

## Sedbergh & District

# LOOKAROUND

October 2021

Issue 403

Donation £1

Life and Lookaround are gradually returning to normality. Our events calendar (along with the associated adverts) now contains entries for the History Society winter programme,

Messy Church, and the annual Appleby Concerts. And the weekly Coffee mornings are now being run by the various charities. Long may the recovery continue! *Ed.*

### Job Opportunity in Sedbergh

#### Centre Manager, Sedbergh Information Centre

Sedbergh Information Centre & Howgills Bookshop is a community organisation with a paid Centre Manager and staffed by volunteers. The Centre Manager is responsible for all aspects of management of the centre:

Organising and supporting volunteers in providing a wide variety of information to visitors and local residents, selling maps, gifts, new and second-hand books, and providing a range of other services.

Organising the Artisan Street Markets

Keeping financial records

Reporting to the board of directors of Sedbergh Community Interest Company

The post would suit someone who has a passion for the Sedbergh area, is keen to help other people, and has good organisational skills. Previous experience in tourism or retail would be an advantage but full training will be given.

Terms are 20 hours per week at an annual salary of £11,440.

Please apply by emailing your CV and a letter of application to

**cic@sedbergh.org.uk** as soon as possible

but by **8<sup>th</sup> October 2021** latest

For further information please scan the QR code or see

**[www.sedbergh.org.uk/community/employment-and-volunteering](http://www.sedbergh.org.uk/community/employment-and-volunteering)**

Or contact Chris Wood (Chair of Directors) 015396 21385 / 0748 3233609



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

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

Mobile: 07464 - 895425

e-mail: [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

## Articles

A Deeper Green?	63	I Am An Eighties Throwback	17
A New Life	40	John Duckett	24
A.G.M. - Community Trust	11	Ladies N.F.U.	35
An Unexpected Lockdown Community Gift	55	Learning To Communicate With Craniosacral Therapy	57
August Weather	38	Local Housing	12
Barbon Show	9	News From The Pews	21
Boxes Of Hope Cumbria, 2021	12	Regeneration	69
Canary Girls News	10	Rural Roads Campaign Gets Into Gear	5
Christian Aid In Sedbergh And District	23	Sedbergh Parish Council	17
Community Swifts	37	Sedbergh School News	58
Dedication Service - New Standard	7	Sedbergh Scouts	7
Dignity In Dementia Free Course	14	Selection Of Walks Around Sedbergh	39
Eight Week Walk	66	Some Garsdale History	26
Family Musings	36	Talking Lookaround	8
Fifty Years Ago	32	Telling It Like It Was - Vol 2	28
Gladstone House News	13	Tim's Column	19
Grow To Give	14	W.I. Dentedale	52
Hardship Fund	6	W.I. Howgill/Firbank	45
Help With School Costs	61	W.I. Killington	50
		W.I. Sedbergh	46

### Events and Dates

Appleby Concerts (10/10)	10
Birthdays	5
Dementia Hub (12/10, 9/11, 14/12)	12
Griefshare (5/10, 19/10)	18
Help for Afghans (27/10)	27
History Society (20/10)	20
Medical Centre (14/10)	14
Meditation Centre (16/10, 23/10, 24/10)	24
Messy Church (10/10)	11
Weekly Coffee Morning (Weds)	3
Westwood Books (26/11)	57

### COVER PHOTO Dew Drops

*Bill Lewis*

### Other Information

Advertising In Lookaround	4
Bed & Breakfast	77
Bus Time Tables	79
Car Parking Charges	83
Diary of Events	75
Editorial	70
Groups and Organisations	78
Lookaround Editorial Team	82
Lookaround Information	73
Personal Messages	70
Places of Interest	76
Places to Eat and Drink in Sedbergh	76
Public Information / Telephone Numbers	88
Puzzles	71
Religious Information	86
Train Times	85
Useful Telephone Numbers	70

## Advertising

Archer Yoga	39	Lookaround Local Subscription	41
Audio Lookaround	8	Lookaround Postal Subscription	43
Bannister Physiotherapist	55	Lookaround Subscription	42
Black Bull	16	M.K. Conversions Ltd	67
Carl Turnock - Tree Surgery	61	Matthew Cook Stonemason	54
Chris Harper Fencing	27	McGarry Solicitor	19
Cobble Country	58	Middleton Mole Ploughing	36
Cross Keys	26	Mitchells	37
Cumbria Stoves	5	Oglethorpe Sturton & Gillibrand LLP	52
Curtains	65	Over 50s swimming group	13
Dalesway Therapies	38	Parkin And Jackson	31
Dalton Burial Ground	31	Pennine Outdoor Fabrics	20
Dawsons Fuels	29	Peoples Hall	38
Dinky Dales Nursery	60	Powells	59
Duncan Law Plumber	17	Red Squirrel	24
Edge of the World	69	Robert Powell Web Design	36
Farfield Mill	22	Royal British Legion	6
First 4 Home Improvement	25	Ryan Simpson Septic Tanks	56
French Lessons	17	Rycrofts	63
G.J. Baines	23	S.K. Decorating	34
Garsdale Design	68	Sedbergh Scouts	15
H&M Craftsmen Kitchens	51	Sheila Shuttleworth Dressmaker	12
Helping Hand	33	Smart Design and Print	50
Home Work Property	15	Stephenson And Wilson Builders	66
Ian Higginbotham	18	Stramongate Press	62
Information Centre Job Opportunity	1	Temptations Craft Boutique	44
J.J. Martin Funeral Director	30	Thomson Hayton Winkley Solicitors	49
J.M.P. Food Services	21	Three Hares	32
K.W. Electricals	40	Tooby's Electrical	28
Kay Whittle	47	Treadwell Flooring	35
Kev Scrap	45	Valerie Hinde Architect	46
Killington Marquees	48	Wools Of Cumbria	53
Lakes Scaffolding	64		

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

Wed 6<sup>th</sup> Oct – St Andrew's Mission  
Wed 13<sup>th</sup> Oct – M.S. Society  
Wed 20<sup>th</sup> Oct – Christian Aid  
Wed 27<sup>th</sup> Oct – Help For Afghans



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



## Advertising in Lookaround

For advertisers key points to note are as follows :-

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

### CONTACT INFORMATION

*Email:*

**editor@sedberghlookaround.org.uk**

*Phone:*

**07464 895425**

*Address:*

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

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

### PAYMENT INFORMATION

CHEQUE

*Cheques Payable to :*

**Sedbergh & District Lookaround  
BACS**

*Account:*

**Sedbergh and District Lookaround**

*Account Number:*

**23388557**

*Sort Code:*

**20-55-41**

*Reference:*

**Invoice Number, your name or reference.**

This account is valid from January 2019. No other account details are valid for current payments.

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

## Advertising Rates

Single Column 2.56" x 2"	=£10.00
Single Column 2.56" x 3"	=£12.50
Single Column 2.56" x 4"	=£15.00
Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

## RURAL ROADS CAMPAIGN GETS INTO GEAR

*Hamish Wilson*

A pressure group is calling for tougher speed and noise restrictions on the region's rural roads. CANS – Councils Against Noise and Speed – was set up in response to complaints by villagers and country residents whose communities are plagued by thoughtless bikers and motorists.

It comprises representatives of 13 parish and district councils in the areas covered by popular biker ride-out and car rally routes linking the so-called 'Devil's Bridge triangle' which includes Kirkby Lonsdale, Sedbergh, Hawes and Ingleton.

'We don't want motorcycles banned and aren't asking riders or drivers to stay away,' said CANS chairman Hamish Wilson. 'What we are asking is for the minority of motorcyclists and drivers who are tempted to speed on rural roads or use excessively loud exhausts to respect our communities and their way of life.'

CANS is lobbying MPs whose constituencies fall in the affected area and has had supportive responses from Rishi Sunak (Richmond); Tim



**Cumbria  
Stoves Ltd**

Supply and installation of  
Wood, Multifuel and Gas Stoves  
Flue and Chimney  
Lining Services  
Inglenook Specialists  
Fully Qualified and experienced  
Hetas engineers  
**01539 821061**  
**www.cumbriastovesltd.co.uk**  
**SHOWROOM:**  
**34A Main Street, Staveley,**  
**Nr Kendal, LA8 9LN.**

Farron (Westmorland and Lonsdale); David Morris (Morecambe and Lunesdale) and Julian Smith (Skipton and Ripon).

Tim Farron tabled an Early Day Motion in the House of Commons, calling on the Government to 'introduce average speed cameras throughout the National Parks, legislate to decrease noise pollution and increase police patrols during the peak motorcycle season'.

## October Birthdays

**Margaret Ruth Park is 6  
on October 31st**

**Happy Birthday Margaret!**

The group has also been in close contact with Cumbria, North Yorkshire and Lancashire police to hold action days on routes in the triangle. North Yorkshire Police responded with Operation Boundary and Operation Concentrate.

In a four-day campaign, as part of Operation Boundary, more than 80 traffic offence reports were issued with 17 vehicle seizures and 11 arrests. Mr Wilson added: 'CANS welcomes the fact that both Operation Boundary and Operation Concentrate have continued over the summer months.'

The group is also investigating the use of 'sound cameras' to stamp down on motorbikes with 'after sales' exhausts. It is taking advice from Kensington and Chelsea Borough Council which waged war on supercar owners, hitting more than 100 of them with £100 fines.

Mr Wilson added: 'We don't mind drivers enjoying the area but not to the detriment of other visitors and residents.'

For further information contact Hamish Wilson:  
[hamishwilson59@icloud.com](mailto:hamishwilson59@icloud.com)

## HARDSHIP FUND

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

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

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

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

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

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

All applications will be treated in confidence.

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

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

## ROYAL BRITISH LEGION

*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).*

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

Membership costs £18.00 - call 20964  
email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

For more information, visit our website:

<http://branches.britishlegion.org.uk/branches/sedbergh>

THE ROYAL BRITISH  
LEGION



## **DEDICATION SERVICE - NEW STANDARD** **Sedbergh Branch; Royal British Legion**

*David Parratt*

This service took place on Sunday 5th September in St Andrews Church and was conducted by the Venerable Vernon Ross, Archdeacon of Westmorland & Furness. The service included the Laying Up of the old Standard which now hangs in the church for safe keeping.

The Standard Bearer was Nick Cross who presented the old Standard and received the new Standard from David Parratt before it was dedicated by the Archdeacon. The escorts were Myles Ripley and Nigel Whiting.

A photographic record of the service was carried out courtesy of Colin Cowperthwaite. Pete Packham from the Town Band played the 'Last Post' and the 'Reveille'



Attendees included The Lord-Lieutenant of Cumbria, Mrs Claire Hensman, various Councillors, members of the RBL County Committee and branch chairmen, County Parade Marshal, Headmaster of Sedbergh School and the Headteachers of Settlebeck and the Primary School.

Although there has been a delay in carrying out this Dedication Service due to the Covid 19 pandemic, it is nevertheless fitting that it has finally occurred during the centenary year of the Legion.

Thanks go to Rod Eglin, the County Parade Marshal for providing advice and guidance on the ceremonial requirements.

---

## **SEDBERGH SCOUTS**

*William Mawdsley*

As we start a new term after the summer break Sedbergh Scout Group are up and running again. All sections (Beavers, Cubs and Scouts) will be meeting on their normal evenings and barring any government restriction we hope to run a full programme once again. Scouts are open to both girls and boys and we have space in all sections. If you would like more details, please contact the number below.

However, to continue giving the best possible experience to the young people we need more adults to help with the running of the Group. We operate flexible volunteering, from 1 hour a month to as much time as you want.

Please contact Bill Mawdsley 07989201481 for details.

## TALKING LOOKAROUND

*Rosemary Handley*

As you know because of the pandemic we have been unable to meet round a table at 72 Main Street to make the monthly recordings but we have managed to do it from our own homes.

Fortunately we have had the wonderful support and “tech” know how from Mike Clarke, Douglas Thomson and most recently our own Martin Lewes (of Radio Cumbria fame)

We have also had a splendid team of readers, some newly enlisted, and Stuart Manger as ever editing the articles to be included for our listeners. Our thanks go out to all of them for keeping the show on the road!

We have decided to continue like this because it is safer than gathering together and because it provides

greater flexibility to the readers as to where and when they do their recording. We are hoping to involve the students from Settlebeck and Sedbergh schools as before.

It is very easy for people to record the items on their phone or PC or other device and one of our team would help you to get started. We would very much welcome more readers so that we have a variety of ‘voices’ and can share the material out so that no one has too much. We have an advice sheet for those having a go for the first time so you need not feel nervous!

If you know of anyone who might appreciate RECEIVING the recording each month please email [audiolookaround@gmail.com](mailto:audiolookaround@gmail.com)

After all the disruption it is good to know that we are still here for the community and the community is still here for us.

## Sedbergh and District Lookaround

### AUDIO & LARGE PRINT LOOKAROUND

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

The Large Print Version is delivered and supplied for FREE.



If you would like to receive either the Audio or Large Print, or you know of someone that would benefit or appreciate it, please contact Rosemary on Sedbergh 20540, Colin on 20659, or Elspeth on 20677.

## BARBON SHOW

*Clare Thompson*

With great sadness we had to cancel our Barbon Show 2020 due to COVID19 restrictions, however we were able to put on a great show this year, having a amazing turnout by locals and visitors on Saturday 21st August 2021 at Barbon Manor Park, one of the smallest and most traditional gatherings. The weather stayed mostly dry, even the sun came out and it was enjoyed by everyone. The day included a Sheep Show, Stick Show, SheepDog Trials, Marquee Lunch and Children's Craft and Sports.



We had a great turnout of sheep from local farmers, which were judged by William Dawson (Roughs), Ian Gornall (Mules & Leicester's) and Will Ellison (Lowland and Fat Lambs).

James Sedgley won the Young Handlers Class, Booth Bros won 4 trophies with their Rough Sheep, Ben Thompson won Best lowland breed, A & H Watson won Champion Mule and JH Pedley won Champion Leicester, and also Overall Champion.

Sheep Dog trials this year was won by Victoria Graham, and we had over 60 dogs entered.



The stick show had some great entries, with George Smithson winning the best exhibit and group of 3 sticks.

The children's sports had an amazing turnout of children from the local area, with a few new young children turning up and taking part.

A big thank you to our Chair, Christine Denney who is handing over to Alan Watson after 3 years in the position. Also thank you to our Vice President, John Stott and this year's President, Hazel Watson for all your help, donations, and big part on the day.

Barbon Show was again another great success and we thank everyone for their continued support and help over the years.

See you all next year!

*The pics are the Booths Brothers, Young Handlers and J.H. Pedley.*



## CANARY GIRLS NEWS

*Sandra Gold-Wood*

I'd love to say we have our Charitable Registration but we don't although we may have when this magazine hits the streets of the City of Sedbergh.

This month has been very good for the Canary Girls, starting with a coffee morning on Sept 1st at St Andrews Church. A big thank you to all who came along, all who donated cakes and those who kindly came along to help. We made £186 a very good amount.

On Wed Sept 8 Sedbergh WI held an open meeting with speaker Judith Hewitt manager of the Devils Porridge Museum at Gretna (see separate article "Sedbergh WI"). All of you who were there will testify to what a very good speaker she was and how informative and lively her talk was. This evening brought in £78 from the raffle and donations. Once again I am staggered by the kindness and generosity of people.

Val Welti and I had a table in the WI tent on Wed/Thurs Sept 8/9. We were there spreading the word of the Canary Girls memorial project. Showing the design of the proposed memorial and giving out leaflets with

information about the project. The response from the public was excellent. Some people shared stories of their family's involvement in munitions during both world wars. I personally learn a great deal from these encounters. It was certain worthwhile being there and grateful thanks is express to the WI federation for allowing us to be there.

At times Val and I were speaking in stereo, we certainly had a good deal of fun. There were a number of school children visiting with teachers who were surprised to learn about the women who did such dangerous work. Their little faces were a treat as they tried to take in how different life had been for women in the past. Girl Guides and other WIs were interested in becoming involved in the project or having one of us come along and speak to their members. £238 in donations came for the show and together with the CM and the Devils porridge talk funds raised came to £502 which have been passed to our treasurer.

All in all, a very successful September.

Check out the website; Canary-Girls.com



## NORTH WESTMORLAND ARTS

### Appleby Concerts 2021-22

7:30pm in Appleby Public Hall. Tickets at the door or online.



<b>Sun 10<sup>th</sup> Oct:</b>	Meraki Duo – flute (Meera Maharaj) & guitar	<b>£15</b>
<b>Sun 7<sup>th</sup> Nov:</b>	Emma Abbate (piano) + mezzo-soprano & viola	<b>£15</b>
<b>Sun 28<sup>th</sup> Nov:</b>	Sacconi String Quartet	<b>£20</b>
<b>Sun 27<sup>th</sup> Feb:</b>	Boglarka Gyorgy & Amy Butler (violin & piano)	<b>£15</b>
<b>Sun 13<sup>th</sup> Mar:</b>	Jamal Aliyev & Maksim Stsura (cello & piano)	<b>£15</b>
<b>Sun 3<sup>rd</sup> Apr:</b>	Meliora Collective – String quartet, wind & harp	<b>£20</b>

[www.appleby-concerts.org.uk](http://www.appleby-concerts.org.uk)

Email: [enquiries@appleby-concerts.org.uk](mailto:enquiries@appleby-concerts.org.uk)

Tel: 017684 83777

Supported by Westmorland Arts Trust, Hadfield Trust, Bryan Lancaster Trust



2021  
Oct 10<sup>th</sup>  
November 14<sup>th</sup>  
Dec. 12<sup>th</sup>

2022  
Jan 9<sup>th</sup>  
Feb 13<sup>th</sup>  
March 13<sup>th</sup>  
April 10<sup>th</sup>  
May 8<sup>th</sup>  
June 12<sup>th</sup>

**4-6pm**

**Cornerstone Community Church Hall. New Street  
Come and join in the fun. Hot meal.  
Crafts, games, drama and music**

**OPEN TO EVERYONE. NO CHARGE**

**Further details contact Susan Raw 015396 20542  
[susanraw@talktalk.net](mailto:susanraw@talktalk.net)**

**AGM - SEDBERGH & DISTRICT  
CHARITABLE INCORPORATED  
ORGANISATION**

**Also Known As The Sedbergh &  
District Community Trust**

*Gina Barney*

Notice is hereby given that the Annual General Meeting of the Community Trust will be held on Monday 11 October 2021, 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 includes: Minutes of AGM held on 12 October 2020, Annual Report, Treasurer's Report, Election of Trustees.

There are two 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 8 October 2021 at the Information Centre (72 Main Street).

Dr Gina Barney, Hon. Trust Secretary

## BOXES OF HOPE CUMBRIA, 2021

*Pam Dent*

By the time you read this, leaflets should be available at the Post Office and TIC, reminding you of the details you need to make up a Christmas shoe-box for a needy child in Romania. Both the Information Centre and the Post Office will also act as drop-off points for completed boxes between 1st and 12th November. I'm extremely grateful to both for their continued support – and equally grateful to our local schools for agreeing to take part yet again in this annual event. Suitably sized shoe-boxes, ideally no bigger than 30x18x11 cm., were hard to come by last year; let's hope things are a little easier this year. We also hope to resume our normal practice of sending out our own team of volunteers to distribute the boxes, something which clearly proved impossible at the height of the

## EXPERIENCED DRESSMAKER

Made to measure

Skirts, Dresses, Suits,

Bridal, Ball Gowns, etc.

