

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 **8th October 2021** latest

For further information please scan the QR code or see

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 ~ 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 6th Oct – St Andrew's Mission
Wed 13th Oct – M.S. Society
Wed 20th Oct – Christian Aid
Wed 27th 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.

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 |

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**

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

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'.

**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.

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

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 for a form.

For more information, visit our website:

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



**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

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.



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

www.appleby-concerts.org.uk

Email: enquiries@appleby-concerts.org.uk

Tel: 017684 83777

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



2021
Oct 10th
November 14th
Dec. 12th

2022
Jan 9th
Feb 13th
March 13th
April 10th
May 8th
June 12th

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**

**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

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

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 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

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

**IAN HIGGINBOTHAM
&
PAINTING & DECORATING**

— professional personal service —

please call to talk over your requirements with no obligation

— www.painterian.co.uk —

07813 818958

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



Your Legal Companion

- ESTATE PLANNING
- PROPERTY & RURAL LAW
- FAMILY LAW

Local Knowledge & Practical Advice

Offices At:

Sedbergh

Barnard Castle

Hawes

Leyburn

mbmcgarry.co.uk

† 015396 223 40

† 01833 600 160

† 01969 666 290

† 01969 621 230

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

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) 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 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

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

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

Web: 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
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
Telephone 07582 017 396
The Meditation Centre, Dent, Cumbria LA10 5QR
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

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 27th 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

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

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
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
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
info@parkinandjackson.co.uk



THREE HARES



Café ~ Bistro ~ Bakery

57 Main Street, Sedbergh ~ 015396 21058

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 for more information.
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
07971 666785

The word 'DECORATING' is written in a white, serif font, centered between two horizontal red lines. The background behind the text is a dark grey with a radial burst pattern of thin, light grey lines emanating from the center.

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

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. Entries invited for all future sales

01900 827800 • 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 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

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 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 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 through 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 a 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.

**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.

**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.

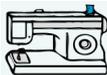
They had been on the boat about an hour when the vessel came to a stop. Everyone was told that they had to get off the boat. Zehra thought she would faint her heart was beating so fast. A large rubber dinghy had pulled alongside of the boat and people were being told get into it. Zehra didn't think twice 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

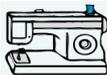
passengers on the dinghy watched with resigned despair as the large boat they had been traveling on disappeared into the night. Everyone on the dinghy seemed to be holding their breath and then there was an explosion of noise as people began to understand just how alone they were. The dinghy had no engine 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



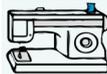
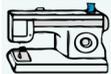
31 Main Street, Bentham LA2 7HQ

015242 61868

email temptationsbentham@yahoo.co.uk

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

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

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
E: 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

You Matter. Farming Matters.
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

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

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 wocc.co.uk 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 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
Web 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

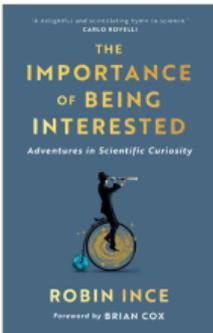


Westwood Books are delighted to be hosting an evening with Robin Ince to talk about his new book *The Importance of Being Interested*.

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
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

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, Dalesway Therapies on Facebook or Instagram for more information and/or call me on 07817 665662 or email 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

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 creativity and inspiration. Feel free to contact us anytime to discuss your arrangements.

Tel 015396 21605 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

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

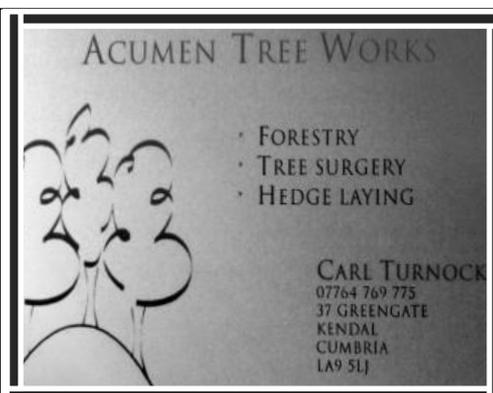
Equestrian

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

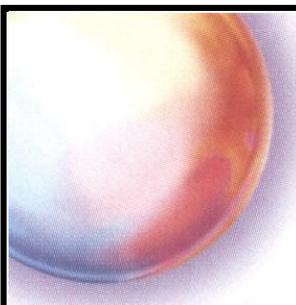
If your child is staying in education after year 11, you must tell HMRC's Child Benefit Office if you want to continue receiving child benefit and any extra support for children within means-tested benefits. When your child turns 16, HMRC will send you a letter asking whether your child will stay in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



