

Sedbergh & District

LOOKAROUND

June 2022

Issue 410

Donation £1

Welcome to our first 104 page edition since December 2020! And apologies to Puzzle fans, there wasn't enough room, but don't worry,

I'll try and ensure there is enough in next month's edition,

If you're looking for work we have a couple of job adverts, highlighted on the contents page. *Ed.*

Sedbergh Music Festival

15 June – 26 June 2022

St Andrew's Parish Church

Information, brochures and tickets from
www.sedbergh.org.uk/musicfestival

or

Sedbergh Information and Book Centre
72 Main Street, Sedbergh LA10 5AD

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

Mobile: 07464 - 895425

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

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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.

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

Wed 1st June - St Andrews
 Wed 8th June - St Andrews
 Wed 15th June - St Andrews
 Wed 22nd June - St Andrews
 Wed 29th June - Killington W.I.

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



ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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**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

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20-55-41

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SEDBERGH PARISH COUNCIL – CHAIRMAN'S REPORT 2021/22

Kevin Lancaster

During this last year deaths from Covid locally and nationally have thankfully greatly reduced and there has been a strong move away in government policy from preventing Covid to living with Covid. This has seen the council return to monthly meetings in person. Whilst meetings in person are important the pandemic has shown that meetings on-line can be an effective and a cost-effective means of conducting business.

With the end of lockdowns visitors have returned to the parish and our car park income has consequently returned to pre-pandemic levels. During the worst pandemic year, the parish froze the precept.

However, with the re-emergence of inflation it has been obvious that our future costs would escalate so this year we adopted an increase of 6% to bring our finances back to previous levels.

The parish continues to run the weekly market directly. Early in this year we were approached by a business from outside the parish asking to sell fried food from the People's Hall Car Park. Whilst this was opposed by one business in the town members felt the request was not inconsistent with existing policy and so should not be resisted.

The parish remains concerned by the quality of service provided by Cumbria Highways. Cones and barriers which were in place at five locations before this municipal year began are still there and the work

untouched. The parish itself was minded to place signs for significant lanes off the major roads. We could have done this at relatively little cost but Cumbria Highways used its powers to prevent the work being done except by its own workforce at exorbitant cost. Like Garsdale we remain appalled by the works done along the A684 in the name of highway safety and the awful standard of workmanship.

Meanwhile we have engaged with Cumbria Highways for a footway along the side of the parish's Playing Field. Whilst hopefully this will be achieved at little cost to the parish the project has been difficult and has taken a disproportionate amount of our clerk's time and energy.

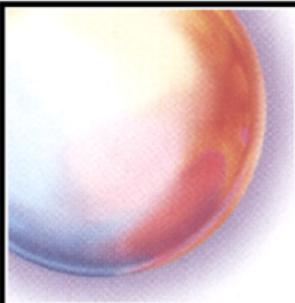
We continue to work with the Sedbergh Economic Partnership. One of our key projects has been the installation of electric vehicle charging points on Joss

Lane Car Park. Again, this has proved to be more fraught than could have been expected due to changes in design as our understanding of the technology has increased.

The Queen's Gardens have continued to improve and are much more attractive than they were four years ago. The Bowling Club has indicated a wish to enhance their structures at the Gardens and as landlords we will work with them.

The allocated housing site opposite Close's Garage gained consent last year and the parish has worked with the national park and the district council to see that approved application implemented. Workers





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of

Sedbergh Lookaround

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are likely to be on site this year with the first occupations in October or November. Through the Sedbergh Economic Partnership the parish has had a much more productive relationship with the forward planning element of Yorkshire Dales and this should bear fruit with a draft local plan which should be more focussed on the needs of our community. Since the last annual meeting national government has implemented plans for two new unitary councils to replace Cumbria, Cumberland and Westmorland and Furness. The relationship between the parish and the new council will be key to the success for the new arrangements for our area.

Over the past four years I have been really impressed by how strongly members have worked together with myself and the clerk to further the well-being of our community. I thank those councillors who served the whole term of the parish and also those who left us during the course of our term: there contributions have all been appreciated. I am delighted that all ten serving councillors were willing to seek re-election and I hope we will fill the one vacancy at our June meeting. As always we have been well served by our clerk who I know we all hold in the highest regard. Once again, thank you for allowing me to serve as your chairman, it has been a real privilege.

Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS
Telephone 07 980 844 695;
email Kevin@Sarthwaite.com

LARGE PRINT AND TALKING LOOKAROUND

Rosemary Handley

I am not sure that Lookaround readers are aware that each month for the past 25 years a team has been producing an audio version of the Lookaround for visually impaired members of our town. We used to record the articles first at Settlebeck school and more recently at the TIC at 72 Main Street. This involved 4 readers ,including students from Settlebeck school and Sedbergh school and a sound recordist sitting in our makeshift studio recording a selection of articles taken from the current edition . It was a great community enterprise.

And it still is!! The only difference these last couple of extraordinary years is that we had to do what so many people were doing through the pandemic and work from home. Fortunately we had a team (Douglas Thomson and Martin Lewes) led by our amazing Mike Clarke who learned how to put together the recordings that came in from individual readers in their own homes.

Now we are contemplating going back to having real recording sessions again. It will take a bit of time before the schools are involved again because of the disruption Covid has brought to education but we are hoping to having enough

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.

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readers and technicians to be operational. So if any of you reading this article would like to be involved please do get in touch. The recording sessions are on Thursday afternoons (1.30pm-3.30pm) once a month towards the end of the month and the Rota of readers means that you would be needed up to three times a year. It is fun meeting the other people involved with the project and there is always a cup of tea and biscuits as well!