Also alterations undertaken

All made to the Highest Quality by

**SHEILA SHUTTLEWORTH**

Tel: 015242 - 74322

pandemic in December 2020. Every box contributed means another happy, smiling face and wide-eyed wonder as the contents of each box are revealed. Thank you, as ever, for your generous support of this project. Your gifts will make all the difference to some of Romania's poorest children. To find out more about the charity and its work, visit [www.boxesofhopecumbria.co.uk](http://www.boxesofhopecumbria.co.uk)

## LOCAL HOUSING

*Beth Handley*

Whilst the property market remains so affluent a noticeable feature, strongly identified within the market is the demand for local housing. Sold within 6 working days of coming onto the market! Our most recent property sales saw a Local Occupancy, terraced, family home sell in record timing. Earlier on in the year, demand saw an additional Local Occupancy property in a different area, sell within 24 Hours of going onto the market.

House prices continue to rise as the acute supply of properties is failing to keep up with the pace of the demand within the most recent buying frenzy. The imbalance of

### South Lakes Dementia Community Hubs

Are you living with dementia, a carer, family member or friend affected by dementia?

Join us for a chat in a relaxed environment.  
Lots of helpful information and support available. Refreshments provided.

Tuesday 12 October  
Tuesday 9 November  
Tuesday 14 December

2-4pm

Abbot Hall Social Centre  
Dowkers Lane  
Kendal LA9 4DN

**Everyone Welcome!**

Email [kendaldae@gmail.com](mailto:kendaldae@gmail.com)

## Over 50s Swimming Group

Over 50s Swimming will now be every Tuesday at the School Pool, both during the terms and during the holidays. Lifeguard Present. Cost £2.00. Please bring a mask. All welcome.

Doors Open 12.00. Less experienced Swimmers 12.15 to 12.45  
Exercising in Lanes 12.45 to 13.45. Leave pool hall 14.00

Any queries, please contact David Beare 015396 21339 dbear1@outlook .com

supply is set to remain throughout 2021. The Northwest of England currently leads with house price growth at an astonishing 8% with predictions the most regional parts of the North will continue to grow seeing out 2021. The local market is undoubtedly strong, with a high percentage of first-time buyers looking to place their foot on the property ladder.

Questionably, how can the demand be met? A focus on new development to meet the need, building affordable homes of a realistic budget, providing locals with a glimmer of hope to stay in the area? It is imperative to the town's growth and sustainability for economic progression enabling local residents to purchase affordable housing, whilst welcoming new purchasers into the area, interjecting into the town's amenities.

Although the autumnal months are encroaching, the seasonal change is not set to affect the saleability of your property. The foreseeable demand means there has never been a better time to achieve the best price for your property.

### GLADSTONE HOUSE NEWS

*The Gladstone House Team*

Dear Gladstone House Friends,  
We miss you!

We wanted to give you a little update on why we have not yet restarted at Gladstone House. So sorry that we have been unable to recommence the Community Teas/ Fun Bingo, however, South Lakes Housing have advised that their communal areas are not opening for public use at this time of writing (though we do continue to ask). They hope to review this in six months and whilst we realise there are other venues, we know that they are not easily accessible for many and we want to wait until we can all be together again.

Sending lots of good wishes to you all - and we hope that we can meet up again when permitted. If you do want a doorstep chat/coffee anytime, please do give us a call/message - happy to come and say hello :-)

Sheila, Nick, Janey and all the Team at Gladstone House.



## DIGNITY IN DEMENTIA FREE COURSE

*Diane Smilie*

Are you supporting someone with Dementia?

Do you feel overwhelmed?

Has the current Coronavirus situation made things more difficult for you?

If so, why not sign up for our FREE 4 week 'Dignity in Dementia Care' programme, designed to support family members caring for someone with dementia. It provides easy to use dementia care guidance to help you connect more effectively to the person you support, leading to an improved quality of life for you both (4 x 1 hour sessions).

Content includes:

- What is dementia;
- Connecting to the feelings of the person with dementia'
- Communicating effectively & building trust,
- The importance of comfort, how to detect pain and how dementia can affect vision.
- Dealing with challenging behaviour
- Distraction methods
- Meaningful occupation and the importance of reminiscence and music.

Starting on Thursday 7th October 2021 between 7-8 pm and then the following 3 Thursdays at the same time.

To book a place or find out more information email:

diane@dignityindementia.org

or ring Diane on 07771 682378



**SEDBERGH  
MEDICAL CENTRE**

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

**2021**

Thursday 14th October  
Wednesday 17th November



## GROW TO GIVE

*Diane Smilie*

OUR NEW FREE GARDENING PROJECT FOR PEOPLE LIVING WITH DEMENTIA IN MILNTHORPE, SILVERDALE, ARNSIDE, KENDAL, WINDERMERE, KIRKBY LONSDALE & SEDBERGH

If you are supporting an individual with dementia why not get involved in our 'Grow To Give' project?

We will supply and deliver instructions, plus everything else needed, for you to grow or make small gardening related gifts together. You keep one but give another away to someone special, to show them your appreciation.

Planned activities include:

- Hyacinth growing for Christmas sharing
- Spring Bulb Planting
- Christmas themed flower arranging
- Jar painting for vases
- Creating an Indoor vegetable garden
- Sweet peas, cosmos and calendula sowing & picking to make into poses



**Scouts**

## **Wanted**

### **Adults to join Scouts for fun and adventure**

**We have opportunities  
to help with a wide age range  
from 6 to 18 years.**

**Help needed in all areas. From camping & hiking  
to book & record keeping.**

**We operate flexible volunteering.  
1 hour a month to as much time as you want.**

**No experience required.  
Just the ability to have fun.  
Training given where needed.**

**Contact Bill on 07898201481**

Inclusion in the project is free, however in return, we will expect that you keep us informed of how things are going and share photos and stories with us. For example, we want to see photos of how the activities develop and your finished items before you give them away. If you don't have a camera we can come and take them. We'd also like to know what the reaction of the recipients are. With your

permission we will include some of the photos in our gardening newsletter and in the evaluation to our funders.

To get involved or find out more Email [info@dignityindementia.org](mailto:info@dignityindementia.org) or ring Diane on 07771 682378.

### **LIVE/WORK PROPERTY (ADVERTISEMENT)**

*Hannah Reynolds*

Fed up of work and home life having no separation? Is your creativity stifled by working from a converted bedroom or renovated shed? The solution could be a Live/Work property.

If you aspire to start your own business but feel that it would negatively impact on your home-life, or you have already started up a business but find your productivity is hampered by not having a dedicated work space a Live/Work unit in Sedbergh could be the answer to all of this.

Family run 17th Century  
Coaching Inn with restaurant,  
rooms & bar. Inspired by the  
landscape in flavour & design.  
Relax, indulge & tune-out.

THE BLACK BULL

+44 (0) 15396 20264  
bookings@theblackbullsedbergh.co.uk  
theblackbullsedbergh.co.uk

The Black Bull,  
44 Main Street, Sedbergh,  
Cumbria, LA10 5BL



Set out over three floors, the workspace is located on the ground floor with the living space on the first and second floors. The workspace is a single large room with a WC and kitchenette area fitted with a washing machine. The back door leads you to a patio terrace with outstanding views of the river and the Howgill Fells, the perfect place for to get the creative juices flowing while experiencing some peace and calm in your busy work day. On the first floor, you will find the spacious open plan kitchen, diner and lounge plus a double bedroom. On the second floor, you'll find the master bedroom, bathroom and spacious landing area, perfect for a quiet reading or study nook.

Next door to Farfield Mill Heritage centre this is a really unique spot to live and work. Within easy walking distance of Sedbergh Main Street yet tucked away along the river Clough and surrounded by open spaces it offers both convenience and seclusion. Whilst the idea of Live/Work may conjure up visions of artist studios and creative spaces, which this property is perfect for, the reality is that most businesses can easily and successfully operate from Live/Work properties and Live/work is not the sole preserve of the creative sector.

To find out more contact local estate agents Hackney & Leigh, Kirkby Lonsdale 015242 72111.

## **DUNGAN LAW Ltd**

**Plumbing & Heating Engineer**

Bathroom Suites & Tiling

Central Heating Systems

General Plumbing



Mob: 07796 544596

Tel: 015396 20930

### **I AM AN EIGHTIES THROWBACK**

*Sam Scarr*

Boobtube to frumpy jumper  
Stiletto to pumps  
Now my kid is at school  
I'm down in the dumps  
Amongst the bean burned pans  
Recycling and pots  
A mountain of ironing  
And fat spattered cooker top  
I used to wear hot pants  
Big earrings and big hair  
A Suzy Quattro hairstyle  
And now I'm in despair  
My fashion sense has wandered  
Black bagged eyes and broken nails  
No moisture left in my skin  
And my legs are covered in hair  
I used to own the dancefloor  
Blow up bra big hair and high heels  
Back then I had a sense of style  
But I've forgotten how that feels  
Now the dye has faded  
Stretch marks  
And Caesarean scar  
I am an eighties throwback  
And things have gone too far.

*With apologies to the poet –  
wrongly ascribed to Will Scarr last  
month.*

## **SEDBERGH PARISH COUNCIL**

*Janey Hassam, Clerk*



The Council held their normal monthly meeting, commencing at 7.30pm, on Thursday 9th September 2021 at the People's Hall, Sedbergh. Their next scheduled meeting is on Thursday 14th October 2021 at the earlier time of 7.00pm. Due to any ongoing Covid regulations (at the time of writing) please contact the Clerk for any up-to-date information on public participation.

### **Joss Lane car park**

Members will recommence talks with South Lakeland District Council in regard to future resurfacing/relining needed at Joss Lane car park. Members will also continue to investigate Electric Vehicle charging options.

### **Howgill Lane Playing Field**

Members continued to progress the proposal to create a path along Howgill Lane (within the boundary edge of the playing field) with a further meeting scheduled to establish a site survey and design for the path.

**French Lessons**  
**Beginner to Advanced**  
**Preparation for**  
**GCSE-DELF-DALF**

**Alain Marcus**

**07375426095**



*Drop in meetings for anyone struggling with bereavement*

*Tuesday 5th Oct & Tuesday 19th Oct  
10am - 12 mid-day*

**Cornerstone Community Church**

*Join us for coffee and a chat  
(in the manse garden if fine)*

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

### **Local Government Reorganisation (LGR)**

Members discussed the progression of the LGR and the potential implications on current and future assets of the town. These included, Joss Lane car park, Main Street toilets and others, and the desire to take back responsibility for the cemetery in Sedbergh. A meeting will be scheduled with South Lakeland District Council in due course.

### **Other matters/Correspondence**

Members heard further from the Friends of Queen's Garden/Queen's Garden Committee in respect of the proposal for a bandstand in the garden and were also updated on the

forthcoming tree crowning work/tree removal required. Planning matters were discussed, along with Finance, Grants (Sedbergh Young Farmers awarded £1,000 and Sedbergh First Responders given an application for potential contribution toward a defibrillator at Millthrop) along with Amenities matters. Members also discussed correspondence that had been received in respect of the Afternoon Teas/fun bingo sessions, previously held at Gladstone House, noting that South Lakes Housing were still not allowing external groups to use the communal lounge, advising that they would be reviewing their decision in six months. Members agreed that the Council will follow this up, with South Lakeland District Council, for future update.

If you have any queries, or wish to contact Sedbergh Parish Council, please email me at [clerk@sedberghparishcouncil.org.uk](mailto: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.sedberghparishcouncil.org.uk](http://www.sedberghparishcouncil.org.uk)

# IAN HIGGINBOTHAM & PAINTING & DECORATING

— professional personal service —

please call to talk over your requirements with no obligation

— [www.painterian.co.uk](http://www.painterian.co.uk) —

07813 818958

[info@painterian.co.uk](mailto:info@painterian.co.uk)

## TIM'S COLUMN

*Tim Farron MP*

It was great to see the County Show happening again after last year and to see so many of you there. Clearly things were a bit different with it being over a couple of days but the weather was great, particularly on the first day, and I gather more people went along this year than in 2019 which as we all know was the last time it happened. Clearly Christine Knipe and her team have a lot of thinking to do about the shape of the Show in future years.

Thanks to all of you who came along to say "hello" either at our stand or as I wandered around. Thanks particularly if you took the opportunity to sign up to our campaign to stop us

losing family homes to the holiday let business or second homes. This was an issue that came up a lot during my summer tour. There has been a 32% increase in holiday lets available in South Lakeland over the past year. We should all be worried about where these have come from.

As part of the campaign I had a meeting with the management of Airbnb in this country the other day. I urged them to refuse to accept any properties made available by a landlord evicting local people or families. I know of at least one case in Sedbergh where this has actually happened and the person involved is finding it really hard to find somewhere else to live affordably. The Airbnb team claimed to

**McGarry  
& Co**  
SOLICITORS



*Offices At:*

*Sedbergh*

*Barnard Castle*

*Hawes*

*Leyburn*

[mbmcgarry.co.uk](http://mbmcgarry.co.uk)

† 015396 223 40

† 01833 600 160

† 01969 666 290

† 01969 621 230

[e\\_office@mbmcgarry.co.uk](mailto:e_office@mbmcgarry.co.uk)

LA10 5AB

DL12 8EQ

DLS 3QS

DLS 5EH



# Pennine Outdoor Fabrics Ltd

FABRICS & HABERDASHERY

Cosy Fleece • Moleskin • Ventile® • Water Resistant • Breathable Fabrics

NEW \*WAXED COTTONS\*

Buckles • Webbing • Patterns • Zips • & lots more!

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

[sales@pennineoutdoor.co.uk](mailto:sales@pennineoutdoor.co.uk) • 015242 63377

Order on-line & collect from Temptations Craft Boutique, 31 Main St, High Bentham, LA2 7HQ

understand the issue that a surge in holiday lets is causing problems for local people but I wait to see what they do about it. Meanwhile, I am putting pressure on the Government to get them to do something. If you would like to support this campaign then just go along to our website ([www.timfarron.co.uk](http://www.timfarron.co.uk)) and click on the South Lakes Lib Dems Campaigns tab.

I took advantage of Back British Farming Day to submit a motion to Parliament calling on the Government to protect UK protect UK food and farming standards in future trade deals. There are rumours around Parliament that the Government is on the brink of announcing a trade deal

with New Zealand. Everyone from the NFU through to the RSPCA is worried about what is happening in these deals with the risk of serious impact on British farming and our animal welfare protections. The Government needs to be made aware of this.

Finally, I have written here several times about my concerns over the plans to merge Lancaster and Preston Hospitals and the impact it could have on us in this part of the world. The NHS is conducting a consultation on how we feel the service provided by our hospitals could improve. I would really urge you to take part if you possibly can. You can do it anonymously by going to this website <https://www.smartsurvey.co.uk/s/LSCNewHospitalsProgramme/>. If you find typing this address a bit tiresome just Google Lancashire and South Cumbria New Hospitals and follow the links you find.

As ever if there is anything that I can help you with then please do get in touch either by emailing [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or by calling 01539 723403.

Thanks so much for your support.

SEDBERGH & DISTRICT  
**HISTORY SOCIETY**  
AUTUMN 2021/WINTER 2022

**Wednesday 20 October**

An Illustrated talk by Diana Matthews

**Windermere's Lake Shore Houses**

7-30 pm St. Andrew's Church

*All are welcome*

*Under the present relaxed Covid regulations, social distancing and the wearing of masks to protect ourselves and others are a personal choice*

## NEWS FROM THE PEWS

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

“In the old days” when there was a break in transmission on our televisions, they used to put a sign on the screen to tell us that “Normal service would be resumed”. Well, it appears in our churches that is exactly what is happening. Normal service once again.

It is true we have been holding church services for some time now. Wearing of masks is up to the individual as is socially distanced seating. Track and Trace is still be followed as is hand sanitizing on entering the building. More groups



are booking the church room for coffee mornings and other meetings/ activities. The Town Band meet on Tuesday evenings in the church to practise and the Sedbergh Orchestra on Thursday evenings. Concerts are booked for both the band and the orchestra for later in the year.

The bellringers are practising weekly again on Tuesdays, competing with the band practising below in the church. We can hear them more than they can

hear us which makes it quite a challenge at times, but positively enjoyable when the tuba and the drums get going, and the marching tunes are played. Good to dance to as we leave for home!

## 7.5 tonne Multi Drop Drivers



JMP Foodservice are looking for 7.5 tonne Multi Drop Drivers with a Cat C1 licence to join the team. CPC training will be provided if necessary for the successful candidate.

We are based in Sedbergh, Cumbria. We deliver to Catering Outlets across North West England and South West Scotland.

Monday – Friday (8am-5pm plus overtime during busy periods)  
We offer a starting rate of £10.50 per hour, increasing after probationary period, plus enhanced overtime rate.

The ideal candidates will have

- Full UK Driving Licence with required Category C1
- Valid Drivers CPC and Digital Tachograph card
- Forklift Truck licence preferred but not essential

To apply or for more information please contact 015396 20296 or send your CV to [sales@jmpfoodservice.co.uk](mailto:sales@jmpfoodservice.co.uk)

# farfieldmill

Exhibitions, Art, Craft, Heritage, Workshops & Tea Room



**FREE ENTRY - Please check the website for opening times**

Garsdale Road | Sedbergh | LA10 5LW

[www.farfieldmill.org](http://www.farfieldmill.org)

015396 21958

A few members of the Mission Community pooled ideas and skills to make not one, as requested, but two patches for the "Coat of Hopes", described by the instigating artist as a "travelling community created work of performance craft".

When finished the coat will be a patchwork coat made up of pieces of blanket, embellished with the griefs, remembrances, prayers and hopes of people from up and down the UK.

Worn by many and varied "coat pilgrims" it will have patches made by local people added to it as it is walked from Newhaven to Glasgow for the UN climate conference COP 26.

During the conference world leaders will be invited to try the coat

on, to feel the weight and warmth of the gathered hopes. From Parliament Square onwards the coat will be one pilgrim on the Camino to COP.

The caministas will be arriving in Sedbergh, hosted by Cornerstone Community Church on 8th October.

During this stopover the two patches from the Western Dales Mission Community will be stitched on.

More details will be published nearer the time for anyone who would like to be involved during the stopover in Sedbergh.

Sally Ingham has written more about the COH's elsewhere in Lookaround.

Keep safe.

## CHRISTIAN AID IN SEDBERGH AND DISTRICT

*Anne Pitt*

As we continue to normalise our activities this year we hope to boost the charity's funds to support their global initiatives and projects. Consistently Christian Aid has worked with displaced people and currently on the website there is the following report:

"The situation in Afghanistan has led to a mass migration of the population as they seek safety and refuge. Through our current Global Hunger Emergency Appeal and the support of our local partners, we have been able to offer some relief so far - but more will be needed.

Already this year, approximately 550,000 people have become displaced, in addition to the 2.9 million Afghans already internally displaced at the end of 2020, as a result of decades of conflict.

So far, our partners have been able to offer help by distributing food and hygiene kits.

However, the current events we see in Afghanistan only exacerbate the already existing problems which the Afghan people face – food insecurity, poverty, Covid – and make the need for further humanitarian assistance more vital.

In regions where famine is likely, we're supporting thousands of Afghan internally displaced people (IDPs) through a hunger appeal launched in July."

Taking advantage of the resumption of Coffee Mornings in St



Andrew's Church, Sedbergh, we are going to have one for Christian Aid on Wednesday 20th October running from 9.30 and ending before the 11.30am service. As usual, there will be a cake stall and raffle. We are only a small committee of representatives of the local churches so we'd value any contributions to help with our events and donations to the activities.

Looking forward to seeing you, if possible, on the 20th, and I am writing on behalf of the committee.



