause of action and he quickly replaced the receiver.

Back in Sheering Gaye village Violet was busy at the school as evening classes were in full swing and the place was buzzing and so she was unaware that the phone at Stanley Hall was ringing. It had been three weeks since she had heard from Daniel. The brief note that she received a few days ago said so little she'd almost thrown it away so instead of staying in tonight and watching the phone she volunteered to help at school. Half a dozen

villagers were discussing 'the day of the jackal', a book they were studying together. Norman was helping Donna with some of the teenagers who were studying for exams. Violet couldn't help smiling as she watched her brother and yet she felt a little sad because Donna did not seem to see how Norman felt about her. Worse still, thought Violet she did know, but did not care. As she looked around the school hall, Violet caught sight of head teacher Conner and Carole Wheeler, they were sitting at a table together. That was fine of course, Violet knew that Conner was supporting Carole with her studies and her ambition to become a teacher. What had surprised Violet was that they were so close together, their heads were almost touching just like lovers.

Carole and Conner were discussing her last piece of work. They often sat in silence as if they had forgotten what they were doing. As yet they were not lovers but they knew there was a strong possibility that they would be. Conner was unattached he had never settled with anyone being a dedicated teacher

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was his life and he wanted and needed nothing more until Carole came into his life. Carole, whose husband Roy worked mainly in the middle east was currently in Tai land with some of his work mates. Carole was disappointed as he was supposed to come home every three months. Roy hadn't even come home for Christmas and Adam had taken it badly. It was six months since Carole had seen her husband, his letters were brief and his promises empty and she was feeling less and less concern for him.

The topic of discussion in the bar at the Swan that evening was all about the plans for the new estate at the bomb site. Speculation was rife around what difference it would make to the village. Dora and Roger listened each of them thinking about the opportunities it offered for their business. Dora, was thinking a restaurant and Roger was thinking a bar extension. Unusually, teacher Susan Day was in the bar sipping a Bacardi and coke. Jonas having finished his organ practice was enjoying a Guinness while JJ Jones was on his second pint. Batholomew Osbourne, new owner of the Post Office asked when they were going to start the building work. Jonas answered saying that the work would have to go out to tenure so it could be sometime. Others asked how many houses there would be. Susan Day answered this query, saying that there were likely to be at least thirty-five and in conjunction with the Greater London Council the houses would be for London over flow. This caused a flurry of good-humoured

speculation as to what sort of London Rif-Raf would be moving in.

In the back room of the Swan, Norman, Donna, Conner, Carole, Shelia Grey and Peter Dewhurst were enjoying a drink together. Teacher Peter was lodging at the Vicarage until he could find somewhere. He and Shelia left after one drink walking back across the green, followed a few minutes later by Conner and Carole. Conner gave Carole a lift home to Sheering Fair. This left Norman and Donna alone. Norman tentatively suggested another drink, Donna smiled and nodded. As he walked to the bar Norman chided himself, he'd known Donna for a couple of months now so wasn't it about time he asked her out. The reason he was reticent was mainly because he knew she'd turn him down, but in truth he didn't know that did he. Taking the drinks and his courage back to the table he boldly slipped his arm around Donna and asked if she fancied going to the pictures on Saturday night. Her answer literally took his breath away. Donna leant toward him and kissed him gently whispering that she thought he'd never ask.

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In the 2i's coffee bar Old Compton Street, Soho, Silvia and Adam were in the crowd watching the acts. A smartly dressed woman came up and spoke to Silvia. It was noisy in the bar the woman beamed her to come outside. Silvia touched Adam on the shoulder to let him know she was going outside. Adam was so engrossed in the music he hardly noticed. Outside the woman asked Silvia her name and how old she was. 'I'm 15 next month, it's only a coffee bar it's not like I've been drinking,' said Silvia fearing she had done something wrong.

