

Sedbergh & District

LOOKAROUND

October 2020

Issue 392

Donation £1

Many will be aware of the sad news of the proposed closure of Newton Rigg College in July 2021. Our cover picture this month is of the Tractor Run which took place on Sunday September 20th to highlight

the issue and the ongoing importance of the college to the farming community.

I wish everybody involved success in their efforts to secure a future for the college. *Ed.*

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Newton Rigg Tractor Run
Bill Lewis

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Weekly Coffee Morning St Andrews Church
Every Wednesday 9:30am to 12 Noon

CANCELLED UNTIL FURTHER NOTICE
BUT IT WILL BE BACK!



Groups who would like to run a Coffee Morning
 please call Marilyn Leckie on 015396 20829



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- ◇ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

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

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INCLUDE THE INVOICE NUMBER
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NEWS FROM THE PEWS

*Susan Sharrocks &
Tony Reed Screen*

Although it has been around since 2011, I had never heard of "Zoom" and I guess many of you hadn't either. I had no idea what it did and why I should use it instead of Skype or FaceTime. Now we know it is a computer application that many of us are familiar with and use. For those who are shielding it is a wonderful tool to keep them in touch with friends and family and their church family too.

For us during our unplanned extended stay in Australia earlier in the year using Zoom kept us in the loop with our church community here at home. What a blessing it proved to be, seeing familiar faces and hearing familiar voices brought home close for a short while. We could join in Sunday morning services and the



Wednesday coffee mornings, which for us being 9 hours ahead Down Under was evening time.

Occasionally there were technical difficulties. The host's internet sometimes suffered a glitch and one time I lost contact with the service when Rev Becca Gilbert, our new Pioneer Minister was being inducted by the Bishop of Carlisle into her new role here in our Mission Community. I eventually re-joined the service only to see Bishop James but could not hear a word he was saying.

Becca and husband Richard live with their two children in the Dent vicarage but she is not the new vicar. As a Pioneer Minister Becca is charged with "Being the first to lead ministry into new places for and with others". Yes, she will take some Sunday services and her help will be especially needed during the

October Birthdays

**Ethan Moore is 2
on the 2nd October.**

Happy Birthday Ethan!

**Robert Moore is 4
on the 16th October.**

Have A Great Birthday Robert!



07498
870267

*Tuesday drop in coffee mornings
are currently suspended.*

*In the meantime we will be offering a telephone
service; please call the Grief Share number above
if we can help*

interregnum when the Parish of Sedbergh will be without a vicar.

Leaving the Diocese of Ely, Cambridgeshire for the Yorkshire Dales during Lockdown did not faze Becca. She has not had the easiest of introductions to her new position and surroundings. Meeting congregations courtesy of Zoom and then when services did take place standing before a congregation wearing masks set quite a challenge, and raised many unseen smiles.

During the time the church doors were closed and the only services were on Zoom Tony was measuring and marking the floors and pews ready for our congregation to return, albeit, socially distanced.

In mid-July Sunday morning worship recommenced. At present there is no 8 a.m. communion service and no evening service, just the 10.30 a.m., and a communion service at 12 noon on Wednesday. We are not quite back to "normal service" as only the choir sing not the congregation, and only two hymns. The bellringers are pleased to be active again. At most only able to ring four bells to keep socially distanced.

Masks have to be worn. Not great, but it is swinging the dust off the bells!

We do wear masks in church unless there is a particular medical reason for not doing so.

We are missing one of our church members who was such a part of our church life, Mary Gladstone. Born in Sedbergh 94 years ago Mary returned to live here on retirement and was a constant presence in the choir, on the PCC and leading our Friday morning prayers. With failing eyesight Mary continued singing in the choir, then Lockdown happened and failing health kept her at home when services restarted. Mary died peacefully at the beginning of August.

Many of you will have heard the news already that our Vicar, Rev. Andy McMullon will be leading his last service at St Andrew's on 25th October (10.30am) before he and Lorraine leave for his new post in Belgium.

Before joining us at St Andrew's Andy was a Chaplain in the RAF. In his new position, Chaplain at St George's Memorial Chapel in Ypres, he will once again be amongst military personnel. We feel sure this will be "just the job" for him, connecting with military people serving and retired amongst the many visitors to the famous Menin Gate and city of Ypres.

Andy has served us well and he shall be much missed. He assures us he will be back to visit.

Keep safe and stay well.

Lookaround would like to send best wishes and thanks to Rev'd McMullon for his time at Sedbergh. Ed.

DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

During our August Festival we took time to read God's word and then be quiet to listen to His voice. We all need times of quietness and listening in our lives, yet we don't write them in our diaries!

We had hoped to meet on the 4th Sunday of Sept in the local Hall but as its opening is after that, we will sort something else. Hoping to be in the Hall in Oct.

If you want us to pray for you or someone you care about do get in touch, we have a group of folks who pray.

Perhaps you need a listening ear, give us a call, we can do 1 to 1 at 2m in masks.

Zoom is proving useful and entertaining as a method of keeping in touch but like everyone we look forward to the end of restrictions.

God Bless.

LOCAL YOUNG PEOPLE'S FUND

Karen Bruce Lockhart

The beginning of the University year (and school year) is particularly a time when extra expense is encountered – new books, laptops, extra courses and so on. At this time of the coronavirus epidemic many families many be struggling to meet these extra burdens. All the more so as opportunities to earn money during the summer vacation have not been easy to find. That is just the sort of situation the above fund is intended to meet

The Fund is provided by the Governors of Sedbergh School for educational purposes for the benefit of all young people (under 25) resident within the parishes of Sedbergh, Dent and Garsdale, as well as Killington, Dillicar, Firbank, Howgill, Lambrigg and Middleton

The grants are not means tested and applicants are required simply to justify why they should be awarded a grant, what the work involves, and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary school child, who may need a much more substantial sum later in their educational career.

For instance, a talented musician aged 8 might need a violin, but later in his or her career may require a very much more expensive instrument, or even two, over the years. The purpose must, of course, be educational but this covers sports

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training, music, and travel abroad as well as purely academic purposes.

At a recent meeting of the Trustees it was felt that it might be helpful to those considering whether to apply for a grant to know the types of grant that have been awarded recently, and accordingly the following are some typical recent awards, but the type of award is by no means restricted to these.

1. Grants for laptops at University and for A Level courses
2. Grants for University text books
3. Grants for educational foreign travel
4. A grant for a residential field trip

5. A grant towards a gap year placement abroad

6. A grant to assist with fees for an extra-curricula language course

7. A grant to assist with the cost of books, equipment and uniform for a vocational course

8. Grants for the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical electronic university course which requires a very expensive computer and might receive a larger grant. Another may be going on a two week course in Europe, while yet another may be going for six months to work with a charity in a third world country and study the language. Yet another may be studying a course such as English where relatively cheap books can be obtained, while another is faced with the notoriously expensive law or medical books. It is also helpful to know what other steps the young person has taken to raise funds.

The next consideration of applications is presently scheduled to be held on 7th October, and the Trustees hope that young people of the district will give early consideration to applying for such grants.

Application forms can be obtained from the Sedbergh School Bursary bursarsecretary@sedberghschool.org or from the Tourist Information Centre.

REDUNDANCY

Karen Evans

I've worked at the same company for many years but I've been told I'm being made redundant. What redundancy pay am I entitled to?

If you're being made redundant, there are two types of redundancy pay you could get. 'Statutory' redundancy pay is the minimum that the law says you're entitled to, or 'contractual' redundancy pay, which is extra money your contract says you can get on top of the statutory amount.

You're usually only entitled to statutory redundancy pay if you've been an employee for at least two years. It's worth asking your employer or checking your contract to see if you're entitled to more than the statutory redundancy rules allow.

Statutory redundancy pay is based on age, weekly pay and number of years in the job, up to a maximum of £538 a week. The Citizens Advice and Gov.uk websites have calculators to help work out how much you'll get. For example if you're aged 41 and over, you'll get 1.5 week's statutory redundancy pay for each full year you've worked, up to a maximum of 20 years' service.

If your employer offers a suitable alternative job, but you refuse to take it without good reasons, they can refuse to pay your redundancy. You won't get statutory redundancy pay if you've been employed for less than two years, are self-employed or are in certain jobs like the armed forces or police (though you may be entitled to contractual pay).

If you've been furloughed, the law now says that your redundancy pay should be worked out using your usual wages, even if you were paid 80% while you were furloughed. However, statutory redundancy pay still limits a week's pay to £538.

If your employer has told you that your redundancy pay will be based on your furlough rate of pay, you could explain to the employer that isn't what the Gov.uk website says about redundancy pay, or contact your nearest Citizens Advice.

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

South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice

How to access:

- Call 015394 46464 - this is being staffed from 9:30 – 2pm
- Adviceline: 03444 111 444
- email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444


**SEDBERGH
MEDICAL CENTRE**

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

2020

Wednesday 14th October
Thursday 19th November



A LITTLE UPDATE ON HOW THINGS ARE GOING IN THE GREATEST LITTLE CHARITY SHOPS IN TOWN.

To all our valued charity shoppers

Anita

After an unsure start back in June we are well into the swing of things, and are now back to accepting donations every day, just in case you wondered.

We are in need of your donations, especially for winter clothes and bric a brac. Book donations, if possible, to be taken to the bookshop when open (opening times for both shops are below).

All the donations that are brought in are sorted and stored for three days in our quarantine room before going out into the rest of the storage cellar or onto the shop floor. We have a wide variety of goodies waiting to go to a new home, but remember, we still need those donations coming in please.

We are all working very hard to bring you the same quality service and stock as before lockdown, but it's having to be done in half the time and with half the volunteers, so if you

fancy helping out, you know where we are, pop in.

Many thanks to you all!

It is our aim to open six days a week mornings and afternoons as before lockdown, so as the autumn goes on, we will be opening more hours.

Please check in our shop window for accurate weekly opening times as each week will differ.

Opening times

Main Charity Shop

<u>Morning</u>	<u>Afternoon</u>
Monday 10am – 1pm	1pm – 4pm
Tuesday 10am – 1pm	1pm – 4pm
Wednesday 10am – 1pm	1pm – 4pm
Thursday 10am – 1pm	Closed
Friday 10am – 1pm	Closed
Saturday 10am – 1pm	1pm – 4pm

Charity Bookshop

<u>Morning</u>	<u>Afternoon</u>
Monday 10am – 1pm	1pm – 4pm
Tuesday Closed	1pm – 4pm
Wednesday 10am – 1pm	Closed
Thursday 10am – 1pm	Closed
Friday 10am – 1pm	1pm – 4pm
Saturday 10am – 1pm	Closed

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**ZERO WASTE SEDBERGH
Sedbergh Food Club**

Suzie Pye

1.9 million tonnes of food is wasted by the food industry every year in the UK, whilst 8.4 million people are struggling to afford to eat. This dichotomy appears to be quite simple to put right, right?

You might have heard of FARESHARE over the last few months (possibly thanks to premier league footballer Marcus Rashford). They are a national organisation tackling food waste by collecting it mainly from supermarkets and redistributing it to charities and community groups. The food that is collected is destined for landfill as it is not deemed to be worth the space it takes up in the supermarket warehouses.

There is a newly established Food Club down the road in Kirkby Lonsdale which is supplied by FARESHARE. They have generously offered Sedbergh some of their slots so we can trial the scheme for a few weeks with a view to establishing a more permanent arrangement of our own if enough interest is generated. At the time of writing this trial period has just begun, the 10 spaces have been filled, and it is all rather exciting!

Each Food Club member receives a tray of food each week for a small donation of around £4 per week. The contents of the tray will vary week to week but it will always be of good quality. The picture here is what was collected this week!

The scheme is not only about diverting food waste, but it has the potential to be a real boost to the



weekly shop for those who are finding times hard at the moment.

So moving forward I would really like to hear from anyone who is interested in signing up to the scheme, and also anyone who is willing to volunteer their time to help. This really is essential. It is not something that one or two people can take on and run by themselves – we really do need a small army to make it work. So please do get in touch to register interest and find out more: suziejpye@gmail.com 0783 3534 710

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Western Dales Bus is a registered charity, established in 2013 to reduce social isolation by providing community bus services. We operate in the Sedbergh, Dent, Garsdale, Kirkby Stephen and Brough areas, as well as some private hire services to charities. We are run by volunteers, and are now looking for a part-time manager.

The work will include:

- Keeping our bus services running
- Managing a team of 25-30 volunteers
- Communicating with the public
- Keeping records, keeping and providing reports

We are looking for someone who

- Has good people and management skills
- Is well organised and can work independently
- Has high levels of numeracy, literacy and IT skills
- Is a good communicator
- Is willing to undertake training to learn new skills

Contact Neil Cleeveley at neilcleeveley@gmail.com for an application pack or call him on 07786 084411 for an informal discussion and further details.

Closing date for applications: 16 October 2020

NORTH WEST AIR AMBULANCE JUMBLE SALE

Sandra Longlands

When Covid restrictions came into force in March we had to cancel a jumble sale for raising money for the North West Air Ambulance. We have now re-booked the People's Hall and hope to hold it on the 21st November, making whatever arrangements for distancing/sanitising etc are appropriate at the time.

In the meantime, if you are having a sort out and have any bits and bobs to donate, please think of us. We anticipate that all the jumble will have to lie fallow for at least three days so we will not be able to accept anything



after Tuesday 17th November, and our usual collections arrangements will have to be adapted. We will confirm how we will organise things with an advert in November's Lookaround. We have some storage, so get in touch if you would like to arrange a collection before then.

We plan to have a raffle, so any prizes will also be gratefully received, and you could catch one of us nearer the time selling tickets. We also hope to have Barclays Match Funding which will double what we have to give to the Air Ambulance.

If the Covid situation worsens we may have to consider postponing the sale again. If this happens our current

storage area may not be suitable through the winter - if anyone has a fairly large area of dry storage that we could use we would be very pleased to hear about it.

We hope you agree that the Air Ambulance is a worthy cause - we like to know it is there though we hope never to use it, so please support our fundraising effort in whatever way suits you - buy raffle tickets, donate, or come and have a rumble through the jumble to find some treasure. If you would like to get in touch contact Sandra on 07815069394.

Thanks in advance for your support from Sandra Longlands, Elaine Teal, Olive Hunter, Kate Thexton and Jane Storey.

NOTICE OF ANNUAL GENERAL MEETING SEDBERGH & DISTRICT COMMUNITY TRUST

Dr Gina Barney

Notice is hereby given that the Annual General Meeting of the Community Trust will be held on Monday 12 October 2020, commencing at 19.30 in the People's Hall, Sedbergh.

All Members are invited to attend. Non-members may attend as observers. Anyone wishing to become a Trust member can do so by filling in an application form obtainable from the Information Centre (72 Main Street). There is no membership fee.

The Agenda is as follows:

1. Apologies for absence
2. Minutes of AGM held on 14 October 2019
3. Matters arising
4. Annual Report
5. Treasurer's Report
6. Election of Trustees
7. Appointment of Examiner of Trust's accounts
8. AOB
9. Date, time and place of next meeting (proposed Monday 11 October 2021).

There are three Trustee vacancies.

Members of the Trust wishing to put themselves forward for election should provide the Secretary with a Nomination Form (obtainable from 72 Main Street) duly proposed and seconded and signed in agreement by the nominee, by the close of business on Friday 9 October 2020 at the Information Centre (72 Main Street).

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Picture below was an old table top



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Or at Sedbergh Information Centre
72 Main Street

UPDATE ON SEDBERGH PEOPLE'S HALL UNDER COVID

Dr Gina Barney

Since the report in the August Edition or Lookaround various government statements have come and some have gone. The latest is the "Rule of Six" (at least at the time of writing it was!) applying from 14 September 2020.

Fortunately, after a bit of confusion the Hall is mainly unaffected by this rule under several exemptions. Hirers already booked are unaffected by the "Rule of Six". Your activities are exempt, as long as you continue to follow the general government guidelines, and the Risk Assessed arrangements that the Hall has laid down.

The main change since 8 August is to wear a face covering on entering, leaving and moving around. There is a concession to lower it, when sitting/standing in your place at least two metres from each other, especially when eating, drinking and speaking.

There are some things we cannot do, for example, a disco. So far, we have been able to accommodate most requests. Ask me if in doubt.

DENTDALE, HEAD TO FOOT Cessation of meetings 2020

Mike Steele

Following a virtual committee meeting we have decided there will be no further monthly meetings held in 2020.

We will be having another committee meeting in November to decide how we might be able to continue them in 2021, but this will obviously depend upon many variables being known.

Unfortunately, the Dentdale Over 60's Christmas Lunch, normally held in early December, has been cancelled for this year as we are unable to socially distance the number of diners involved in the Memorial Hall. We hope in 2021 that it can be held again!



Valerie Hinde

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ROYAL BRITISH LEGION REMEMBRANCE SUNDAY

David Parratt

It is regretted that there will be no service inside St Andrews Church this year due to Covid19. Instead, it is intended to hold a limited drumhead service at the war memorial with a two-minute silence at 1100, followed by the laying of wreaths. Further details will be made known in due course and updated information will appear in the November Lookaround and posters around the town nearer the time. Much will depend on the situation with the virus as to the final outcome for this event.

BOXES OF HOPE CUMBRIA

Pam Dent

Leaflets should now be available at both the Post Office and TIC, 72 Main St., for the 2020 campaign. I am extremely grateful to both, not only for agreeing to stock leaflets but also for acting as drop-off points for completed boxes, 1st – 12th November. The boxes will then be checked and packed into cartons at either Kendal or Kirkby Stephen for their onward journey to Romania the following week. Once there, our partner charity People to People distributes the boxes to various centres around the country, from where they are taken out to be distributed to the children. It's a huge logistical operation but well worth it to see the smiles of wonder on the faces of the children and their families – that people in a foreign land should care so much for them. As ever, and especially in these difficult times, thank you for your support.



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of

Sedbergh Lookaround

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TRY PRAYING!