- **Project Management**
- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Drains**

Unblocked/Cleaned/Repaired

**Contact George on:**

**Tel: 015396 21287**

**Mob: 07977514229**

**Email: [info@gjbainesandson.co.uk](mailto:info@gjbainesandson.co.uk)**

**Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)**

**JOHN DUCKETT**  
**A Second Sedbergh Martyr**  
*Karen Bruce Lockhart*

Sedbergh has had two religious martyrs. Both were born in Sedbergh, both attended, Sedbergh School, and both died for their faith. But there the resemblance ends. John Bland (see last month's Lookaround) was a Protestant Martyr who was burnt at the stake in Queen Mary's reign. John Duckett was a Catholic Martyr who was hanged, drawn and quartered under the rule of Parliament in 1644.

John Duckett was born in 1614 at Underwinder, a farm in Marthwaite sandwiched between Howgill Lane and St Gregory's Church. He

**Sedbergh**  
**Red Squirrel Group**

Local conservation  
for **your** red squirrels.

Report sightings of  
reds or greys,  
or to Join / donate at

[sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)  
[www.sedberghredsquirrels.org.uk](http://www.sedberghredsquirrels.org.uk)



attended Sedbergh School but at the age of 17 went to Douai, the English College which trained most of the Catholic priests sent to England. He was ordained in 1639 and was sent to England to serve the Catholics in the Newcastle-upon-Tyne and Durham area around Christmas 1643. His work did not last long. On 2nd July 1644 he was on his way to baptised two children when he was arrested by Parliamentary soldiers, it being the time of the Civil War. He was examined by one of the Parliamentary Committees of Sequestrators, the committees that dealt with "delinquents", those who for fought for the King and Papists. Catholics could take an oath abjuring the Pope and transubstantiation of the bread and wine at mass, and thereby save at least some of their goods and estates. But that was not possible for a Catholic priest, and John Duckett admitted he was a priest when his family and friends were threatened, and thereby was automatically guilty of treason. He was taken to London in irons, together with a Jesuit priest, Ralph Corby, and confined in Newgate prison. He and Corby attracted



THE  
MEDITATION  
CENTRE  
*be still - be inspired - be free*

**Events at the Meditation  
Centre in October 2021**

**Autumn Somatic Movement and  
Visual Art Workshop**  
Saturday 16th 10.30am-5.00pm

**Learn To Meditate**  
Saturday 23rd 10.00am-4.00pm

**Yoga and Meditation**  
Sunday 24th T.B.C.

To book: email [meditationcentreateam@gmail.com](mailto:meditationcentreateam@gmail.com)  
Telephone 07582 017 396  
The Meditation Centre, Dent, Cumbria LA10 5QR  
[www.meditationcentre.co.uk](http://www.meditationcentre.co.uk)

crowds of Catholics who were impressed by the two men's cheerfulness and sanctity. They became fast friends

Inevitably, when they were brought to trial they were condemned to be hanged, drawn and quartered for High Treason. Corby was a Jesuit so the Society of Jesus tried to save him. Finally, the Spanish Ambassador suggested that Corby, who had been trained in Spain, could be exchanged for a Scottish colonel, and he was offered a reprieve, but deferred in favour of the younger Duckett, who was only 30 to his 46, and could do more for the promotion of the Catholic church in future. Duckett refused to walk away and leave his friend. On 7th September 1644 they were taken

to Tyburn, embraced each other and, as they prayed, the cart on which they stood was slowly drawn away and they were left to hang until dead. The sheriff ordered that their clothes be burnt so that there should be no relics. Despite this, Stoneyhurst has at least one relic of Corby.

Before Duckett returned to England he visited his uncle, also John Duckett, who was prior of the Charterhouse in Nieupoort in the Netherlands. This John Duckett was the son of a lay martyr, James Duckett, born in Skelsmergh, who had been executed for his Catholic faith in 1603

Both priests were declared Blessed by Pope Pius XI in 1929.

**FIRST4  
HOME  
IMPROVEMENTS**

**DAVID BAINES**

FOR YOUR ENTIRE HOME IMPROVEMENT NEEDS

- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

**DAVID BAINES**

015396 25346 07837 766 219

davidbaines@first4homeimprovement.co.uk

## SOME GARSDALE HISTORY

*Colin Cowperthwaite*

Another extract from my 1959 Dalesman guide to Dentsdale and Garsdale, this time including some history of Garsdale in the words of Ron and Lucie Hinson.

Still well-wooded, especially in the vicinity of the River Clough, which is often crossed by the road - many bridges were smashed when a cloudburst occurred in 1889 - Garsdale was once thick with trees, especially in the vicinity of Garsdale Hall, a large farmhouse below The Street, and Swarth Gill, a building of eighteenth century restoration a little lower down. Dr John Haygarth, of Swarth Gill, a physician, who began the scheme for isolating infectious

fevers in hospitals, planted two large areas of the dale, but his son sold the Haygarth estate to two ladies for a sum of 8,000 pounds. It included four farms. They promptly recovered the money, but retained the farms, when timber prices rose not long afterwards. The timber was sold for exactly the same price they had paid!

Apart from Garsdale Head, where a number of dwellings have gathered together on railway service, the only other sizeable congregation of buildings is at The Street. In The Street are nine houses, including a police station. Two more houses lie across the River Clough. Nearby is the church, dedicated to St John, a steepled building that was constructed in about 1861, yet has a



## The Cross Keys Temperance Inn

Phone 015396 20284  
[crosskeyscautley@outlook.com](mailto:crosskeyscautley@outlook.com)

We have outside tables with a superb view of Cautley Spout, or inside in our dining room if preferred. We open every day except Monday till 5.00pm for coffee, tea, cakes and tray bakes and our delicious scones.

Hot food served until 4.00 p.m. & Ham & Eggs is still a favourite.

Evening meals are served on Friday nights and booking is essential.

We also recommend booking for Sunday lunch.

Two en-suite rooms available – a large double room and a twin room.

*We are still covid aware and continue to track & trace and ask you to wear a mask when entering the building when you will be temperature checked.*

All types of fencing  
undertaken. All  
enquiries welcome

**Chris Harper**  
**Fencing**

Call on 07957515711 or email  
charper6020@icloud.com  
for info

yard in which there are headstones of eighteenth century date. Actually, there was a church in Garsdale in the great days of the monasteries, when it was attached to Easby Abbey, Richmond.

Nonconformity has been strong in these remote dales. Forming part of The Street is a Primitive Methodist Chapel dating back to 1841. A Wesleyan Chapel at the roadside, dated 1830, has a graveyard attached. It is still known as "Jonathan Chapel", a name associated with a Lancaster preacher called Jonathan Kershaw, who died in 1846. He made a living in the daytime selling tea. No less than six small Methodist Chapels can be found in the small area between Grisedale Valley and Sedbergh, and all are regularly used. Apart from the usual type of service, the Methodist community has two gatherings which date from the early days of the denomination, the camp meeting and the love feast.

Garsdale Hall Farm, large and white-faced, stands back from the winding dale road. At the roadside lower down, looking so old and venerable that you feel you must

have a second glance, is Swarth Gill, old home of the Haygarths. The date 1712 above the porch door relates only to the year in which it was restored by John Haygarth and his wife, Isabella. He was a wealthy landowner, owning several farms. His son was named William, and his grandson was the famous Dr John Haygarth, who achieved fame in the medical world yet, like Adam Sedgwick of Dentdale, never lost his love for his native dale. Dr Haygarth was born in 1740, dying at Bath in 1827. He visited America, taking with him some vaccine against smallpox, which he showed to a doctor in Boston. It was the first smallpox vaccine to be used in the New World. The name of Dr Haygarth is probably more greatly venerated across the Atlantic than it is in this country.

Another farm at which a national celebrity was born is Garsdale Foot, on the slopes of Baugh Fell. Here lived the Inman family. James Inman was a genius on naval matters, notably navigation and the construction of naval vessels. He was born in 1776 and, passing to University from Sedbergh School, was Senior Wrangler at the age of twenty-four.

**COFFEE MORNING**

## **Help for Afghans**

Wednesday 27<sup>th</sup> October

St Andrew's Church

9.30 to 11.30am

*Cake stall & Raffle*

*Bric a Brac*

The road over Langstone Fell to Sedbergh is the creation of a turnpike trust. The coming of good roads, and the railway, opened out a valley which, in Elizabethan times, was wild and remote. Large herds of wild deer roamed the fells, migrating to the valley to feed. Today, it is possible to motor through it in less than half an hour, yet those who move quickly along the road miss much. Rise Hill and Baugh Fell are worth exploring. They are little known fells, except to the shepherds of these dales. And, away from the road, are small farms and outbarns, laced together with walls made without mortar, yet all of them commendable because the builders used, unpresumptuously, the local timber and stone.

## 'TELLING IT LIKE IT WAS' VOL 2

*Anthea Boulton*

In 2015 the Dent, Sedbergh and Garsdale Oral History Society published a first volume of oral reminiscences, gathered from over a hundred recordings of local people telling how it was for them, living through the tumultuous changes wrought by the twentieth century. We heard about childhood and schooldays, the changes in farming techniques, home life and social life – not to mention 'luck money' and pig foot pie.

Now, as promised, we're publishing a second collection featuring many aspects of local life, including during two World Wars. In the chapter entitled Fighting Front, we have

**Built in and Free-standing Appliances  
Domestic Appliance Repairs**



**Digital TV, Aerials and  
Satellite Dish Installation**

**Wi-Fi and Home Networking**

**Regular Deliveries to the Lookaround Area**



**ELECTRICAL STORE**

Kew House (Just of the A65)  
INGLETON  
T: 015242 41224 / 015242 42095



[www.toobys.com](http://www.toobys.com)

extraordinary accounts from local men who survived horrendous ordeals. Albert Fothergill told us 'I went to France on D Day, and I was never so sick, we were stuck in the middle of the Channel a week. When we landed I felt alright then, but what bugs me now is I'd so many friends, I never saw them again, whether they were killed or drowned I don't know.' Jack Dawson joined the RAF and was trained in the new technique known as the Lorenz beam. 'It was being developed about the same time as radar and it was all quite secret. We used it for bringing bombers home. Each beam had a certain frequency which we tried to keep secret, because, if the Germans found the frequency they could also

home in on it, so they were written on rice paper, which you ate if you crashed or made a forced landing. It was sometimes quite a dangerous job because it was a case of getting into certain bomber streams, coming back to base. That's the way we got the masses of bomber aircraft back and it was a means of saving thousands of lives.' Gemmell Alexander served as an army officer and recounts what happened after he stole an enemy vehicle: 'I realised there was a German motor cyclist, fully armed, chasing me. Well, he had the more powerful vehicle and he caught up with me. I had a revolver and he had a very nasty looking automatic gun, much more powerful than mine, and I could see that it was going to be him



**Dawsons Fuels are your local supplier of quality Stove Fuels, Biomass Pellets, Heat Logs and Kiln Dried Logs.**

All our Kiln Dried Logs are certified **Woodsure Ready to Burn**.

Our popular **Medium Crates, Tote Bags and Larger Loose Tipped Loads** are great for stocking up your log store ready for Autumn.

For smaller storage solutions we have available our handy sized **Nets of Kiln Dried Ash Logs and Boot Bags of Kiln Dried Birch**. If you are looking for **heat logs** we have a good selection available including **Hotmax Heat Logs** in 20kg Bags. These are a great product to quickly establish a fire and are also suitable for BBQs.

**For your Garden Birds we have available**  
25kg bags of High Quality Runner Peanuts  
20kg Wild Bird Seeds  
20kg Dehulled Sunflower Hearts

Contact us for prices and further information on 015396 20210.  
Please send email enquiries to [sales@dawsonsfuels.co.uk](mailto:sales@dawsonsfuels.co.uk)

# J.J. MARTIN

FUNERAL DIRECTORS



JJ Martin are your local, independent funeral directors based in Sedbergh and covering the surrounding areas.

We provide free advice, pre-paid funeral plans and a 24 hour service.

**EDWARD WALLER:**  
07779025745 or 015396 20130  
**BRIAN GOAD:** 015396 25334

[www.jjmartinfunerals.co.uk](http://www.jjmartinfunerals.co.uk)  
[info@jjmartinfunerals.co.uk](mailto:info@jjmartinfunerals.co.uk)

or me, so I shot him. I felt no regret about it. It was him or me, and it had to be him 'cos it wasn't going to be me.'

In the Home Front chapter local people describe the important contribution they made to the war effort, alongside workers from Coventry, when Sedbergh's mills were turned over to producing parts for aircraft engines. 'These crank cases went into the Cheetah engines on the Avro Anson and the Oxfords which my husband flew and he said they never let him down once, so we had a very good reputation.' Evacuees arrived and needed to be housed: 'Evacuees, I 'ad to have three. A lady an' two children. They came from London. The first few weeks, oh, they couldn't put the time on. 'Well', I says, 'can yer not knit? Or can yer not do any sewin?'. They thought it was terrible livin' up yonder. But I enjoyed 'avin them. They liked

me bacon.' Farming was a reserved occupation but many farmers joined the Home Guard: 'I was supposed to look after the railway up there in Cowgill. Used to go up twice a week with a rifle and just five rounds to stop a plane!' Wartime rationing was tiresome, though Black Market dealings were not unknown: 'Butcher Bill once arrived up at our farm at night with a wagon load of hay, and he pulled two bales out of the back and a pig jumped out.'

Mills also figure prominently in peacetime and we have recordings made by workers at Farfield, Millthrop, Birks and Rash mills. These first-hand accounts describe work that was hard and often dangerous but also reveal a sense of pride, satisfaction and camaraderie, and the pain caused when jobs were lost as mechanisation advanced and traditional markets diminished. At Farfield when one textile company closed 'the workforce took it badly, an awful lot of people they'd no prospects at all. Very sad really'.

In our chapters on Earning a living and transport it's a similar story. Traditional businesses either modernised or ceased to trade. 'If you were a sharp enough village blacksmith in the 1950s you saw that your days were numbered and you moved into something else and they moved into plumbing and building.' Entrepreneurs sprang up with new ideas and plenty of energy, men such as Albert Fothergill who grew up on an upland farm and made his millions through sheer hard graft: 'I started from absolutely nothing, it was all due to hard work. I'd a pair of good

**DALTON  
WOODLAND BURIAL GROUND**



**Natural Woodland  
Burial Ground**



*"Return to the Earth, naturally"*

[www.daltonwoodlandburial.co.uk](http://www.daltonwoodlandburial.co.uk)  
Burton-in-Kendal: 01524 782442

hands'. Horses and carts gradually gave way to cars and lorries: 'We had a car from about 1932 but very few people did. If there was a car everybody rushed to the window to see it go past!'. Improved road systems were needed to carry the growing numbers of mechanised vehicles: 'Finkle Street got widened first, it was just the width of a cart. They took a row of houses out that backed onto t' churchyard, and then at t' bottom of Joss Lane there was houses on both sides of it, to the bottom, and they removed 'em all. 'Sedbergh, aye, it's altered a lot.'

With the transport revolution came inevitable changes in peoples' shopping habits. Pre-war, 'the general pattern was you could buy anything you liked in Sedbergh, from a new car to a gas stove.' Another respondent tells us 'There'd be about four grocers, and there was at least three shoe-makers or cobblers, there was three chip shops, there was umpteen selling sweets, there was two ironmongers, there was about three men's outfitters, a hairdresser, all the pubs and two paper shops, a number of fruit shops, and this was all the

affluence of Sedbergh before the war.' Dent village is reported as having at one time two grocery stores, three shoe and clog shops, two butchers, a drapery store, a baker and a smithy. Garsdale was similarly well provided: 'When you think back now, Garsdale was self-sufficient', and our respondent goes on to list a number of businesses including grocers, a shoe and clog maker, butcher and a garage – plus the dale had its own policeman.

Telling it like it was, volume 2 includes nine chapters, each illuminating recent history as lived by local people. No fewer than five hundred people or families are mentioned by name! Book launches in Dent and in Sedbergh are to be arranged once the book is published in October. Paperbacks cost £10, hardbacks £15, on sale in local bookshops and direct from High Ghyllside, Dent LA10 5QS, tel. 015396 25321.

**PARKIN & JACKSON  
MONUMENTAL MASONS**

14 Appleby Road Kendal LA9 6ES

Tel 01539 722838



- New Memorials
- 2nd Inscriptions
- Cleaning and Repainting
- Renovations
- Memorials designed to your personal specifications

Visit our showroom  
or phone for a brochure

[www.parkinandjackson.co.uk](http://www.parkinandjackson.co.uk)  
[info@parkinandjackson.co.uk](mailto:info@parkinandjackson.co.uk)

# THREE HARES

Café ~ Bistro ~ Bakery

57 Main Street, Sedbergh ~ 015396 21058

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

10am-4pm

*Fresh Artisan bread baked Wed & Sat weekly  
Ready Meals fresh & frozen daily*

*We also provide a range of farmhouse cheeses, charcuterie,  
homemade condiments, craft beer, organic, biodynamic &  
conventional wine, local craft produce and much, much more.*

*Orders welcome  
Also the shop is available online*

*Thanks for your support in such challenging times, James, Nina,  
Ernest and the teams from the Three Hares & Black Bull Inn*

## **50 YEARS AGO**

*Colin Cowperthwaite*

A selection of news items from local newspapers dating from October 1971.

### **Sedbergh Workers 'face hardships'**

The Government's "Fair Deal for Housing" proposals will hit younger council house tenants in the Sedbergh area. This fear was expressed by several councillors at Wednesday's meeting of Sedbergh Council's Finance and Housing Committee. Rents in Sedbergh are lower than those in Kendal at the moment, but one of the objects of the scheme is to produce a general leveling-up. This is considered unfair

by members because their working people already face additional expenditure through having to travel out of the town to find work. Coun. J. Henderson commented "Our people will catch it again simply because they live in an isolated area". Coun. J. Dawson disagreed with the whole idea because he considered there would be inequalities and the mammoth task of re-assessment of rents would need "an army" to carry out the necessary work involved. It was decided to await the result of a meeting of the Rural District Councils Association which was considering the whole question and also that the clerk, Mr A.G. Wilkinson, should



## A Helping Hand

To help people in the community retain their independence in later life by offering a friendly and reliable service.

Do you need help with?

Companionship  
Staying healthy and active  
Shopping & running errands  
Home help  
Transport  
Paperwork & IT  
Respite



Call Linda Greensmith on 079191 52526 or email [lindagreensmith1@aol.com](mailto:lindagreensmith1@aol.com) for more information.  
[www.ahelpinghandonline.co.uk](http://www.ahelpinghandonline.co.uk)

All members of the team are DBS checked, have public carers liability insurance and have completed numerous courses in connection with older adults.

contact the MP to plead the cause of rural areas.

### Harvest Festival Services

Harvest thanksgiving services were held at Cautley Methodist Chapel last weekend when the preacher for both services was Mr J. Pratt of Over Kellet. Mrs Joyce Capstick was the organist. On Monday evening, Mr W. Allen offered prayers and Mr W. Thwaite, with his two sisters, and Miss Carol Bracken, of Garsdale, sang a number of items with guitar accompaniment.

Harvest Festival services were also held at Garsdale Foot Chapel, when the preacher and soloist on Sunday afternoon was the Rev D.N. Robinson of Hawes. At the evening service, the

address was given by Miss C. Metcalfe of Bainbridge, and musical items were presented by the Garsdale young people. On Monday evening, the chairman was Mr T.R. Harper of Cautley, and the guest speaker was Mr Harry Allen of Kendal. Duets were given by William Thwaite and Cherry Stainton to their own guitar accompaniment. The organist at all services was Mrs A. Akrigg. The harvest gifts, auctioned by the chairman, raised 47 pounds for trust funds.