Rosemary Handley (20540 or email
rosemaryahandley@hotmail.co.uk)

LOOKAROUND

DENT GALA

Laura Thornley

Our annual Dent Gala will take place as always on August Bank Holiday Monday (29th). The Gala is a great day out for all the family and will feature a Car Boot Sale from 8am (sellers to arrive at 7am), bouncy castle, children's entertainer, live music, BBQ, plenty of stalls, games and much more. Further details will be announced closer to the day.

This is the only annual event that is held to raise money for the Memorial Hall and with refurbishments and more to pay for, any help would be very much appreciated!

Businesses & Sponsorship

If you are a business owner and wish to sponsor (£30) the Gala,

provide a prize or even both, please get in touch. Your business and logo will be advertised on social media, on our website (soon to be launched) and in our brochure.

Or if you run a community group and you wish to have a stall at the Gala to raise money for your own funds, please also get in touch.

Can you help?

As with all events, to make the Gala a success we need volunteers. If you can spare some time before, during or after the event, it would be very much appreciated.

Some of the things we need help with are:

Transport and time to bring the stalls to the field and back.

Setting up and packing away.

Manning a stall.

Floating - from stall to stall to give people a break.

Litter picking.

Contact details are

laurathornley@me.com or
07779415644.

We hope that many of you will be able to make it on the day, whether it's to help or just to enjoy the day!

DESTINATION DENTDALE

Laura Thornley

Destination Dentdale was set up in February this year, with the aim of supporting businesses and encouraging tourism in Dentdale.

Currently comprising of representatives from the two pubs, two cafes, Discover Dentdale and the village shop, we have managed to secure some money from the Parish Council to help us join the WAW



PAINT A POT PARTIES

Including a large
terracotta pot,
all materials and a two hour
session of inspirational fun

Email Sam on
willsam23@hotmail.co.uk
for my price ranges

I'll come and set up in your
home and clear up
afterwards

scheme and create a Dentdale brochure.

Whilst we are at the beginning of both ventures (and still seeking more funding), we have decided it is about time to invite other businesses to join us in the creation of the brochure. So, if you have a business in the Dentdale area, and wish to be featured, then please get in touch with me, Laura on 07779415644 or email laurathornley@me.com.

You can also be included in our mailing list so that you can read the minutes and contribute via email if you so wish, or if you would just like more details about what we do, simply get in touch.

We hope that this committee will further tourism, promote rural businesses and make good use of the bus service too!



WESTERN DALES BUS We Need You!

Rebecca Atkinson

Western Dales Bus is a community bus service providing a valued service to outlying communities not served by commercial operators in the Sedbergh and Kirkby Stephen region. We began running services in 2012 and during that time have faced increasing demand as more rural routes are axed by commercial providers. All our drivers are volunteers who give up their valuable time to help us operate 5 weekly bus routes connecting Dent, Sedbergh, Kendal, Hawes, Kirkby Stephen, Brough, Penrith and numerous villages in between. The service we provide keeps small rural communities alive, attracts visitors to the region and reduces the county's carbon footprint by encouraging motorists to leave their cars at home.

The fact that the first week of June is National volunteer week makes it the perfect time to thank our 16 volunteer drivers for all they do in providing a vital service to our

community as well as our numerous other volunteers who provide admin and practical support behind the scenes. They really do make a huge difference and are the heart of our organisation.

Western Dales Bus volunteer drivers are our life-blood and we need more of them if we are to survive. Is this something you could do in order to give back to your community? The commitment is not



huge, we provide full training and just a one day a month helps.

We understand you will need more information before deciding, so if you are interested please get in touch with Rebecca at

wdbusops@gmail.com or call on 07541644524. Initially you will be put in touch with a current driver to explain in more detail what the role entails. We understand everyone has different amounts of time that they are willing to give to us and the level

of involvement is always determined by the volunteer. If you decide driving for us is

something you want to do, we will arrange some training and that is it. You

will be supported by other drivers and the admin team throughout, but most of all it will be rewarding and enjoyable. Don't delay, join us today!

One of our drivers Barbara wrote a few words about what driving for Western Dales Bus is like, and the photo shows her with one of our regular passengers.

The Driver's lot is a happy one It is spring again and nearly summer. Trees and bushes are in flower and it is light in the mornings of the early



VOLUNTEERS' WEEK
A time to say thanks



runs, (and you can see over hedges in the bus). Each day is different – scary sometimes like the day I drove over the brow of a hill to meet a

Tornado plane travelling at 100s of mph with its wings tilted!! Fortunately, it was in fact higher than it appeared so missed the bus, but I did stop to watch as it disappeared from view.

There have been some brilliant sunrises, especially good at

Dent Station, with the world appearing golden and the mist in the valley, or the mist and rain at the station so you can't see to reverse let alone anything else. Passenger numbers are increasing after the pandemic and as the walking season is getting started there are lots of new faces along with the regular shoppers making for a busy day. Barbara

For further information on our services please look at the timetables in the back of Lookaround or visit our website www.westerndalesbus.co.uk.

Western Dales Bus

VOLUNTARY CAR SCHEME

Laura Thornley

We are still looking for volunteer drivers to help with this invaluable service.

Gladstone House

If you feel you can commit to one trip in particular, I am looking for a driver to take two passengers from their homes in Sedbergh to Gladstone House Community Teas, fortnightly. This trip will see you collect the passengers at 2pm, dropping off and then collecting again at 3.30pm. Whilst you wait, you are free to do what you like; go home, go shopping or even go and join in the community tea if you wish!

Who?

This service is to help people who don't have transport and those who struggle with mobility. You will be helping people in getting around and doing the tasks that many of us take for granted.

Where?

The car scheme is mainly used by people wanting to go to appointments in an around Sedbergh, such as going to the doctors, shops, or weekly hairdressing appointment. However, with the patient transport service under such strain, we do get occasional requests for hospital appointments or trips to Kendal to go to the supermarkets.