Maureen Lamb

We in Sedbergh are so lucky that Dennis Whicker invented the Lookaround. Surely there cannot be a more useful local publication anywhere else in the country. Most Parishes do of course have Parish Magazines, but these publications have a vested interest. Our Lookaround is entirely non-religious and non-political. There is no vested interest. On the other hand, it provides so much information, about local tradesmen through the advertisements, and about local organisations and institutions such as the tennis club or the Peoples Hall. It is an invaluable source of information for the people in the area as well as a platform for their opinions.

This thought has emboldened me to comment on something that has appeared on the Sedbergh Church railings. "Try Praying" the banner boldly declares. A dictionary defines 'to pray' as 'to wish or hope strongly for a particular outcome or situation'. Because of where the sign is placed there will perhaps be an understanding that the 'prayer' is to the Christian God to help us through this pandemic. Clearly no-one is likely to interpret the advice to 'try praying' means that just by 'wishing' or 'hoping strongly' that the Corona 19 virus will go away will produce the desired effect.

In the past when the world was turned upside down by a plague or bad weather and when the livelihood of most of the population in this



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The logo for 'sk' is rendered in a large, bold, red serif font. The letters are slightly shadowed, giving them a three-dimensional appearance. The 's' and 'k' are connected at the top.

INTERIOR & EXTERIOR

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The word 'DECORATING' is written in a white, serif, all-caps font. It is centered horizontally and is flanked by two thin red horizontal lines. The background behind the text is a dark grey circle with a white starburst or sunburst pattern radiating from the center.

country depended on good harvests, many turned to religion for guidance and especially for comfort. It has always been so. Once Darwin had convinced himself that his theory of evolution was correct he had a great mental struggle with his religious belief and initially hid from the world a conclusion that was now obvious to him, because his theory was counter to much that had been taken for truth in the Christian bible. He felt he dare not publish the result of his scientific research for many years because of public opinion at that time.

It might not be popular to complain about this 'Try Praying' banner displayed in a prominent position in Sedbergh but it seems to me to be, not only out of context with the times, but it does the church no credit. The railings belong to the church and the church makes a good contribution to life in Sedbergh by allowing organisations to display information

about upcoming events on them. To use them for church propaganda is their prerogative, but could it be counter-productive? Twenty years ago, or even ten years ago it might have raised not an eyebrow, but attitudes have changed.

Is there some other way that the church could show it is there to help? Perhaps an indication that it is open to all, to anyone whatever their beliefs, as a place to sit quietly and take time out? These wonderful old church buildings offer just that even in the 21st century. It is something no modern building can replicate, particularly an historic gem such as Sedbergh Parish Church. It is still needed.

Some may find this article provocative – feel free to comment in a constructive way via our Lookaround Facebook page, or submit a reply for next month's Lookaround.

Ed

HOWGILL HARRIERS
Cumbria's Friendly
Running Club

Michael Harrison

Due to the ongoing restrictions on Running events Howgill Harriers are still running their series of Virtual 5K and 10K runs in Sedbergh and Kirkby Stephen. These runs are open to Members/Non-Members, runners, joggers and walkers to have a bash and add their activity to the run of their choice. There is a small prize which is randomly selected as the emphasis is on FUN.

Details and all relevant guidelines along with Maps can be viewed on the interactive Virtual Races Tab on the Howgill Harriers Website and via the HH Facebook Page: <https://www.howgillharriers.co.uk/>

To enter, log your time by either using your run app activity link via the Website or Facebook page or just send a screenshot or picture from you watch of your time. Below is the new 5K for Sedbergh:

Start. Top of Loftus Hill at Busk Lane junction. Run towards Dent and take first Left turn into Milthrop after bridge. Left at T Junction in Milthrop and run the lanes to Garsdale road

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(Moss House). Across the road into Fairfield Lane (Fairfield Cottages). Left at Straight Bridge and run back into Sedbergh along Back Lane. Left at the Sedbergh School Library. Finish. SS Wilson Run finish line (Plaque in wall) approx. 100m before the Bursary.

The Run can also be run in Reverse direction to see how your time differs.



DALES FARMERS MEET MINISTERS IN HAY MEADOW

Andrew Fagge

Farmers, Paul Hunter and Caroline Harrison, met Farming Minister, Victoria Prentis, and Chancellor and also local MP Rishi Sunak, on 11 September 2020.

Paul and Caroline are two of 18 farmers in Wensleydale and Coverdale who are piloting a 'payment by results' agri-environment scheme, in which they get paid for conserving, either traditional hay meadows or habitat for wading birds such as curlew.

The scheme is one of 67 Environmental Land Management scheme 'tests and trials' taking place



in England. Over the course of the next seven years, ELMs will replace Countryside Stewardship and the Basic Payment scheme.

The meeting took place in a meadow near the village of West Witton. The ministers walked to the site and discussed the principles of payment by results with the farmers and representatives of Natural England and the Yorkshire Dales National Park Authority, which are running the pilot scheme in partnership.

Paul Hunter, whose meadows had twice the cover of wildflowers this summer compared with when the scheme started in 2016, said: "The alternative for me to this pilot scheme would have been to plough up the meadows and re-seed with more productive grasses. But this scheme has provided an income and it has given the decision-making back to the farmer."

Caroline Harrison, who is managing a 30 acre pasture in the wading birds part of the scheme, had a clear message for the ministers: "We need to improve the way money is paid to farmers. The approach in the past has been too prescriptive. We need flexibility and freedom to



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choose what needs to happen and when. We know when the birds are going to nest - it can vary each ear so we can take out the cattle and sheep at the right time. Set dates are no good. Money helps, too. If there's no money in it, people are going to leave hill farming."

Chairman of the Yorkshire Dales National Park Authority Neil Heseltine said: "I am delighted the Farming Minister and the Chancellor took the time to speak to farmers in the National Park. These hill farmers maintain the landscape that we all love. It cannot be stressed enough that they will need ELMs to make their farm businesses viable. I know that the ministers will have been impressed by how quickly the hay meadows and habitat for breeding waders in the scheme have been restored and enhanced.

"Mr Sunak was very taken with the phrase 'nature friendly farming'. That is the sort of farming we would like the Government to support here, with livestock being bred and reared in the hills in a way which conserves and enhances wildlife."

Farming Minister Victoria Prentis said: "Yorkshire has a fantastic community of farmers, who are not only highly resilient but also working hard to test out how our upcoming



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Environmental Land Management scheme can be as effective as possible in rewarding our farmers for enhancing the natural environment.

"I look forward to working closely with more farmers, land managers and environmentalists, like those I have met today from all over the country to design a scheme that will benefit the wide variety of farming systems we have in England today."

Working with farmers to demonstrate the benefit of 'high nature value', low-input farm systems through a 5-year trial of a 'payment by results' approach to agri-environment funding is objective C4 of the Yorkshire Dales National Park Management Plan 2019-2024.

WHILE RAPTOR PERSECUTION CONTINUES

Mark Sadler

Natural England has recorded the best year for hen harrier breeding in England since its hen harrier recovery project was established in 2002, with 60 chicks fledged from 19 nests across Northumberland, Yorkshire Dales, Cumbria and Lancashire in early summer 2020. Ian McPherson, Yorkshire Dales National Park Authority Member Champion for Natural Environment, said: "It's great to see that more hen harriers have bred this year. Within the Yorkshire Dales National Park itself we know of 6 nesting attempts, the highest in decades, 2 of which were brood managed. "But while it's good to see the steady improvement - with more

nesting attempts each year - there is still a long way to go".

As Tony Juniper, Chairman of Natural England, observed: "Too many birds still go missing in unexplained circumstances. Hen harriers remain critically endangered in England and there is a long way to go before the population returns to what it should be". Four of this year's satellite-tagged young birds are already missing, 'fate unknown'. This includes a female that was tagged in the Yorkshire Dales on 4 June 2020. Mr McPherson said: "The Yorkshire Dales is an important area for hen harriers outside the breeding season as well, with birds from across the country coming to winter on the moors and fells. It's crucial that these birds not only have safe nesting sites,



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but also survive the winter, hopefully to breed next year. We want to keep these stunning birds in our skies - where they belong - and we're appealing to the public to help us stamp out raptor persecution once and for all. All birds of prey are protected by law and killing them is a criminal offence. So please, help be our eyes and ears whilst out in the Yorkshire Dales this autumn and winter. If you see any harriers, report them to the Hen Harrier hotline on 0845 460 0121 or by email to henharriers@rspb.org.uk

Finally, if you see anything suspicious or have a concern about a possible wildlife crime, you can call the Police on 101 and ask for the details to be passed on to a Wildlife Crime Officer. If you witness a suspected wildlife crime in action, call 999 immediately and ask for the Police. For more ways to help, and to understand the impact of raptor persecution and how to report it, visit www.operationowl.com

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THE TV SHEPHERD WITH FARMING AMBITION

Kate Gascoyne

The Farmer Network in The Yorkshire Dales and Cumbrias is organising a new Farming Ambition group this autumn. Business training and advice is offered, as well as access to training grants and help to apply for a loan, if appropriate.

Kate Gascoyne, project manager urged young people to think about it: "this is a time of great change for farming. There will be uncertainties, but also opportunities for young people which may require different thinking, farming and marketing. The figures always have to stack up and a business approach needed. If you can't use the business skills and experience gained on the programme straight away, there will be times and chances later on to do so".

Already signed up for the Farming Ambition programme is 20 year old Murray Craig, who works for Matthew and Dani Blair, and featured on the 'This Farming Life' programme on BBC2. He is also shortlisted for the British Farming Farm Worker of the Year Award. Murray is developing his own flock, building towards taking on



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his own tenancy or farming agreement in the future. He said "I am looking forward to the Farming Ambition programme for business insights and the chance to work closely with an experienced business adviser to help me plan. I need to know more about how to do farm accounts and budgets to be confident in my business decisions. Being able to apply for a training grant will be handy and also the possibility of applying for a loan which is available to young people on the business support programme. I am looking forward to starting in October, I wanted to do it last year, but I had a trip to New Zealand at the time the programme started!"

If you are, or know of young people with farming-related business ambitions in Cumbria and The Yorkshire Dales, look on the Farmer Network website, call the Network 01768868615 or email kate@thefarmernetwork.co.uk for more information.

Funding for the programme is provided by the Cumbria Community Fund, the Francis C Scott Trust, Yorkshire Dales Sustainable Development Fund and the Princes Countryside Fund. The low interest loan opportunity is provided by H&H Group, through Enterprise Answers.

AUGUST WEATHER

Brian Wright

Yet another fairly wet month with 10.8 inches (274.4mm) of rain falling in the period. Most of this, 6.5" (165.4mm), fell on just 5 days of the month, with a maximum of 1.65" falling in one day! Only six days did not record any rain. Temperatures varied widely with a maximum of 88.6F (31.6C) and a minimum of 36.8F (2.9C). The average wind speed was 28.8mph (45.4kph) and a maximum gust of 37.1mph (59.8kph) was recorded.

With all the rain and warm temperatures the grass has grown prodigiously. This seems to have results in an increase of foot troubles in sheep. Many folk seem to have



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had an increase in scald. I, certainly, have had more than at any time since I've kept Ryelands. We have seen the owl on only one occasion during the month when it flew across the field gate area in mid morning. We have heard them quite a lot after dark. The swallows got a second clutch away late in the month, bringing their total for the season to seven. Much better than last season's singleton. For the second nest the female usually raises them on her own, as the male seems to go off with another female elsewhere!

As I opened the back door one morning I was amazed to see a male sparrowhawk. I thought it had got its feet in a Fen trap which I had put down for rats. When I got some large

gloves and went towards it it flew away. In the trap was a dead young blackbird which the hawk had killed and partially eaten.

We haven't seen the long tailed tits at the feeding station recently. The regulars are there eating me out of house and home. We have what I assume is a pair of nuthatches as one is bigger than the other. We regularly have more than a dozen sparrows and an assortment of other small birds, plus a regular cock pheasant and far too many jackdaws.

Butterflies are still in short supply, as are wasps, for some unknown reason. I have killed a few cleggs but even they seem to have been fewer this season so far.

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BOOK REVIEW

Colin Cowperthwaite

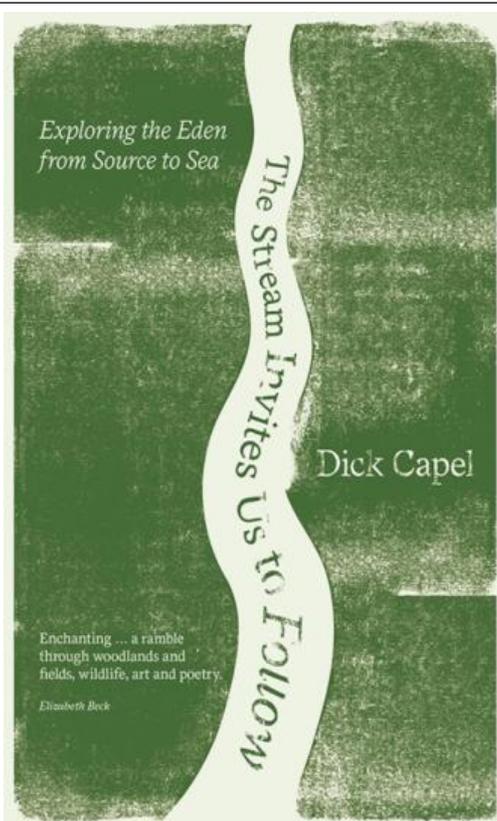
In early April 2020, a new and relatively local book was due to be launched in Kirkby Stephen by its author Dick Capel. Then of course Coronavirus hit us, forcing the postponement of the event. The book was however printed and marketed, and we have both very much enjoyed reading it since ordering, and receiving, our copy a couple of months ago.

The book's title is 'The Stream Invites Us To Follow'. It traces the course of the River Eden from its source high above Mallerstang to the point where it enters the Solway Firth north of Carlisle. It is a beautifully written account of the river's journey which incorporates an impressive account of history, geography, wildlife and local characters along the way.

It also describes in detail the formation of the Poetry Path, Eden Benchmarks and the Goldsworthy Sheepfolds.

Dick Capel knows the Eden Valley throughout its length better than most, having been a long-time countryside manager for the area over many years.

Many will remember Dick and his wife Sue during the 25 years they lived in Fell End, prior to moving into Kirkby Stephen. They currently live north of the border in Dumfries & Galloway. Dick first arrived in Cumbria in 1982, taking a job as area warden for the Yorkshire Dales National Park. Nine years later he accepted a role with the East Cumbria Countryside Project, during which time which he made his



acquaintance with the River Eden, enabling him to make close contact with many local residents and landowners in the valley.

He describes with eloquence and honesty his conflicts and friendships made along the way, and his attempts to build bridges between farmers, residents, the authorities and their associated planning restrictions.

Well worth reading, this book is available from its publishers Saraband, who are based in Salford and can be contacted via their website www.saraband.net.

It may by now also have found its way into local bookshops.

FAMILY MUSINGS

Sarah Woof

Somehow it doesn't feel like autumn, I feel a bit cheated of summer although we have had some glorious weather, the farmers got their crops, the children played out and we sat out or worked in the garden, but sometimes I feel I have arrived unexpectedly in autumn.

Having no apples although I had oodles of blossom, No damsons or plums yet again blossom and I did water them all in the dry times. This makes me feel a bit disjointed with the seasons. Pruning my grapevines too hard has resulted in fewer grapes yet the Raspberries are in abundance. The Roses are still marvellous and as for the mint. Lots of Mint cordial frozen in the freezer and some enjoyed along with Elderflower cordial.

School holidays meant more time with some of the grandchildren, partners in crime esp with sweetie tin. Endless games of football with extra members on my team cos I can't run fast enough! Barbondale picnics, mud pies down the allotment and charging up and down drive on bikes.

Matthew Cook

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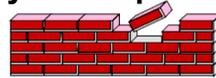
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Many years ago a young girl lived with us for awhile and attended Kendal college, eventually she went home to London but we kept in touch. Recently she came up with her two children, what a delight, so much fun in our garden, at the river, with the kittens.

Getting the fundraiser organised instead of the local Gala was challenging yet a lovely day resulted, blessed by the weather. Something special about being in middle of a field dancing to "Those were the days my friends" with a glass of Pimms in one hand. Marvellous.

Now the nitty gritty of challenging times as it seems C19 marches ever on, the mess left in its wake has repercussions we will all feel the bite of for many years to come. But whatever happens Christmas in its truest sense will not be cancelled.

Stay safe. Find your dancing feet I have the Pimms. God Bless.

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SEDBERGH LADIES NFU

Caroline Sandys-Clarke

We have had no meetings since March because of Lockdown and after consultation with members have decided to cancel all the meetings scheduled for this Autumn, in part due to speakers being understandably reluctant to come.

Our summer outing to Leighton Hall in June was cancelled and then when restrictions were lifted a little, was rescheduled for September. However, with the new restrictions which have just come into force (on Monday 14th September) this has sadly had to be cancelled again. Instead of our November coffee morning, in support of St John's Hospice, we are very

much hoping to be able to have a stall at the Wednesday market on either Wednesday the 4th or Wednesday 11th November. Cakes and St John's Hospice Christmas cards will be for sale. There are one or two things that need to be finalised before we can go firm on the date, but providing that we can go ahead on one of these dates, confirmation will be in the next Lookaround and also there will be posters around the town. Everything will of course hinge on there not being more stringent lockdown rules in place by then. Fingers crossed we can have the stall to help raise much needed money for this worthy cause.

RECIPES

Brenda

Cheesy Courgettes

A good way to use up all those courgettes at the moment

2lb courgettes

3 eggs

1/4-pint milk

1/4-pint single cream

4 oz strong grated cheese

Salt and pepper to taste

Pinch of nutmeg

Method

Grease a shallow ovenproof dish. Wash and slice courgettes and cook in boiling salted water for 3 - 4 mins. Drain. Beat eggs and cream together in a bowl and add seasoning and nutmeg. Spread the courgettes into the baking dish. Pour the egg mixture over them and sprinkle with grated

cheese. Bake for 20 mins in a preheated oven (gas 6,180 fan, 200 centigrade) until the egg mixture has set and the cheese is golden and bubbly.