### Sedbergh Shop Plan Approved

A plan to redevelop a shop front in Sedbergh's main street, rejected by the Council's Public Health and General Purposes Committee when it

was first presented, was approved at last Wednesday's committee meeting after variations had been made. It will now be passed to the County Planning Officer for a final decision. Mr F.J. Lawson, Public Health Inspector and Surveyor, said the revised plan featured the use of local stone on the shop front, the substitution of timber framing for aluminium, a timber fascia instead of mosaic, and sub-division of the windows. Coun. J. Dawson commented: "We don't want them covering the windows up with posters". "With all the interest in the environment, the owners may be co-operative if it is mentioned to them", said Coun. J. Henderson.

### **Mrs. M. Capstick**

The death has occurred at Christian Head, Kirkby Stephen, of Mrs Margaret Capstick, widow of Mr Joseph Capstick, at the age of 75. Mrs Capstick (nee Buck) was born at Kiln mire, Ravenstonedale. She lived

at Town Head Farm until her marriage to Mr Capstick of Lockholme Hall, Ravenstonedale. Their home was at Town Head stores and at Murthwaite Farm, Fell End, before they moved to Garsdale Hall Farm until their retirement to Sedbergh. Mr Capstick died seven years ago. Mrs Capstick was a devoted Methodist and attended Millthrop Methodist Church until her last illness. She is survived by four daughters, three sons and 24 grandchildren. Her eldest son died earlier this year.

### **Sedbergh Market Makes History**

History has been made in Sedbergh. For the first time since 1200, when the town was officially granted a market charter, the market site was moved last week from the top of Finkle Street. The new site on Joss Lane car park attracted several new stallholders, who had not visited the market before, but one of the stallholders, a greengrocery firm from Appleby, who have attended the

The logo consists of the lowercase letters 's' and 'k' in a bold, red, serif font. The 's' is positioned to the left of the 'k', and they are both rendered with a slight shadow effect.

INTERIOR & EXTERIOR  
e: [skdecorating@live.co.uk](mailto:skdecorating@live.co.uk)  
07971 666785

The background is dark with a radial burst of light rays emanating from the center. The word 'DECORATING' is written in a white, serif font, centered horizontally and flanked by two thin red horizontal lines.

Stefan Kliszat  
01539620524



market for 50 years, are continuing to stand on the Finkle Street site as they are entitled to do. Sedbergh Council decided to suggest moving the market site because the existing site at the top of Finkle Street was made dangerous by the increasing amount of traffic. But until the new market on Joss Lane car park is well established, the Council's Public Health and General Purposes Committee decided on Wednesday that the use of travelling shops or vehicles as stalls on the site should not be discouraged. The market's progress since it was opened 10 days ago was reported to Wednesday's committee meeting by Mr F.J. Lawson, Public Health Inspector and Surveyor, who said people were parking buses near the stalls. "Some are using their vehicles as stalls", said Coun. J.T. Clough. "One has a travelling shop, and uses this. We shouldn't discourage this. We should make them as welcome as possible". Fruit and vegetables, fancy goods and haberdashery were sold on the market this week, said Coun. Clough, and other tradespeople had made enquiries. It would be as well to get the winter over and then make decisions about the Market, said Coun. J. Henderson.

## SEDBERGH LADIES N.F.U.

*Caroline Sandys-Clarke*

We are back!

By the time this edition of the Lookaround is published the Ladies NFU will have hopefully had their first meeting since 18th February 2020. This will be in the committee room of The People's Hall on Tuesday 18th September and all recommended covid precautions will have been taken.

In February 2020 the talk was about the Lune Rivers Trust and was given by Sarah Littlefield and Mike Jackson. On 18th September Wendy Fraser Urquhart has very kindly agreed to come and tell us about a trip over The North Cape in a light aircraft. It will be lovely to see everyone again.

***Treadwell Flooring***  
Established Family Business since 1999





*Contract & Domestic  
Extensive Range of Floor Coverings  
Carpet, Vinyl, LVT and Wood  
Carpet Cleaning Service Available*

**T: 015396 21175 • M: 07795 598 913**

Robert Powell

## Website Design & Management

Tel: 20482

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

### FAMILY MUSINGS

*Sarah Woolf*

Gardening and our garden in particular gives us all a great deal of pleasure. The grandchildren love places to hide and to explore, they don't mind the weeds and untidy areas as long as I remove the nettles. When away one weekend our granddaughter mistook the green algae on a small shallow pond for a carpet with disastrous results and it wasn't helped by the nettles she grabbed on the way. A cool bath and good old Germaline and she was soon out playing again.

Our greenhouses have helped produce tomatoes and corgettes and lettuce, a few beans and strawberries. AND Grapes! The L greenhouse is taken over by two grapevines both planted outside in the soil and woven inside. As I write the Grapes are getting sweeter, not making us draw in our face when tasting them. Always aim to have a bunch or two for the Methodist Harvest here in the village and this year they were actually sweet enough to eat. In case you wondering no we don't make wine.. at least not yet but plan juice this year.

Growing Mint means I can make Mint Cordial and the flowers are enjoyed by insects and Butterflies.

Secret paths are explored by the children and when the stream has water in and not in flood, which is rare, they send home made boats down it or play with cars which often are in danger of being washed away. Just the other day I found a lego man as I was weeding, presume left from some great adventure.

No fruit on the trees this year except Elderberries and some Blackcurrants tho a neighbour had a good crop of apples, not even the allotment yielded fruit, most unusual.

Enjoy your outside space and the fruits of your labour.

# MMP

**Middleton Mole Ploughing Ltd**

**2.7 Tonne Excavator  
with Driver for Hire**



**Draining & Water Pipe Installation  
Impact Mole Road & Driveway  
Crossings**

**General Digger Work  
Contact Tony on 07377 364155**

## SEDBERGH COMMUNITY SWIFTS

*Tanya Hoare*

Swift conservation has two aspects: preserving the existing colonies of nesting swifts, and putting up nest bricks and boxes to provide additional nest sites. Both are important as it is the loss of the natural nest sites, particularly in older buildings as they are renovated or demolished, that is the main reason for the catastrophic decline in the swift population. (Latest estimates give this as 62% - two thirds of our UK population - over the last 24 years.)

The problem is that swifts, once they have bred, are completely faithful to their nest site, and if access is blocked they become homeless. It is very sad to see them repeatedly trying and failing to get in where this has happened, and the colony may be lost forever. Their site faithfulness means they are not versatile in finding other nest sites - do they fail to breed?

This year we learned of some sad instances of colony losses. One church in the area had a large colony of 22 swifts nesting in the eaves, and



you could always reliably see and hear them hurtling around and darting into nest sites beside the rafters. Two years ago we discovered – too late – that the church was covered in scaffolding for several months, including throughout the breeding season, while it was being pointed. We surveyed the church again this year and the end result is that the colony has gone. No swifts at all. This is a tragic loss of one of the largest colonies in the area. We appreciate that lime mortaring has to be done between April and October, but with careful planning it could have been done in phases so as to allow the swifts access to breed.

Another colony loss happened when an old building locally was reroofed last winter. If you discuss the nest sites with the builders then it is perfectly possible to both point and re-roof while leaving the holes intact, without any detriment to the building. The entrance holes are only narrow slits, usually high under the eaves. Again, sadly no swifts bred there this year.

With planning all this can be avoided. In Kirkby Lonsdale we were contacted by the owner of one of the

**Mitchells** SINCE 1873  
ANTIQUES & FINE ART AUCTIONEERS & VALUERS

*Cumbria's Leading Auctioneers*

*For a Preferential Rate Quote SL10*

### OCTOBER SALES

**Country Sporting Sale**  
6th, 7th & 8th October  
**General Sale** - 21st October  
**Home and Garden** - 28th October

ALL SALES START AT 10AM



*We collect & deliver too!*

To view sale catalogues and bid online go to [www.the-saleroom.com/Mitchells](http://www.the-saleroom.com/Mitchells). Entries invited for all future sales  
01900 827800 • [www.mitchellsantiques.co.uk](http://www.mitchellsantiques.co.uk) • [@MitchellsAuctioneers](https://www.facebook.com/MitchellsAuctioneers)

Georgian houses in the market square, which had at least 5 pairs of breeding swifts. He was keen to keep the swifts, so re-roofing was delayed until after the end of the swift season in August. We even climbed up the scaffolding to speak to the roofers to explain how the crevices could be left. And this year there were still swifts nesting there. A great success!

Another pleasing case was in Settle (where we gave a swift talk) to hear that a builder, when the owner explained about retaining his swift sites, became very enthusiastic and created more of what he called 'swift caves' between the rafters. He's taking this message about swifts to other customers and urging them to do the same.

We would be delighted to advise and help in any way, including installing nest bricks, if you or your neighbours are planning renovations.

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

MYOFASCIAL MASSAGE & SCARWORK

CRANIOSACRAL THERAPY

FASCIAL FITNESS BAREFOOT TRAINING

SOMATOEMOTIONAL RELEASE

Yvonne 07795063107

Fritz 07817665662

Dalesway Therapies

01539 621303

TREATMENTS MAY HELP WITH LONG COVID  
 COVID-19 PRECAUTIONS IN PLACE  
 BALENS INSURED AND CNMC REGISTERED

GIFT VOUCHERS AVAILABLE

@dalesway\_therapies f dalesway\_therapies  
 daleswaytherapies@gmail.com

## The People's Hall

Howgill Lane, Sedbergh LA10 5DQ  
 Available to hire for all kinds of functions

※ Parties ※ Meetings ※ Concerts ※  
 ※ Wedding Receptions ※ Dances ※  
 ※ Theatre ※ Discos ※ Lectures ※

Availability calendar and forms online at

[sedberghpeopleshall.org](http://sedberghpeopleshall.org)

Or at Sedbergh Information Centre  
 72 Main Street

## AUGUST WEATHER

*Brian Wright*

The month started off dry but turned rather wetter as we progressed. We ended the month with 70.4mm ( 2.77inches) of rain. August is usually a warm month and this was no exception with a maximum 24.8C (76.6F) and a minimum of 4.4C (39.9F). Wind was not too strong with a maximum gust of 34.5kph (21.5mph) and a mean of 30.2kph (18.8mph).

A single owl has been calling in the trees in the paddock occasionally but we haven't seen it. The swifts appear to have left us but the rest of the hirodenes seem to be flying around. The holes in the grass are still appearing but I haven't found the culprits yet. The holes are still appearing in the grass but we haven't seen the beast responsible. As the buddleia starts to colour up the number of butterflies are increasing. There is a good crop of blackberries and sloes in the hedgerows I commented the other day that we hadn't seen many wasps yet.



## SELECTION OF WALKS AROUND SEDBERGH

*Colin Cowperthwaite*

Here is another local walk taken from my copy of the ninth edition of 'Jackson's Guide to Sedbergh, Dent and Surrounding District', which dates from the 1930's. Not much appears to have changed during the intervening 90 years.

### The Calf

Leave Sedbergh by Joss Lane and take the footpath from The Hill farm, parallel to Settlebeck Gill, till the common is reached on Winder. Continue up the valley of the Settlebeck on the western side between Winder and Crook, reaching the breast of Arant Haw. A very distinct green tract follows the knife edge linking Arant Haw with the Calf plateau. Skirting a wire fence above Hobdale, the crest is reached at Calders. Keeping N.N.E. from here a descent may be made along the edge of Cautley Crag and over the top of

Cautley Spout to the gorge opening to the Rawthey, and the main road will be struck at the Cross Keys.

If, however, we keep N.N.W. the highest summit of the Calf is reached in about three quarters of a mile. An old pack horse track passes over it coming from Howgill in the Lune Valley either by way of Bram Rigg or by Castley and White Fell, and descends northwards through the long V shaped valley of Bowderdale, entering the upper valley of the Lune in Ravenstonedale. These tracks are very apparent when filled by snow drifts. Continuing northwards over Bushaw, on which is the apparently artificial representation of a horse - "The Black Horse" - visible from far down Lonsdale, and crossing the notch known as the Wind Scarth we gain the double crested height of Fell Head. On the northern face of this is a ravine with cascades known as Black Force, comparable with the more beautiful Cautley Spout.

## CHAIR, GENTLE and CORE YOGA CLASSES



Start your week with *Monday morning* yoga:

10-11 Gentle yoga: slow stretches, balance work, both sitting and gentle floor movement, some remedial exercises

11-12 Chair yoga: very gentle mindful movements on chairs with guided relaxation at start and end of class. Good for shoulders, back pain, stress, suitable for wheelchairs

Challenge yourself with *evening* classes:

7-8pm Core yoga: Build core strength and stretch muscles on Wednesday evenings. Suitable for those with a reasonable level of fitness – runners, climbers, horse riders and those wanting a challenge, increasing in intensity throughout the course

5-6pm Yoga: An all-round class with building core strength, balance, gentle stretching.

Classes held at the beautifully refurbished *Dent Methodist Chapel*.

Text Elly on 07724 803508 Email [ellyarcher@talk21.com](mailto:ellyarcher@talk21.com) to book or for further details.



**K. W. Electricals  
(Sedbergh)**

Tel: 07917 322626

Domestic & Commercial  
Electrical Contractors



Descending S.W. from Fell Head through ling and bracken will be found a green track which comes out on the Howgill Lane below Beck Houses, about four and a half miles from Sedbergh.

By leaving Fell Head on the left at the Wind Scarth it is possible to find a fairly easy descent into the head of Uldale, not the Uldale at the headwaters of the Rawthey, and by climbing out in a north-westerly direction a gradual descent may be made over Tebay Fell to Tebay Station. Taken in the reverse direction this route may be followed from Tebay over the Calf, descending by Cautley Spout to the Cross Keys, a walk which reveals to the full the magnificence of these smooth rounded fells, intersected by a labyrinth of unenclosed and uninhabited valleys. It is most inadvisable to walk without map and compass in misty weather, as once on the Calf plateau one may easily lose one's bearings and descend on Ravenstonedale instead of on Sedbergh.

Perhaps ten and a half miles, returning from Fell Head to Sedbergh.

## A NEW LIFE

*Sandra Gold-Wood*

Hamza held his wife in his arms and whispered that it was done, and she must take the children with her tonight after curfew. Zehra, tried to pull away from her husband, she wanted to look into his eyes and beg him not to do this, it was too much. She knew he was sacrificing his chance of a new life for her and the children. How could she leave him when she was so afraid of life without Hamza? His grip loosened and Zehra was able to look into his face and see the tears in his eyes that matched her own.

'What will become of you, pleaded Zehra, and how will I, a woman alone with two children cope in a foreign land?'

Hamza stroked her face and kissed her gently assuring her that where she was going, they looked after women and children and that she would find a good life. Zehra argued that without him her life would be meaningless. Hamza pointed to their sleeping children and told her that she had to do this for them. She knew he was right. They had journeyed so far together across land and sea with hearts full of hope. Mainly they travelled with others who were also looking for a better life for themselves and their families. Zehra remembered her sister who they had to leave at the refugee camp on the Turkish border; Rama had been too ill to go on. Silently Zehra prayed, drawing on her faith she asked for courage.

Zehra remembered the months they had spent in a refugee camp in southern Italy living hand to mouth in

a battered tent that someone had left behind. One night Hamza had told her that a man in the camp had died, and his family would not now be going on the boat. The hope of getting passage on a boat had been all that had to kept them alive in spirit and so they took this opportunity and paid what was asked.

On a battered fishing boat, they sailed across the Mediterranean Sea hiding below decks until one night they landed on a rocky shore. They had dragged themselves and their children though the waves and on to the slippery rocks. The boat was gone in a blink, and they were left in darkness to wait for the dawn. When it came, they could see that they were about a mile from land. Zehra would

have cried out, but she did not want her children to become frightened, so she just clung to the rock until the tide was low enough for them to walk ashore. Once there Hamza went to find out where they were and perhaps find transport to take them onward. It had cost him every penny he had but they were now riding in the back of farm lorry and travelling across France. What now? he thought now that his pockets were empty. Once laughter was a close friend of his family and now it hurt to look at his hungry, tired children and the worn face of his wife.

The farm lorry dropped them just outside Lyon after which they spent their nights travelling over land and hiding by day. It was late summer,

# SUBSCRIBE TO LOOKAROUND

**And get a copy delivered each month.**

**£15 FOR A YEAR**

**in the Sedbergh and District Area  
(Sedbergh, Firbank, Cautley,  
Lonsdale to Barbon, Garsdale and Dent)**

**Email [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk).**

**Or cut out and fill in the form on the reverse of this  
advert, then post or deliver to the Sedbergh Tourist  
Information Centre with payment**

and the nights were often cold. Hamza did not want to remember that he'd begged and stolen food to feed his family as they journeyed toward Calais. This was nothing compared to what he had now committed himself to and all to save his wife and children. He was overcome with shame because he had sold his life to the people traffickers.

When the hour came Hamza and Zehra left the holding camp and carried their sleeping children to the meeting place. In the darkness many people were waiting, and many tears were being shed and shared. Sadness hung in the air along with fear and trepidation. A commotion in the bushes alerted everyone; something was about to happen.

Three men stepped out guns pointed at the huddled refugees. The men started pushing people around and collecting anything of value that people had managed to hold on to through their long journey. Hamza had warned Zehra of this and she had sewed her gold earrings and her wedding ring into the hem of her skirt. Some people pleaded for their possessions they were shoved to the ground and silenced. Even the children seemed to understand and remained silent. Zahra, Hamza, and their children kept their eyes down. Ahmad was six and Lela was four; their eyes were wide with fear, and they shivered with the night chill.

Finally, the men were satisfied that they had taken everything from these

# LOOKAROUND SUBSCRIPTION

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**Postcode** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Local / Postal Subscription (please delete as appropriate).**

**Enclosed fee** \_\_\_\_\_

**Annual Subscription -**

**£15 - local delivery, £27.50 - postal delivery**

**Send to :-**

**Sedbergh and District Lookaround,  
72 Main Street, Sedbergh, Cumbria LA10 5AD.**

refugees, and they left. Another man arrived and he led them down toward the beach, using his gun to threaten them. Zehra was terrified that one of her children would slip or cry out and the man would shoot.

Floating on the strengthening tide just offshore was a large boat. It looked good and seaworthy, and Hamza sighed within himself as he had heard many tales of leaky old boats that sunk halfway to Britain.

And so, the time came to say goodbye. Hamza, bent and kissed his children, telling Ahmad that he must be the man now and look after his mother and sister. Ahmad heard what his father said but he didn't understand and could not comprehend why they were on a

beach at night. Feeling he had better do something he drew his little sister closer and nodded to his father. Hamza smiled at Zehra, and she knew what that smile had cost him and her heart broke as she watched him walk away.

Suddenly people started to rush towards the boat. They scrambled to get on to the board with little regard for others. Zehra grabbed Lela into her arms and held tightly to Ahmad's hand and pushed her way on board. The night was cold with a stiff breeze whipping up waves and she and the children shivered their teeth chattering. The engine kicked into life and the boat set off into the night on the ink black sea. There were no lights on the boat as it swayed its way

# LIVE OUTSIDE THE SEDBERGH AREA?

Get a copy delivered each month.

## LOOKAROUND POSTAL SUBSCRIPTIONS

**£30.00 per year for a  
UK Annual Subscription**

**Email [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk).**

**Or cut out and fill in the form on the reverse of the  
local advert, and post with the payment to  
Lookaround, Sedbergh Tourist Information Centre,  
72 Main Street, Sedbergh, LA10 5AD.**

out into the Channel. Zehra cuddled her children close to her and tried not to convey her fear to them.