'No, Silvia, I'm not asking you for that reason, it's just that, well, have you ever thought of modelling.' 'Who me?' Yes, you Silvia, I think you have a unique look, it's a kind of special something a model needs, I've seen you a few times in here and I think you have it, I had to ask your age and because you are so young I will need to speak to your parents, that is if you are interested.'

Silvia, felt suddenly faint with excitement and a dozen questions tumbled out of her mouth. The woman whose name was Andrea

Scott invited her for a coffee and they went into the back room where it was quieter and had a chat. Andrea said she would come and visit Silvia's parents. Silvia explained about her dad being ill. Andrea said not to worry she would write first.

With Andrea's card tucked in her pocket, Silvia went back into the 2i's where she spotted Adam engaged in conversation with an older man. In that moment she realised that Adam couldn't care less about her. The pain she felt was almost physical and she gasped audibly. With her eyes full of tears, she walked to the tube station and headed home. By the time she reached Denham her tears had turned to anger. Hurrying out of the station she was just in time to catch the last bus. Un-noticed by Silvia another passenger got off the train but he went to the taxi rank. Slung his rucksack on the floor of the cab he asked the driver to take him to Sheering Gaye Village.

To be continued.....

BOOK TOWN QUIZ ANSWERS

1. Vanity Fair
2. Angela Rippon
3. Richard III
4. Albert Camus
5. The Devil's Dictionary
6. Harold Macmillan
7. The Forsyte Saga
8. The Darling Buds of May – H.E. Bates
9. P.B. Shelley - Skylark
10. Noel Coward
11. Kate Mosse
12. Edward Fitzgerald

PERSONAL MESSAGES

BEGG

Kathy and family would like to thank everyone for all their cards, flowers and messages after the sad loss of Allen. Also to the many people who came to his funeral service at St Andrews

=====

KLISZAT

Judith and family would like to thank everyone for the flowers, cards, offers of help and sympathy following the sudden loss of William, who will be missed more than words can say. 'Thank you' to JJ Martin Funeral Directors and Sedbergh Golf Club. £395 was raised in William's name for Asthma and Lung UK plus unknown amounts that were donated online.

=====

TODD

Thomas would like to thank everyone who joined him to celebrate his 70th birthday and a big thank you for all donations to North West Air Ambulance amounting to £535

=====

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LOOKAROUND DIARY

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LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 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.

APRIL 2024

03	1000	Ghyll, Gryke and Glyph	FM
03	1000	The Space We Fill	FM
04	1400	Community Afternoon Tea	GH
04	1930	WIHF - Spring in the Air (53)	FCH
07	1000	Sea Kayak Demo Day free	Killington
09	1100	PMR/GCA Support Group	FM
09	1400	WIK - Support for Unpaid Carers (54)	PH
09	1900	Community Orchard Sedbergh AGM	RR
09	1930	Domino Drive	FCH
10	1930	Sedbergh WI Hedgerow Baking (51)	PH
11	1930	Parish Council Meeting (14)	PH
12	1430	Dementia wildlife event (7)	Plumgarths
13	1500	Charity Darts Competition	WHC
14		Save the Curlew	Malham
14		Sedbergh School Term Starts (Mar)	TBA
14	1600	Messy Church	CCCN
16	1400	Sight Advice	PH
17	1500	Speckled Hens 1st Birthday	School Lod
18	1400	Community Afternoon Tea	GH
20	1800	Reuben Tighe	TR
20	1830	Cheese and Wine evening (7)	DMH
21	1000	Sedbergh Spring Show (1)	PH
23		Book Town Takeover (22)	Everywhere
26	1830	Eating through the Bible Dent (10,26)	DMH
27		Dentdale Choir Spring concert (Mar)	STAD
27	1930	Football Club Comedy Night	PH