Fork Biscuits - Makes 16

4oz butter

2oz caster sugar

5oz self-raising flour

Method

Beat the butter, gradually beat in sugar and flour. Bring mixture together with hands. Make 16 balls. Space well apart on a baking sheet. Dip fork in water and press down each biscuit. Bake 15 - 20 mins (gas 6,180 fan) until pale golden brown. Lift off the baking sheet and cool completely on a wire rack.


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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School was pleased with its GCSE results. This year, 98.4% of pupils received passes with grades between 4 – 9 (A* – C), which is an increase of over 6% against last year. The improvement on last year's results continues, as this year pupils achieved a total of 456 grades 9 – 7 (A* – A), an astonishing 48.5% which is an increase of over 8% on last.

Samuel Sancar (Winder) was this year's top performer, with a phenomenal set of results which saw him receive 10 Grade 9s (10 A*). Jessica Knibbs (Carus) also achieved some brilliant results, receiving 9 Grade 9s (9 A*) and 2 Grade 8s (2 As). Local pupils also enjoyed some

fantastic results today too. Lucie from Lancaster, achieved 6 Grade 9s (6 A*) and 5 Grade 8s (5 As), Martha from Sedbergh, received results of 2 Grade 9s (2 A*), 6 Grade 8s (6 As) and 2 Grade 7s (2 As) and James from Kendal, received 10 GCSEs with 7 Grade 9s (7 A*).

The School roll has remained high despite the difficulties. There are 533 pupils this term (543 in March) and in the Prep School the numbers are 169 and 173.

Because of the Government restrictions, the need for isolation for pupils coming from some countries and difficulties of travel arrangements, the School opened on 17th August to accommodate about 70 pupils. This involved two boarding houses opening, Hart for boys and



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Sedbergh Senior School
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School Secretary

Sedbergh School are now looking to recruit a motivated, friendly and enthusiastic Book Room & Headmaster's Office Admin Assistant, to be based at our Senior School.

The Book Room is a small 'shop' located in the main School buildings and enables both pupils and staff to purchase a variety of stationery items and textbooks.

The purpose of the role is two-fold. Firstly, to support the provision of a stationery service to both staff and pupils. Our ideal candidate will manage the day-to-day function of the Book Room, helping the Book Room Manager to ensure that the School has adequate supplies of all stationery for both the pupils and staff.

Secondly, to assist in supporting the reprographic provision for the Headmaster's Office and the Common Room. The successful candidate will also help to provide and support routine administrative duties in the Headmaster's Office.

In exchange the School will offer:

- Contributory pension scheme—to include life cover while remaining within the scheme;
- Statutory Sick pay entitlement—conditional on meeting the demands of the scheme;
- Free car parking;
- Ride2Work;
- Opportunity to see School productions;
- Staff events and family fun days!
- Sedbergh School staff can use the School's vast facilities (outside School timetabling) including the indoor swimming pool, tennis & squash courts and the incredible state of the art Hirst Sport Centre, which opened in 2019.

If you would like to be a part of our team, or to find out more about this vacancy, please visit the Sedbergh School Vacancies webpage or email the HR Department on hradmin@sedberghschool.org.

The closing date for applications is 5pm, Thursday 1 October 2020
interviews are planned for the week commencing 5 October 2020
We look forward to hearing from you.

Sedbergh School is committed to safeguarding & protecting the welfare of children. Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and The Disclosure and Barring Service.

Carus for girls. A programme of activities was set in motion for them. Programmes of the types of precautions the School intends implementing are set out in Red, Amber and Green levels depending on the situation at the time

Depending on the national, local, and school position, the School has a process of operation which allows them to flex between the various states of 'alert'. In the Red Zone, pupils are in small bubbles with limited activities and access to the Town. As this position changes, bubbles will become larger to allow greater flexibility with all of the events and activities on offer. Extra cleaning, extreme hygiene measures and a strict education programme is helping the pupils to adjust to their new way

of life. As ever, the health, safety and wellbeing of pupils, staff and the wider community remain of paramount importance

The term started in the usual way with the new pupils climbing Winder and having their photos taken - to qualify as Sedberghians!.

The new satellite facility for 6th form girls in the old Medical Centre has been completed, but is at present being made available in case of need for isolation, and is being known as the Nightingale meantime.

The Prep School has two new Technology suites.

The Principal, Mr Andrew Fleck, was interviewed on Radio Cumbria on 2nd September about the arrangements for the return.

The Tatler featured the School in its Schools Guide 2021 where it was said "Sedbergh is an uncut diamond: it stands on its own merits, doesn't pretend to be something it's not and ultimately sends its young men and women out into the world with their head held high"

Logie Bruce Lockhart OS, the youngest son of the former Headmaster, JH Bruce Lockhart, died on 7th September a few days before his 99th birthday.

This year the Music Department is offering, as well as A Level and GCSE qualifications, the Cambridge Technicals Level 3 Performing Arts vocational qualification. The Department hopes that it will be able to proceed with Teatime Concerts, and Italian Evening

Following the cancellation of the BBC Young Choir of the year competition where the School was in the final, the BBC have provided a

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copy of the unseen footage of the choir preparing for the final, and this can be seen @SedberghMusic on twitter or youtu.be/07Nt_CtjWPE

The Yorkshire first team squad against Nottingham on 27th August had three Old Sedberghians: Harry Brook, George Hill and Matty Revis. George Hill took his maiden wicket for Yorkshire against Lancashire

The Sedbergh School 3rd XI - or is it 2nd? - (local pupils, staff, parents and Old Sedberghians) played in the Westmorland League and played 7 games. In September they won by 42 runs against Kirkby Lonsdale. The highlight was a catch by the captain, Colin Gunning, which went viral – a video of it can be seen on various twitter sites including @Sedbergh3rdXI. The 12 year old wicket keeper is Harry, Head Boy of

the Prep and Captain of Cricket. It also featured on the BBC during the England v Australia T20. It had been viewed over 600,000 times within about 48 hours. Then in the next match against Carnforth another 12 year old playing in his first grown up match threw a magnificent ball to achieve a run-out.

The School is endeavouring to provide a full sports and activities programme

Three pupils were chosen to join the England U18 Development Rugby Squad training at York at the end of September

Future Events

The senior school is not publishing a Calendar this term but the Remembrance Day service is still scheduled at present.

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SETTLEBECK SCHOOL

Sarah Campbell

Year 11 Results

We are extremely proud of all our Year 11 students who showed real maturity throughout what has undoubtedly been a difficult period in their young lives. The grades awarded were testament to their hard work over the duration of their courses. Outstanding results were achieved by many, with numerous students gaining a GCSE grade 9 in at least one subject. All students have secured places in further education with them accessing A Level and Level 3 courses at Lancaster Royal Grammar School, QES, QKS, Hockerhill, Kendal College, Lancaster and Morecambe College and Newton

Rigg. We wish them every success for the future

September at Settlebeck School

It is fantastic to hear a buzz around the school again, as it the people that make a school not the buildings. Our students have transitioned back into school well, and approached the changes to routines in a mature and responsible manner. Students have returned to a full curriculum with some adaptations in the early stages for practical subjects. We continue to follow the government guidance to ensure that our procedures and practice reduce the risk of transmission as much as is practicably possible. As always we are grateful to our families and the local community for their continued support



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Due to current restrictions, we are unable to hold our annual Open Evening but will be providing parents with the opportunity to visit school (outside of normal school hours) and meet with Senior Leaders.

FRIDAY MORNING

Sandra Gold-Wood

The morning air tasted like ice and breath became steam as it was exhaled. It was late in November in that phase before Christmas expectations start to bite. The war was seven years in the past and schools everywhere were busting with the generation that would become known as Baby Boomers. Everyone no matter what their age was doing their best to forget the hardships of the World War II even though there were reminders were everywhere.

Jenny walked across the park with a slight feeling of foreboding. She could find no reason for that, the day was bright and a sprinkling of frost on the grass gave the park a bit of a

sparkle. A passing dog walker greeted her with a cheerful smile and a pleasant good morning. Reggie, the parks resident tramp was asleep on a bench covered in sacking and newspaper. As she passed by she heard him snore and wondered how he could live his life in this way. For a start how could he stand the cold. Although it did occur to her that there could be a kind of freedom in a life with no ties, responsibilities or possessions. Freedom. She wasn't sure she understood what exactly that meant even though that was why the war had been fought wasn't it? She was pretty sure that no one, no matter what their circumstances was ever really totally free. As she walked on, her mind visited again the years of loss and deprivation that the war



Please contact us by emailing office@settlebeck.org or phone 015396 20383 to arrange an appointment to visit us in October.

We will provide Year 6 students with a pack of information, access to a virtual tour and videos which will help you get to know the school. These will be issued by the beginning of October.

If your child does not attend one of our feeder primary schools, a pack can be requested by emailing office@settlebeck.org.

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represented to her and so many others. Her losses were still open wounds.

Someone over at the swings caught her eye and for a moment she thought she recognised the man. He seemed to be looking straight at her. She quickly looked away, told herself it was just a father pushing a child on a swing. Yet she could not ignore the dark notions nagging at the edge of her mind. She quickened her pace suddenly feeling an urgent need to get to work and out of the park.

St Celia's Infant and Junior school building still stood, its gothic facade facing the park having avoided the German bombs. Most of the houses around the school had taken a hit and so in an effort to rehouse people the area had been cleared and prefab accommodation stood in the empty spaces. A little further down the street a block of flats was being built. As she got closer to St Celia's, Jenny could see that a few children were already in the playground. She felt for them on this chilly morning. She knew that their mother's dropped them off early so they could make it to work on time. Not much freedom for the women whose husbands hadn't come

home or had come home injured in body or mind.

Jenny let the children in to the school reception area. St Celia's heating system didn't offer much comfort but it was preferable to being outside. She wished she'd been sent to one of the nice newly built schools that were going up all over the country instead of this old fashioned, draughty place in the back water of Farfield Bridge. She let herself into the office and began to switch on the lights. She was alarmed when the phone rang, it was only 7.30 am who could be ringing so early. She picked up the receiver: "St Celia's school can I help you?"

The receiver was replaced at the other end in a deliberate way ending the call with a slow click. Some children asked who it was on the phone; telephones were a bit of a novelty and the children were curious. Jenny told them it was a wrong number but all the same something about it unsettled her. She introduced a bit of calm into her thoughts by putting the kettle on the gas ring to boil. Usually she liked a little time to herself before the rest of the staff got in. Today as she waited for the kettle to boil she wished someone would turn up to keep her company. Perhaps she could get away at the end of term?. Yes, she confessed to herself she would like to get right away. Australia appealed to her. Who did she know in Australia. No one, that made it just right. She made a mental note to bring it up with the Major next time they spoke after all that could solve quite a few issues. The kettle whistle broke into her

thoughts. She poured the boiling water into the chipped old tea pot and imagined the sunshine, the sandy beaches and the blue seas of Australia. Jenny sipped her tea and watched as Rob Davis, Music and Geography cycled confidently into the playground. She had to admit that he had an effect on her. It was a feeling she had long ago left behind. In 1940 she had met and fallen in love with Clive Finney a pilot in Bomber Command and Rob Davis stirred up the memories that she had strived to bury. Rob had a lightness about him just as like Clive. She even admitted that Rob was in fact better looking than Clive. Quickly looking away in case Rob caught her staring. It was too late for her to push the thoughts away and so Jenny revisited her loss.

Clive's body had never been found and all through the rest of the war years she hoped that he was a prisoner somewhere in Germany and that he would miraculously return to her. It was 1952 and Jenny knew without a doubt that he wasn't going to turn up now. A tear slipped down her face. She brushed it away as she turned and welcomed Rob into the office staff room and cheerfully offered him a cup of tea.

The clock in the hall of number 28 Northfield Crescent stuck 8am as Mr Lesley Aims opened the front door of his neat home. Walking down the path with its perfect borders and pruned rose bushes he stepped up to his polished Morris Oxford which stood smugly on his drive. Mr Aims was very proud of his car, he was the only teacher in the school to own a car. He considered that this was only

right after all he was the Head Master and with 300 or so pupils, 8 teachers a secretary and a caretaker under his auspices his vanity knew no restraint. He congratulated himself on how he ran St Celia's school. 'Ship Shape', he said out loud with a satisfied sigh. He had loved his life in the Navy even if he had been blown out of the water at Dunkirk at least he lived to fight another day. Settling his ample frame into the driver's seat he turned and casually waved to his neat wife.

The engine turned over obediently and the car moved off along the Crescent heading out to the Main Road which would take him across town to St Celia's. He let his thoughts run free as the car gathered speed. The image of his wife as she had stood by the gate waving struck him. Poor soul not much of a life now the



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boys have left home. Still we're lucky to have them. He thought of the men he had served with who went down in the Atlantic convoys. He could see their faces and knew it could so easily have been him. Pushing the memories aside as best he could he knew to dwell on them led only to nightmares. Suddenly an image of Miss Sheldrake came to mind. He felt himself flushing and he couldn't push the image away. He thought of her shining golden hair which he longed to touch. The way her lips parted as she concentrated on her work. He thought about how he would feel if she looked at him like that. Then there was her figure which she seemed to do nothing to hide, her clothes fitted her far too well revealing her graceful curves. As he pulled up

at a red light his daydream became more vivid. He knew it was unseemly for man in his position to think in this way. What could he do he was only 54, not old, and with nothing to excite him at home how could he ignore Elizabeth Sheldrake's exceptional feminine charms. His daydream was interrupted when the car behind hooted. He shoved the car into gear carelessly grating them as he moved off trying to justify his feelings for the youngest member of his teaching staff. Driving cautiously through the school gates Mr Aims parked his car around the back of the building out of the way of mischievous children. Using the back entrance, he made his way to his office hanging his coat behind the door. He could hear the teachers chatting as they moved

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toward their class rooms and prepared for the day to come. He picked up the bell carefully and went out into the reception. Looking up at the school clock he checked it against his watch noting that Miss Sheldrake hadn't yet arrived. She really was tardy in her time keeping but he knew when he saw her he would be tongue tied and unable to admonish her as he would have done other members of the staff. At that moment she rushed into the playground. She was wearing her distinctive white coat, her hair swinging freely around her shoulders. The children flocked around her and she laughed them aside as she ran toward the door. Then she was there in front of him: "Oh Mr Aims, I'm so sorry I laddered my nylons and I just had to go back and change them before school." He hadn't heard anything after the word nylons. Just the thought of her putting them on made him catch his breath. He told her in a rather gruff voice to get to her class before he rang the bell. She was gone her perfume still lingered. He just stood there looking down at the bell in his hand and he couldn't seem to remember what he was supposed to do.

"Ain't you gonna ring that this morning" shouted Duggie from the playground.

The clock chimed 9am and Mr Aims charged into the playground to ring the bell. And the children charged past him into the school and just for once he didn't shout at them to stop running.

The day ended and most of the staff left quickly it being Friday. They were looking forward to the weekend

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spent with friends and loved ones. Jenny still had some marking to do and was in no hurry to get home there was nothing for her there. Besides there were still six or seven kids waiting for their mothers. When Mr Aims had driven away Jenny called them from the playground to wait inside, after all it was now dark and cold. She noticed that Rob Davis's bike was still leaning against the wall outside. She told the kids to behave and made her way to his class room unable to resist a chat with the him. As she approached the she could hear voices. Who was he talking too she wondered. Some of the frosting had been scratched off the window between the corridor and classroom and she could see inside. He and Elizabeth were embracing. Elizabeth had her back to toward the door and Jenny could see that Rob and Elizabeth were very close friends. Disappointed but not surprised Jenny returned to the office and her work.

Duggie's Mum said hello to Jenny as she picked him up. Shortly afterward the other Mums came and all the kids had been claimed except

Susan Frances. Elizabeth and Rob had already left separately. Jenny thought this strange they're both single as far as she knew so why the secrecy. All her filing and letters were done nothing left for Monday. The caretaker had waved good-bye as he mounted his bike and headed for home. It was 5.30pm and Jenny wondered what on earth could be keeping the girl's Mother.

"Where does your mother work Susan?"

"Down the fag factory Miss Walters"

Jenny could see the child was near to tears so she reassured her and told her she would walk her home. Locking the front door of the school Jenny set off with Susan. It seemed the child lived round the back of the George an old ramshackle pub even before the war. There were three two up two down terraced houses. There had been four but all that was left of the fourth house was rubble. In the lamp light Jenny could see that a tree and some hardy bushes had begun reclaiming the ground for nature.

Susan's house was in darkness and the sound of a dog barking could be heard coming from inside.

"Is there anyone at home Susan?"

"Don't know Miss can't see a light I expect the shilling has run out."

"It's alright Miss it's our Brownie he's all bark and no bite, I'll be ok with him."

The little girl turned away and called to the dog to settle down as she pushed open the door to her dark home.

"Are you sure you'll be ok Susan"

Susan thanked her for bringing her home adding that her Mum had probably missed the bus.

Jenny fished in her purse for a shilling and handed it to a delighted Susan who said she would now be able to put the dinner on. Jenny left the child to her dingy home and her yappy dog and retraced her steps back to the Main Street. She pulled her coat closer as she walked back toward the Park shrugging off the feeling of foreboding that had been with her all day.

To be continued...

APOLOGY - POEMS

Myles Ripley

In last month's (September) poems the authorship was ascribed to Carole Nelson. While being the creator and coordinator of this year's very successful poetry challenge she was responsible for sending them in and an error on our part put her as the author. The poems printed in all our issues have remained anonymous as policy and we regret any intention to credit the authorship to Carole Nelson and thereby remove credit from the real author.