Time

This volunteering role can fit into your schedule. Once I get a booking request, I call or email to see if you are available. There is no minimum requirement to how many trips you must do - you just do the trips that fit in with you.

Expenses

The car scheme does help with your expenses and your mileage is paid at the HMRC rate of 45p per mile. You simply complete your expenses form to get it refunded.

Requirements

All that is required is access to a private car covered by insurance that is aware of your voluntary driving activity and a valid Driving Licence and MOT.

So, if you are looking to volunteer, want something that can fit into your schedule and live in Sedbergh, Dent or the surrounding areas, you could really help with this pivotal role. Simply get in touch with Katy on 07788 396194 or contact me at laurathornley@me.com or 07779 415644 for more details.

JIM BRAMLEY RETIREMENT

Jim Bramley

Now that I find myself officially an OAP, I feel that it is time to hang up my stethoscope. To the relief of many local pets, I'll put my thermometer and disposable gloves away at the back of the drawer and retire at the end of May.

My veterinary career started 42 years ago in June 1980 in Edinburgh. My aim from the start was to work in mixed rural practice preferably in Northern England, with my first job near to home territory in Stokesley, then Richmond and then Harrogate, all in N. Yorkshire.

Lisa and I came to Sedbergh unbelievably 33 years ago, in 1989,



Dr Roger Baxter Memorial Service
Sunday 12 June 2022 | 3PM
Sedbergh School Chapel
Refreshments afterwards in Queen's Hall



daring to move to Cumbria out of N. Yorkshire.

In Sedbergh my partnership with Nick Preston ran for 27 years. We were ably helped by Lisa Bramley and Claire Pope and had many veterinary adventures on the way.

No two days were the same with each day just one phone call away from having all plans turned upside down.

I met some wonderful characters in the farming, town and school communities and some even more amazing animals, some difficult, some downright dangerous but most great fun. I've treated many loved pets over those years, they have made my life challenging, sometimes

upsetting but always interesting and very satisfying at times.

The last few years I have been working under the Farmgate banner, and the surgery will now be run by vets Kathrine, Sarah and Becky, helped by nurse Lesley, Lisa and Kelly.

Lisa and I will obviously be staying here in Sedbergh, simply because there is nowhere else we would rather live and Lisa will still be working at the practice.

Thank you to all who have brought their animals to the surgery and put them into my care. It has been such a privilege and a pleasure to work here and serve the Sedbergh community for so many years.



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charles@wocc.co.uk

COMMUNITY THANK-YOU

Maureen Hinch

My husband David and I retired 26 years ago and moved to Dowbiggin. It was a completely new area to us - we knew no-one and had to establish ourselves in every way. New doctor, new dentist, new church, new friends, new clubs to join and new clubs to form. All we had hoped for in our new "retired" life we found in Sedbergh. In April I had a major operation, and my slow recovery has found me virtually housebound, so I have had much time to reflect on the last 26 years. Friends have been a great support over the past four weeks, feeding us and giving moral support - you all know who you are, and I am deeply

grateful. I realise that a toothache can be solved the same day - ring up reception and be greeted with helpfulness and understanding and a virtual appointment to see Ben straight away. A medical practice par excellence. Once again professional and kind receptionists happy to help and point you in the right direction. My call for help last week resulted in a visit to my home from Dr Thompson within an hour! This was followed the same morning with a visit from Andy our new vicar. So, my reflections over the last few days have brought me to the realisation that Sedbergh is like a crown, and I would place three jewels in that crown - our doctors, dentists and church. Thank you all.

ACCOMMODATION IN SEDBERGH

*Andy Cobb (Independent Chair,
SEP)*

Joanne Golton (SEP Coordinator).

The Sedbergh Economic Partnership (SEP) is a joint public/private collaboration aiming to deliver the Sedbergh Framework for Growth (2021), which was developed from local research and a series of baseline studies. The SEP works for the economic benefit and prosperity of Sedbergh via agreed Action Plans and Key Projects.

Accommodation is an item that has featured regularly in meetings of the SEP. This brief note aims to describe the issues involved, suggests some opportunities and looks to the community for advice and support.

In Sedbergh we have (1) a lack of accommodation for seasonal or short-term working staff, ie single-person accommodation, (2) very few rooms for rent, and (3) homes for locals. This is not a unique issue for Sedbergh to address. On the contrary, it is a major blight affecting the tourism, retail and hospitality industries in the UK.

1. A lack of staff compromises economic development. It is rather ironic that while The Black Bull has been awarded the title of the Best Pub in Cumbria, staff shortages mean that it cannot be open every day of the week. Other businesses and employers in Sedbergh share this problem. How can it be overcome? One way would be for the town to establish a register of temporary lodgings, envisaged as offering single-person

accommodation that would in effect be letting a room for, say, three months during the summer.

2. There are second homes or empty properties that could be used as studios or self-catering apartments for workers or apprentices. Multi-occupancy homes would allow for up to six local workers or young persons to live in a rented space near to work and family. Letting a floor or space in houses with a communal kitchen and lounge would really help the local economy and housing problem. Furthermore, older people living alone in a big property, may be seeking younger persons in a care/share capacity, at a lower rent.

3. At our last SEP meeting, Tim Farron MP informed us that he had dealt with 25 evictions on Section 21 notices in which local workers were losing their rented homes, which were then converted to Airbnb lettings. Tim reported that in the last year he had seen a 32% increase in second homes in South Lakeland, and that 60 to 80% of sales have gone to second homeowners in the last 18 months. Tim is lobbying in Parliament to address these issues. Of course, the loss of our housing



SEDBERGH
MEDICAL CENTRE

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

2022

Wednesday 15th June

Thursday 14th July

Wednesday 14th Sept



FIREWOOD & SEPTIC TANKS

David Labbate

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stock will have a negative effect on school roll numbers and further alter the age demographics in Sedbergh and District. The Yorkshire Dales National Park also recognises this challenge and, in a review of their housing strategy, expects that 30% of new houses will have to be affordable. Watch out for their consultation in September and have your say.