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. 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

web: 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

Camino contacts:

caminotocop@gmail.com

Melanie 07814 716015

Leon P: 07887 661891

Facebook: facebook.com/caminotocop

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

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

Website: caminotocop.com

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

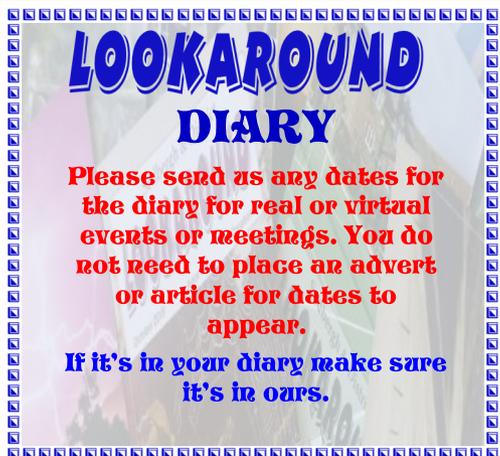
Donate: <https://caminotocop.com/donate/>

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

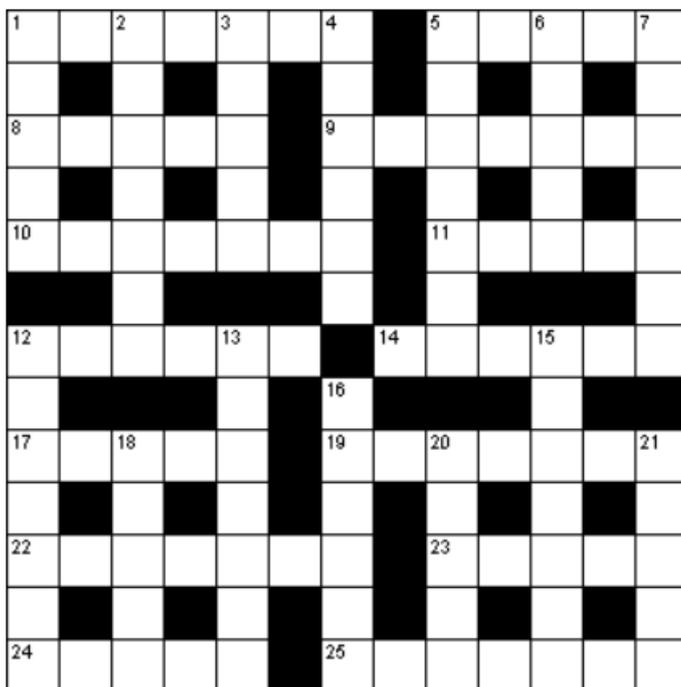
01539 733 333

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

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

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

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

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 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

| Proprietor | Address | Phone (015396) |
|---------------------|--|-----------------------|
| Mrs J Postlethwaite | Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- stay@drawellcottage.co.uk | 21529 |
| Mrs A Bramall | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk | 20360 |
| Mr and Mrs McCrie | Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: Daleslea@outlook.com | 21789 |

CAMPING, CARAVANNING & SELF-CATERING

| | | |
|--|---|--------------|
| Mrs S Capp | Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: sam@thecapps.co.uk | 34032 |
| Mr E Welti | 8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT <i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i> e-mail: ed_welti@btinternet.com | 20770 |
| Mrs A Bramall | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6</i> e-mail: ali@interact.co.uk | 20360 |
| Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04) | <i>Sleeps 4 people; D; T; CH; L; P; NS</i> | 21175 |
| Borrett Barn Flat, Marthwaite, Sedbergh (2018/04) | <i>Sleeps 4 people; D; T; CH; L; P; NS</i> | 21175 |
| Ann Newbold | The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) <i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i> e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk | 45845 |
| The Roost at Bowersyke, Killington, LA10 5EW | <i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: booking@theroostcottage.co.uk website: www.theroostcottage.co.uk | 07927 295262 |