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GARSDALE PARISH COUNCIL

Philip Johns

The official bit: unfortunately, Garsdale Parish Council wasn't able to hold its regular meeting on the 17th September due to a combination of work commitments and Covid related issues and will try again on the 1st October. In the meantime, residents and visitors have been puzzled about the reappearance of a series of seemingly random numbers stencilled on the surface of the A684. These first appeared at the beginning of the year and no-one was aware of their purpose. The notorious Garsdale weather gradually eroded them away but have recently arrived back. A subsequent email from Cumbria County Council finally put the mystery to bed. The government, a couple of years ago, allocated funds to improve the safety of some of the most dangerous roads in Cumbria. As we all know, the A684 can be lethal. So, over the next few weeks, you will see a succession of work gangs erecting signs, reflector posts or new barriers along the length of the A684 stretching from the M6 to the border by The Moorcock. It would have been nice if CCC could have involved the residents along the route, along with the Parish Councils, with a period of consultation. We can only hope that they do not go 'over the top' and do not create too much visual pollution.

Another matter has been brought to the council's attention. The embankment works, that were recently completed by Northern Rail, have left an ugly scar high up in the hills in Garsdale, despite planning insisting that the land was to be restored to its original condition. This

is their second faux-pas as they had started the work without planning permission and had to halt works while a retrospective permission was applied for.

Finally, all our residents have noticed that the motorbike menace has been particularly bad since the lockdown restrictions have been lifted. We have a lot of tourists staying in the dale at the moment, due to staycation, and were probably looking forward to a bit of peace and quiet in the beautiful Yorkshire dales. Heaven only knows what they make of the groups of errant bikers blasting their way relentlessly through the dale on adulterated bikes. The Parish Council have been canvassing other local councils, our MP and councillors to see if there can be a task force set up to tackle this menace. I am pleased to say that there has been a 100% agreement and, over the coming months, will meet to put together a plan for implementation before the next 'biker season' starts next year. If anyone would like to part of this task force, please contact me.

Philip Johns, clerk to Garsdale Parish Council,
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SEDBERGH PARISH COUNCIL

Janey Hassam

The Council held their online conference meeting on 10th September 2020 at 7.30pm. Their next scheduled meeting is Thursday 8th October 2020 at 7.30pm. Any member of the Public that would like to attend, can be sent an invite to this video meeting. Please contact the Clerk for the joining instructions.

Cumbria County Council Highways

Members were pleased to hear that CCC Highways were no longer proceeding with the proposed traffic lights at Lincoln's Inn Bridge.



Members had, previously, strongly opposed the introduction of lights at this bridge in July 2019 and again May 2020. Also discussed was the proposed street lighting at Station Road (Toll Bar). Members were favourable given the assistance to pedestrians using the pavement here, and to warn road users that they were approaching a town. However, the proposed 'footway' at New Bridge was considered unnecessary and opposed by the Council.

Members were also able to raise concern, directly with County Cllr Nick Cotton, in regard to the dangerous and increased parking in the area of Cross Keys/Cautley Spout.

Members also noted recent feedback in regard to overhanging shrubs/branches along Station Road, often forcing pedestrians very close to (and on to) the road, from Spar to Palmer's Hill and hoped that residents responsible would be able to address this as a matter of urgency.

Electric Vehicle Charging

Members were pleased to progress plans (led by Sedbergh School) to install two electric vehicle charging points at Loftus Hill car park. Cllr McPherson, was also able to update Members in connection with www.chargemystreet.co.uk a community benefit society, that were hoping to complete an assessment in Sedbergh for potential additional sites in the town.

Other Matters

Various other matters were discussed, including the former Baliol

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School site, the Marketing Project (Sedbergh Economic Partnership), Planning matters, Finance and Amenities.

Various correspondence was also discussed, including temporary footpath closures, future volunteer projects for Sedbergh School, resident parking permits and sandbag storage request.

If you have any queries, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

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.sedbergh.org.uk

COUNCILLOR'S CORNER

Suzie Pye

Traffic Lights at Lincoln Bridge
Proposals for traffic lights at Lincoln's Bridge, first suggested by the Department of Transport, have been scrapped. The lights were part of a scheme of changes to the A684 between the M6 and the county boundary, and on into North Yorkshire. I thank County Councillor Nick Cotton for his work with Cumbria Highways in coming to the conclusion that, whilst it is great that the bid to this fund was successful, traffic lights at the bridge are not appropriate.

Motorbikes on the A683

After lockdown began easing, this summer has been busier than ever on the roads. Many residents have raised concerns about the number of speeding motorbikes in the area, and

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the noise that they make. Particular issues have been raised about the A683 Kirkby Lonsdale to Sedbergh road and the A684 Garsdale road. Both Cllr Nick Cotton and myself met recently with MP Tim Farron and Police Crime Commissioner Peter McCall to express our concerns and try to find solutions. Initial conversations have been very positive. It's worth pointing out that we certainly do not wish to vilify bikers, the vast majority of whom pose no issue. But there is still a message worth communicating to the biking community about being respectful as they pass through peaceful residential areas.

While the forthcoming safety work on the A684 by the county council will help a bit, it won't solve the problems, especially around noise. We'll keep pursuing the issue, and Tim Farron is raising it with Government to ask for rule changes around motorbike noise.

Millthorpe Bridge

After repairs were made to Millthorpe Bridge recently, it is very concerning to hear of more large vehicles struggling to cross the narrow bridge. I have been pressing Cumbria Highways to stop the bridge receiving further (costly) damage. They are now looking at the alignment onto and off the bridge to try and eliminate any future issues. The last thing we want is a repeat incident thereby cutting off the Sedbergh to Dent road and causing delay and disruption all over again!

As always please do contact me with any issues or concerns.

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TIM'S COLUMN

Tim Farron MP

I know it was a little while ago now but diaries and publication dates mean that this is the first time I have had a chance to properly thank everyone who came along to chat to me on this year's Summer Tour. As ever, our conversations covered a massive number of issues but they all gave me something to think about. In many cases we have been able to take things away and see what we can do about them.

Those of you who came along to see us in Dent and Sedbergh had a particularly wide range of issues to discuss. People wanted to chat about everything from drones to insulating with sheep's wool through to public transport and planning regulations. If you take into account the fact that we stopped in 36 different towns and villages over the tour you can see we are going to be busy with stuff for a few weeks to come.

I was really pleased that we managed to put a stop to the Department of Transport's plans to put traffic lights on the bridge over the Lune on the A684. My inbox filled up

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pretty quickly the day that plan was announced. It was yet another example of central government thinking that it knows best. Apparently they thought it would make the road safer but as far as I know there has never been a safety issue on that bridge, it's too narrow for that! Anyway, working with your local councillors and particularly Nick Cotton your County Councillor we managed to get them to see sense.

I wish I could say I had got the government to see sense on a number of other issues as well but progress on these seems to be much slower. I keep pressing ministers to provide some support to the millions of businesses that received nothing

during the lockdown. All I got the last time I asked a minister about this was "it's time to move on". This really does not show much care for people who are in quite difficult financial situations. I really worry what will happen if we start to see a "second spike" either nationally or locally.

The other issue I have been raising with ministers is their astonishing plan to re-organise our councils during what has to be the worst crisis we have faced since the Second World War. I can see no sense whatsoever to putting in place a situation where the people we want really focused on providing the help needed during this pandemic are worried about their jobs. Especially if we are moving to a

world where controls are being applied more locally,. Mind you that did not stop the Health Minister merging Public Health England with the test and trace organisation. A lot of good that appears to have done.

Finally, on a positive note, I have managed to persuade the Health Minister to meet with cancer campaigners to discuss the backlog of people waiting for what could be life saving treatment. One estimate I have seen says that there could be as many as 100,000 people across the country whose treatment has been delayed. Even if the health service works flat out it could easily take 6 months to clear this up. Sadly some of these people may not have that 6 months.

As ever if there is anything I can help you with then please do drop me an email to tim@timfarron.co.uk or give us a call on 01539 723 403.

Thanks for your support.

DENTDALE W.I.

Thelma Belfield

Since our last report in March, so much has changed in all our lives with Covid 19 effectively calling a halt to all group activities. However, behind the scenes, email communication has triumphed and information within the nationwide WI network has continued to circulate . Zoom entered our lives and WI meetings were once again possible, albeit in a virtual more limited manner.

It was the success of our Zoom committee meetings together with the work that our Climate Change group had begun back in March, that enabled us to take a step forward and we made the decision to go ahead with our September Open meeting via Zoom.

Programme Secretary Jackie contacted Dr Sophie Lake who very kindly agreed to be our speaker for the evening. Invitations were extended to any one interested to link into the presentation and on Wednesday 9th September Dr Lake presented her talk entitled ' Climate Calamity.

Dr Sophie Lake is an eminent ecologist with an impressive background working as a dedicated conservationist. She is passionate about the climate and the environment and her talk was stimulating, interesting, scary and very thought provoking.

She began by describing what damage is currently happening in all parts of the world due the effects of global warming and the rapid rate of increase in CO2 gases into our

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atmosphere caused by human activity.

Since planet earth was formed, climate changes have taken place and continue to do so. However, as human life has developed, the rate of irreparable damage to the natural world has accelerated, and following industrialisation has done so at an ever-increasing pace.

Sophie described the effect of increasing levels of greenhouse gases and why, if the current observed rate of global warming continues, we face a future of higher temperatures, drought, storms and flooding, forest and moorland fires. As a result, oceans will flood parts of the land, fire will destroy vegetation and the habitat of wild animals, drought will mean food supplies will be scarce and people will starve. We are already seeing periods of higher temperature, increased rainfall and land being destroyed by fire. Animal, bird and insect life will be lost at an increasing rate, and without these, we cannot survive. We rely on the planet to sustain our lives.

Currently, our world is facing a crisis which will be irreversible if extreme action is not taken to reduce the rate of warming within the next 30 years.

Sophie went on to advise us that we are currently at a 'tipping point' which means if we take action now and make changes to slow down the rate of global warming, we can protect the planet and ensure a safer future for generations to come.

At the start of her talk, she warned us that some of the information she was to share with us might make us feel, angry, shocked, sad, and maybe scared, but also hopefully relieved to

know that this is on the political agenda and there is action that can be taken by us all.

Internationally, governments are taking on board that climate change is a huge problem. Various meetings have been held and courses of action have been discussed, and some have been implemented. Much more must be done to avoid the devastation described above.

We at home can contribute by changing our lifestyle by recycling, reducing emissions by conserving heat, using smart meters, not making unnecessary car journeys, shopping locally, and using refillable containers for household supplies, consequently reducing the plastic swamp we have created. Many of us are doing this already.

We also need to make it a priority to lobby our local councillors and members of parliament to demand that Climate Change Emergency stays at the top of the political agenda and must be given urgent attention.

In writing this report, I have tried to give a précis of the huge amount of information Dr Sophie Lake shared with us. We all rely on our planet to sustain us, and the planet relies on us to protect it.

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Wendy Fraser-Urquart

Oh Dear! Oh Dear! Oh Dear! I am in serious trouble. A complaint about my August report has been received from an august member of our readership. I really should have known that the great folk singer is Bob DYLAN not Bob DILLON. Moreover, I also said that he had received the Nobel Prize for Music. In fact the award was for Literature. I offer my most humble and abject apologies. I might add that if I had a penny for every time my name has been spelled incorrectly, I would be a millionaire by now! One of the best was written by our well-known

resident, Sandra Gold Wood, who referred to me in the pages of Lookaround as Mrs. Upcart! I treasure that!

Enough of frivolity. For our September gathering, we met again in the People's Hall and it was encouraging to note that the number of members joining us in person is increasing. It is sometimes difficult to see who is behind those masks. Susan welcomed us all, with a special mention for Lorraine who is back in circulation again, and sent our thoughts and greetings to other members in their homes or perhaps 'living it up' elsewhere. We hummed our song - a wonderful rendition! Birthday girls this month are Elspeth and Barbara K. Then Margaret

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brought us up to date with our finances. One of the main expenses this month was £95 to replace the pads in our defibrillator outside the Hall. We are pleased that this was necessary because they were outdated and not because they had been needed for an emergency. I think that the scout movement's motto, "Be prepared", is a good one. Please, no feminist complaints! Once upon a time, I was a girl guide.

Lockdown or not I find that the year is passing quickly. We have arrived at the time of year when we need to select resolutions for the 2021 National Conference of the WI. Let's hope that next June will find us free for the trip to the Royal Albert Hall. Two resolutions have been selected for our consideration. 1. MAKE A MATCH - this is a campaign to promote registration to the UK stem cell registry to enable more people to receive potentially life-saving stem cell transplants. 2. STOP MODERN SLAVERY. – this campaign seeks to raise awareness of modern slavery in the UK. It also calls for better support for survivors, as well as more effective action to eradicate the problem.

It is also time to consider the organisation of our own WI and election of next year's committee. All members of the present committee have agreed to serve again although we would be very happy to welcome new members. Susan Sharrocks is bravely willing to be our president again and promises not to try escaping to Australia.

In the non-business section of our meeting we were entertained by various members telling and showing us what had been keeping them off the streets during lockdown. Avril talked about the recipe she used to make the delicious traybake which she had provided, safely wrapped, for our tea. She also told us about her knitting projects. She has knitted seven beautiful garments and don't think that these are small items -no dolls' scarves! Valerie showed her cross-stitch project of a William Morris design and a beautiful Christmas Patchwork piece. Marion talked about growing Flax for the Heron Corn Mill Flax project and then, using some of the linen thread that has been produced, to make a lace piece of great beauty. She did say it was difficult. I would call it

impossible! Sarah read a very entertaining story she had written at the last WI writers' group get together before Lockdown. I never cease to be impressed by the wealth of talent and diligence of all our members and their generosity in sharing it with us. Indeed,

I think that the whole of Sedbergh is filled with kind, clever people and I am so glad that I live here.

As our meeting ended we were preparing for another meeting, next month, in the covid 19 safe People's Hall. However, that same evening the restrictions were once again cut back to allow only 6 people to meet together rather than the 30 which had been allowed recently. So, members, keep a close eye on your e-mails and we will keep you posted.

Look after yourselves, and stay safe and happy, and remember, it's Dylan and Literature!

SEDBERGH WI REPORT

Moira Folks

Late August and early September have been strange times! Too many wet, cool and windy days, which have played havoc with our arrangements for mini-WI social meetings in gardens (with a maximum of six members) to make up for our reluctant decision to abandon a meeting in the People's Hall on 9th September because several of our officers were going to be away on holiday. Meetings in Christine Chamberlain's garden (when one new member, Lesley McCririe, was able to meet a few old hands), and another in Angela Dixon's garden, did go ahead; whereas it was not until the Indian summer broke out on Monday 14th September that Moira's postponed meeting could take place and we were very glad that Lesley could join us there to meet some more of the group on a very warm, sunny day and enjoy the views over Sedbergh and the fells.

Book club was divided into two groups in September: one group chose to read and discuss 'Frankenstein' by Mary Shelley. We met in Elizabeth's garden by the Clough River on a cold, grey day, dressed for winter, having to attune our ears carefully to our friends' voices above the noisy, constant rushing of the water over the rocks below! 'Frankenstein' was much more interesting than we'd expected: for a start, it wasn't the name of the monster, as some of us had thought, but of the young man who created

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him. None of us had seen a screen adaptation of the novel so we weren't influenced by that. It was a powerful story in which the characters of the young research student, Victor, excited at the prospect of creating new life through the work of his hands, and of the unhappy monster he creates, are explored through their conversation with a ship's captain. It's a powerful story: the average mark awarded was 7/10.

The group discussing Thomas Hardy's 'The Trumpet-Major' met in Anne Pitt's garden on the second day of the 'heatwave' and had to seek the shade! Anne Symons (consigned to Covid-19 quarantine after her return from holiday in Switzerland) and

Sandra Kemp (who had visitors) both sent in reviews so they could be part of the meeting. Angela found the book disappointing, possibly because, being partially sighted, she has to listen to the book on Audible and the version she had didn't differentiate between the accents, which probably detracted from Hardy's lively text. Otherwise, the rest of the group enjoyed Hardy's only historical novel, written 80 years after the historic events of the Napoleonic Wars, when England was expecting imminent invasion by Napoleon's army in 1804 and troops were encamped on the Wessex Downs, whilst King George was ensconced in a seaside resort nearby. In fact, some

of the scenes were comic and reminiscent of 'Dad's Army'! Several love stories run through the course of the book, and there is great characterisation and nature description. The overall score was 7.5.

The walking group's expedition on 20th August – a beautiful day - from Lowgill over to Fox's Pulpit and back to Lowgill by a circuitous route, had two unexpected diversions. First they met a walker who thought she was walking towards Bowness but in fact was going in the opposite direction! They were able to set her on the correct path and later found she had followed their instructions for at least part of the way. Later they met someone else who thought she was heading for Dent: but no, she was going the opposite way. Again, they were able to show the correct direction and we just hope she arrived in Dent!

Our Manna House collections continued late in August. This time, Valerie accompanied Sandra Kemp and was shown round. The six bags of food and toiletries they took were much appreciated.

The UK Government's 'Rule of Six' instituted in September ruined future plans the committee had been discussing on September 2nd. The consequent directive from our National WI is that our meetings are not exempt from the Rule of Six so it would seem that we will have to think again about meetings of up to six members and virtual get-togethers for the foreseeable future: very sad! Our members will be kept informed of any developments by email or phone.

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ARIES:

You like a challenge Aries, so you decide to become a mountain rescue volunteer. Even though you couldn't find your arse with both hands. First training exercise – you hide under several feet of snow halfway up Helvellyn and are quickly located by rescue collies Meg and Peg who even more quickly back fill the hole. Both dogs are awarded a Commendation by the PDSA.

TAURUS:

Do what you love and you'll never have to work it's said. You love your grub Taurus, so its food critic for you. Michelin starred dining at Cartmel, family friendly fast food, cosy cafes or burger vans, all your reviews are fair, observant, considered and detailed. And only ever one complaint – there wasn't enough.