In conclusion, there are currently many jobs for people to apply for in Sedbergh, but that the combination of a lack of public transport and local accommodation is actually preventing employment. So, what can be done? If you have a spare room in your house or a self-catering provision, please contact the Sedbergh Economic Partnership (sedbergheconomicpartnership@outlook.com), so we may link potential employees to employers.

ARMISTEAD WINDFARM FUND

Julian Christopher

Essential work to keep a Cumbrian wind farm's turbines turning as smoothly as possible has been completed. Operator Banks Renewables and contractor Siemens Gamesa Renewable Energy have been carrying out major component replacement works at the Armistead wind farm, which sits to the east of the M6 between junctions 36 and 37, to ensure that it continues to operate at maximum efficiency.

Two large cranes were brought to the site to complete the programme of work, which included removing the blades, hubs and drive trains on Armistead turbine numbers one and six before replacing the bearings on each one and reassembling both structures.

The six-turbine Armistead wind farm generated more than 25,000 MWh of green electricity during Banks Renewables last financial year, which is enough to meet the annual energy requirements of over 8,000 homes, and by doing so, it displaced over 5,300 tonnes of carbon dioxide from the electricity supply network.

Operational since 2013, it also generates almost £14,000 every year for the Armistead Wind Farm Benefits Fund, which supports local community and environmental projects put forward by local voluntary groups and charities.

Previous grant recipients have included Kirkby Lonsdale RUFC, Preston Patrick Memorial Hall, New Hutton Institute, Mansergh Parish Meeting and St John the Baptist Church in Old Hutton.

A committee made up of local community representatives meets regularly to assess grant applications to help ensure grants are awarded in ways which meet local priorities.

Dan Thomas, operations and grid director at Banks Renewables, says: "The Armistead wind farm is coming up to its tenth anniversary and is continuing to generate significant amounts of clean green electricity supporting our contribution to the UK's crucial journey towards its NetZero targets.

"Using the widest possible range of renewable energy generation technologies will allow the UK to achieve these climate change targets and decarbonise its power supply much more quickly, and the work we've been carrying out at Armistead will help ensure that it can continue to operate with maximum efficiency for many years to come.

"Alongside these environmental and energy security benefits, Armistead also makes a direct and growing contribution to the long-term well-being of surrounding communities through its benefits fund, and we're keen to see even more local groups putting their ideas forward for how this money might best be used."

Anyone interested in applying for funding from the Armistead Wind Farm Benefits Fund should first contact the fund manager for The Banks Community Fund via on 0191 378 6342 or via fundmanager@bankscommunityfund.org.uk before applying for a grant to check if their group or project is eligible.



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LOCAL YOUNG PEOPLE'S FUND

Karen Bruce Lockhart

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

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a



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comparatively small grant for a primary school aged child who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8 might need violin lessons, but later in his or her career may require a very much more expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

Grant have been made recently to support the following types of activities

1. Grants for laptops at university and for A Level courses
2. Grants for university textbooks

3. Grants for overseas educational travel
4. A grant for a residential field trip
5. A grant towards a gap year placement abroad
6. A grant to assist with fees for an extra-curricular language course
7. A grant to assist with the cost of books, equipment and uniform for a vocational course
8. Grants towards the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical university course which requires a very expensive computer and might receive a larger grant. Another may be going on a two-week course in Europe, while yet another may be going for six months to work with a charity in a less developed country. It is also helpful to know what other steps the young person has taken to raise funds.

The next consideration of applications will be early in July and the Trustees hope that young people of the district will give early consideration to applying for a grant. Applications should, wherever possible, be made by the young person themselves rather than by a parent.

Application forms can be obtained from the School (mhm@sedberghschool.org) or from the Tourist Information Office

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

PEOPLE'S GYM

Martin Lewes

Two officers at the People's Gym & Fitness Centre in Sedbergh are stepping down, making this month's AGM a particularly important meeting.

Sandra Gold Wood, the chairman, has left the committee, while the treasurer, Rosemary Lewes, is stepping back from her main duties, but will continue on the committee and look after various technical issues.

Hundreds of people have enjoyed the benefits of a community gym since Sandra conceived the original idea in the 1990s, opening in 2001, since when it's developed from its first base, to the current purpose-built annex at the People's Hall.

Rosemary joined the gym committee soon after it opened and has been treasurer ever since, playing a key role in keeping the gym running under Covid pandemic restrictions and the computerising of much of the gym's administration.

New ventilation equipment and the drop in Covid infections now mean the gym is returning to normal, but the resignation of other committee members over recent years, and now these two key office-holders, mean recruiting new committee members is vital to the organisation's future.

Martin Lewes, who is acting as chairman until the meeting, said: "We now have only four people on the committee.

"That's not enough to make sure the gym is run the way its members would like.

DENT HERITAGE CENTRE KITCHEN ASSISTANT WANTED

We are looking for someone to join our small and friendly team as a Kitchen assistant at Dent Village Heritage Centre, small café area, and woolshed.

The hours are flexible.

Some occasional weekend work will be required and essential.

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“Any gym member can join the committee, and we can have up to ten members – it’s not a lot of work, just a fairly short meeting every month or two and discussion by email in between.

“Members don’t necessarily need any particular qualifications, but ideally we would like some people who have physical training knowledge or some book-keeping experience, to come forward. Younger female members are also under-represented.

“The gym’s a not-for profit social enterprise, run by volunteers, but like any small but growing business with two part-time staff needs people with the right abilities – without them the future of the gym would be in doubt.”