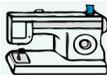
They had been on the boat about an hour when the vessel came to a stop. Everyone was told that they had to get off the boat. Zehra thought she would faint her heart was beating so fast. A large rubber dinghy had pulled alongside of the boat and people were being told get into it. Zehra didn't think twice she quickly did as she was told and held her nerve as her son was passed to her. She wanted desperately to ask why they had had to leave the boat. She thought of Hamza; he had no escape and would now have to work for the people traffickers; those unsmiling men with guns. The men who took everything from refugees who had next to nothing left. Her husband had traded his life for their freedom and Zehra took some comfort in remembering his sacrifice.

It was crowded on the dinghy and water was lapping over the sides. The

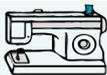
passengers on the dinghy watched with resigned despair as the large boat they had been traveling on disappeared into the night. Everyone on the dinghy seemed to be holding their breath and then there was an explosion of noise as people began to understand just how alone they were. The dinghy had no engine and no rudder, so they were just drifting on the choppy sea. Many prayed. Zehra kissed her children and tried not to cry out at the injustice of it all. Then it began to rain. People were bailing water out of the dinghy with their hands. Zehra could not help as she was holding on to her children. Angry words were exchanged among the terrified passengers and the unstable dinghy began to rock as they pushed and shoved each other.

Far off across the seascape Zehra thought she could see a bright light. She thought that she must be dying as she had often heard talk of people seeing a bright light when their lives were at an end. What would become of her children if that happened, and she wasn't there to care for them. Two men were now fighting, and their anger was threatening to capsize the dinghy. There was chaos as people tried to stop the men. It was no use and they tumbled into the water. Some attempts were made by other passengers to help them back into the dinghy, but it was no use, and all watched as the waves had carried them away. Zehra felt despair wash through her. A woman was crying. It was now the only sound and everyone was still.

Someone pointed to the light and Zehra noticed that it was getting



## Temptations Craft Boutique



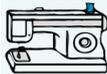
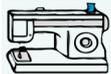
31 Main Street, Bentham LA2 7HQ

015242 61868

email [temptationsbentham@yahoo.co.uk](mailto:temptationsbentham@yahoo.co.uk)

- Over 500 Patchwork cottons
- Fabrics for Dressmaking
- Haberdashery
- Wool and knitting supplies,
- Agents for Brother Sewing Machines

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



## **Scrap Collected**

**Ring Kev**

**07812194311**



brighter. Suddenly from out of the bright light came a voice speaking in the darkness. It spoke the language of the passengers and told them to remain still and quiet. A small launch sped across the sea lightly. It hooked the dinghy up with stout rope and pulled it and its bedraggled passengers toward a larger ship. Each of the passengers were encouraged to climb the ladders that led up to this ship's deck. Zehra found it very difficult to let go of her children. A kind man talked to her gently as he passed Ahmad to another man who carried him up ladder. She did not want to let go of Lela as she seemed so peacefully asleep; The man spoke to her in gentle tones telling her that she best climb up the ladder. In a daze she handed Lela over and climbed to the deck. A feeling of great relief washed over her as she spotted her son Ahmad, sitting on the deck, a blanket round his shoulders and his sister Lela held in his thin arms. Zehra rushed toward them enfolding them in her arms. A smile teased the corners of her mouth; it was then she saw that her daughter was dead. She wept silently.

## **HOWGILL/FIRBANK W.I.**

*Audrey Hoggarth*

As we were ready to get up and running again after eighteen months Howgill Village Hall was made covid safe for our return on September 2nd. Sarah presided welcoming everyone to a catch up informal social evening. The minutes of the last meeting which was held in March 2020 were read and approved.

We send our best wishes to Sheelagh Dennis who is recovering from a spell in hospital. We missed your company and hope to see you soon. During the lockdowns our walking group have continued with their monthly ramblings enjoying the lovely weather we have had.

We continued by sharing our lockdown mishaps. Three broken bones and one injured shoulder, pleased to report those involved are out and about and fully recovered. One member's experience on having broken down on the motorway turned out to be a ordeal as she discovered the rescue service don't always provide a quick fix. A talking point arose about electric cars. They are becoming popular in the area for the foreseeable future despite the positive and negative aspects.

We continued with a tree and flower quiz, followed by our monthly raffle won by Anne Kendal. I think everyone spent an enjoyable relaxing evening mixed with plenty of laughs.

We meet again on October 7th for the AGM with a W.I adviser.



## **SEDBERGH W.I.**

*Moira Folks*

The Devil's Porridge? What on earth is that title doing on a WI programme? It sounds a more appropriate subject for a spooky Halloween meeting than for a warm, sunny evening on September 8th. So, where did that strange name come from? We were soon to find out from Judith Hewitt, who runs the Devil's Porridge Museum at Gretna, just over the Scottish border. She took us back in time to 1915. The brave young men, who had proudly marched off to fight for Britain and her allies, against the Germans in Europe in 1914 were very short of ammunition, shells and guns – in fact, it is said that they were rationed to 3 bullets each a day,

unlike their German counterparts who were very well supplied with ammunition. David Lloyd George (later to become Prime Minister) was made Minister for Munitions to solve this 'shell crisis' because 'the hungry guns needed to be fed': bullets and shells had to be made, as also did cordite, the explosive needed to fill them. The land chosen for this purpose was a nine-mile by two-mile strip between Gretna and Eastriggs, south of what is now the A75 road to Dumfries northwest of Carlisle. It became the largest factory on earth at the time, employing 30,000 people. Villages were built by 10,000 Irish navvies to house the workers, complete with schools, water reservoirs, shops and dance halls. Since so many men were away at war 12,000 women, many of them just in their teens, were brought in to mix the nitroglycerine and nitrocotton in huge, waist-high vats, using paddles and even their bare hands; this was later processed and dried to form sticks of cordite made in different thicknesses to fill the shells. When Sir Arthur Conan Doyle, creator of the 'Sherlock Holmes' books, saw the women at work stirring the white lumpy stuff in huge cauldron-like vats he called it 'The Devil's Porridge, which will blast the Huns to hell!' He was so impressed with their bravery that he wrote: 'Hats off to the women of Britain! Even all the militants,' he said, meaning all those men who had opposed the vote for women, 'shall in future not prevent me from being an advocate for their vote.' They succeeded where the suffragettes had failed! Conan Doyle described the factory as 'perhaps the most



**Valerie Hinde**

**Chartered architect and designer**

---

New build and extensions

Refurbishments

Conservation

Listed buildings

Planning applications

Building regulations

Community

Commercial

---

49 Robin Lane, Bentham, LA2 7AG

**Tel 07503 731818 015242 61407**

[valeriehinde@gmail.com](mailto:valeriehinde@gmail.com)

[www.valerie-hinde.co.uk](http://www.valerie-hinde.co.uk)



*Judith Hewitt*

remarkable place in the world.’ Experts from South Africa, India, Australia, Canada and Ceylon, from all over the British Empire, in fact, were drafted in to plan the operations and set them in motion.

Judith Hewitt gave us a lively account, illustrated on screen with photos of the women workers and information charts, showing the tasks carried out by the women in dangerous conditions, which could have caused explosions and serious injury, while the chemicals in the ‘porridge’ could cause coughing, fainting, bad headaches and even addiction. It also caused the women’s skin and hair to turn yellow, resulting in their nickname, the ‘Canary Girls’. The museum was set up 25 years ago, developing from temporary exhibitions in a church hall to start with, to a purpose-built exhibition hall, which is constantly receiving artifacts from members of the public whose relatives once worked in the munitions factory. It is now a 5-star

tourist attraction. Our President, Ellen Morrison, and Sandra Gold-Wood. She is setting up the Canary Girls Charity to build an impressive memorial to them at the National Memorial Arboretum in Staffordshire, and visited the Museum a few weeks ago; thanks to Judith Hewitt’s fascinating talk, several more of us are planning to go and see it for ourselves in the near future. Following the talk, refreshments were served to our members and quite a few visitors: the main hall of the People’s Hall had been set out café-style with small tables and chairs and yellow floral decorations, and yellow knitted poppies were available for a donation to the Canary Girls fund.

## CHIROPODIST

*HCPC Registered*

### **Kay Whittle**

PhD BSc MSc DipPodMed MBChA

Pedi-Care House, Howgill Lane,  
Sedbergh LA10 5AD

**Tel: 015396 22122**



Open 09:00 - 4:30

Please phone for appointments

Closed on Mondays

Supplier of “Softop” Socks

Turning back now to earlier WI activities, Anne Pitt writes about our walking group's expedition on 19th August: 'The Walking Group went to Longsleddale to start a walk from the car park near the Church. It was an overcast day but stayed dry until the latter part of the walk after lunch, when it became damp. The walk went up the valley on the western side of the River Sprint, passing Hollin Root and Tom's Howe before turning west up the fell past Till's Hole. Crossing Cocklaw Fell, the group progressed to Green Quarter Fell before stopping for lunch and enjoying views over Skegges Water to the surrounding valleys and fells and the banks of heather on the southern side of the tarn. The walk continued skirting the

western side of the fell above Birk Rigg before turning east, crossing Skeggeswater Dike across the tops through the scented heather seen at lunch, before descending above Spring Wood, down to Hollin Root and back to the car park via Wadshowe Bridge. Despite it being mid-August, there were no other cars in the car park; only two cyclists were spotted early on in the walk by one of our group, and we had the fells to ourselves the whole day except for one lonely pony who seemed delighted to find us!'

Thunderstorms were forecast for the afternoon of September 9th, so eight book club members were relieved that Covid regulations no longer restricted indoor meetings to



  
**FRAME MARQUEES & TEEPEES**  
VENUE COVER FOR ALL OCCASIONS  
**FURNITURE HIRE & TABLE LINEN**

*Marquees & Teepees*  
KILLINGTON

T: 015396 20602  
W: [WWW.MARQUEETEEPEE.CO.UK](http://WWW.MARQUEETEEPEE.CO.UK)  
E: [OFFICE@MARQUEETEEPEE.CO.UK](mailto:OFFICE@MARQUEETEEPEE.CO.UK)

groups of six! Pam Drower's home at Farfield, with lovely views to the Howgills, was the venue. 'Everyone Brave is Forgiven' by Chris Cleave, set in London during the Blitz and Malta under siege early in World War 2, was our book for the month. 'Never judge a book by its cover!' says the old adage: the cover of this book, implying a rather soppy wartime romance between a young man and woman gazing lovingly at each other, the background lit by searchlights over London, put off a few of our group for that very reason, making them reluctant to start reading. Elizabeth, unable to be with us for the meeting, was one of these; she sent us her thoughts: 'I'm glad I persevered because I enjoyed this

book very much. A compelling story beautifully told through vivid and imaginative imagery, witty dialogue, strong characterization and sense of place (London and Malta), with enough technical information to give credibility without overload. The love story theme avoids sentimentality as the author captures the matter-of-fact way people had to deal with such awful circumstances. The descriptions of the Blitz and the siege of Malta will long stay with me... Cleave has found new angles and insights and an ending that will linger with me for a long time.' We would all agree with Beth's comments and that this was a memorable novel, quite different from all WW2 novels we had read individually. The average score

## THE RURAL LAW PRACTICE

ThomsonHaytonWinkley

Let us help you...

... while you get on with running the farm

- Land and farm sale/purchase
- Rural property & land issues
- Agricultural landlord & tenant
- Succession planning
- Wills and inheritance tax planning
- Partnership agreements
- Diversification projects
- Dispute resolution
- Farming reviews

J36 Rural Auction Centre  
Crooklands, Milnthorpe, Cumbria, LA7 7FP  
T: 015395 67571 E: [info@rurallawpractice.co.uk](mailto:info@rurallawpractice.co.uk)

**You Matter. Farming Matters.**  
[www.thwlegal.co.uk/farming\\_matters](http://www.thwlegal.co.uk/farming_matters)

was 8.5/10. Many thanks to Pam for hosting the meeting and providing tea and lots of lovely cake!

Our next meeting will be held in Sedbergh People's Hall on Wednesday 13th October at 7.30pm. We're looking forward to Richard Chambers' presentation about 'Le Marathon des Sables' – The Marathon of the Sands - the 'sands' being those of the Sahara Desert in Morocco. This ultramarathon, the length of 6 normal marathons, takes place over 6 days in gruelling conditions and is said to be the toughest foot race in the world. Visitors and new members are very welcome but, because of Covid restrictions, we need to know in advance how many are coming, and that you are double-vaccinated against Covid, so please contact Ellen Morrison on 07702 919745 to register your interest. Our own members will be contacted by email.

## KILLINGTON W.I.

*Wendy Fraser-Urquhart*

The last month seems to have flown by and once again it is time to put pen to paper, or rather fingers to keyboard. Today, Wednesday 15th September, Killington WI hosted our coffee morning at St. Andrew's and wow, it was busy! It will certainly have helped to refill our coffers. Our thanks to all those who came. It was lovely to chat to so many folk, both local and from a distance. When the venue for our Sedbergh Wednesday coffee mornings moved from the URC rooms, right in the centre of the market activities, I, along with many others, wondered whether they would survive the change of location. It is great to rejoice in the ongoing success of this happy social occasion. Our thanks to St. Andrew for his continuing hospitality! It seemed a particularly busy time for us, as our monthly meeting was only yesterday, and our committee meeting the previous day. It's a good job we like each other. During the business part of our meeting, we sorted out lots of forthcoming activities which you will hear about in due course. In November we shall be celebrating Killington WI's 80th birthday and then it will be December and Party Time. [Notice the clever avoidance of a certain word]. Barbara Kooper was the only member receiving birthday wishes this month and although a rendering of Happy Birthday was not forthcoming, we had earlier enjoyed being able to sing our Killington WI song, "A pleasant thing it is to meet in friendship's circle bright...", out loud. We were happy to



**GREAT QUALITY & SERVICE**

**smart**  
Design and Print

Call us today: **01539 620788**  
Email: [office@smartdesignprint.co.uk](mailto:office@smartdesignprint.co.uk)

**FREE** local delivery for orders over £20

welcome Lindsay Gray as a guest, and even more pleased to learn that she has decided to join us. Meanwhile, Sarah had been off to collect our speaker from Oxenholme Station. David Maidment had come all the way from Crewe to speak to us this afternoon. Yes, we had been worried that he might require a mileage charge but, as he is a former employee of British Rail, this was not so! David had started his career as stationmaster of a small station in a South Wales valley but had progressed through the organisation to hold several important positions. After a serious rail accident at Clapham Junction in the 1980s, he was in charge of the inquiry into the safety issues involved, and this led on to his travelling the world, helping to ensure that railways worldwide shared the lessons learned. One of the many places he went to was Bombay, now Mumbai, and it was there that his encounter with a little beggar on the station ignited his interest in, and compassion for, the many homeless children on and around the railways of the world. Firstly, he became involved with Amnesty International, working for children's rights, then with other organisations at government level around the world but, particularly, in India. All the while he was also working with volunteers, setting up refuges and other safeguarding measures to help the children. He spoke with authority and enthusiasm, humility and compassion. We were moved to tears. The main organisation which he now represents is called, "the Railway Children", but it

certainly doesn't star Jenny Agutter. He also opened our eyes to problems faced on our own railways and stations, and the work done by British Transport Police and other agencies. We learnt such a lot. Some of us had also learnt a lot last week from Sedbergh WI's meeting about "The Devil's Porridge". It is amazing how we can be so totally ignorant of something which is, geographically, so close to us. Our next month's meeting will be at 2-00pm, on Tuesday 13th October, in the People's Hall. You would be most welcome to join us. Our speaker is taking us to the most beautiful place in the world with his presentation entitled, "A Slide Show of Sedbergh". Another one not to be missed.



**H & M**  
C R A F T S M E N  
KITCHENS | BEDROOMS | STUDIES



Full design and fitting service  
Showroom Open:  
Mon-Fri 9am-5pm | Sat 10am-1pm  
Ingleton | North Yorks | LA6 3NU  
015242 41535  
kitchensandbedrooms.co.uk

## DENTDALE W.I.

*Theлма Belfield*

At the end of yet another beautiful warm and sunny day we came together for our September meeting. This is usually the month when we hold our open meeting, with invitations to other WI's to join us and enjoy a buffet supper. However, given the restrictive circumstances brought about by Covid 19, sadly, this year we were unable to do this. However, Jackie our President gave a warm welcome to Paul Rose from the Owl Sanctuary, who gave us an extremely interesting and informative talk.

Paul had a common interest with owls from an early age. He learned to fly at the age of seventeen, and spent most of his career as a pilot with the

Royal Air Force. Ill health and disability forced him to retire, and it was then he developed a commitment to rescuing owls. He brought with him five different owls of varying sizes. A Bengal Owl named Bulan, a Malaysian Brown Wood Owl named Inda, a Western Screech Owl (Chester) and a White Faced Skops Owl, which has a ghostly 'Oooooo' sound when it calls.

Prior to setting up his Sanctuary, Paul had no previous knowledge about owls at all and over the last 12 years has developed a great store of experience on the subject. He travels widely to rescue injured and abandoned owls and currently has 35 in his care. The eldest is 23 years old and as owls can live to be 45/50

OGLETHORPE  
STURTON &  
GILLIBRAND  
SOLICITORS

Lancaster | Kirkby Lonsdale  
Phone: 01524 846846 www.osg.co.uk

At Oglethorpe Sturton & Gillibrand Solicitors we have a diverse range of specialist lawyers covering all your personal, commercial and agricultural legal needs. You can find us at our offices in Kirkby Lonsdale or Lancaster or we can meet with you remotely, no matter where you are.

### What we do

- Wills, Probate & Powers of Attorney
- Tax Planning & Trusts
- Agricultural Property Matters
- Environment Law
- Dispute Resolution
- Companies and Partnerships
- Conveyancing of all types
- Family matters, including divorce and separation

Contact us on 015242 71388 or by e-mail at [office@osg.co.uk](mailto:office@osg.co.uk)

years old, Paul is currently introducing Nicky, his assistant, to the owls and she will continue caring for them when he himself is no longer able to do so. Paul told us that owls are natural born killers, hunting their prey to survive. Some eat bugs, beetles, worms and mice and others, rabbits, hares, rats and pheasants. They never drink water, obtaining their fluid needs from eating their prey. Giving an owl water will cause it to drown. Physically owls are able to turn their heads 270 degrees giving them a huge range of vision when hunting for food. Their ears are not as we all thought, the tufts of feathers on top of their head, these are mood sensors, but are aligned with their eyes, with one larger than the other.

They use their ears and eyes to triangulate on their prey. The colour of their eyes indicate when they feed. Owls with brown eyes are nocturnal feeders, those with orange eyes feed either at sunrise or sunset and owls with yellow eyes feed throughout daylight hours. They are extremely sensitive to sound and air pressure changes. Different species have their own calls, barn owls screech, female tawny owls twit, and the males twoo. Barn owl females will not feed young if it falls out of the nest, whereas a female tawny owl will continue to feed her young on the ground. They are extremely protective of their young, and will attack a human being if their young are threatened. Owl feathers are not water repellent and, in



High quality  
carpets, rugs  
and a unique  
collaboration of  
Cumbrian wool  
furnishings and  
accessories

**CUMBRIA  
WOOLSHED**

The Gateway Unit  
Dochray Hall Ind Est  
Kendal  
LA9 4QY

015396 28120

[cumbriawoolshed.co.uk](http://cumbriawoolshed.co.uk) [wocc.co.uk](http://wocc.co.uk) [charles@wocc.co.uk](mailto:charles@wocc.co.uk)

prolonged periods of wet weather, they do not hunt for food and can starve to death.