GEMINI:

Agony Aunt for you Gemini. Bereaved, robbed, dumped, terminally ill, suicidal – you couldn't give a toss, but you do get off nosing through other people's dirty laundry. Which you later have a good laugh about with your no mark Gemini mates. All in the strictest confidence of course. If Gemini ever does get round to dishing out advice it usually involves calling a helpline run by – Gemini

CANCER:

You are a kind, compassionate person Cancer so you become a care worker, assigned to work with a lovely group of octogenarians, enjoying happy retirement in the comfort and

safety of their own homes. They just need a little support and help, a chat, and a friendly smile. But not as much as you do Cancer. After a week while you drink their tea and hit them with your problems the agency informs you that, sadly, they can't give you any more hours. Two of the oldies have gone back out to work and the rest left for Dignitas.

LEO:

The stage beckons because Leo loves entertaining. This does not mean that they are entertaining, well not in a good way. The sawing your assistant in half act could have done with a bit more practice (charges pending), the pet shop says no you can't have any more rabbits and your singing has been described as worst ever – by Morrissey. After your last show the entire audience demanded a refund plus compo for pain and suffering. The venue went bankrupt and 20 people lost their jobs. That's entertainment.

VIRGO:

Careful, cautious, belt and braces, you were born to be a Health and Safety officer. Who said jobsworth? You halted a kiddies birthday party because the pinata hadn't been

tested for asinine flu. A charity swim across Windermere was cancelled because the council refused to drain the lake to let you check for unexploded ordnance from WW1 or Bonessie. Your 1951 Austin Cambridge only has 2000 miles on the clock as you won't take it out if its raining. Roy Cropper is your best mate.

LIBRA:

You love your job as a conciliation and mediation officer. Non-judgemental, scrupulously fair, you give every Leylandii hedge dispute and barking dog complaint your full attention. But because you are so fair, and so determined to examine the case from every angle your written recommendations take a long time coming. A long time. Jarndyce vs Jarndyce was delivered in a flash compared to your final thoughts. By the time you recommend that everybody all get together for another chat the hedge is a danger to low flying aircraft and the dog – 4th generation -is still barking.

SCORPIO:

Dark, mysterious, and very secretive, Scorpio is an ideal private investigator, simply because Scorp



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wants to find out if other people have as many nasty secrets hidden in their cupboard as they do. Scorp undertakes covert surveillance of a suspected cheating partner and is well paid for it. Scorpio then sells the incriminating pics to SCP – they like money as well as secrets. Even Scorpions Mum doesn't know when their birthday is.

SAGITTARIUS:

Sporty -yes. Athletic – yup. Daft - very. Drunk – always. Are you a world class tantrum thrower who spends your weekends being thrown out of nightclubs and into riot vans? Then there s only one career – premier league footballer. Don't forget to buy your Mum a house before you blow all your money and end your career playing for a fourth division side – in China.

CAPRICORN:

Local authority planning officer. Your dream job, saying no to people all day long and pretending your sorry about it. A new kennel for the dog – nope. A wheelchair ramp for a 90-year old lady – we'll get back to you in 2 years, when the application is still in the early stages of the planning committee. Lost £200.000 worth of farm gear? Tough – still no permission to turn that old barn into a secure shed. Your grandad was Warden Hodges.

AQUARIUS:

You love kids and young people Aquarius so becoming a teacher is for you. Education is great of course but you are more 'school of life' kinda stuff. You brisked through six months of curriculum in 20 minutes so you could take your class over to France;

then straight into the channel for a sponsored swim in aid of hydrophobic dolphins. Some of the class strayed into the shipping lane but luckily were all rescued by a group of economic migrants who spoke better English than they did. The kids may have left school unable to write their name but they had raised £5.50 and a Nando's voucher for Flipper.

PISCES:

Friendly, very sociable, a real people person; you'd be great as mine host of a pub/club Pisces. Craft beer weekend wine tasting night, happy hour, annual booze cruise – you'd be so good at organising them all. And, of course joining in, it would be rude not to. Don't forget to throw yourself out at the end of the night.

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THE CHANGING CONVERSATIONS AROUND SOCIAL CARE

wendy7713

When I say the words "Social Care" to you, what images, what thoughts spring to mind? Like most, you probably have said 'vulnerable' 'needy', for older people amongst others maybe? You'd be like most people in society. But what if we wanted to change the way people thought about Social Care? How would we do that? Certainly a mammoth task.....

But we all know the current system doesn't work so something has to change. Social Care appears to be the poorer cousin of the NHS...we talk about "Our NHS", yet Social Care is seen as happening to others, someone else's problem.....

I wrote about my involvement with Social Care Future with Neil Crowther and Philly and we had our second meeting last week, to hear the findings of some focus groups they'd run. The aim being to find out what the public thought and then trying to change the way they think.

At the moment the Social Care system functions around people fitting into services. But does the government know what we, as individuals need to feel enabled and supported? Of course not because they make assumptions that we all fit neatly into boxes. We're offered services not choice. So maybe the change needs to be to offer choice and not to be told what we might or might not be eligible for as what's available may not give us what we need in order to have a life?

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Government departments work in silos at the moment instead of working together, another problem for Social Care. Philly gave the example of the Department of Works and Pension penalising you for having a spare room which maybe leads someone to not being able to have live in support to provide care. Nothing is joined up.

People need to feel 'valued', 'of use' no matter what their situation. People with dementia still need to feel valued yet we're so often written off. The medical world offers us nothing positive and so often follows the line of 'There's nothing we can do' so the balance of medical and social needs to be addressed.

So how do you move from a vision so entrenched in peoples' minds of social care happening to someone else? We need something concrete to offer people. Social Care needs to be seen as general health and wellbeing, not something accessed just at crisis point.

The NHS is seen as an entitlement yet being in receipt of social care has negative associations. The long term narrative has to change, the language



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used, the messages given out. The media and political climate is hard to change and influence and it's them that often influence how people think.

Covid has provided us with a good example of coming together as one. People playing by the same rules. People respond better if they have something concrete to follow. So once masks were brought in, it gave people 'permission' to wear a mask and not feel stupid, so more wear masks. Obviously you'll always have those who don't follow the rules but these are then frowned on. A simple message clearly stated is more accepted and understood than something woolly and unclear – as

we've seen from the government throughout Covid.

We accept we have to pay taxes for the NHS but not for social care at the moment as it still happens to others in many peoples' minds so not relevant to them and therefore not acceptable to have to pay taxes.

In my opinion, the NHS missed a trick during the worst of Covid – people stayed away from A&E for fear of getting Covid. It was used for the right reason, for emergencies, but mishaps and people becoming unwell didn't stop happening, so where did people go? Maybe they ventured to pharmacies for advice, Minor Injuries Units or asked family or friends. They didn't need A&E; they went to the right place for help. But quickly the 'norm' has returned and people are back using A&E inappropriately.

We need to create a society of 'interdependence'. We often talk about enabling people to live independently but really everyone is 'interdependent' on someone or something else in order to live their lives. Stuff happens in our lives that leads to us needing extra support. I could say I live independently but I don't. I can't manage to live alone, as I wish to live, unless others support me. I loved the blob tree picture that they showed to demonstrate this.

Community assets aren't seen as social care, yet my community supports me without even realising it. I support people without even realising it. I post my pictures, which make people who have been isolated, feel happier and enable them to feel part of our community and less isolated. So 'resources' are within all

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of us within our own communities. We can give as well as take support.

Often bureaucracy comes in the way of people helping one another. Covid, again, has come up with the example, whereby communities wanted to help feed one another. Normally there would be reams of paperwork and bureaucracy to pile through, but this was all cut and stopped and communities were allowed to cook meals for those who needed them and deliver them.

So we are part of the solution – each and everyone of us. We carry a complex history re social care, how we see ourselves and one another. We need to get away from the concept of Social Care as a service that we have done to us. So who would be the ‘responsible agents’ – ie who will be responsible for delivering all this change. Well we have to get the right balance between Governement and local commissioning right.

Social care is everyones’ business. We’re all affected. From the mother and toddler club that supports mums to come together with their children to someone in need of support in the

home. Government needs to fund social care but allowing local governments to use the funding different, using the resources from communities to enable support and for each of us to give and take from our society in order to live our lives to the full.....

With the news from Scotland of the potential for a National Care System along the same lines as the NHS, maybe this would make social care everyone’s concern just as the NHS is. Maybe this would stop people seeing social care as happening to ‘others’ and not them. But I’d wish they’d call it National Support service.....it’s not always care that people need but support to be able to live the life they want to lead...

About wendy7713

On the 31st July 2014 I was diagnosed with early onset Alzheimer’s. I may not have much of a short term memory anymore but that date is one I’ll never forget.

I’m 58 years young, live happily alone in Yorkshire, have 2 daughters and I’m currently still in full time employment in the NHS.

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LORETTA'S STORY

Loretta Addo

When Loretta's mum, Dinah, was diagnosed with young-onset dementia, Loretta began to grieve for the person she was before. Dinah sadly passed away this year, which has led Loretta to reflect on her experience as a carer.

When my mum was diagnosed with Alzheimer's disease in September 2012, it felt as if we had all been handed a life sentence. All I could feel was the injustice.

Early onset Alzheimer's, they said. I only had knowledge of Alzheimer's happening to very old people and my mum was just 62. I was only 25 at the

time and couldn't grasp everything that was happening.

Part of me felt that my mum would overcome this, with determination and somehow sheer luck, we could beat this disease.

But the truth was this is something that would be part of our lives forever.

Adapting to Alzheimer's

What I always took for granted with my mum's Alzheimer's is how things would progress. We would all have to adapt to the way in which we cared for her and what she needed frequently.

At times, I would feel that I had 'mastered' the care I was giving my mum, found a routine. We'd feel okay

with how things were, but before we knew it, she had deteriorated again.

Looking back, you realise with a disease such as Alzheimer's, you are constantly in a state of grieving. You are constantly losing the grasp of what your relationship was with that person, and there is absolutely nothing you can do about it. The person you love is in front of you, yet you're screaming inside for just two minutes, or a moment, of how things were before.

There were so many things I wanted to fill my mum in on – events that had happened in my life, jobs or relationships. At other times I needed advice, yet she couldn't give it. I wondered at times if, deep down, she was screaming to be heard and understood too, as she lost her ability to speak and ways in communicating with us.

Moments of joy.

Caring for my mother during her illness wasn't always filled with sadness. There was also so much joy! My mum still had her wicked sense of humour and laughed at the silly things I did around her.

"When she mustered the ability to speak, she'd whisper 'I love you' and hold my hand tight."

Her face would brighten up when I'd walk into the room. She was my mother, but she became the person I wanted to fiercely protect. I wanted to take away anything that was causing her pain and discomfort, because she did not deserve to go through that.

I grew up so quickly in those years. I learned patience and I learned not to be hard on myself.

Most importantly, I learned that it's okay to not always be in control. Because you are not, sadly this disease is.

I took for granted how much time we would actually have my mum around with us. I took for granted that this disease would eventually take its last turn, and take my mum away.

Grieving for Mum

When Mum did finally pass, not only did I feel robbed but also I felt displaced. What was I going to do with myself if it no longer meant taking care of her?

Grief, loss and bereavement

When you are close to a person with dementia you may go through feelings of grief and loss. Here we take a look at these feelings in more detail.

Together with my siblings, we spent nearly eight years working together to make my mum's life as comfortable as possible. I was maybe naïve to think this would extend her life, only for it to be snatched away.

Then eventually I felt relief and immense guilt that I did feel that way. However, I know it comes from knowing my mum will no longer be suffering from this cruel disease. The



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memories of my mum are of times that were excruciatingly painful and moments of anguish, where I witnessed parts of her illness that made me feel completely helpless.

Despite this, I have memories of my mum pre-Alzheimer's, when she was full of life, vigour and was teaching me life lessons. These are gems for me now in later life.

One thing I'm glad about during the time of Mum's illness is that I allowed myself to be present in that time.

To enjoy my time with her rather than focus on what the inevitable outcome would be.

The support I had from other people with Mum's care was just as important as the support I gave to her. I'm glad that at times I asked for help.

SIGHT ADVICE SOUTH LAKES

Dennis J Whicker

I haven't submitted a report for a while as nothing really has been happening. However, another month passes when we are still in this unprecedented situation.

Since our last report, we have lost two members who are sadly missed. Jenny Dawson and Mary Gladstone, both prominent members of our community. Our condolences go to their families.

The SASL Volunteers are keeping in touch with the members on a regular basis and we hope to start the monthly meetings again when it is practical and safe to do so. These are usually held on the third Tuesday at 2pm in the People's Hall. We have missed our Summer Outing but

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hopefully, we can have our Christmas Lunch, but I'm not holding my breath!

The pandemic has pushed a lot of businesses, organisations and individuals to the limits and Sight Advice is no different. However, by the time you read this, the Offices in Kendal will be open for visits but please phone first to make an appointment on 01539 769055.

One thing that has come out of the pandemic is regular Zoom Social Meetings for the partially sighted, carers and volunteers at 10:00 every Friday morning. It also includes a Fun Quiz. Access is by PC, iPhone or iPad but can be accessed by telephone for the cost of a local call. If you would like to know any more details, please contact me. SASL has access to a portable WiFi unit that can be loaned for free to any partially sighted person which will give an insight into the Internet. It can be used for quite a few weeks and full tuition will be given.

If you know of anyone with sight problems and would like assistance, or you would like to volunteer, please contact Sight Advice or Susan Harper on 20613.

WILLIAM MOISTER

T. Percy Bryer

A half-forgotten son of Sedbergh who was a great benefactor of Wesleyan Methodism in that town.

William Moister was born in Sedbergh on 4th December, 1808. His father was a builder and young William received his early education at the hands of the Parish Clerk in, as he himself described it, "a sort of lean-to at the west end of Sedbergh Parish Church". He rapidly became competent in reading, writing,



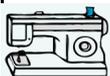
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arithmetic and grammar and when he reached the limit of what the Parish Clerk could offer, his parents looked round for a source of further education. Sedbergh's now famous Public School was then at a very low ebb so William was sent to a pedagogue in the hamlet of Howgill, to and from which he walked daily with a small group of other Sedbergh boys.

When he was 18 there came the first break in what till then had been the comparatively uneventful round of life in 19th Century Sedbergh. An uncle who had gone to work in London returned to Sedbergh for a holiday, at the end of which he persuaded William to return with him and, to save money, the two of them set out to walk the 270 miles, reaching London in 9 days. The boy soon found that "the streets of London were not paved with gold" and, failing to find a job, he attempted to join the Life Guards but was just

half an inch short of the required height. In desperation he set off to walk home and, reaching the outskirts of Sedbergh on a sunny summer afternoon, he waited till after dark to enter the town where his parents received him like the Biblical Prodigal Son.

At the time William was born the Wesleyan Methodists were actively missioning in Sedbergh (the first Wesleyan chapel was opened there in 1805) and soon after William's birth his mother was converted, his father following in 1818. On his return from London, William joined the family building business and entered into the activities of the local Wesleyan chapel where, on 21st June, 1827, he too gave his life to Christ. His father was by this time an active Wesleyan Local Preacher and William soon joined him "on the Plan". In 1830 he was accepted as a candidate for the Wesleyan Ministry and elected to become a Missionary.

This was four years before the establishment of the first Wesleyan Theological College so he had no opportunity to be trained for his chosen vocation. He was summoned to London, was accepted and

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ordained in January, 1831. A few days later he married Jane Tomlinson and the pair were sent to Gambia to replace Richard Marshall who had died there in the part of West Africa then known as "The White Man's Grave". They landed at Bathurst a month later.

There they worked tirelessly, William teaching the boys and Jane the girls and their efforts to convert the adults were amply rewarded. They turned their home into an orphanage and when William was appointed Acting Colonial Chaplain he used his meagre salary to establish an Inland Mission in Gambia at no cost the Missionary Society. After struggling heroically against the deadly climate for almost

three years their health was shattered by malaria and they returned to England where William was appointed Wesleyan Minister at Woodbridge near Ipswich.

Within three months however they were, asked to go to the West Indies and 16th January, 1834 they sailed for Demerara where they arrived at a time when slaves were on the point of being emancipated. In less than a year they were moved on to Barbados where they established a day school and founded a church for over 800 members. Subsequently they were stationed in St. Vincent, Trinidad and Grenada. Then after facing shipwreck - twice - earthquake, pestilence and famine and having

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"toiled mightily for the Lord" they returned to England in August, 1847.

On returning home William's first appointment was as superintendent of the Addingham Circuit but after so many years in the tropics this proved to be too bleak an area and he soon accepted an invitation to the Isle of Wight. He and spent two happy years there and in addition to his normal work as a circuit minister he covered many hundreds of miles to speak at Missionary gatherings.

In the autumn of 1850 he was again called by the Missionary Society and in November of that year he and his wife sailed for the Cape of Good Hope where he at once took over the arduous duties of Chairman of the Cape of Good Hope District. Amongst his associates there at that time were Robert Moffat, David Livingstone and William and Barnabas Shaw. The Moisters spent 10 years at the Cape but then, on medical advice, they left Africa and returned to England for the last time, in June, 1860.

Thus ended his career as a missionary and, with one short exception, his work as an active

circuit minister. For the next 31 years his name stood in the Wesleyan Conference Minutes as a Supernumerary. However, from 1865 to 1870 and from 1873 to 1878 he served as a Chaplain to the Garrison at Parkhurst on the Isle of Wight and the rest of his days were spent in the north-west of England mainly either in Sedbergh or in Arnside.

Before his first visit to Parkhurst he was in Sedbergh where he threw him wholeheartedly into the task of raising money for the new church - the octagon one - which was opened in 1865.

By 1871 he was back in Sedbergh where he was instrumental in the transfer the churches in the area from the Hawes and Sedbergh Circuit to a new Circuit with Sedbergh at its head and he became its first Superintendent Minister serving for one year and refusing to accept any remuneration. At the same time he

The Sedbergh and District Parish Magazine.