The AGM is at the People’s Hall on June 28, at 7-30pm and both members and the public are welcome. There will be more details on the club’s Facebook page and the website at <https://www.sedberghgym.club/>



ZERO WASTE

Claire Moor

Did you know that Sedbergh has a community cupboard? The community cupboard acts in a similar way to a foodbank, by providing those who are in financially hard times with meal kits and toiletries. This is often just for a week or so but sometimes for a bit longer.

If you’d like to make a donation towards Sedbergh community cupboard our donation bin is located at the entrance of Spar. Items of tinned meat/fish, fruit, vegetables and puddings. Packets of rice, pasta and cereals are all very welcome. Unfortunately, we can’t accept any fresh, chilled or frozen items.

If you or anyone you know is struggling to put food on the table due to financial hardship, please do get in touch. The service is discreet and confidential, and it is not means tested. All information given will be treated in confidence.

To register for a food pack please go to www.ZeroWasteSedbergh.com and fill in the community cupboard registration form, or call - 07833534710

TREE PLANTING IN QUEEN’S GARDENS

DM Parratt

A Rowan Tree (Mountain Ash) has been planted in Queen’s Gardens by David Parratt (Chairman) and Nigel Whiting (Secretary) of the Sedbergh & District Branch of the Royal British Legion in honour of the Queen’s Platinum Jubilee for June 2022.

The Queen’s Green Canopy is a tree planting initiative created to mark



the Jubilee and the country has been invited to plant trees from the beginning of the tree planting season through to the end of the Jubilee year.

The Rowan is the only tree of that species in the gardens and is located behind and to the north of the benches facing the bowling green.



ANOINTING WITH OIL – NOT JUST FOR THE QUEEN!

Revd Andy Burgess

The four-day holiday for the Queen's Platinum Jubilee at the beginning of June will be a joyful time for our whole country. A special commemorative booklet, 'Our Faithful Queen' by Catherine Butcher has been produced specially for the occasion, and you will be able to pick up a free copy at one of our Thanksgiving Services in Sedbergh or Dent on Friday 3 June (details below).

The book explains that at the Queen's coronation, when it came time for her to be anointed with oil, a special canopy was erected to hide the proceedings from view of the TV cameras. This was to respect the sacred nature of this act. (Although you can watch a dramatization of this moment in the TV show 'The Crown'!)

Anointing the monarch with oil is a practice that has its roots in the Hebrew Bible, where we see the great Kings of Israel anointed for service to God. It is an act of setting someone apart for a special life of service and dedication. In fact, the Hebrew word 'Messiah' means 'anointed one', as does the Greek word 'Christ'. It signifies God's call upon a person's life. This is embodied supremely in Jesus Christ, who holds the three-fold office of Prophet, Priest, and King.

But it is not only Kings and Queens who receive anointing from God. In the Christian rite of baptism, the candidate is anointed with Holy Oil, and signed with the sign of the cross,

as a symbol of their being called by God into his care and service. Each one of us has a vocation (calling) from God, from the greatest to the lowliest. As it is expressed in the letter of 1 Peter, we are all invited into the 'Royal Priesthood' of Christ, without distinction.

There are also special times of the year when anointing is used to mark the Holy Spirit's presence and action in our lives, and to rededicate ourselves to God. One of those times is the festival of Pentecost, which appropriately takes place alongside the Platinum Jubilee celebrations this year. So, if you would also like to experience the special meaning of anointing with Holy Oil, please do join us at our special service of Evening Prayer with Anointing for Personal Renewal on Saturday 4 June, 6pm, at St Andrew's Sedbergh.

Special Services and Events for the Platinum Jubilee:

Service of Thanksgiving for the Reign of HRH Elizabeth II – Friday 3 June, 10.30am, St Andrew's Sedbergh and 2pm St Andrew's Dent

Service of Thanksgiving with Platinum Jubilee Picnic – Saturday 4 June, 2.30pm, St John's Cowgill

Evening Prayer with Anointing for Personal Renewal – Saturday 4 June, 6pm, St Andrew's Sedbergh

Cautley Community Picnic Lunch – Sunday 5 June, 12.30pm, St Mark's Cautley

The Big Jubilee Lunch – Sunday 5 June, 1pm, St Andrew's Sedbergh



Drop in meetings for anyone struggling with bereavement

*Tuesday 6th June & Tuesday 20th June
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

FOX'S PULPIT MEETING FOR WORSHIP

12th June 2022

*Sally Ingham,
clerk of Brigflatts Meeting*

All are welcome to this historic annual open air event on Sunday 12th June at Firbank Fell, Sedbergh, starting at 2.30 pm.

What are the origins and purpose of this event: This event is to recall the occasion of a "great gathering" which took place on June 13th 1652 and where George Fox, one of the founders of the Quaker movement, also known as the Society of Friends, spoke to a large assembled crowd. The place of this occurrence is called "Fox's Pulpit" although there is no pulpit there, only a large imposing rock. And the term pulpit is ironic as George and other early Quakers challenged church beliefs and practices as well as furnishings; there are no pulpits in Quaker "churches" and their churches are called Meeting Houses. They have no steeples or bell towers and the interior, as well as the exterior, is traditionally plain; there are no stained glass windows or altar, and

the pews or chairs are arranged in a non-hierarchical square or circle to represent that all are equal. However, in older Meeting Houses, like the local one at nearby Brigflatts, one of the first Meeting Houses built in England, you may see a raised area of pews which in the past was where the elders sat to ensure the Meeting was undertaken in the right ordering and spirit. And, significantly, there are no priests to lead the service; instead Friends settle into a silence during which anyone may minister if felt moved to do so, as will happen at this event. Indeed, early Quakers often lambasted priests. We now, by the way, have a much friendlier relationship with ministers and those of other faiths!