Paul finally introduced us to his fifth owl, a tawny, who had been brought to him as an owlet having been abandoned by its mother. It was quite severely malformed and, following consultation with his vet, Paul decided to nurture it and now it is 2 years old, and living a happy, safe life within the sanctuary.

As I said earlier, an extremely interesting, factual and informative talk, enhanced even further at the end, with Paul inviting any of us, who wished to get close and personal with his beautiful owls. I was fortunate to have an owl perched happily and contentedly on my arm and I gently stroked its feathers, an amazing and unforgettable experience. It was quite clear that Paul loved the owls and that they in turn trusted him. The Sanctuary is solely funded from donations.

Catherine thanked Paul for bringing his owls and his excellent stimulating talk and, as usual, at our meetings we all enjoyed tea and Marjorie's scrumptious homemade biscuits - her cranberry cookies are heavenly. Paul

judged our competition entries, which were either an ornament or a picture of an owl. Chris won with her beautiful twin owl ornaments, and Kate and Thelma were second and third with their owl pictures. Jackie and Thelma were the lucky raffle prize winners.

To facilitate the welfare and routine of Paul's owls, we had turned our usual meeting routine on its head and so our business matters followed, once Paul had safely tucked up his charges in their transport crates for travelling back to the Sanctuary.

President Jackie thanked everyone for their contributions of baking, plants, crafts and sandwiches and the help given in running the stall at the recent Dent Gala. Kate confirmed that the proceeds, once expenses are deducted, will enable us to contribute £375 to the Memorial Hall fund raising effort.

Pre Covid 19 we usually had an in house mini market at each meeting. It was agreed that at our October meeting we would resurrect this and craft items, surplus garden produce and other saleable items would be welcome.

Rita announced that the annual Federation Quiz was due to take place on 1st November and she was seeking volunteers to form a team to take part. We have never won this Quiz but who knows this year it could be our turn.

Finally, it is that time of year again when Christmas looms on the horizon, and two venues for our party were proposed. Kendal College Restaurant or the Sedbergh Golf Club. Jackie agreed to contact both and at the time of going to press,

## Matthew Cook

Former Stonemason to York Minster  
and specialist in pre-1914 building  
repair

Stone repairs and replacement

Re-pointing with lime mortar

Stone cleaning

Specialist surveys and consultancy

07791894782

[www.cookmasonry.co.uk](http://www.cookmasonry.co.uk) [Info@cookmasonry.co.uk](mailto:Info@cookmasonry.co.uk)

Sedbergh Golf Club will be our Christmas party venue. Shake out the party dresses, we missed out last year, let's make 2021 one to remember.

We have had three live meetings since Covid restrictions were lifted, tasting puddings, learning about encaustic art, and a greater understanding of the lives of owls. Next month, it The History of Buttons. Always a broad spectrum of subjects to choose from and activities to get involved with. Our next meeting is on 13th October, at all our meetings we exercise sensible precautions in line with current Covid guidelines. New members and visitors are always welcome to join us. We look forward to seeing you.

**PHYSIOTHERAPIST**  
HCPC Registered



John Bannister  
Chartered Physiotherapist

**John Bannister**  
Sun Lea, Joss Lane, Sedbergh

Tel. 07877301088  
Email [john@jb-physio.com](mailto:john@jb-physio.com)  
Web [www.jb-physio.com](http://www.jb-physio.com)

**Competitive rates**  
**Home visits available**

**Flexible appointments to meet your needs**

**AN UNEXPECTED LOCKDOWN COMMUNITY GIFT**

*Laura Fletcher, Cowgill Shuffler*

She was reluctant runner who was astonished to run her first 5k at age 57.

I'm told that, just before lockdown number one, in March 2020, a casual lunch time conversation in the Sportsman pub in Cowgill led to a brilliant idea, a "shuffling group" to meet up at 10am each Sunday morning, at a pre-arranged location, to walk, shuffle, jog or run, depending upon inclination.

The group would be open to children, walkers with or without dogs, those recovering from hospital treatment, mums pushing prams, toddlers on push alongs, children on bikes, 'hesitant' runners, proper runners, basically ANYONE who liked to get outside for some exercise and catch up with community news.

Since then for 18 months, come rain, shine, sleet, snow or ice, intrepid members of the 'Cowgill Shufflers' have turned out.

We have survived and thrived, in spite of all of the changing regulations regarding group activities, largely thanks to the commitment and imagination of our 'leaders', Colin and Honor, and the supportive, hastily organised committee, that enabled us to meet, legitimately, as a 'club' during the restricted months.

We have enjoyed mini fell-races marked out with sawdust for the younger participants, as well as orienteering type trails for the grown ups.

Some of us had never run in our lives before, and we started the

couch to 5k challenge, meeting up with people, who were free during the week, to keep up momentum. We ran our first 5k up on Knoutberry Hill on a beautiful day in the summer of 2020 with stunning views over the Lake District fells.

How many groups are piped over the finish line of their first 5k by Scottish bagpipes, I wonder? During the period when even six people exercising seemed dodgy, Honor came up with themed Sunday shuffles: a single enigmatic word pinged into the WhatsApp group on Saturday and we each set off, individually, on our own routes to find and photograph something “spiky”, “orange” or “arched”. This first one was a great excuse for Diane and I to shuffle up to Dent Head Viaduct together on a frosty Autumn morning. We each discovered our perfect running buddy over the lockdown summer, neither of us wear a watch let alone a 'fit bit', we had no desire to get faster or go further each week, and were each happy to slow down or even walk now and again, but, together, we kept on shuffling until restrictions lifted and we could go out as a group again.

We have a had two events to raise money for the Air Ambulance since we started - the first, a Christmas “Fancy Dress” Sunday run, sporting some interesting outfits and sparkles. Sharing welcome mince pies and hot drinks over the gate at Tony and Margaret's, and then a summer BBQ in the garden at Honor and Colin's home.

This group is much more than a running group, in fact for the dog walking contingent, who turn up every

week, it is much less than a running group.

It is a sociable, supportive gathering of folk of all ages, shapes, and physical abilities, who love the place where we live and enjoy taking our exercise in stunning locations, with supportive and knowledgeable guides, who gently nudge us to keep going and to keep moving.

There is never any pressure, only encouragement and if, one Sunday, a run feels too much, then a walk is always available, usually 15 or 20 minutes each way, organised so that we all end up back in the same place for a chat and a catch up.

If you would like to join us we meet at the bottom of the Coal Road on the Dent side at 10 am. You will be warmly welcomed, and you will be running before you even notice, and that voice in your head that says “ I can't run” will be replaced by one that says, “Hey, I'm running”. It is a GREAT feeling I promise..

## **SEPTIC TANK EMPTYING**

Fast efficient Service  
Very competitive prices

### **SKIP HIRE**

Ideal for rubble, soil,  
builder's waste and stone

**Ryan Simpson**

07766 971 167

015395 68318

[rysimpson@live.co.uk](mailto:rysimpson@live.co.uk)

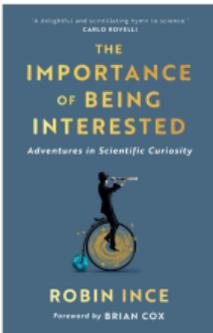


**Westwood Books are delighted to be hosting an evening with Robin Ince to talk about his new book *The Importance of Being Interested*.**

Friday 26th November  
at 7pm

*Tickets £25  
(includes a signed,  
hardback copy of the book)*

On sale now via our website  
[www.westwoodbooks.co.uk](http://www.westwoodbooks.co.uk)  
or pop into the shop  
for more information



**LEARNING TO COMMUNICATE WITH CRANIOSACRAL THERAPY**

*Fritz Hrynyk*

Communication in any relationship is important. We learn to communicate with partners, friends, workmates, the general public, even our beloved pets; but the one relationship we seem to forget to communicate with is that between the body and the head.

How many times do we continue to do things that can lead to discomfort, even pain; gardening, DIY, sport, dare I say cycling (my passion). Our head tells us that we will suffer later but it appears that suffering has become a national pastime for many of us, but

we go on despite the body saying 'STOP'.

We ignore this heady advice for many reasons. We refuse to accept the limitations of older bodies, we don't wish to seem weak in front of others. There are lots of reasons that we don't allow ourselves to rest, relax and recover.

CranioSacral therapy is about understanding the relationship between the head ('Cranio') and the spinal cord down to the sacrum (Sacral). Having a CranioSacral treatment allows you to give an hour of your time to yourselves and begin the process of learning to establish better communications between your head and body. This will help restore

# COBBLE Country

*Estate agents and  
Lettings*

*For the Lakes and  
Dales*

- *Free valuation, no obligation, no fee*
- *Expert and local advice on the property market*

*Please call our office to find out how we can help on -  
015396 21000*

*Email – [sedbergh@cobblecountry.co.uk](mailto:sedbergh@cobblecountry.co.uk)*

a greater sense of vitality, health and well being and lead to a greater understanding of how physical and emotional traumas can have adverse effects on the body and mind.

Any physical and emotional benefits that result from a treatment result from the understanding between myself and the client; a good positive communication.

I am a fully qualified and insured CranioSacral Therapist and have trained with the Upledger Institute. Visit [www.upledger.co.uk](http://www.upledger.co.uk), Dalesway Therapies on Facebook or Instagram for more information and/or call me on 07817 665662 or email [daleswaytherapies@gmail.com](mailto:daleswaytherapies@gmail.com)

## **SEDBERGH SCHOOL NEWS**

*Karen BruceLockhart*

The autumn term commenced with the new pupils arriving a day earlier than the established pupils and made the traditional climb up Winder. They were also given a taste of cross-country running. The sports teams had returned at the beginning of the week for pre-term practice.

The upper School numbers are expected to be 570 by half term, and the Prep School is now up to 184, having taken in 59 new pupils.

Dan Harrison starts his first year as Headmaster overseeing the main School, the Prep and the Rong Qiao Sedbergh School in China



### Powells Fruit Merchants

Specialist Suppliers of High Quality  
Fruit & Vegetables to the  
Retail & Catering Trades

Local, UK and Imported Fruit & Vegetables  
Salads and Produce direct from the Growers  
Potatoes from Lancashire, Lincolnshire,  
Cornwall etc

Also, extensive range of deli goods  
Cheeses, butter, milk, yoghurts & eggs  
Herbs & Spices, Preserves & Condiments  
Teas, Coffees, Juices & Cordials  
Smoked Salmon, Kippers etc  
Dried Goods, Nuts, Seeds & Pulses

**DAILY DELIVERIES  
TO SELF ISOLATING HOUSEHOLDS**

52 Main Street, Sedbergh, Cumbria LA10 5BL  
Telephone: 015396 20304 | [powellsfruitmerchants@gmail.com](mailto:powellsfruitmerchants@gmail.com)

### *The Flower Shop Sedbergh*

Personal Friendly Service  
Beautiful Fresh Seasonal  
Flowers

Wide Range of House & Garden  
Plants  
Great variety of gifts. We will be willing  
to help to arrange flowers for every

We are a dedicated team, full of creativi-  
ty and inspiration. Feel free to contact us  
anytime to discuss your arrangements.

Tel 015396 21605  
[flowershopsedbergh@gmail.com](mailto:flowershopsedbergh@gmail.com)  
49 Main St, Sedbergh  
LA10 5BL



The School has been named as a finalist in the International Student Experience in the Independent Schools of the Year 2021 Awards. The final decision will be made in October

The OS Club has made six ladies Honorary Old Sedberghians including Ann Fleck, wife of the former Headmaster and Principal, Hilary Berry wife of Norman Berry author of two books on the Wilson Run, and Faith Guthrie wife of John Guthrie, former Governor.

Jennifer Thornely, widow of the former Headmaster Michael Thornely (1954-75), died on 10th September. Her memorial service was on 19th September. She married Michael aged 19 and immediately took up her

position as Housemaster's wife in School House and Headmaster's wife. She joined the staff as a music teacher after her husband's retirement and continued for 16 years. She was 87 when she died.

During the summer holiday the building known as The Shack (the wooden building behind the science blocks) was demolished after 59 years in service. It had originally been installed as a temporary Headmaster's Office when Michael Thornely decided to move the Headmaster's office from School House to the centre of the School. It was expected to be used for a couple of years while more appropriate premises were found. Four Headmasters and their staff used it

**Dinky Dales Nursery**  
The Old School, Ravenstonedale,  
Kirkby Stephen, CA17 4NQ



We currently have places for 2 year olds available from the start of September in our fantastic 2-3 room.

For more information please contact us on:  
015396 23670 or [dinkydalesnursery@outlook.com](mailto:dinkydalesnursery@outlook.com)

as their office, and many departments found themselves banished to it over the 59 years including the Appeals Team, the Foundation, the Senior Mistress, the Admissions Team, the Marketing Team and the IT Staff.

Mr Swainson who was on the staff from 2013 to 2019 has rejoined the staff as Housemaster of Evans House.

At the Prep School day-pupils in years 7 and 8 took a lateral flow test every Thursday and Sunday during September

Tim Farron MP visited the Prep School on 13th September to talk about democracy and his role as a Member of the Houses of Parliament

Emma Lee-Potter in The Week magazine wrote an article on the School and its 26 different sports and other activities, and – of course – the Wilson Run

The main parts have been cast for The Thirty-Nine Steps to take place at the beginning of December.

### **Hockey**

Year 12 pupil Bo Madden has been named in England Hockey's U18 Observation squad to work towards the final training squad. Sisters Bo

and Hattie played for Pennine Pumas at England Hockey's Futures Cup in August

Vice-Captain Beth scored a hat-trick for the England white team at Rugby School 1567 Festival. The 1st XI lost to Ipswich in the final, the score at full time being 1-1, they lost 4-5 on penalties

The Prep School had a special guest Fiona Crackles, one of the Bronze medal Olympic team, at their pre-season training

### **Running**

The Prep Tuesday running club got off to a great start with their biggest ever turn out of 58 children and 7 staff

### **Shooting**

Four of the School's target shooters competed in the Channel Islands this year. Keira competed with the UK Cadet Rifle Team, with Tatyana as 1st Reserve

OS Katherine Fleck has been selected as 2022 Captain for the GB U25 Rifle Team

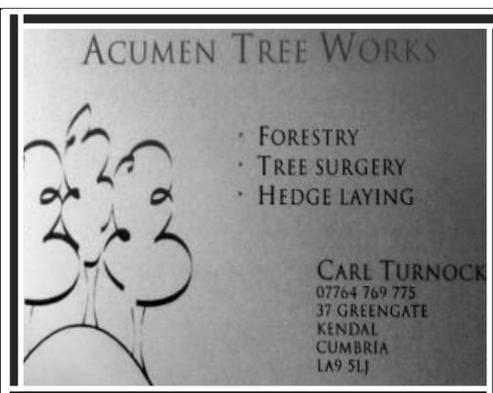
### **Equestrian**

Riders from both the upper School and the Prep took part in a training day at Somerford Park with world class coaches Emma Hindle, Andy Thomas and Laura Grice.

### **Cricket**

Next summer's captain Tom Aspinwall was selected for the England U19 to play the West Indies in the 6 match Royal London U19 series

OS Harry Brook continued his success over the summer with yet another 100 for Yorkshire against Somerset at Scarborough and played



for Northern Superchargers in the Hundred competition.

### **Future Events**

The Prep School is having Open Days on 1st and 2nd October, and the upper School on 2nd October 9.30-12.30.

OS Weekend is the 9th and 10th October and will include a lunch in celebration of 20 years of girls at Sedbergh. A Memorial Match will take place on the Sunday in memory of Henry Foster who died aged 20 at university in the United States.

Rugby: the only 1st XV fixture at home in October is against St Peter's York on 9th October, but they also play QES Kirkby Lonsdale away on 6th October. The second half of the month is half term

The School will celebrate Armistice Day on 11th November and there will be a Boer War Act of Remembrance and Remembrance Sunday Service on Sunday 14th November

A dinner will be given by the Governors and Headmaster to mark the retirement of Andrew Fleck as Headmaster and Principal, Hugh Blair as Chairman of the Governors, and The Venerable Nick Barker as Governor on 26th November

## **HELP WITH SCHOOL COSTS**

*Karen Evans*

I'm a single parent and lost my job during the pandemic. My local Citizens Advice helped me apply for Universal Credit which has been really helpful to cover some of the income I've lost. But I'm very worried about my children, especially buying their school uniforms and shoes, now they are growing so fast! Is there any support out there until I can find another job?

If you're on a low income or employed, you might be able to get help with some of the costs of sending your child to school, including school meals, transport and uniform. It's always worth talking to your local education authority to see what support is available.

### **Free school meals**

Children in Reception, Year 1 and Year 2 automatically get free school meals. If you have older children you can apply for free school meals if you get certain benefits. In your case as you're on Universal Credit and you applied after 1 April 2018 you would be eligible if you earn less than £7,400 a year without benefits. You can see the full list of eligibility requirements on the Citizens Advice website. To apply for free school meals you need to contact your local authority, you can check the details at Gov.uk by typing your postcode in.

### **Transport**

If your children are aged between five to 16, your local education authority might offer free or lower cost transport if you don't live near school or your child's unable to walk there. You need to apply to your local education authority for help.

### Uniforms and other costs

Your local education authority might also be able to help with some other costs, like uniforms, music lessons or trips and activities. There may also be local charitable schemes to help with these costs. It's worth checking with the school to see if it knows of any. If you live in South Lakeland, contact South Lakes Citizens Advice as they may be able to help with sourcing grants. Schools can sometimes also advise on finding secondhand uniforms.

### What's next

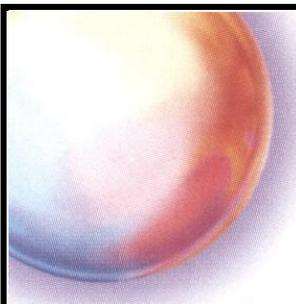
If your child is staying in education after year 11, you must tell HMRC's Child Benefit Office if you want to continue receiving child benefit and any extra support for children within means-tested benefits. When your child turns 16, HMRC will send you a letter asking whether your child will stay in education or training. You must reply to this letter to keep getting Child Benefit.

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

South Lakes Citizens Advice, your local charity, is here for you.

### How to access:

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



stramongate press

*printers*

*printers*

*of*

*Sedbergh Lookaround*

Stramongate Press Aynam Mills  
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448  
fax 01539 730253  
e-mail [info@strampress.co.uk](mailto:info@strampress.co.uk)  
website [www.strampress.co.uk](http://www.strampress.co.uk)

## **A DEEPER GREEN?**

*Martin Dodds*

As we are waiting for the outcome of the Glasgow Climate Change Conference, we also hope for a 'New Normal' as we come out of COVID.

So I have been frustrated by three recent news items;

1 A new coal-mine planned in West Cumbria.

2 A new off-shore hydrocarbon development near Shetland.

3 An onshore wind-farm also in Shetland.

Climate change is happening. It is serious. Action is needed now. I can understand the objections to the coal mine and hydrocarbon projects. I can understand the support for the wind farm. But I am sorry that the way these issues are often presented and

understood gives rise to misleading over-simplifications. Stopping the coal mine and hydrocarbon developments might have propaganda value, helping to highlight the climate crisis. The Shetland wind-farm might give us a feel-good factor in providing green energy, but...!