Clapham, and Mrs. Ward; the Misses Bickersteth, of Casterton Hall. An Account has been opened at the Bank of W. Atkinson for this fund, and about £60 has been already subscribed. A letter from the Vicar on the subject of the new house accompanies this number.

THE REV. W. MOISTER.

THE Rev. William Moister died at Sedbergh, the place of his birth and early life, on Sunday, August 9th, and was buried in Sedbergh churchyard on August 13th, in the presence of a large number of parishioners. His distinguished career as a Missionary began by his appointment to the Station on the Gambia, Western Africa, in 1831, and included work in the West Indies, and in the Cape of Good Hope. Details will be found in the *Methodist Recorder* for August 20th, 1891, where a list of his numerous publications on missionary work is also given. No one who knew him could fail to be struck by his earnest piety and the wide and sympathetic tone of his mind. We who cannot agree with him in looking upon Methodism as the highest form of Christianity, and lament that his great spiritual activity was exercised outside, and not inside, the Church of England—which, however, he always honoured and respected—yet feel most deeply the loss which the Christian faith has sustained in his death. May his noble example stir up others in his native town to devote themselves to this highest of all professions, that of a preacher of the Gospel to the heathen. Sedbergh should not be content to have produced one eminent missionary.

BAPTISMS.

August 2nd, Kate, daughter of Thomas and Agnes Metcalfe, of Sedbergh.

August 7th, Thomas Irving, son of Thomas and Beth Harding, of Sedbergh.

Yorkshire Post
12 August 1891

OBITUARY.

The Rev. William Moister, one of the oldest Wesleyan ministers and a veteran missionary, died suddenly at Sedbergh on Monday, in his 83rd year. Mr. Moister was born at Sedbergh in 1808, and entered the Wesleyan ministry in 1830. He was a pioneer missionary in West Africa, the West Indian Islands, and in South Africa for over a quarter of a century, and afterwards chaplain to the soldiers in the Isle of Wight for many years. Latterly, as a superannuated minister, he had resided at Sedbergh. His name was a household word in Wesleyan Methodist circles, and he was a personal friend of the Rev. Dr. Osborn, who recently died at Baslow.

and Mrs Moister undertook to build at their own expense a dwelling house for the new Circuit Minister at a cost of £300 to £400 and the building thus provided house the Sedbergh Superintendent to this day.

On leaving Parkhurst for the last time he returned to Sedbergh and, with effect from 1st January, 1879, he joined the Circuit as a Supernumerary to receive a small stipend from a Trust established by a Mr. Wearing under the terms of which he undertook to preach in Sedbergh Wesleyan Chapel once every Sunday. He discharged this duty faithfully until the money ran out at the end of March, 1885 when he promised, his health permitting, to continue to do the job without pay so long as he remained in Sedbergh.

His obituary, in the Minutes of Conference following his death, contained the following sentence - "His liberality was remarkable, his favourite maxim being - save in order to give". To the truth of this the Wesleyan fraternity in Sedbergh in those days would surely amply testify.

In addition to his work as a missionary and as a Wesleyan minister, two other aspects of his life are worth of mention. He was a prolific author and wrote more than twenty books. They were devout and painstaking productions but lacked the quality of genius. They cannot be regarded as literature and today are almost completely forgotten or ignored.

He died, aged 82, on 9th August, 1891 and is buried in the Churchyard at Sedbergh, where his tomb stone can still be seen.

The foregoing is based on an article by Rev'd. William Wakinshaw which appeared in the Winter Number of the Methodist Recorder of 1907 and on material deposited in the County Record Office in Kendal, to the staff of which I am grateful for their co-operation.

From SDHS Newsletter October 1983 page 5.



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A VERY CLEAN REV'D MOISTER

Andy Denton

If you walk away from Sedbergh school library down the footpath, with the school cricket field to your left and St Andrew's Church to your right, about half way along the Churchyard there is the gravestone of Rev'd William Moister and his wife Jane. This gravestone is very white and clean compared to all the others in the churchyard.

When Johnny Burrow was church warden in the 1980's & 1990's, he told me that money had been left to keep this gravestone clean but didn't volunteer any more information. I've asked a few people about this but nobody can tell me anything. However, somebody seems to be doing it. Can anybody shed any light on this?

EDEN VIADUCTS NEW INTERPRETATION PANELS

Nanette Rigg

Three new Interpretation Panels have been unveiled along the Eden Viaducts walk between Stenkrith and Hartley, Kirkby Stephen. The walk from the Eden Viaducts' car park at Stenkrith, on the southern outskirts of Kirkby Stephen, to the small hamlet of Hartley in the north is a favourite of locals and visitors alike.

The new Interpretation Panels will help all visitors appreciate their walk along the track-bed of the South Durham & Lancashire Union Railway, now a beauty spot with red squirrels, deer, butterflies, birds and wildflowers.

The walk crosses the Millennium Bridge - an award-winning footbridge designed by Charles Blackett-Ord - which spans a dramatic gorge of the River Eden, with its rapids and whirlpools. It then winds its way through beautiful countryside and over the glorious Victorian Podgill and Merrygill viaducts.

Podgill Viaduct is a Grade II listed structure which crosses the valley of Pod Gill down which flows the Lathwaite Beck. It has 11 arches, each of 30 feet span, giving it a total



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length of 466 feet, and a maximum height of 84 feet. Merrygill Viaduct spans the narrow valley of Hartley Beck which flows sharply down the western slopes of Birkett Hill and through the village whose name the beck bears. It has nine arches each of 30 feet span, with a total length 366 feet, and a height above the beck of 78 feet. Both viaducts are icons of our Victorian industrial heritage. From the viaducts spectacular views of the Eden Valley, the Yorkshire Dales National Park and the North Pennines AONB can be appreciated.

To accompany the new Interpretation Panels, Northern Viaduct Trust (the guardian of the viaducts) is asking walkers, visitors and lovers of heritage to send them images and footage of the Eden Viaducts and its walks as they are today and as they were when operating as a working railway. The curation of a comprehensive archive is underway. The images will be published on the Eden Viaducts website and social media and the best images of the walk as it is today and as judged by Andrew Walter, Reserves Officer for Cumbria Wildlife Trust, will feature on the front of Eden

Viaducts' new monthly on-line newsletter. Please send high res jpeg images to office@edenviaduct.org.uk with your email address, phone number and name so that you can be credited for the photo.

The preservation of Eden Viaducts requires significant funds. Please help preserve Eden Viaducts by donating on <https://cafdonate.cafonline.org/13420#!/DonationDetails> - the link can also be found on the website

www.edenviaducts.org.uk or by swiping the QR codes on the new Interpretation Panels. Every single donation helps.

Neil Cleeveley, Chair of Northern Viaduct Trust said:

"We're really pleased with the new Interpretation Panels. They look great and I'm sure they will enhance people's enjoyment of our viaduct walk. I hope they will encourage our visitors to share their photos for our newsletter. Visitors can show their appreciation of our magnificent viaducts by using the QR codes on the panels to donate to our fundraising campaign."

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OPENING OF THE M6 THROUGH CUMBRIA

Colin Cowperthwaite

This month commemorates the 50th anniversary of the opening of the M6 motorway through our area, an event which changed the lives of many people. Following 11 years of planning, design and construction, the latest extension to the motorway was officially opened just outside Tebay by the Minister of Transport, John Peyton, on Friday 23rd October 1970. Several dignitaries were in attendance including local MP Michael Jopling, the Bishop of Carlisle, the Lord Lieutenant of Westmorland, and the chairman of Westmorland County Council.

Consulting engineers for the project were Messrs. Scott Wilson Kirkpatrick and partners. The most difficult section, from Killington to Tebay, cost 1.25 million pounds per mile to build. The total sum for the 34 mile long



extension was in excess of 30 million pounds.

The following article appeared in The Westmorland Gazette on Friday 16th October :

"The history of travel in Westmorland will take a dramatic new turn next Friday when the 34 miles of the M6 motorway between Carnforth and Thrimby, six miles south of Penrith, will be open to traffic.

When this section is opened, there will be 161 continuous miles of the M6 in use from Great Barr in Birmingham to the northern end of the Penrith by-pass. It will also be possible to drive the 224 miles from the north of Penrith to a point near Cheltenham in Gloucestershire by way of the M6 and M5 motorways.

The new section of motorway passes through an area of great scenic beauty between the Lake District and the Yorkshire Dales. It runs through hilly and sometimes mountainous country, rising to just over 1000 feet above sea level, and is particularly exposed to testing weather.

The line of the motorway follows part of the traditional west coast route from England to Scotland passing through the Lune Gorge, which was used by both the Romans and the railway pioneers.

The new section of motorway starts at the northern end of the Lancaster by-pass and runs northwards, passing between the villages of Burton and Holme.

From the Farleton interchange, the route swings north-eastwards and climbs steadily for more than 500 feet in seven miles, to arrive at Killington.

Because of the heavy volume of traffic expected to use the motorway, the gradients have been designed to be as constant as possible to ease the climb.

Just north of Killington reservoir a “diamond” interchange connects the motorway with the Kendal-Sedbergh road (A684). The motorway then drops to cross the railway line and turns north into the Lune Gorge, through which it runs for some five miles at an altitude of about 650 feet, making three crossings of the Lune and another of the railway before emerging on to the flood plain of the river at Tebay.

These crossings of the Lune have produced some interesting bridges, one of which, the Borrowdale Viaduct, is 450 feet long and frames the old stone railway viaduct.

For about half its length through the Gorge the carriageways are stepped, one being as much as 30 feet above the other in places. There are also several rock cuts, the deepest of which, reaching 50 feet at Jeffrey’s Mount, take the motorway and the A685 above the railway.

At Tebay a “trumpet” interchange connects the motorway with the Tebay-Orton road which leads to the A685 and then to the Eden Valley and Appleby.

North of Tebay, the motorway crosses the Lune for the fourth time and then climbs steadily over 1000 feet at a saddle on the open fells near Shap. The motorway remains relatively level for about three miles, the drops some 200 feet down a broad ridge to level out at Thrimby.



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For about four miles over the open fells the carriageways separate to be as much as 800 feet apart, the northbound carriageway climbing steadily and the southbound carriageway having a variable downhill gradient. The carriageways come together at the Saddle and the Shap interchange and then separate again, when in this case, the southbound carriageway climbs steadily over some one and a half miles.”

A WARTIME JOURNEY

K. Bruce-Lockhart

I recently came across this "adventure" my father, Rab BL, had in the early war, when stationed near Nottingham – before he was even engaged to Pip. He wrote it in the 1980s. What one did for love (and duty)!

Early on in our time at Attenborough, I got a letter from Pip saying she was going to her uncle's place near Market Drayton for Easter -- she did add "it is only 60 miles due west from Nottingham". This was something of a challenge -- as possibly it was meant to be!

Anyway I've planned it all to leave early on the Easter Saturday morning by motor bike for Derby, to catch an

early train from Derby to Stoke and then be picked up there by Pip in their car -- spend the day with her and return that night.

Podge [the officer who stood in for him] was helpful, so off I went. All went well. We had a very pleasant lunch at Ellerton, near Sambrook followed by a leisurely walk around the grounds, which had an efficient Ha-ha to keep the sheep out of the main garden and a series of trout ponds and hatcheries further down. The weather then closed in and so to keep out of the way of the family we decided to go to see a film in Market Drayton. This would just give me time to catch the last train back to Derby.

I can't recall the film, but we had a bite to eat and had just about got to

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the station when I realised I hadn't got my gas mask (or "respirator anti gas "as the Army insisted we call it!) I'd left it at the cinema! I ran back the 500/600 yards and was fortunate in finding it -- but I'd missed the only train, which would connect with the last Stoke to Derby one.

Petrol, of course, was rationed and very precious. I simply couldn't ask -- or allow -- Pip and her mother to waste any more on me. Yet, I had to get back to 5 LL because Podge was due off in his turn early next morning.

There was only one possible course. Pip saw me off on the last train to Stoke. I'd just have to walk from Stoke to Derby where I'd left my motorcycle. I had a map with me which I studied in the dimly lit train. It was 37 miles! Well, one might get a hitch -- chances were very slim after 11 p.m. in those days as everyone avoided motoring any distance by night because of the very short range of the hooded headlights. I had to be in by 0800 hours. If I could reach Derby station by 0730 I could make it back on my motorcycle by 0800 hours. 4.5 mph for 37 miles. Some going -- just over eight hours -- but it was "on"!

I sent out from Stoke determinedly towards Uttoxeter, which was about half way, on the A50. There were then no sign posts (they'd all been removed) and I had no torch, though I did have some matches.

Once I had got out into the country I suddenly realised that I had not thought out the possibility of continually coming to forks in the road in the dark. As it turned out, however, the main road was substantially clearer than I'd feared and I met no desperate decisions. By this time the road was completely deserted. Quite an eerie experience walking fastish through the countryside on a pretty dark

April night. One's feet, in heavily cleated boots, rang through the avenues of trees lining the road, scaring away the odd owl, rabbit or rook. Later on the moon began to rise ahead and shed some light on the road surface. The familiar lines from Prep School days came to mind:

"The wind was a torrent of
darkness among the gusty trees
The moon was a ghostly galleon
tossed upon cloudy seas

The road was a ribbon of moonlight
over the purple moor

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And the highwayman came riding,
riding, riding

The highway man came riding to
the old inn door"

The moon was not initially high
enough to be the typical Ghostly
Galleon but it did emphasise the
weird shapes of the trunks of the
trees and their branches (still leafless
in April). It recalled scenes from
Arthur Rackham's illustrations of fairy
stories where the trees developed
long fingers and clutched at passers
by - just as they did in Disney's
"Snow White" as she fled through the
forest.

Given time (and it seemed
unlimited that night!) in such
circumstances one's imagination
does tend to run riot. Sudden noises
and dark shapes grow in importance.

Even the possibility of footpads or
modern highwaymen in those lonely
spots didn't seem too remote.

I passed through one or two
completely blacked out villages
causing the odd watchdog to disturb
the night with barking, and just after
0400 hours I went through an
absolutely silent Uttoxeter -- though I
did call in at the police station which
had a dim sign outside it. They made
sure I was set on the right road. After
interminable seeming miles the light
began to improve and eventually I
became aware of a lorry noise behind
me. It was a milk delivery van. The
Driver stopped on my holding out my
arm - and, glory be, as my feet were
not used to this pounding, he was
going right into Derby (still 5/6 miles
on)!

The rest was plain sailing -- though
I could hardly move for bruised hips
and blistered feet through the next
few days.

APPEAL

Dennis J Whicker

In the March 2007 issue of
Lookaround, an article appeared from
Brian Hutchings regarding a Play put
on in the People's Hall by Mr Vivian
Shaw, who was the new Headmaster
of Sedbergh British School, the
County Primary School.

In the November 2013 issue, Mr
Shaw's son, Christopher, put in an
article which was followed up in
December and February 2014 with
additional reports. If Christopher
could make contact with me via the
Lookaround, I have some more
information for him or if anyone
knows his home details, I would
appreciate them.



Sedbergh Community Swifts

Wish to thank builder **Tom Wilson** for further help.
He checked the box in Bainbridge Rd - the chicks have safely fledged.
A family of swifts have been saved.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Flying around the world may be something we cannot do during this pandemic, but birds have no such constraints and carry on their amazing migrations as usual. But why bother migrating? Why would they put themselves through this feat of endurance? It must be that the risks of staying outweigh those of moving on.

We would expect that migration is driven by the availability of resources such as food, the accessibility of nest sites and safety from predators. For insectivores such as swift, the great advantage of breeding in the north is the much greater length of daylight, making the foraging time for insects far greater. In the far north, Scandinavia and Russia for example, with its huge abundance of insects, the midnight sun allows for non-stop foraging. For a seabird like the Arctic Tern, which migrates the longest distance worldwide of any bird, by moving continually between the Arctic summer and the Antarctic summer, it sees more daylight than any other animal on earth.

How do birds do it? They use many techniques to navigate, using cues from the sun, stars and the earth's magnetic field. While birds perceive

the sun and stars through normal vision we still don't know how they perceive the magnetic field. One new theory is based on a recent discovery of magneto-sensitive proteins in the photo receptors in birds' eyes and bills. But this alone is not sufficient to explain navigational achievements: for example, albatrosses fitted equipped with head magnets still managed to find their way across the Southern Ocean.



What determines their migration route? Most migrants return to the same breeding area each year, regardless of conditions encountered en route. Birds look to optimise the route to minimise energy expenditure and reduce hazards. Our UK swifts take the western route to the Congo,

through Spain, Gibraltar and western Africa. Some Scandinavian Common Swifts however take a direct route through Italy, crossing the Mediterranean and across the Sahara. Sand martins undertake a 'loop' migration, flying in autumn via the western Mediterranean but returning in spring in a loop via the east. Honey buzzards follow yet another pattern, switching between completely different flyways throughout their lives but still returning to the same place to breed next year. Incredibly, for their winter location, wood warblers were found to

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return to the same clump of trees in Burkina Faso in Africa every year.

For larger migrants such as storks and cranes, young birds learn from travelling in groups with older birds. How birds learn migration routes has important implications for re-introduction schemes, with species like the corncrake needing to hatch at the site where you need them to return to the following spring. An ingenious system has been devised for Whooping crane: they need to be imprinted on human foster parents and then flown behind microlight aircraft to teach them their routes!

Of course, not all our migrants arrive in summer. Winter visitors such as redwing and fieldfare are arriving at this time of year, coming from further north to spend winter here. Redwing migrate by night in loose flocks, making a soft seep-seep call as they pass overhead. Some birds

such as starlings are partial migrants: our UK starlings are resident here in winter but are joined later on by starlings that breed in Eastern Europe but migrate here to form huge winter flocks.