After two years of this event being cancelled due to the COVID pandemic, we are pleased to be able to hold this event again, and as is traditional, it is on the closest Sunday to when George Fox was there, almost exactly 370 years ago. And there are refreshments afterwards at Brigflatts Meeting House (in the lovely gardens if the weather is good) to which all are invited.

Although we usually have no ministers, we do have a guest speaker for this event to start off our Meeting for Worship. This year it is Ben Pink-Dandelion, Honorary Professor of Quaker Studies. Ben works primarily as a tutor at Woodbrooke Quaker Study Centre in Bourneville, Birmingham, established



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around the factory of Cadbury's, still a familiar household name, although no longer owned by Quakers! Woodbrooke was in fact originally the home of the first chocolate making Cadburys.

Ben Pink-Dandelion, our speaker, shifted from anarchist in his youth to Quaker; his name harks back to his anarchist days when a peace group he was part of decided to change their names to protest against names being passed down from fathers, and to show that our names did not need to be prescribed by our gender. Some might see him as ahead of his time; this was in the early 1980s. He, like others in Quakers, continues the thread of radicalism which has woven through Quakers over the centuries.

We hope you might join us. Some like to walk up to Fox's Pulpit, but car parking is available in a field opposite, thanks to the farmer who owns the field.

Further details can be found on www.brigflatts.org. Do check the website if the weather on the day seems uncertain as we will post a notice relocating this event to the Brigflatts Meeting House. Outdoor worship in rain is not much fun, although we have valiantly sat through poor weather until judging that a downpour is definite! Do perhaps bring a blanket or chair for comfort, and a raincoat and umbrella - after all this is Cumbria!

"A mighty meeting there was and is to this day, near Sedbergh, which I gathered in the name of Jesus."

George Fox.

DENTDALE METHODIST CHURCH

Sarah E Woof

First, I must apologise, the proper name is Dentedale Methodist Church, not Chapel! I am so used to saying 'pop down to chapel' that in my head it's called that. Anyway, whichever name we call it it is alive and kicking in the Laning at Dent.

May has been less busy than April, our services are in the evening now and as we approach June, we join our Anglican friends on the 5th for Pentecost. Details of services appear on the notice board.

For the Jubilee we are not putting on the Royal memorabilia exhibition but will be doing so later in the summer. We are serving afternoon tea on the Friday after the service in Dent St Andrews.

Our coffee mornings continue, see Lookaround diary, as does the availability of our spaces to rent. As always, a warm welcome awaits.



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DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woof

We recently held our AGM and appointed/reappointed our officers, discussed our bank balance and as well as looking forward we looked back over the last year. During the time since last August and the Festival we have held a Tabernacles celebration in Carnforth, a Pumpkin party in Dent, put together activity boxes for families in the Dale and hosted 4Front Theatre with "Fishermen's Tail". Each event and step was prayed over from the beginnings of the idea just as now as we arrange this year's Festival. There will be more news on that next month just note that it begins on Fri Aug 5th.

NEWS FROM THE PEWS

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

"Congratulations", sung by Cliff Richard during one of the Queen's Jubilee celebrations a few years ago will no doubt be dusted off and sung again for HRH Queen Elizabeth's Platinum Jubilee celebrations at the beginning of June.

St Andrew's will be holding a Service of Thanksgiving at 10.30am on Friday 3rd June. Not sure if we shall be singing that popular pop song but we shall be doing our best to raise the roof with joyful hymns.

The barbecue will be eased out of its hidey hole under the ladder leading to the ringing chamber and

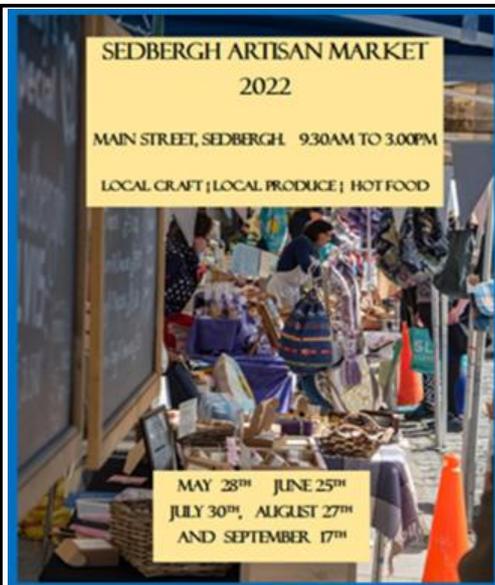
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put to good use in the church grounds cooking sausages and burgers following the Sunday morning services on 5th June. “The Big Lunch” is at 1pm.

The 5th June is also Pentecost, or Whit Sunday in old money, 50 days after Easter Sunday, and commemorates the arrival of the Holy Spirit to the disciples following the death of Jesus. Pentecost is often depicted with flames of fire...hopefully not an omen for charred sausages and burgers!

Enjoy your celebrations whatever form they take.



SEDBERGH PARISH COUNCIL

Janey Hassam, Clerk to the Council

The Council held its Annual Parish and Annual Parish Council meetings at 7.00pm on 12th May 2022, followed by the normal monthly meeting. All meetings held in the Committee Room, The People’s Hall, Sedbergh. The next scheduled meeting is on Thursday 16th June 2022, commencing at 7.30pm

Parish Council Elections

As previously noted, all ten existing Parish Councillors will continue with a new term, with one vacancy. The Council will be looking to co-opt in June. As previously advertised, anyone interested in helping the local community, and joining the Parish Council, should contact the Clerk for further information.

Annual Parish Meeting

Members received the Chairman’s report and a summary of the Parish Council finances, including reserves earmarked for future projects, including, resurfacing of car parks, Legacy monies, and sinking/maintenance funds for the tennis courts, Queen’s Garden and the playground at Howgill Lane.