MAY 2024

02	1115	PMR/GCA Support Group	FM
02	1400	Community Afternoon Tea	GH
08	1930	Sedbergh WI Resolutions meeting	PH
10	1430	Dementia wildlife event (7)	Plumgarths
10	1900	British Legion Annual Dinner (40)	GC
11	1400	Jumble sale Air Ambulance (41)	PH
11	1800	Native Cult	TR
12		Christian Aid Week	Sedbergh
12	1600	Messy Church	TBA
14		Dementia Action Week (Feb)	TBA
14	1400	Killington WI	PH
14	1930	Domino Drive	FCH
15	930	Christian Aid Coffee morning	STAS
15	1900	Kirkby Stephen 10K Howgill Harriers	KS
16	1400	Community Afternoon Tea	GH
17	1900	Sed Primary Promise Auction (16)	SPS
18		Christian Aid Week	Sedbergh
18	1100	Killington sailing Open Day (Mar)	Killington
20		Dementia Action Week (Feb)	TBA
21	1400	Sight Advice	TBA
24		School Half Term Holiday (17)	SS
24	1845	BBQ	FCH
30	1400	Community Afternoon Tea	GH

30 1800 Killington Sports (Feb) Becksid F

JUNE 2024

02		School Half Term Holiday (17)	SS
06	1400	Community Afternoon Tea	GH
09	1600	Messy Church	CCCN
11	1400	Killington WI	PH
11	1400	Killington WI	PH
11	1930	Domino Drive	FCH
12		Sedbergh WI summer outing	TBA
14	1430	Dementia wildlife event (7)	Plumgarths
15	1830	Rob Young	TR
16	1300	MF - Sedbergh Songsters	STAS
16	1300	Sedbergh Music Festival Begins	STAS
18	1930	MF - Julian Cann Quintet	STAS
19	1300	MF - Nick Hurdall 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		Sedbergh Music Festival Ends	STAS
27	1930	MF - BBC Singers	STAS
29		School Term Ends (17)	SS

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
09	1930	Domino Drive	FCH
10	1930	Sedbergh WI Glass fusion pendant	PH
11		Killington WI Summer Outing	Orton
14		Cricket v Southern Vipers (17)	SS
18	1400	Community Afternoon Tea	GH
24		Cricket - Metro Bank One Day Cup (17)	SS

AUGUST 2024

01	1400	Community Afternoon Tea	GH
09		Hells Fells Begins	Birks
11		Hells Fells Ends	Birks
13	1930	Domino Drive	FCH

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

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

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

THE GUNDOG COFFEE SHOP

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

HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

NUMBER 46

MAIN STREET

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

THE RED LION

FINKLE STREET - 015396 20433

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

SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

SMATTS DUO

MAIN STREET - 015396 20552

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

THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

WAFFLE CONE

MAIN STREET

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

THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

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

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable

SOME WALKS AROUND SEDBERGH

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

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

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

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

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

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

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

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

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

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

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

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

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



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	TBA
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - 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 Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
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
Gladstone Community Group -----	Janey Hassam - 07966 134554
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 -----	sedberghcomarket@greencobweb.co.uk
Sedbergh Ladies Friendship Group -----	Jo Birkbeck - 07769 908663
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 -----	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 / vscsedbergh@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 *.*

BUS SERVICES

Stagecoach
563 Monday-Friday - Kendal - Penrith
Kendal - Sedbergh - Appleby - Penrith