Nor is it just birds that migrate. Incredibly, for example, fragile Monarch butterflies undertake a mammoth annual journey. Every year hundreds of millions of them fly up to 3,000 miles in their annual migration from Canada and the United States to their wintering grounds in Mexico. And Painted Lady butterflies have an astonishing migration pattern that takes them several generations over successive years to accomplish as they journey from the desert fringes of North Africa, over the Pyrenees, to northern Europe, like a population relay race.

Tiny electronic tags are the key that have given us this insight into bird behaviour and the wonders of bird migration. They proved that our common swift remained airborne



when not breeding, and may fly 4 million miles in its lifetime – the equivalent of eight return trips to the moon. We would also like to thank builder Tom Wilson for further help with the swift box in Bainbridge Rd - we reported that he rescued a swift that had become tangled up in string and stuck in the entrance hole. After the swifts had departed he climbed back up to check, and happily the two chicks that he'd seen inside there, had fledged. So a family of swifts has been saved.

To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043

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If you or yours have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone).

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For more information, visit our website:

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THE ROYAL BRITISH
LEGION



A DARK SKY OVER SEDBERGH

In July this year the Yorkshire Dales National Park submitted an application to the International Dark-Sky Association in Tucson, U.S.A., to become an International Dark Sky Reserve. Dark Sky Reserves protect exceptionally starry skies around the world. Sadly for Sedbergh we are just outside the dark sky boundary, but we are close (the boundary comes almost to Langstone Fell on the A684), and if successful it would be good if Sedbergh could benefit from the designation. Galloway, Northumberland and Exmoor already have Dark Sky status and have seen an increase in tourism as a result. This has been found to have boosted visitor income and occupancy rates for accommodation providers especially in the out of season months. Astrotourism is becoming increasingly popular and is an ideal opportunity for local businesses to increase their offer.

There are potentially about 5000 stars visible from the earth to the naked eye and about half of those are visible to us at any one time but only

on a moonless night far away from urban lights. Many people live in urban areas where the sky is always bright from artificial lights and for many people living in the biggest cities only a handful of the very brightest stars or planets are ever seen. It is estimated that 99 per cent of people in Europe live under a light polluted sky, and only 40% of Europeans and 20% of Americans ever see the Milky Way. Sedbergh is reasonably dark but still we rarely see a clear Milky Way due to the sky glow from our own street and house lights or the glow from Kendal.

Knowledge of the effects of light pollution are becoming increasingly recognised and whilst it is not as dramatic as an oil spill it certainly has far reaching effects. Until 1900 outside lighting was very low key but on March 30th 1916 the first municipal electric light was installed by the City of Los Angeles and the world has never looked back. External light fittings are now everywhere and in recent years with the introduction of LED lights they have become ever more powerful and bright.



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matter? Well there is an increasing body of research and evidence that too much light and a lack of darkness harms us. It's not just the annoyance of a street lamp shining into our bedroom all night or the neighbours patio lights still on long after we are in our beds. It is now well documented that the loss of darkness disrupts our natural body rhythms that have evolved over millennia and impacts our mental health. It messes around with our melatonin hormone levels disrupting our sleep patterns.

Bright lights also impact flora and fauna and alter the behaviour and breeding patterns of animals and birds. It is now thought that the reduction of pollinating insects is in part caused by bright lights encouraging insects to fly into the lights and die in their thousands.

All this does not mean "no light". Artificial light during hours of darkness has increased the quality of our lives – it allows us to be active long after sundown. But it does mean that for the benefit of our health and the conservation of our wildlife we should be encouraged to control our lighting to be where it is needed and at an intensity that fits what it is

needed for. With careful choice of fittings we can not only light our patios and front doors we can also keep the sky dark and with a dark sky we can better see the stars that have for generations inspired us with wonder.

So if you are thinking of changing your light fitting or putting up a new one think about what sort it should be. Choose one that shades the bulb and points the light down, rather than shining into the sky or into your neighbours garden. Make sure it is a fitting that limits the light output to no more than 700 lumens. And chooses a fixture that is warm in colour (3,000 K is OK, but lower values are even better for night sky protection). If you don't need a light then remove it! If we all did this over the next few years, Sedbergh would have a darker sky and brighter stars. We would improve our own health, help the survival of our wildlife, and give our local businesses an opportunity to increase their offer.

We could look up on a cloudless night in Sedbergh and in a dark sky we could marvel at all the stars.

The Yorkshire Dales National Park have a good leaflet (www.yorkshiredales.org.uk/park-authority/looking-after/why-does-our-dark-sky-need-protecting/good-lighting-advice/) about Dark Sky compliance lights.

The International Dark Sky Association Tucson (www.darksky.org/) also have lots of information about a dark sky on their web site.



BRUCE LOCH UPDATE

Dr Alisdair McMeechan

Anyone passing the Bruce Loch (Bruce Lock) nature reserve will have noticed some recent changes!

Located between Akay woods and Riverside rugby pitch, the site was constructed over thirty years ago by schoolmasters John Mounsey, Nick Brown and Malcolm Priestley and is named after the former Sedbergh School Headmaster (1937-1954)

John H. Bruce Lockhart. The site has proved to be a rich habitat and compliments the surrounding area which has both mature and newly planted woodland. Although much smaller, the nearby Old Peculiar pond provides a further reed bed habitat and has a feeder stream into Bruce Loch.

Over the years, literally hundreds of school pupils have volunteered to help at the site as part of a weekly conservation activity and they should be proud of their contribution.

However, in recent years, the site has suffered from excessive ingress from a range of vegetation such as great reedmace/bulrush (*Typha latifoli*) and common reed (*Phragmites australis*). Decades of ecological succession have drastically reduced the size and



depth of the pond. The growth of horsetail and bogbean had got totally out of control with extensive rhizomes further clogging up the water and the in/outflow. The resulting degradation of the site along with excess nitrates had led to a noticeable reduction in wildlife in recent years.

We are very grateful to have secured funding to restore the site to its original size with extensive clearance taking place at the end of August. Mechanical help was employed, and this work secures the future of the site for decades to come. There are, of course, challenges ahead in the management of the site: and we are looking forward to developing the site further, with plans for coppicing, reseedling, and further planting as well as fence

Joss Lane & Loftus Hill Car Parking Charges

1 hour = £1.00	4 hours = £4.00
2 hours = £2.00	5 hours = £5.00
3 hours = £3.00	One week = £10.00
Annual Resident Permit, Day = £40	Annual Resident Permit, 24h = £60

Both available from the Information Centre only, renewable annually on 1st September.



maintenance/replacement. Control and removal of the invasive Himalayan balsam (*Impatiens glandulifera*) is a priority and its presence remains an on-going frustration. The habitat can be further enriched by the addition of channels and perhaps small lagoons and we plan for pupil volunteers to be armed with spades to create these! Before this work, the water body had become very narrow and heavily silted, including the inflow and outflow - with an ever narrowing 'flight path' for birds- this has now been restored.

A major triumph of the work has been to re-establish the island which had previously disappeared. It can now provide a further safe habitat for nesting birds and removes the very

real risk of predation by foxes and cats. Some readers might recall breeding swans that have not been seen at Bruce Loch for some 15-20 years - we hope these may return one day along with other species such as tufted duck and little grebe. The area now looks very much like it did when constructed and we expect the area to settle quickly and the regrowth of vegetation to be rapid (perhaps too rapid!); the reed-buntings, fly-catchers, redpol and redstart that many of you may have seen over the summer will be back. This work ensures the site can continue to be a reserve for wildlife and is very much part of a long-term plan and commitment to involve young people in keeping the site a special place for nature.

We are very proud that Bruce Loch is possibly the largest wetland conservation site that has been developed and maintained by any school in the country. Finally, I would like to sincerely thank everyone involved with site projects past and present- there are too many to name- and I hope that both the community and visitors to Sedbergh continue to enjoy this area for many years to come.

LOOKAROUND

Would like to say

'Thank You'

To our advertisers and everybody who has contributed to this edition of Lookaround

NANCY RECIPES

Nancy Murdoch

Mushroom Stuffed Meat Loaf

Ingredients

8oz Mushrooms
1oz Butter
3 Spring Onions - chopped
A squeeze of lemon juice
2oz Fresh Breadcrumbs
Salt of Pepper
2 tbsps Chopped Parsley
1 1/2 lbs Minced Beef
1 lightly beaten Egg
3 tbsps Tomato Puree
2 tbsps Hot Water
Pinch Dry Mustard

Method

Slice and chop the mushrooms (reserve 4 for the top of the loaf). Heat the butter in a frying pan and saute mushrooms and spring onions for 5 minutes. Stir in lemon juice, breadcrumbs, half seasoning and parsley. Mix beef with lightly beaten egg, tomato puree and hot water, mustard and other half of the seasoning.

Pack half the meat mixture into a well-greased 2lb loaf tin, spread mushroom mixture on to meat. Press remaining meat mixture onto filling. Top with 4 whole mushrooms.

Bake at 180C, 350F, Gas 4 for one and a quarter to one and a half hours. Serve cold with green salad



PERSONAL MESSAGES

GOLDEN WEDDING ANNIVERSARY

Tom and Eileen thank family and friends for cards and donations to charity instead of presents. Cancer Care £225; Prostate Cancer UK £125
Our love to you all.

=====

FOR SALE

Crossway 100/ Mongoose bicycle plus pannier and pump.
Jones Electric/Treadle sewing machine.
Cast iron six holder candelabra.
Telephone 015396 20436

=====

FOR SALE

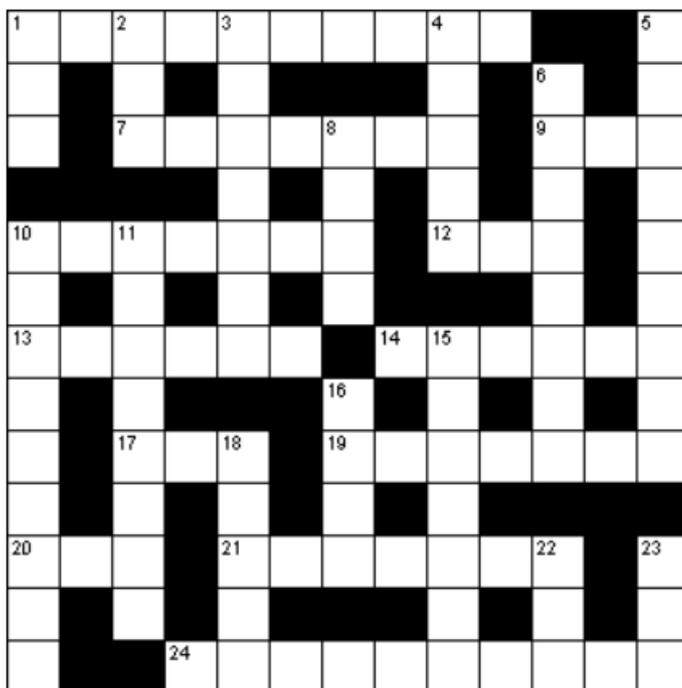
Foldable/Portable Treadmill £40.
Double Pine Bed with pine headboard and mattress as new plus double duvet if required £40.
Telephone 015396 253623

EDITORIAL

Each month I get a little worried that we won't get many submissions, but each month we get loads of great articles and new advertisers.

50 years since the M6 opened! I have a number of distant memories of coming up to my Grandma's home in Killington in my parents car from our home in Surrey before the completion. We used to come through Settle and over Giggleswick Scar. Nearly there! And the first few times we came by the M6 I thought, "Is it always raining at the Killington junction?"
Ed.

PUZZLE 1 (SOLUTION ON PAGE 87)



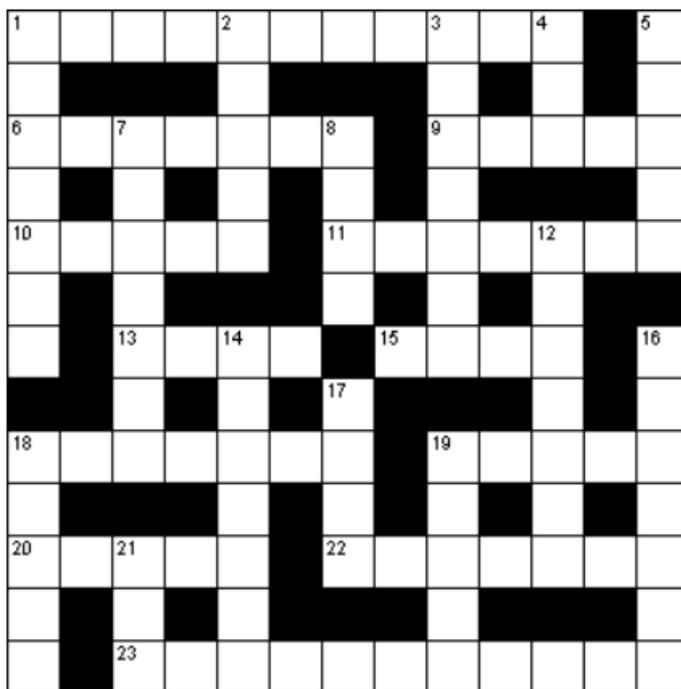
Across

1. Rock tomb is used by witches in disguise (10)
7. Carved pumpkin is lighter (7)
9. Slimy creature in eerie elixir (3)
10. Calmed down after finding accused ate dog (7)
12. Chalice found in attic upstairs (3)
13. Disregard sign or effigy inside (6)
14. Hear secret reveals transport to cemetery (6)
17. It's a Nightmare on this street (3)
19. Replace weekend in Russian citadel with German capital for a mischievous fairy (7)
20. Discovered crank took flight (3)
21. ___ Creepers (7)
24. Chicken legs used to make a noise (10)

Down

1. Creepy crawly is all ears (3)
2. Creature of the night in hollow log (3)
3. Mentors become inhuman (7)
4. Finds fault in fancy nickname (5)
5. Hello, a new evening made up of pranks (9)
6. Found tempo rallied for material world (8)
8. Defend sensitive extremities, essentially (4)
10. Slid there, in other words (9)
11. Animal droppings and a long period of time make unpleasant places to be (8)
15. Discovered air, earth, fire or water when ukulele mentioned (7)
16. Fiend hiding in fog reveals itself (4)
18. An officer of greater importance? (5)
22. Pouch found to be almost sacred (3)
23. Sign of distress, initially (3)

PUZZLE 2 (SOLUTION ON PAGE 87)



Across

1. Visit garden promotion for a change (11)
6. Avoid short official and precipitation (7)
9. Replace letterhead with new head to change brightness into evening (5)
10. Eats holding sardine sandwich (5)
11. Sounds like a kitchen appliance set up (7)
13. Shuffled cards case (4)
15. Answer in French, initially (4)
18. Other mall contains warm air current (7)
19. Sounds like a brittle snack (5)
20. Identifies hidden Arizona mesa (5)
22. A number of changed names for a lassie (7)
23. Dance permit creates a quandary (11)

Down

1. Shorten a connection? (7)
2. Sounds like Greek highways (5)
3. Disregards unsettled regions (7)
4. Silence a joke? (3)
5. Discovered supple ravioli therapy (5)
7. Afficionado passenger makes lively tune (7)
8. In close proximity to fine art (4)
12. Short sleep and baked items of use to infants (7)
14. Confused man sees as a group (7)
16. Amount left behind on account? (7)
17. On investigation, awful nanny gets the elbow (4)
18. Dance essential to Yucatan gossip (5)
19. High quality porcelain first made here (5)
21. Implement used in foam operation (3)

PUZZLE 3 (SOLUTION ON PAGE 88)

10	21	17	8	20	23		21	26	5	4		2
21		1		8		25		1		26		1
19		21	6	4	1	18		1	21	15	1	24
19		24		26		26		6		8		4
	19	1	24	5		22	21	24	5	4	26	11
13				1		13				22		26
H												
21	2	9	21	6	21		1	16	16	1	5	1
									F			
2		1				21		21				6
21	11	1	17	1	24	24		22	21	2	1	
26		5		10		7		5		1		2
11	17	4	6	1		1	3	18	21	17		8
18		26		22		12		21		21		21
1		11	21	5	1		16	17	21	14	1	26

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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

Many of our advert contracts will expire for the February 2020. We will be emailing you to remind you but please don't forget to renew we depend on you.

New advertisers are of course always welcome too.

PUBLICATION DETAILS

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

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

February to November is printed black ink on white. The December/

January issue may be in full colour. All copies have a full colour cover by a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

DIARY KEY

Dates are held up to 10/12/2020.

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.

OCTOBER 2020

03	830	Flu Walk in Clinics (Sep)	MC
03	1000	Learn to Meditate (1) (19)	DMC Online
08	1930	Parish Council Meeting	TBA
10	1000	Learn to Meditate (2) (19)	DMC Online
14		Sedbergh Medical Centre closed all day (9)	MC
16		Sedbergh School Half Term (Sep)	SS
18	1000	New Moon Yoga (19)	DMC Online
25	1030	Rev McMullon's Last Sedbergh Service (5)	
26	1900	Full Moon Yoga (19)	DMC Online
31		Sedbergh School Half Term Ends (Sep)	SS
03	830	Flu Walk in Clinics (Sep)	MC
03	1000	Learn to Meditate (1) (19)	DMC Online
08	1930	Parish Council Meeting	TBA
10	1000	Learn to Meditate (2) (19)	DMC Online
14		Sedbergh Medical Centre closed all day (9)	MC
16		Sedbergh School Half Term (Sep)	SS
18	1000	New Moon Yoga (19)	DMC Online
25	1030	Rev McMullon's Last Sedbergh Service (5)	
26	1900	Full Moon Yoga (19)	DMC Online
31		Sedbergh School Half Term Ends (Sep)	SS

NOVEMBER 2020

01		Confluences (Ceramics) Ends (Sep)	FM
01		Northern Soul Ends (Sep)	FM
01		Boxes of Hope Collection starts (15)	SIC
08	1030	Remembrance Sunday - War Memorial (15)	
11	1930	Parish Council Meeting	TBA
12		Boxes of Hope Collection ends (15)	SIC
12	1930	Community Trust AGM (13)	PH
19		Sedbergh Medical Centre closed all day (9)	MC
21	1400	North West Air Ambulance Jumble Sale	PH

DECEMBER 2020

09	1930	Parish Council Meeting	TBA
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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.