KEY

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

| Organisation | Updated | Contact | Tel: | 015396 |
|--------------------------------------|----------------|------------------|-----------------------------|---------------|
| Age UK South Lakeland | 07/18 | Helpline | 030 300 | 30003 |
| Aglow International | 04/15 | Mrs Armitstead | 015242 | 71062 |
| Allotments Association - Dent | 02/14 | Mrs Comerie | Dent: | 25770 |
| Allotments Association - Sedbergh | 02/09 | Mr Atkins | Sed: | 20031 |
| Angling Association | 01/09 | Mr Wright | Dent: | 25533 |
| Art Society - Sedbergh | 04/19 | Mrs Alison | jen.alison10@gmail.com | |
| 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 |
| 16 | A | | 21 | J | 7 | 13 | U | S | 9 | T | | | 9 | T | 26 | 7 | 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 | 16 |
| 16 | A | | 4 | E | | | 11 | H | | 2 | K | | | 22 | O | | 16 | 17 |
| 13 | S | 7 | 25 | U | 23 | 17 | B | L | 8 | 4 | E | | | 26 | R | 22 | 5 | 13 |
| 17 | I | | 22 | O | | | 23 | L | | | | 17 | I | | | 13 | S | 22 |
| 18 | C | | 3 | X | 20 | 23 | Y | L | 22 | 5 | 6 | P | 11 | 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> | | | 1048 | | | 1815 | 1944 |
| <i>Trains to Leeds</i> | | | 1041 | | | 1732 | 1938 |
| Dent Station | .. | .. | 1053 | .. | .. | 1737 | 1947R |
| Dent Village | .. | 0820 | 1108 | .. | 1505 | 1752 | 2002R |
| Sedbergh Maryfell | .. | 0835 | 1123 | 1315 | 1520 | 1807 | 2017R |
| Sedbergh Library | .. | 0837 | 1125 | 1317 | 1522 | 1809 | 2019R |
| Sedbergh opp. Morphets | .. | 0839 | 1127 | 1319 | 1524 | .. | .. |
| Killington M6 Bridge | .. | 0847 | 1135 | 1327 | 1532 | .. | .. |
| Oxenholme Station | .. | 0857 | 1145 | 1337 | 1542 | .. | .. |
| Kendal K Village | .. | 0902 | 1150 | 1342 | 1547 | .. | .. |
| Kendal Blackhall Road | .. | 0908 | 1156 | 1348 | 1553 | .. | .. |
| Kendal Morrisons | .. | 0913 | 1201 | 1353 | 1558 | .. | .. |
| Kendal Morrisons | .. | 0923 | 1223 | 1403 | 1608 | .. | .. |
| Kendal Blackhall Road | .. | 0928 | 1228 | 1408 | 1613 | .. | .. |
| Kendal K Village | .. | 0933 | 1233 | 1413 | 1618 | .. | .. |
| Oxenholme Station | .. | 0938 | 1238 | 1418 | 1623 | .. | .. |
| Killington M6 Bridge | .. | 0948 | 1248 | 1428 | 1633 | .. | .. |
| Sedbergh opp. Morphets | .. | 0956 | 1256 | 1436 | 1641 | .. | .. |
| Sedbergh Post Office | 0800 | 0958 | 1258 | 1438 | 1643 | 1855S | .. |
| Sedbergh Maryfell | .. | 1000 | 1300 | 1440 | 1645 | 1857S | .. |
| Dent Village | 0815 | 1015 | .. | 1455 | 1700 | 1912S | .. |
| Dent Station | .. | 1030 | .. | .. | 1715 | 1927S | .. |
| <i>Trains to Carlisle</i> | | | 1048 | | | 1815 | 1944 |
| <i>Trains to Leeds</i> | | | 1041 | | | 1732 | 1938 |

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> | | 1054 | 1222 | 1448 |
| <i>Trains to Leeds</i> | | | 1205 | |
| 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> | | 1054 | | |
| <i>Trains to Leeds</i> | | | | 1559 |
| 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 1st 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

~~~~~

## 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

~~~~~

## 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 rd | 10 th | 17 th | 24 th | 31 st |
|--|------------------|--|--|--|--|--|
| 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 |
| | Wednesday | 6th | 13th | 20th | 27th | |
| 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">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</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
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

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

July 2021