Parish Council Annual Meeting

Cllr Kevin Lancaster was elected as Chairman and Cllr Simon Arnold elected as Vice Chairman of the Council. The Council approved and adopted the Annual Governance Statement and Annual Accounting Statement for 2021/2022 and confirmed the period for the Exercise of Public Rights as 13th June to 22 July 2022. Members also adopted the General Power of Competence.

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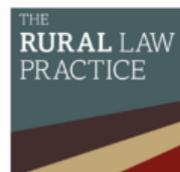
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Other matters

Members had recently met with United Utilities following the burst water pipe and following a series of issues at the playground, Howgill Lane. United Utilities had agreed to repair the damage to the playground surface and will further consider the longevity of the water pipe at this location, particularly in respect of the proposed new pathway. Members noted progress on the restoration of Jubilee Drinking Fountain on Finkle Street, with hopes to bring the fountain back into use. Also discussed were general Highways matters, including problematic parking on Station Road/Long Lane/Castlegarth/Thorns Lane and Loftus

Hill/Busk Lane areas, noting that CCC Highways were unable to progress a Traffic Regulation Order request at this time. Various other matters, along with Finance, Amenities and Planning were discussed, along with Correspondence.

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

TIMS COLUMN

Tim Farron

Thank you, thank you, thank you.

The results of the election to our new Westmorland and Furness council were better than I could have hoped. You are really lucky to have Ian Mitchell and Hazel Hodgson as the representatives for Sedbergh, Dent and Kirkby Lonsdale on this council. They are both experienced, hardworking councillors dedicated to doing all they can for your area. The results in elections in your part of the world have, in recent times, tended to be a bit close. At the election count it has usually been the tables where the Sedbergh and Kirkby Lonsdale votes are being added up where you see most party representatives clustered, checking to ensure that none of their votes go into the wrong pile. But not this time. In this election you delivered a very clear mandate for your two councillors. You must feel that we are doing something right.

Of course now the real work starts. The LibDems have a clear majority on the new council and so control it. Our challenge is to ensure that the faith that you and many thousands of people across the area have put in us is justified. I know the council team have lots of great plans for what they want to achieve over the coming years. Added from a personal point of view, it will be a lot easier for me to help them and for me to achieve the things I want to do when I know all of the council team very well and we all share similar views of the world. But the consequence of this is we have



**People's Gym & Fitness
Centre
Annual General Meeting
Committee Room, Sedbergh
People's Hall
7-30pm
28 June 2022
Members and non-members
welcome
See Facebook and PGFC
website for more details**

no excuses if we fail to meet your expectations.

No sooner was the count over than I was back in the House of Commons listening to the "Queen's Speech". This time delivered not by the Queen but the Prince of Wales.

I must say I was disappointed, actually, more than that I was angry. There was so little of any substance for us in this area. I was particularly angry about the poor response to our housing crisis. The Government are proposing to double council tax for houses that are left empty for over a year but that really isn't the problem. Our issues here are the lack of affordable housing and the growing levels of second homes. Nothing was

done to allow our councils to reject new housing development plans that are not focused on the needs of the local population. All we are seeing is a growth in development of new houses that can be bought by investors to be let out on Airbnb.

This is clearly going to be an issue that I am going to be working on, now hand in hand with our new local council, over the coming years.

If there are any other issues you would like my help with then please do drop me an email at tim@timfarron.co.uk or give us a call on 01539 723 403.

Thanks again for your support. I really intend to ensure that you feel that you made the right choice.



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CHANGE

Martin Dodds

"I hate change, but if we've got to have it, let's have it quick and get it over with." So said a friend of mine some years ago, and, no doubt many of us can sympathise with that.

It probably sounds like a daft question, but what is change? We experience change in many ways;-

- as a shift away from the familiar
- as the introduction of something new into our lives
- as loss and tragedy
- as personal growth and development

There will be other examples you can think of.

Change is part of the reality of life, the world and the universe. Without change, humanity would never have evolved. Without it, the habitable planet we know would not exist. Without it, next seasons lambs would never be born, and no one could ever win the FA cup. Individuals, families, communities and institutions which do not, cannot, or will not change are already 'on the way to dusty death'. Change of some kind is always necessary. But this does not mean that any change is always better than no change. Change is not a one-way process, from bad to good, or from good to bad. It can be either. Sometimes it may be both. Some changes may be outside our control, and can seem threatening. But some changes we may be able to influence. Even when change is outside our control, we will usually have a choice of ways to adapt. Organisations may try to up-date

their image by adopting new styles and techniques of presentation, and by doing away with most of everything that went before. This runs the risks of making their image shallow and trivial, and also of losing values and practices which were still useful. Sometimes they hope that re-organisation will rejuvenate the enterprise. This may be helpful, but only if the old structure was truly not fit for purpose. Sometimes, it was not so much the structure, but the attitudes of the people that needed to be changed, and the re-organised body will soon develop new symptoms of inadequacy if these remain unchanged. Think 'institutional racism' for instance.

There seems to be an important distinction between 'deliberate change' and 'externally imposed change'. I suppose we could say 'deliberate change' is the bringing about of change by a conscious, intentional act. Could this perhaps have a pre-human origin in the development of hunting skills in the animal kingdom, such as those we can see today when a puma hunts, stalks and kills a guanaco?

Maybe an early step towards 'deliberate change' was when humans realised that natural food resources could be managed, and went on to develop herding and farming. Even before this, many hunting and gathering cultures had understood that over-exploitation of natural food resources was not sensible. Over the course of history profound changes have arisen from 'deliberate' human behaviour. Sometimes 'deliberate' acts brought

about the intended results, but quite often there were also adverse, unforeseen consequences. Today, the sinking of deep wells to meet immediate water shortages, brings welcome relief to struggling communities in the third world, but the longer-term implications of lowering the water table, or of tapping into and depleting ground water, may be storing up problems for future years.