LOOKAROUND

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

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
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

PLACES OF INTEREST TO VISIT IN THE AREA COVID RESTRICTIONS MAY APPLY	USEFUL TELEPHONE NUMBERS
Bowling Green, Queens Gardens	Age UK South Lakeland
Bruce Loch Nature Area, Busk Lane	030 300 30003
Cautley Spout, A683 towards Kirkby Stephen	Electricity in any area
Community Office, 72 Main Street	105
Cornerstone Community Church, New Street	Medical in any area
Cumbria Wildlife Trust, Community Office	111
Dent Heritage Centre, Laning, Dent *	Pension Service Surgery
Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>	Stricklandgate House every Tuesday 1400 - 1600 01539 795000 or 0845 6060265
Friends Quaker Meeting House, Brigflatts	Police in any area
George Fox's Quaker Pulpit, Firbank	101
Golf Club, Catholes, Sedbergh *	Sight Advice South Lakes
Information Centre, 72 Main Street	01539 769055
History Society, Community Office	South Lakes Citizens Advice Bureau
Holy Trinity Church, Howgill	03444 111 444
Jubilee Wood Nature Area, Castlehaw Lane	South Lakeland District Council
Langstone Fell, A684 Garsdale Foot	01539 733 333
Motte & Bailey Castle, Castlehaw Lane	Yorkshire Dale National Park
Pepperpot Folly, Busk Lane	0300 456 0030
Picnic Site, Ghyllas, Cautley Road	<i>If you would like to see any numbers listed here, please let us know.</i>
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	



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: ali@interact.co.uk	20360
Mr and Mrs McCrie	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: Daleslea@outlook.com	21789

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: sam@thecapps.co.uk	34032
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT <i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i> e-mail: ed_welti@btinternet.com	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6</i> e-mail: ali@interact.co.uk	20360
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	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	45845
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

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Comerie	Dent:	25770
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricketer Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Giffellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	
Labour Supporters Group	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/19	Mrs Lidiard	07734	699723
Lunch Club	03/18	Mrs l'Anson	Sed:	21757
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com		
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's Gym	12/19	membership@sedberghgym.club		
People's Hall	07/19	Tourist Info Centre	Sed:	20125
Peppercot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Red Squirrel Group - Sedbergh	09/19	Mr Hopps sedberghredsquirrels100@gmail.com		
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Schools				
Dent Primary	03/13	School	Dent:	25259
Dent Primary - Friends of	03/13	School	Dent:	25259
Sedbergh Primary	01/09	School	Sed:	20510
Settlebeck	01/09	School	Sed:	20383
Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sedbergh United Charities	09/19	Mr Sykes	07786	384917
Senior Golfers	01/20	Mr Braddon	0330	1138850
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	12/19	Sedberghswimclub@gmail.com		
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/19	Mrs Morrison	Sed:	20209
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect, please let us know.

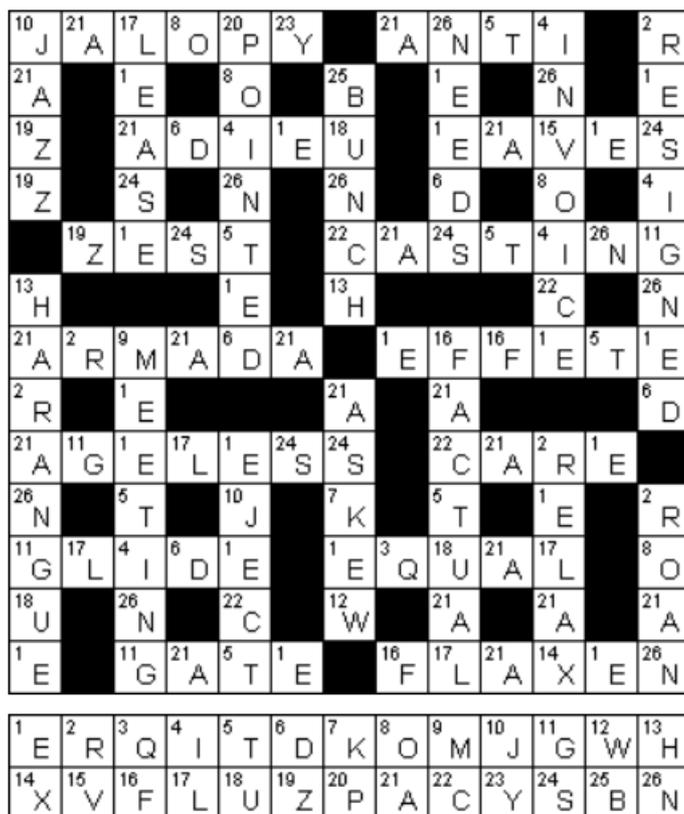
PUZZLE 1 SOLUTION

B	R	O	O	M	S	T	I	C	K			H
U		W		O				Y		T		A
G		L	A	N	T	E	R	N		E	E	L
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PUZZLE 2 SOLUTION

A	D	V	E	R	T	I	S	I	N	G		L
B				O				G		A		I
R	E	F	R	A	I	N		N	I	G	H	T
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PUZZLE 2 SOLUTION



PEOPLE'S HALL HIRE RATES						
Main Hall						
Session	Z	A	B	C	D	All day
Local Hirers	£10	£20	£20	£15	£36	£90
Other Hirers	£15	£30	£30	£22.50	£54	£136.50
Commercial	£20	£40	£40	£30	£72	£182
Committee Room						
Local Hirers		£15	£15	£10	£15	£55
Other Hirers		£22.50	£22.50	£15	£22.50	£82.50
Commercial		£30	£30	£20	£30	£110

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
Last Update: May 2018									
L = Library					SCC = Stagecoach				
C = College Days Only					W = Woof's of Sedbergh				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)									

Western Dales Bus S1 Kendal Shuttle Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
<i>Dent Station</i>							
<i>Train to Carlisle</i>		1048			1815		2020
<i>Train to Leeds</i>		10.41			1732	1938	2026
Buses From Dent to Kendal							
Dent Station			1053			1737	1947 S
Dent Village		0820	1108		1505	1752	2002 S
Sedbergh Maryfell		0835	1123	1315	1520	1807	2017 S
Sedbergh Library		0837	1125	1317	1522	1809	2019 S
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 Blackhall Road		0908	1156	1348	1553		
Kendal Morrisons		0913	1201	1353	1558		
Buses From Kendal to Dent							
Kendal Morrisons		0923	1223	1403	1608		
Kendal Blackhall Road		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 opp. Morphets		0956	1256	1436	1641		
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855 S	
Sedbergh Maryfell	..	1000	1300	1440	1645	1857 S	
Dent Village	0815	1015		1455	1700	1912 S	
Dent Station		1030			1715	1927 S	
S = summer time only (British Summer Time)							

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn

Buses From Dent to Hawes				
Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1048	1217	1443
Trains to Leeds			1210	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512
Buses From Hawes to Dent				
Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1048		
Trains to Leeds				1604
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	
Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn				
Buses From Dent to Kirkby Stephen/Brough				
Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1048		1443
Train to Leeds		1041		1604
Kirkby Stephen Station dep		1106	1324	1534
Kirkby Stephen Town		1111	1329	1539
Kirkby Stephen Co-op		1113	1331	1541
Brough Clock		1121	1339	1549
Buses From Brough/Kirkby Stephen to Dent				
Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1217		
Train to Leeds		1210		1604
Kirkby Stephen Station dep		1151	1404	1614
Fat Lamb		1158	1411	1621
Cautley, Cross Keys		1205	1418	1628
Sedbergh Maryfell		1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	
Dent Village	1007		1444	

BUS SERVICES

S4/S5Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st June 2018 until further notice

Dalesman	09.00		
Sedbergh, Maryfell	09.02		
Cautley, Cross Keys	09.10		
Fat Lamb	09.18		
Kirkby Stephen Station entrance	09.24		
Kirkby Stephen Market Place	09.29		
Kirkby Stephen Co-op arr	09.30		
Kirkby Stephen Co-op dep	09.35	11.45	14.35
Kirkby Stephen, Market St	09.36	11.46	14.36
Kirkby Stephen Station entrance	09.41	11.51	14.41
<i>Trains from Leeds to Carlisle</i>	<i>09.34</i>	<i>11.06</i>	<i>15.01</i>
<i>Trains from Carlisle to Leeds</i>	<i>09.20</i>	<i>11.46</i>	<i>14.31</i>
Ravenstonedale, Kings Head	09.47	11.57	14.47
Newbiggin on Lune	09.50	12.00	14.50
Tebay roundabout	09.58	12.08	14.58
Killington M6 bridge	10.08	12.18	15.08
Kendal, Castle Green	10.17	12.27	15.17
Kendal, Blackhall Road	10.22	12.32	15.22
Kendal, Morrisons	10.27	12.37	15.27
Kendal, Morrisons	10.38	13.28	15.38
Kendal, Blackhall Road	10.45	13.35	15.45
Kendal, Castle Green	10.50	13.40	15.50
Killington, M6 bridge	10.59	13.49	15.59
Tebay roundabout	11.09	13.59	16.09
Newbiggin on Lune	11.17	14.07	16.17
Ravenstonedale, Kings Head	11.20	14.10	16.20
Kirkby Stephen Station entrance	11.27	14.17	16.27
<i>Trains from Leeds to Carlisle</i>	<i>11.06</i>	<i>15.01</i>	<i>17.04</i>
<i>Trains from Carlisle to Leeds</i>	<i>11.46</i>	<i>14.31</i>	<i>15.46</i>
Kirkby Stephen, Market Place	11.33	14.23	16.33
Kirkby Stephen Co-op arr			16.34
Kirkby Stephen Co-op dep			16.35
Kirkby Stephen Market St			16.36
Kirkby Stephen Station entrance			16.41
Fat Lamb			16.48
Cautley, Cross Keys			16.55
Sedbergh, Maryfell			17.03
Sedbergh, Library			17.05

DENT RAILWAY STATION TIMETABLE

Valid until 12th December 2020

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
M-F	Sat	Sun	M-F	Sat	Sun
06 48	07 52	10 34	07 03	09 38*	10 40
09 16	09 16	13 55	09 38	10 41*	13 40
10 48	12 18*	17 48	12 10*	12 10*	20 26
12 17	14 43*	20 20	16 04*	16 04*	
14 43	16 46*		17 32*	17 32*	
18 15	18 15*			19 38	

* = Change at Skipton required to/from Leeds

** There is also a Sunday train from Kirkby Stephen (16.57), Ribbleshead (17.22), and Settle (17.38) to Leeds.

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect
from Friday 22nd June 2018 ufn R = Request only

	Fri	Fri	Fri	Fri
Dent		10.25		14.25
Sedbergh, Spar		10.39	12.44	14.39
Sedbergh, Dalesman		10.40	12.45	14.40
Sedbergh, Maryfell		10.41	12.46	14.41
Cautley, Cross Keys		10.48	12.53	14.48
Fat Lamb		10.54	12.59	14.54
Kirkby Stephen Station arr		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>		11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.07	13.08	15.03
Kirkby Stephen Town		11.12	13.13	15.08
Kirkby Stephen Co-op		11.13	13.14	15.09
Brough, Clock		11.21	13.22	15.17
	Fri	Fri	Fri	Fri
Brough, Clock		11.26	13.27	15.21
Kirkby Stephen Co-op		11.34	13.35	15.30
Kirkby Stephen Town		11.35	13.36	15.33
Kirkby Stephen Station arr		11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>		-	-	-
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.47	13.43	15.48
Fat Lamb		11.54	13.50	15.55
Cautley, Cross Keys		12.00	13.56	16.01
Sedbergh, Maryfell		12.07	14.03	16.08
Sedbergh, Library	10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets	10.06	12.09	14.05	16.10
Dent	10.20	-	14.19	-

Fri = Friday Only

Lookaround Editorial Team

Myles Ripley	Team Leader and Chairman	Jane Fisher	Proofreading
Susa Ellis	Treasurer	James Palmer	Proofreading
Philip Johns	Secretary	Ed Welti	Compilation and Vice Chairman
Elsbeth Griffiths	Proofreading	Valerie Welti	Advertising Administration

All Editorial Team members 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

St. Andrew's Parish Church
Sunday 08.00, 10.30 & 18.30
Wednesday 11.15

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

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### ROMAN CATHOLIC

St. Andrew's Parish Church  
Sunday 12.00  
Holy Days 19.30

**Parish Priest Kendal  
Tel: 015397 20063**

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CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

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**worship@peopleshall**

1st Sunday each month 10:30 am  
**Rev David Crouchley Tel:20329**

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SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

**Pam Coren (Clerk) Tel: 22586
Sally Ingham Tel:07939 569559**

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### DENTDALE

#### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ  
Every 4th Sunday 1900  
**Sarah Woof Tel: 25212**

*Enquiries for the following services,  
please ring the relevant telephone number*

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CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843
Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723
Firbank: Colin Wilson 20952
Howgill: Helen Hoggarth 20805
& Pauline Marshall 21651
Killington: Jennifer Thornely 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

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### METHODIST CHURCH

Dent; Dent Foot;  
Cautley; Garsdale Street;  
Garsdale Low Smithy; Hawes Junction  
**Rev. David Crouchley Tel: 20329**

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SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

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### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

**Combined plans for Western Dales Mission Community - September 2020**

**PLEASE NOTE THAT THESE SERVICES ARE SUBJECT TO CHANGE DUE TO CORONAVIRUS.  
FOR DETAILS OF WEEKLY WORSHIP BY ZOOM PLEASE CONTACT A MINISTER.**

|                                                                        | <b>Time</b>      | <b>4<sup>th</sup></b> | <b>11<sup>th</sup></b>                           | <b>18<sup>th</sup></b> | <b>25<sup>th</sup></b> |
|------------------------------------------------------------------------|------------------|-----------------------|--------------------------------------------------|------------------------|------------------------|
| <b>St. Andrew's,<br/>Sedbergh<br/>LA10 5BZ</b>                         | 10.30am          | HC                    | HC                                               | HC                     | FS                     |
| <b>Cornerstone<br/>Community<br/>Church,<br/>Sedbergh<br/>LA10 5AF</b> | 10.30am          | Service               | Service                                          | Service                | Service                |
| <b>St. Mark's,<br/>Cautley<br/>LA10 5LZ</b>                            |                  | 2.30pm<br>Healing     |                                                  | 9.30am<br>MP           |                        |
| <b>St. John's,<br/>Garsdale<br/>LA10</b>                               |                  |                       | 2pm<br>HC                                        | 2pm<br>HC              |                        |
| <b>Garsdale Low<br/>Smithy<br/>Methodist<br/>Chapel<br/>LA10 5PF</b>   | 2.30pm           | Harvest               |                                                  |                        | Service                |
| <b>Garsdale Street<br/>Methodist<br/>Chapel<br/>LA10 5PQ</b>           |                  |                       |                                                  |                        |                        |
| <b>All Saints,<br/>Killington<br/>LA6 2HA</b>                          | 2pm              |                       |                                                  |                        | HC                     |
| <b>Holy Trinity<br/>Howgill<br/>LA10 5JD</b>                           | 2pm              |                       |                                                  | HC                     |                        |
| <b>St. John's<br/>Firbank<br/>LA10 5EF</b>                             | 2pm              |                       | Harvest                                          |                        |                        |
| <b>St. Andrew's,<br/>Dent<br/>LA10 5QL</b>                             | 10.30am          | HC                    | HC                                               | HC                     | HC                     |
| <b>St. John's,<br/>Cowgill<br/>LA10 5RJ</b>                            | 2.30pm           | Harvest               |                                                  | EP                     |                        |
| <b>Dentdale<br/>Methodist<br/>Chapel<br/>LA10 5QJ</b>                  | 2pm              | Service               |                                                  | Service                |                        |
|                                                                        | <b>Wednesday</b> | <b>7<sup>th</sup></b> | <b>14<sup>th</sup></b>                           | <b>21<sup>st</sup></b> | <b>28<sup>th</sup></b> |
| <b>St. Andrew's,<br/>Sedbergh<br/>LA10 5BZ</b>                         | 12 noon          | HC-BCP                | HC-BCP                                           | HC-BCP                 | HC-BCP                 |
| HC- Holy Communion (HCx- Extended Communion)<br>MP- Morning Prayer     |                  |                       | BCP- Book of Common Prayer<br>EP- Evening Prayer |                        |                        |

# 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 – 10.00am

**(No appointment necessary)**

Late Morning – 10.30am -12.30pm

**(By appointment only)**

Afternoon – 2.30pm – 6pm

**(By appointment only)**

**Surgery by appointment only –**  
Early Morning Tuesday & Thursday  
Late evening Monday & Tuesday

### Dent Surgery

**Monday by appointment only**

### Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

**(By appointment only)**

Baby Immunisations/Travel Clinic – Wednesday  
afternoons

**(By appointment only)**

Dressings Clinic – Friday afternoons

**(By appointment only)**

### Blood clinic

Monday – Thursday – 8.20am – 12pm

**(By appointment only)**

**Please telephone the surgery to make  
appointments for all the above clinics.**

See our website

[www.sedberghmp.nhs.uk](http://www.sedberghmp.nhs.uk)

for further details

### Bridging the Gap

*First Monday - 1400 - 1600*

Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

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

## POLICE

101 or 999

Crimestoppers 0800 555 111

### Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

## DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,  
Katherine Parrott-Edwards & Sarah Boom  
(Hygienist)

Monday to Friday 0900 - 1700

## SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## 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 Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

Tel: 015396 20125/20504

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

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

## VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

## PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

## POST OFFICE

Main Street - Phone 20406

## MARKET DAY

Wednesday

Last Page Update:

March 2019