From 25th March 2024

	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Kendal Bus Station stand D	0830	1100	-	1305
Oxenholme Railway Station	0841	1111	-	1316
A684 Motorway Bridge	0851	1121	-	1326
Sedbergh Post Office	0904	1134	-	1339
Cautley The Cross Keys Hotel	0914	-	-	1349
The Fat Lamb Inn	0923	-	-	1358
Kirkby Stephen Pennine Hotel arrive	0935	-	-	1410
Kirkby Stephen Pennine Hotel depart	0937	-	-	1412
Brough Clock	0950	-	-	1425
Warcop	0959	-	-	1434
Appleby Moot Hall	-	-	1128	-
Appleby The Sands Church	1009	-	1130	1444
Kirkby Thore Sanderson's Croft	1021	-	1142	1456
Temple Sowerby	1028	-	1149	1503
Penrith Sainsbury's	1041	-	1202	1515
Penrith Railway Station	1047	-	1208	-
Penrith Railway Station	0845	1050	-	1305
Penrith Bus Station stand 2 arrive	0850	1055	-	1310
Penrith Bus Station stand 2 depart	0853	1058	-	1313
Penrith Health Centre	0856	1101	-	1316
Temple Sowerby Post Office	0907	1112	-	1327
Kirkby Thore A66	0911	1116	-	1331
Kirkby Thore Sanderson's Croft	-	-	-	1334
Appleby The Sands Church	0920	1125	-	1345
Appleby Moot Hall	-	1127	-	..
Warcop	0932	-	-	1357
Brough Clock	0940	-	-	1405
Kirkby Stephen Costa Coffee arrive	0950	-	-	1415
Kirkby Stephen Costa Coffee depart	0952	-	-	1417
The Fat Lamb Inn	1003	-	-	1428
Cautley The Cross Keys Hotel	1012	-	-	1437
Sedbergh Library	1022	-	1135	1447
A684 Motorway Bridge	1035	-	1148	1500
Oxenholme Railway Station	1045	-	1158	1510
Kendal Bus Station stand D	1056	-	1209	1522

BUS SERVICES

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

Dent Village	..	1010	..	1430
Sedbergh Maryfell	..	1025	1200	1445
Sedbergh Library	..	1027	1202	1447
Sedbergh opp. Morphets	..	1028	1203	1448
Killington M6 Bridge	..	1037	1212	1457
Oxenholme Station	..	1047	1222	1507
Kendal K Village	..	1052	1227	1512
Kendal Bus Station	..	1058	1233	1518
Kendal Morrisons	..	1103	1238	1523

Kendal Morrisons	..	1113	1328	1533
Kendal Bus Station	..	1118	1333	1338
Kendal K Village	..	1123	1338	1543
Oxenholme Station	..	1128	1343	1548
Killington M6 Bridge	..	1138	1353	1558
Sedbergh Spar	..	1147	1402	1607
Sedbergh Post Office	..	1148	1403	1608
Sedbergh Maryfell	945	1150	1405	1438
Dent Village	1000	..	1420	..

DENT RAILWAY STATION TIMETABLE

Valid from January 2022

(N) Through train to Leeds, Sheffield and Nottingham

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

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

BUS SERVICES

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

From 2nd October 2023

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

BUS SERVICES

Western Dales Bus

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

From 2nd October 2023

Sedbergh Dalesman	0900
Cautley Cross Keys	0909
Kirkby Stephen Station entrance	0923
Kirkby Stephen, Market Square	0928
Kirkby Stephen Co-op	0935	1139	1428
Kirkby Stephen Social Club	0936	1140	1429
Kirkby Stephen Station entrance	0941	1145	1434
<i>Trains to Carlisle</i>	<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 Whinfall (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfall (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

LOOKAROUND EDITORIAL TEAM

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

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

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 - 2nd and 4th Sunday 2pm.

*Combined plans for Western Dales Mission Community
April 2024*

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

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am

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

Telephone Triage – 10.30am – 12pm

(please phone or book online)

Late Morning Appointments 10.30am – 12pm &

Afternoon appointments 2.30pm-6pm

(please phone or book online)

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

Health Centre, Station Road

Telephone Box, Millthorp

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

First Responders

IN EMERGENCIES CONTACT THE EMERGENCY SERVICES

The numbers below are for information on volunteering only

Sedbergh - Myles Ripley 07880 161648

Dent - Wendy Pontefract 015396 25253

POLICE

101 or 999

Email: 101@cumbria.police.uk

Crimestoppers 0800 555 111

Community Officer

Mandy Colman - 07773 181425

Amanda.coleman@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

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

April 2024