The West Cumbria mine would produce coking coal for the steel industry. It would provide employment in the area. If it is not permitted, the steel industry will import its coke from elsewhere, probably with an even dirtier carbon foot-print. There will be no guaranteed cut in coal production. There will be continued underemployment in West Cumbria. Similar arguments could be applied to the Shetland hydro-carbons proposal.

# **J B RYCROFT LTD**

## **ESTABLISHED 1936**



***A TRADITIONAL HARDWARE  
STORE WITH***

- **PET SUPPLIES**
- **ANIMAL FEEDS**
- **IRONMONGERY**
- **DRY CLEANING SERVICE**
- **HOMEWARE PRODUCTS**
- **HOUSEHOLD PRODUCTS**
- **CALOR GAS**

**TEL: 015396 20420  
89-91 MAIN ST  
SEDBERGH LA10 5AD**

**OPENING TIMES  
M-FR 9AM-5PM  
SAT 9AM-1PM  
SUN: CLOSED**

The Shetland wind-farm will produce cleaner energy than the other schemes, but significantly less energy than either. Even renewable energy projects are not totally clean. The manufacture of renewable energy components consumes finite resources, some of which themselves release amounts of green-house gases, though it is true these are usually 'paid back' by the clean energy produced over the life time of the plant.

The development of renewables on site, has short term environmental disadvantages during construction. Perhaps more importantly, it may have longer term environmental disadvantages, not in terms of the climate problem, but of impacts on

other values such as habitat damage and landscape degradation.

Most energy systems including renewables, depend on sophisticated electronic components to operate efficiently. These include potentially polluting chemicals, and scarce finite resources such as 'rare earths', whose extraction involves the removal of huge quantities of overburden in relation to the weight of rare earths recovered. The emissions generated by these processes, as well as the landscape, habitat and erosional implications of these operations need to be taken in to account in assessing the true environmental balance achieved. At the same time, the regulatory and social regimes and conditions that

**LAKES**

**Scaffolding**

**Hire, Sales  
& Erection**

Commercial  
& Domestic

No Job Too Big  
No Job Too Small

Free Estimates with  
No Obligations

**SIMON SHAW**

*Based in Kendal - covering Cumbria*

Tel: 01539 734745  
Mob: 07917 064767

info@lakes-scaffolding.co.uk  
www.lakes-scaffolding.co.uk



apply in the places where these resources occur, may well be below effective environmental and welfare standards.

Urgent though it is, Climate Change is not the most serious threat facing the world. It is a symptom of a much deeper problem. Human attitudes and associated financial and political power structures drive growing demand for both energy and other resources.

We need a 'deeper green'.

The global economy works on the principle of continuous economic growth. In the rich countries so called 'free trade' and 'fair competition' are seen as essential for achieving this. But continuous growth implies ever expanding demand for resources of all kinds, finite, fragile and renewable. But the earth itself is finite, fragile and unavoidably interconnected.

Continuous economic growth is not a sustainable concept even in merely economic terms. 'Free trade' and 'fair competition' are often euphemisms which assist the rich to exploit the weak.

Humanity seems to be hypnotised by the values of materialism and instant self-gratification. In the process, other values are being threatened and abandoned. Compassion, tolerance, patience, beauty, respect, co-operation, moderation; to mention just a few.

Perhaps sooner than we want to imagine, the dominance of the continuous growth idea and the associated losses of other values will cause catastrophic breakdowns, not only in economics, not only in social conditions and attitudes, but also in



**Sedbergh  
Curtain Workshop**

Beautiful handsewn  
Curtains & Blinds  
Made to order

Lined or lined + interlined  
Variety of taped or buckram  
heading styles  
&  
Repairs and alterations

Helen Bromley  
54 Bainbridge Road  
Tel. 015396 20165  
*Diploma in Curtain Making and Soft  
Furnishing*

the habitability of the earth. Come to think of it, if we really look at the world news, we can see that accelerating catastrophes in all these spheres have already begun.

My hunch is that the world needs to aim for a stable world population and a steady state economy focussed on 'enough for all', within an environmentally responsible framework, before the end of this century, while also protecting and developing the other values that give quality to human life. This probably means planned global population reduction. The world is already living beyond its means if everyone is to have a decent standard of living. Maybe even more it means planned reduction in demand for consumer



goods in all the richest countries, which includes UK.

It means effective redistribution of essential resources to those parts of the world which already do not have enough but which are forced by the economic system to export some of what they really need themselves, to feed our demand. It means switching our priorities to meeting the world's needs, which are more than merely economic and material requirements. It almost certainly means accepting and managing a fall in the material standards of living of the richer countries. It means the rich learning to reduce consumption and achieving net zero waste.

I don't think this has to mean a fall in our quality of life. It might be the way to recover a better balance in our values, and therefore also in our mental, social, physical and spiritual well-being.

All this will be dismissed as unrealistic pie in the sky by some. But being 'realistic' seems to have led us into the current chaotic and dangerous state of the world. If that is realism, I am unimpressed!

## EIGHT WEEK WALK FROM LONDON TO GLASGOW VIA SEDBERGH Camino to COP26

*Sally Ingham*

To raise awareness of our current Climate Crisis and appeal for action, 5th September to 30th October 2021.

There is growing concern about the devastating impact of climate change, whilst at the same time, some who feel there is an overreaction, or find it hard to engage with this, when the early impact will not be on our doorstep.

However, here in the UK we are already seeing increased flooding and extreme weather, the crisis is becoming harder to deny. In fact, some areas around the UK have already started to plan for its consequences. The people of Fairbourne, West Wales, are already having to face the brutal reality of a rising ocean. Fairbourne has a population of about four times that of Sedbergh, and the residents there know that it is likely their small town will be "decommissioned" in the next 20 - 30 years, all services removed and houses abandoned.

Arguably this is not something we can be complacent about, for the sake of our "neighbours", near and far.

On 5 September 2021, about 40 walkers set off from London and, a few days later from Bristol, on a 500 mile journey to the United Nations Climate Change Conference of Parties (COP26) in Glasgow and will reach Sedbergh on Friday 8th October. On Friday 8th October walkers will have walked 11.7 miles from Kirkby Lonsdale, and on the

Saturday will travel 9.5 miles to Tebay. You are invited to join the walk, for however little or far you can.

The walk has been called “Camino To COP” in reference to pilgrimages made since medieval times. It is inspired by the faith tradition of pilgrimage and justice marches of the past, such as the Jarrow March in the UK, the Salt March in India, and the March on Washington in the US. Indeed, locally we are developing a history of pilgrimages for justice: in 2017 a group of Quakers walked to Barrow from Sedbergh, then in 2018 rode to London from Cumbria, appealing to the government to alleviate the suffering caused to the disadvantaged by cuts to services.

This walk and the Glasgow conference is a timely reminder that

we need to step up and make the changes needed to help us minimise the deadly effects of climate change, that we must adapt to the challenges it brings for the sake of our “neighbours” nearby, and in the widest sense.

The aim of this walk is to share personal, human stories and inspire others to add their voices to the growing global chorus, demanding that governments treat the climate crisis as the emergency that it is.

The pilgrimage is also fundraising to empower activist groups in areas most impacted by climate change to join the conversation themselves. People can donate at <https://caminotocop.com/donate>

In addition, a patchwork coat of hopes will travel with the walkers



### All Types Of Building Work Undertaken

1. Extensions
2. Barn Conversions
3. New Build
4. Restoration Work
5. Building, Joinery, Plastering, Tiling, Roofing
6. Topseal Flat Roofing Approved Installer



Tel: 015396 22038 | Mob: 07771824958

Email: [info@mkconversions.co.uk](mailto:info@mkconversions.co.uk)



increasing in size as patches are added en route. The patches will be embellished with the griefs, remembrances, prayers and hopes of people from up and down the UK. During the conference, participants will invite world leaders to try the coat on, to feel the weight and the warmth of our gathered hopes. Below is Sedbergh's patches from the Western Dales Mission Community stitched by Janet Dodds and Brenda Nolan, the grey representing the Howgill Fells which surround us and the pink, a representation of our Christian ethos, the ideas and designs by Dilys Evan, Janice Rusling and Susan Sharrocks.

This is a walk for everyone. Although led by the Extinction Rebellion interfaith alliance, known as the XR Faith Bridge, people from a variety of backgrounds, of different faiths, and none, will be participating. People can come and go as they wish. Walkers may just join for a day or more. The latest details of the route can be found at [caminotocop.com/route](http://caminotocop.com/route). If wishing to join in locally and wanting more details and/or companionship, then contact Janet and Nick Chetwood on 015396 21715.

Traditionally, pilgrims rely on the hospitality of local communities and, thanks to the efforts of our local churches, accommodation is being provided for the walkers when in Sedbergh. There may be an opportunity for you to meet them if



## Garsdale Design

We provide architecture, planning, urban design, 3D geodesign and heritage services for the Dales and Lakes

Our skills and experience are unrivalled whatever the size of the project

Our service is personal and tailored to individual needs

We are an RIBA Chartered Practice



### Contact details:

phone: 015396 20875 (office hours)

email: [info@garsdaledesign.co.uk](mailto:info@garsdaledesign.co.uk)

web: [www.garsdaledesign.co.uk](http://www.garsdaledesign.co.uk)

you wish. Posters will be displayed in town with details of such an event once organised.

Summary of key contacts:

Sedbergh contact: Janice Rusling

[janice@jesandsam.com](mailto:janice@jesandsam.com)

Camino contacts:

[caminotocop@gmail.com](mailto:caminotocop@gmail.com)

Melanie 07814 716015

Leon P: 07887 661891

Facebook: [facebook.com/caminotocop](https://facebook.com/caminotocop)

Twitter: [@caminotocop](https://twitter.com/caminotocop)

Instagram: [@caminotocop](https://www.instagram.com/caminotocop)

Website: [caminotocop.com](http://caminotocop.com)

Routes: <https://caminotocop.com/route/>

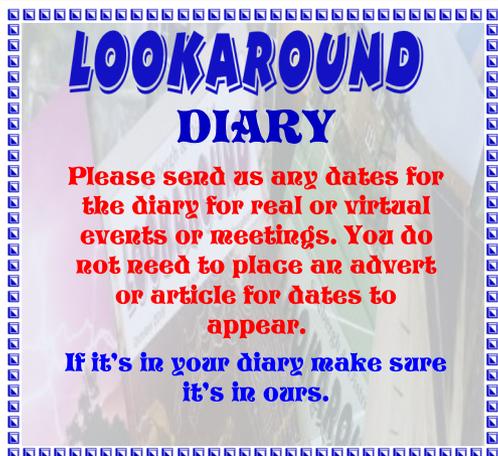
Donate: <https://caminotocop.com/donate/>

## REGENERATION

Roger Moore

Autumn is nature's closing down time. In summer trees are oxygen factories, converting carbon dioxide to oxygen. As they shut down their systems in October sap stops its flow and declining light makes photosynthesis inefficient. Trees no longer convert carbon dioxide to oxygen but act in reverse. They absorb nutrients from their leaves and the unwanted coloured remains fall. Earthworms make what use they can of them, incorporating humus into the soil. Fungi then complete the decomposition. Gathering up the leaves into piles and allowing fungi to break them down into leaf mould over the course of a year or two will provide an excellent addition to garden soil- much better than buying peat based alternatives. The leaf piles will also make good winter homes for hedgehogs. Some leaves can also be added to a compost pile. Fungi will feed on dead wood and other organic matter. It is worth gathering up a pile of fallen wood to act as a home for insect larvae.

Autumn is also a time for gathering the fruits of summer. Seeds from



## LOOKAROUND DIARY

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

If it's in your diary make sure it's in ours.

garden produce and wildflowers are worth gathering. A selection of dried wild flower seeds can be sown on a poor area of garden soil now or next spring as a start to a wild flower area. This in turn will attract bees and other insects which are now in steep decline.

Everything in nature is recycled; the rocks beneath our feet, the air we breathe and the water we drink are just a few examples, acting as a reminder that our own wasteful lives cannot continue if the world is to survive as a healthy home for future generations. Our aim should be to reduce usage of natural resources, reuse or repurpose items wherever we can and generally be aware of our impact on all around us.

Most natural materials decompose in a few years. The same cannot be said of much of what goes into our bins, which will rot away in landfill for hundreds of years, meanwhile polluting the planet.

Remember: Reduce, Repair, Reuse, Repurpose, Recycle.

Sedbergh Supporters Branch of Cumbria Wildlife Trust.

### Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

### General Builders

Plastering ~ Roofing ~ Extensions  
Fire Places Fitted

Paul Stephenson  
015396 21557  
07810 595543



Tom Wilson  
015396 20954  
07790 946578

## PERSONAL MESSAGES

### WANTED

Small plot of land, woodland or rough ground wanted for two breeding sows. Preferably as close to Sedbergh as possible. Please call 07989564837 if you have anything available.

## EDITORIAL

My mum, who hailed from around these parts, used to warn me of 'cloud bursts', and the devastation they could unleash. The idea stirred my imagination but what she described was, and still is, outside my experience, although I have subsequently seen the evidence for them reported on TV (e.g. Boscastle) and been out walking in Storm Desmond..

Reading Colin's article on Garsdale History I was reminded of the cloudburst of 1889, which features in 'The Dale That Died', I presume my mum had been told of it by friends and relatives when she was growing up though maybe she had some other in mind..

For those who who haven't read the book there's a frightening description of how the peat on Baugh Fell swelled up like a gigantic boil and burst, unleashing a deluge which swept down Grisedale and took out the bridges all the way down Garsdale (see if you can see an old bridge on the Garsdale road).

I read a bit more and found out that this is a known phenomenon in saturated peat bogs. not just a wild description (look up Bog Bursts on the internet). But such events are largely forgotten, though in terms of the span of history they're frequent enough. Which seems to mean that we will always be taken unawares and unprepared by them. A bit like pandemics.

*Ed Welti*

## USEFUL TELEPHONE NUMBERS

### Age UK South Lakeland

030 300 30003

### Electricity in any area

105

### Medical in any area

111

### Pension Service Surgery

Stricklandgate House every Tuesday  
1400 - 1600  
01539 795000 or 0845 6060265

### Police in any area

101

### Sight Advice South Lakes

01539 769055

### South Lakes Citizens Advice Bureau

03444 111 444

### South Lakeland District Council

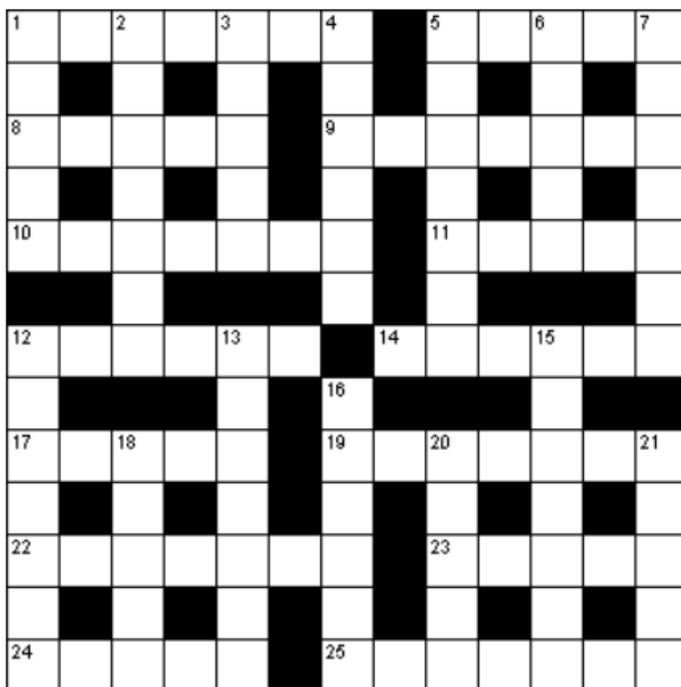
01539 733 333

### Yorkshire Dale National Park

0300 456 0030

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

PUZZLE 1 (SOLUTION ON PAGE 80)



**Across**

1. Shop in Iona conceals view (7)
5. Fab lexicon contains story (5)
8. Sample some pasta steam (5)
9. Part of a book altered her pact (7)
10. Make several points and goads (7)
11. Neutral in finer types (5)
12. Insect with border song (6)
14. Mixed up rice oh very brave (6)
17. Some emu's iconic euphony (5)
19. Train as diversified skilled worker (7)
22. Responded to difference created (7)
23. Concur with some meagre estimate (5)
24. Walked and found enjoyable at first by replacing head start with tail end (5)
25. Scottish football team, wardens of the park (7)

**Down**

1. Frequently found in waterproof tent (5)
2. Examine plain spectrum, essentially (7)
3. Paragon found in side alley (5)
4. Most pleasant unfinished pig pen (6)
5. Becomes delicate if large (7)
6. Clean some bat heaps (5)
7. Unpredictable stray, sounds like a garret (7)
12. Hidden commander admits corporal (7)
13. Agitated previous spouse mentioned (7)
15. Watch verbose ambiguity (7)
16. Food store located in popular derby (6)
18. Incisive pack leader replaced by keen beginner becomes predator (5)
20. Get fit, find extra input (5)
21. Dense, requires adjustment (5)

PUZZLE 2 (SOLUTION ON PAGE 80)

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

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](http://www.lookaround.org)

Items for the 'Lookaround' should be emailed to:

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

### **ARTICLES**

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

addressed to the editor rather than as the text of the same email.

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

February to November is printed black ink on white. The December/January issue may be in full colour.

All copies have a full colour cover by a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **LOOKAROUND BY POST**

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

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*

## DIARY OF EVENTS

Dates are held up to 26/06/2022

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 2021

06	0930	St Andrew's Misssion Coffee Morning	STAS
06	1930	HS - The Spanish Flu Epidemic	Zoom
07	1900	Dignity in Dementia Course (14)	See article
10	1600	Messy Church (11)	CCCN
10	1930	Concert Meraki Duo (10)	Appleby Hall
11	1930	A.G.M Community Trust (11)	PH
12	1400	Kendal Dementia Hub	Abbot hall
13	0930	MS Society Coffee Morning (3)	StAS
13	1400	W.I.K. 'A Slide Show of Sedbergh' (50)	PH
13	1915	Dentdale WI Buttons	DMH
13	1930	W.I.S. 'Le Marathon des Sables' (46)	PH
14	1300	Medical Centre Early Closing (Sep)	MC
14	1900	Dignity in Dementia Course (14)	See article
14	1900	Sedbergh Parish Council Meeting (17)	PH
19	1400	Sight Advice South Lakes (Sep)	PH
20	930	Christian Aid Coffee Morning (23)	STAS
20	1930	HS - Windermere houses (20)	StAS
21	1900	Dignity in Dementia Course (14)	See article
23		COGS Apple Day (Apr)	TBA
24		Secrets of the Sea - Ruth Clayton	FM
27	930	Help for Afghans Coffee Morning (27)	STAS
28	1900	Dignity in Dementia Course (14)	See article

### NOVEMBER 2021

03	0930	British Legion Coffee Morning	STAS
03	1930	HS - Eastern Influences on Cumbria	STAS
07	1930	Concert - Emma Abbate	Appleby Hall
09	1400	Kendal Dementia Hub (12)	Abbott hall
10	0930	N.F.U. St John's Hospice Coffee Morning	StAS
10	1915	Dentdale WI AGM	DMH
14	1600	Messy Church (11)	CCCN
16		Sight Advice S.Lakes Xmas lunch (Sep)	TBA
17		Medical Centre Early Closing (14)	MC
17	1930	HS - Housing in NW England	Zoom
26	1900	Robin Ince (Author) (57)	Westwood Books
28	1930	Concert Sacconi Quartet (10)	Appleby Hall

### DECEMBER 2021

01	1930	HS - The Northern Film Archive	STAS
08		Dentdale WI Christmas meal	TBA
12	1600	Messy Church (11)	CCCN
14	1400	Kendal Dementia Hub (12)	Abbott Hall
25		Christmas Day	
27		Christmas Day Bank Holiday	
28		Boxing Day Bank Holiday	

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

### DIARY KEY

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

## EAT OR DRINK IN SEDBERGH

### AL FORNO ITALIAN KITCHEN

MAIN STREET- 015396 34040

Delicious oven baked pizza and pasta for eating in or takeaway.

### BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

### DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

### HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

### ON A ROLL

MAIN STREET - 07775 893354

Baguettes with a variety of fillings. Just what you need if you're going for a day in the fells.

### THE RED LION

FINKLE STREET - 015396 20433

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

### SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

### SMATTS DUO

MAIN STREET - 015396 20552

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

### THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

### THREE HARES DELI

MAIN STREET - 014396 21058

Bakery and deli also serving takeaway coffee, sandwiches, soup, scones and awesome sausage rolls.

### WAFFLE CONE

MAIN STREET

If you've had some takeaway food from one of the other Sedbergh businesses then this is the place for dessert. Or if it's a hot day and you need something to cool you down.

### WEAVERS CAFÉ

FARFIELD MILL, HAWES RD - 015396 21958

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

## PLACES OF INTEREST TO VISIT IN THE AREA COVID RESTRICTIONS MAY APPLY

Bowling Green, Queens Gardens

Bruce Loch Nature Area, Busk Lane

Cautley Spout, A683 towards Kirkby Stephen

Community Office, 72 Main Street

Cornerstone Community Church, New Street

Cumbria Wildlife Trust, Community Office

Dent Heritage Centre, Laning, Dent \*

Farfield Mill, A684 Garsdale Road

Friends Quaker Meeting House, Brigflatts

George Fox's Quaker Pulpit, Firbank

Golf Club, Catholes, Sedbergh \*

Information Centre, 72 Main Street

History Society, Community Office

Holy Trinity Church, Howgill

Jubilee Wood Nature Area, Castlehaw Lane

Langstone Fell, A684 Garsdale Foot

Motte & Bailey Castle, Castlehaw Lane

Pepperpot Folly, Busk Lane

Picnic Site, Ghyllas, Cautley Road

Picnic Site, Settlebeck New Bridge

Play Ground, Dent Village

Play Ground, People's Hall

Play Ground, Maryfell

Queen's Gardens, Station Road

St. Andrew's Church, Dent

St. Andrew's Church, Main Street, Sedbergh

St. Gregory's Church, Vale of Lune

St. John's Church, Cowgill

St. John's Church, Firbank

St. John's Church, Garsdale

St. Mark's Church, Cautley

Sedbergh Embroidery, StAS

Tennis Courts, Guldrey Lane \*

Winder Fell, above Sedbergh

\* = Entry Fee Applicable



## BED & BREAKFAST

<b>Proprietor</b>	<b>Address</b>	<b>Phone (015396)</b>
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	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: <a href="mailto:Daleslea@outlook.com">Daleslea@outlook.com</a>	21789

## CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a>	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: <a href="mailto:ed_welti@btinternet.com">ed_welti@btinternet.com</a>	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6</i> e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	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: <a href="mailto:hello@killingtontower.co.uk">hello@killingtontower.co.uk</a> website: <a href="http://www.killingtontower.co.uk">www.killingtontower.co.uk</a>	45845
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: <a href="mailto:booking@theroostcottage.co.uk">booking@theroostcottage.co.uk</a> website: <a href="http://www.theroostcottage.co.uk">www.theroostcottage.co.uk</a>	07927 295262

### KEY

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

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
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	
Audio Lookaround	10/20	Mrs Handley	Sed	20540
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	Phil Johns	07807	909860
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
Cricket 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
Dignity in Dementia *	02/21	Diane Smillie	07771	682378
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 Gilfellon	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	03/14	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
Pepperpot 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	10/20	Mrs Gold-Wood	Sed:	20147
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	07702	919745
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

O	P	I	N	I	O	N		F	A	B	L	E
F		N		D		I		R		A		R
T	A	S	T	E		C	H	A	P	T	E	R
E		P		A		E		G		H		A
N	E	E	D	L	E	S		I	N	E	R	T
		C				T		L				I
A	N	T	H	E	M			H	E	R	O	I
D				X				L				B
M	U	S	I	C				A	R	T	I	S
I		H				I		R		R	E	E
R	E	A	C	T	E	D			A	G	R	E
A		R				E		E		I		V
L	I	K	E	D				R	A	N	G	E

## PUZZLE 2 SOLUTION

25	B		19	Q	7	U	16	A	14	26	7	U	5	4	E	14		11
22	O		7	U			8	M					22	O		17	I	7
6	N	17	4	E	18	4	C	E		12	11	W	H	O	4	24	V	4
16	A		13	S		9	T		17	I			26	R		4	E	26
6	N	7	9	U	13	11	S	H	4	23	23	E	L	L		15	26	16
1	Z							20	Y	9	T				22	O	10	G
16	A		21	J	7	U	13	9	T		9	T		26	7	U	4	23
			7	U			9	T		21	J			16	A			17
25	B	17	2	K	4	E		9	T	22	O	R	9	T	17	23	23	16
16	A		4	E			11	H		2	K			22	O	16	A	17
13	7	25	23	S	17	8	4	U	B	L	I	M	E		26	22	5	4
17	I		22	O		23	L							17	I	13	S	22
18	C		3	X	20	23	L	22	O	5	P	11	H	22	O	6	4	6
1	Z	2	K	3	X	4	E	5	P	6	N	7	U	8	M	9	T	10
14	D	15	F	16	A	17	I	18	C	19	Q	20	Y	21	J	22	O	23

# BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive	Day	No	Co	Depart	Arrive	Day	No	Co
0940 (L)	1010	M - F	W1	W	1030	1056 (L)	M - F	W1	W
1015 (L)	1045	Wed	W2	W	1300	1330 (L)	Wed	W2	W
1240 (L)	1310	M - F	W1	W	1330	1356 (L)	M - F	W1	W
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	W3	W	1215	1248 (L)	Thu	W3	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	W2	W	1000	1015 (L)	Wed	W2	W

L = Library W = Woof's of Sedbergh

*Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.*

For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

Last Update: July 2021

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

<i>Trains to Carlisle</i>			<b>1048</b>			<b>1815</b>	<b>1944</b>
<i>Trains to Leeds</i>			<b>1041</b>			<b>1732</b>	<b>1938</b>
Dent Station	..	..	<b>1053</b>	..	..	<b>1737</b>	<b>1947R</b>
Dent Village	..	<b>0820</b>	<b>1108</b>	..	<b>1505</b>	<b>1752</b>	<b>2002R</b>
Sedbergh Maryfell	..	<b>0835</b>	<b>1123</b>	<b>1315</b>	<b>1520</b>	<b>1807</b>	<b>2017R</b>
Sedbergh Library	..	<b>0837</b>	<b>1125</b>	<b>1317</b>	<b>1522</b>	<b>1809</b>	<b>2019R</b>
Sedbergh opp. Morphets	..	<b>0839</b>	<b>1127</b>	<b>1319</b>	<b>1524</b>	..	..
Killington M6 Bridge	..	<b>0847</b>	<b>1135</b>	<b>1327</b>	<b>1532</b>	..	..
Oxenholme Station	..	<b>0857</b>	<b>1145</b>	<b>1337</b>	<b>1542</b>	..	..
Kendal K Village	..	<b>0902</b>	<b>1150</b>	<b>1342</b>	<b>1547</b>	..	..
Kendal Blackhall Road	..	<b>0908</b>	<b>1156</b>	<b>1348</b>	<b>1553</b>	..	..
Kendal Morrisons	..	<b>0913</b>	<b>1201</b>	<b>1353</b>	<b>1558</b>	..	..
Kendal Morrisons	..	<b>0923</b>	<b>1223</b>	<b>1403</b>	<b>1608</b>	..	..
Kendal Blackhall Road	..	<b>0928</b>	<b>1228</b>	<b>1408</b>	<b>1613</b>	..	..
Kendal K Village	..	<b>0933</b>	<b>1233</b>	<b>1413</b>	<b>1618</b>	..	..
Oxenholme Station	..	<b>0938</b>	<b>1238</b>	<b>1418</b>	<b>1623</b>	..	..
Killington M6 Bridge	..	<b>0948</b>	<b>1248</b>	<b>1428</b>	<b>1633</b>	..	..
Sedbergh opp. Morphets	..	<b>0956</b>	<b>1256</b>	<b>1436</b>	<b>1641</b>	..	..
Sedbergh Post Office	<b>0800</b>	<b>0958</b>	<b>1258</b>	<b>1438</b>	<b>1643</b>	<b>1855S</b>	..
Sedbergh Maryfell	..	<b>1000</b>	<b>1300</b>	<b>1440</b>	<b>1645</b>	<b>1857S</b>	..
Dent Village	<b>0815</b>	<b>1015</b>	..	<b>1455</b>	<b>1700</b>	<b>1912S</b>	..
Dent Station	..	<b>1030</b>	..	..	<b>1715</b>	<b>1927S</b>	..
<i>Trains to Carlisle</i>			<b>1048</b>			<b>1815</b>	<b>1944</b>
<i>Trains to Leeds</i>			<b>1041</b>			<b>1732</b>	<b>1938</b>

## BUS SERVICES

**S3 Wednesdays - Hawes Hopper**  
**Western Dales Bus**  
**Dent - Sedbergh - Garsdale - Hawes**  
*From Wednesday 2nd June until Wednesday 27th October 2021*

Dent Village	..	0942	1144	1421
Sedbergh Spar	..	0958	1200	1437
Sedbergh Post Office	..	0959	1201	1438
Sedbergh Maryfell	..	1001	1203	1440
Farfield Mill entrance	..	1003	1205	1442
Garsdale Street	..	1012	1214	1451
<i>Trains to Carlisle</i>		<i>1054</i>	<i>1222</i>	<i>1448</i>
<i>Trains to Leeds</i>			<i>1205</i>	
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
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
<i>Trains to Carlisle</i>		<i>1054</i>		
<i>Trains to Leeds</i>				<i>1559</i>
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	..

### Lookaround Editorial Team

Myles Ripley (T)	Team Leader and Chairman	Jane Fisher (T)	Proofreading
Susa Ellis (T)	Treasurer	Ed Welti (T)	Compilation and Vice Chairman
Philip Johns (T)	Secretary	Valerie Welti (T)	Advertising Administration
Elsbeth Griffiths	Proofreading	You could be here!	TBA

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

## BUS SERVICES

### S4 Tuesday, Thursday, Friday - Kirkby Stephen Connect Western Dales Bus

Dent - Sedbergh - Cautley - Kirkby Stephen Station  
Kirkby Stephen Co-op - Brough

	Tu	Th	Fri	Fri	Fri	Fri
Dent Village	..	..	..	1017	..	1454
Sedbergh Spar	..	..	..	1033	1300	1510
Sedbergh Post Office	0914	0900	..	1034	1301	1511
Sedbergh Maryfell	0916	0902	..	1036	1303	1513
Cautley, Cross Keys	0924	0910	..	1043	1310	1520
Fat Lamb	0932	0918	..	1050	1317	1527
Kirkby Stephen Station arr	0938	0924	..	1057	1324	1534
<i>Trains to Carlisle</i>	0934	0934		1106		1501
<i>Trains to Leeds</i>	0920	0920		1146		1546
Kirkby Stephen Station dep	0938	0924	..	1106	1324	1534
Kirkby Stephen Town	0945	0929	..	1111	1329	1539
Kirkby Stephen Co-op	0946	0934	..	1113	1331	1541
Brough Clock	0954	..	..	1121	1339	1549
Brough Clock	1607	..	..	1131	1349	1559
Kirkby Stephen Co-op	1615	1635	..	1139	1357	1407
Kirkby Stephen Town	1616	1636	..	1141	1359	1609
Kirkby Stephen Station arr	1621	1641	..	1146	1404	1614
<i>Trains to Carlisle</i>	..	1704		1106		1501
<i>Trains to Leeds</i>	..	1714		1146		1546
Kirkby Stephen Station dep	1621	1641	..	1151	1404	1614
Fat Lamb	1627	1648	..	1158	1411	1621
Cautley, Cross Keys	1635	1655	..	1205	1418	1628
Sedbergh Maryfell	1643	1703	..	1212	1425	1635
Sedbergh Library	1645	1705	0950	1214	1427	1637
Sedbergh opp. Morphets	..	..	0951	1215	1428	..
Dent Village	..	..	1007	..	1444	..

### 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 1<sup>st</sup> September.

## BUS SERVICES

### S5 Thursdays - Kirkby Stephen Shopper Western Dales Bus Sedbergh - Kirkby Stephen - Ravenstonedale - Newbiggin - Kendal Bus Station - Kendal Morrisons

Sedbergh Post Office (as S4)	0900	..	..
Cautley Cross Keys (as S4)	0910	..	..
Kirkby Stephen Station entrance (as S4)	0924	..	..
Kirkby Stephen, Market Square (as S4)	0929	..	..
Kirkby Stephen Co-op	0935	1145	1435
Kirkby Stephen Market Street	0936	1146	1436
Kirkby Stephen Station entrance	0941	1151	1441
<i>Trains to Carlisle</i>	0934	1106	1501
<i>Trains to Leeds</i>	0920	1146	1455
Ravenstonedale Kings Head	0947	1157	1447
Newbiggin on Lune	0950	1200	1450
Tebay Roundabout	0958	1208	1458
Killington M6 bridge	1008	1218	1508
Kendal Castle Green	1017	1227	1517
Kendal Blackhall Road	1022	1232	1522
Kendal Morrisons	1027	1237	1527
Kendal Morrisons	1038	1328	1538
Kendal Blackhall Road	1045	1335	1545
Kendal Castle Green	1050	1340	1550
Killington M6 Bridge	1059	1349	1559
Tebay Roundabout	1109	1359	1609
Newbiggin on Lune	1117	1407	1617
Ravenstonedale Kings Head	1120	1410	1620
Kirkby Stephen Station entrance	1127	1417	1627
<i>Trains to Carlisle</i>	1106	1501	1703
<i>Trains to Leeds</i>	1146	1455	1717
Kirkby Stephen Market Square	1133	1423	1633
Kirkby Stephen Co-op	1134	1424	1635
Kirkby Stephen Market Street (as S4)	..	..	1636
Kirkby Stephen Station entrance( as S4)	..	..	1641
Cautley Cross Keys (as S4)	..	..	1655
Sedbergh, Library (as S4)	..	..	1705

## BUS SERVICES

### S6 Tuesdays - Kirkby Stephen—Penrith Western Dales Bus Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith

Sedbergh Dalesman (as S4—see separate timetable)	0914	..	..
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands	1012	1215	1453
Kirkby Thore Bridge End	1020	1223	1501
Whinfell School House	1025	1228	1506
Penrith Bus Station	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
Whinfell School House	1055	1333	1536
Kirkby Thore Bridge End	1100	1338	1541
Appleby Sands	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Town	1138	1416	1616
Sedbergh Town (as S4—see separate timetable)	..	..	1645

### DENT RAILWAY STATION TIMETABLE

*Valid until December 11th 2021*

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.48	07.52	10.34	07.03	09.08	10.40
09.16	09.16	11.04 (B)	09.38	10.41	13.38
10.48	10.48	14.01	12.13	12.13	16.33 (N)
12.17	12.17	15.53	16.04	16.04	18.02 (B)
14.43	14.43	17.48	17.32	17.32	18.41
16.46	16.46	20.20	19.38	19.38	20.26
18.15	18.15				
19.44	19.44				

(N) Through train to Leeds, Sheffield and Nottingham

(B) Through train to/from Blackpool North. Runs until 12th September

# Religious Services in Sedbergh

## CHURCH OF ENGLAND

St. Andrew's Parish Church

Sunday 10.30

Wednesday 12.00

*Church Wardens:*

Tony Reed Screen 21081

& Susan Sharrocks 20754

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

~~~~~

## ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Holy Days 19.30

**Parish Priest Kendal**

**Tel: 015397 20063**

~~~~~

## CORNERSTONE COMMUNITY CHURCH

New Street

Sunday 10.30

**Rev. David Crouchley Tel: 20329**

~~~~~

**worship@peopleshall**

Currently suspended.

**Rev David Crouchley Tel:20329**

~~~~~

## SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

**Janet Chetwood (Comms Clerk)**

**Tel: 21715**

**Sally Ingham (Business Clerk)**

**Tel:07939 569559**

~~~~~

## DENTDALE

### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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

~~~~~

## CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. Christine Brown Tel: 25418**

*Church Wardens:*

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Heidi Holmes

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Inquiries -Tony Reed Screen  
21081

Dent & Cowgill

**Rev. Christine Brown Tel: 25418**

**Email: christinelucy2014@gmail.com**

~~~~~

## METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

~~~~~

## SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 28151**

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

~~~~~

## PIONEER CHURCH

Becca Gilbert

**Email: becgilb@gmail.com**

~~~~~

## UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

**Combined plans for Western Dales Mission Community - October 2021**

	Time	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	31 <sup>st</sup>
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United service HC	MP	HC	FS	SW
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Contemporary Service	Service 4pm Messy Church	Service	Service	Service HC
St. Mark's, Cautley LA10 5LZ		2.30pm HCx		9.30am MP-NC		2.30pm Taize
St. John's, Garsdale LA10	10am	HCx		SW		
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		Harvest		Service	Service HC
Garsdale Street Methodist Chapel LA10 5PQ						
All Saints, Killington LA6 2HA	4pm	Harvest				
Holy Trinity Howgill LA10 5JD	10.30am		Harvest			
St. John's Firbank LA10 5EF	2pm					
St. Andrew's, Dent LA10 5QL	10.30am	HC	HC	HC	HC	United Service
St. John's, Cowgill LA10 5RJ	2.30pm	Harvest		HC		
Dentdale Methodist Chapel LA10 5QJ	2pm	Service	Service	Service	Service HC	United Service at St. Andrew's
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.	Zoom or in person. Please let us know you are coming. See below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
Sedbergh Christian Centre, The People's Hall, Howgill Lane, Sedbergh LA10 5DQ	6pm	Currently meeting live on YouTube				
	<b>Wednesday</b>	<b>6<sup>th</sup></b>	<b>13<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b>27<sup>th</sup></b>	
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers				Zoom – contact correspondence clerk below.		
<p align="center"><b>To be covid safe on numbers at Brigflatts Meeting House please contact correspondence clerk 015396 21715, for Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063, and for Sedbergh Christian Centre contact David Hendrickse 015396 28151</b></p>						

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

### Option 1 - 24hr Prescription line

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am  
**(Face to face appointments – please phone on  
the day to book an appointment)**  
Telephone Triage – 10.30am – 12pm  
**(please phone or book online)**  
Late Morning Appointments 10.30am – 12pm &  
Afternoon appointments 2.30pm-6pm  
**(please phone or book online)**

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

## Dent Surgery

**Currently cancelled due to Covid-19**

## Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

## Saturday morning clinics

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

For more information on all clinic times please see  
our website

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

## 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 Defibs 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,  
and Anna Kayani

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)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 \*

Monday-Friday Appointment Only 1400 - 1500 \*

## PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

## POST OFFICE

Main Street - Phone 20406

## MARKET DAY

Wednesday

Last Page Update:

July 2021