Rapid change may cause distress. Time is needed for those affected to come to terms with the change, and to make appropriate adjustments in their lives and assumptions.

There have been many episodes in history that have brought changes of local or wider significance, and which triggered further changes. The series of so called 'Barbarian' invasions which contributed to the downfall of the Roman Empire in the west, introduced different kinds of social organisation. My impression is that dramatic as such changes were, their pace, scale and frequency allowed for the growth of a 'new normal' that was often sufficiently stable to last for several life-times with only fairly small incremental changes which enabled people to adjust over time.

I feel that, since the end of the 'Middle Ages' in western Europe, the nature of 'deliberate change' has itself changed. The so called 'Enlightenment' and the development of 'objective', scientific and rational thought [owing much to contact with earlier Islamic scholarship], have meant greater understanding of the possibility for 'deliberate change' in managing political, and social affairs.

These 'new' attitudes and behaviours, spreading world-wide in the last couple of centuries, have underpinned the growth of industrialisation; urbanisation and the major expansion of mega-cities; and widespread disconnection of urban societies from the natural environment. This disconnection may be a significant factor in the increasing priority given to material and economic growth which have come to dominate today's world. We seem to have forgotten what our hunter-gatherer forebears had understood. This has unleashed a much greater volume of change not only onto human society, but also onto our fragile planet. Changes of all kinds are arriving at ever-accelerating

pace. This means they are more difficult to absorb either mentally or emotionally. It is only necessary to look at graphs of population change, or the rate of decline in wildlife species, or the rates of consumption of goods and services, to realise that the last 200 years mark a fundamental change in the way the world works, and in particular the role that humanity has had in causing that change. Is it change for the better?

The ability to manage change brings power. Change managers often use this power for their own ends. Sometimes, they try to justify this by appeals to their 'right to freedom of action', sometimes by trying to hoodwink society into treating the operation of market

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forces as an unchallengeable moral principle. In either case, the people without power tend to be the losers. Sometimes, collateral, damaging changes may have been down to ignorance, [19th century urban cholera]. Sometimes, they were merely ignored through indifference [Slave trade]. So the same 'deliberate change' managed by the powerful, is also an 'external change' experienced or suffered by those without power.

It is now almost impossible for an individual to keep up with the volume and rate of change which is occurring. No longer are we proudly amazed at the changes that our grandparents saw 'in their life time'. We are struggling to come to terms with the rise and decline of 'new' things which still seem quite recently introduced and are now already obsolescent, for instance in the fields of technology and communication. Vinyl records, and reel to reel tape-recorders were replaced by cassette tapes, now themselves obsolescent in the face of CD's which seem to be losing out to on-line streaming [whatever that is!]. The old items may hang on as a 'niche' interest. At the same time, the global interconnections of trade and commerce, and the replacement of village and corner shops and, even, department stores by super-markets, and now super-stores and online shopping, have changed the very nature of our home towns. The 'new' retailing structures are now also proving vulnerable, when affected by unforeseen changes such as climate

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change and war. I'm sure there are many other examples.

Change has always been part of reality since the beginning of time, and since the much more recent dawn of humanity, it has been part of human experience. Constructive and benign, 'good' change is necessary for life, but not all change is benign. Change, whether deliberate or external can be benign or destructive, or it may favour the powerful over those without power. So when we say 'we must change', [as we must if we are to survive], let us also take care in designing the changes we want, or in reacting to those over which we have little control. Let us not make choices for 'deliberate change' that may seriously damage other people; or the global environment; or cause the loss of valuable inherited principles and ideas.

DEMENTIA STATISTICS N.W.

Clare Hastings

New statistics show that over one in four people with dementia in the North West battle their symptoms for over two years before receiving a diagnosis.

The Alzheimer's Society have just run their Dementia Action Week from May 16 to 22 and their research reveals confusing symptoms with old age is one of the main reasons for delay.

According to the research, 48 per cent of respondents in the North West assumed that symptoms were simply a by-product of aging thus leading to a delay in accessing treatment, care and support.

The Alzheimer's Society have today pledged their new campaign named - 'It's not called getting old, it's called getting ill' – to encourage people worried about their own or their loved ones' memory to seek support in getting a diagnosis. The charity is encouraging people to take measures to get support

The charity has worked closely with medical experts in the field to make the diagnosis process easier, by creating a new 'symptoms checklist', which is available on their new online hub and highlights changes that might be due to dementia.

The charity's studies show how the symptoms of dementia, such as asking the same question repeatedly, can easily be dismissed as a sign of old age.

Penny Giles, Dementia Connect Local Services Manager for Alzheimer's Society in Cumbria said:



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“Asking the same question over and over again is not called getting old, it's called getting ill. If you're worried for yourself or someone you love, take the first step this Dementia Action Week – come to Alzheimer's Society for support.

“The stark findings of our survey released today show just how dangerous it can be to battle dementia symptoms alone and put off getting help.

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"Yes, getting a diagnosis can be daunting, but it is worth it. More than nine in 10 people with dementia told us they benefited from getting a diagnosis – it gave them crucial access to treatment, care and support, and precious time to plan for the future.

The charity helped 64-year-old Martina Davis who lives in Carlisle who was diagnosed with a rare form of dementia called Posterior Cortical Atrophy.

Martina says: "Although it is devastating getting a diagnosis, I really would urge anyone who is unsure to see their GP straight away. If you face up to your symptoms and accept them, it can give you more control of your life. Having that diagnosis for me was a relief and meant I could plan for the future and work out a system of how to live my life."

This Dementia Action Week, Alzheimer's Society is urging anyone worried about themselves or someone they love to take the first step and contact the charity for support. Visit their website or call 0333 150 3456.

SEDBERGH GALA DAY 1972

Colin Cowperthwaite

Fifty years ago, Sedbergh held its ninth annual gala. The following report appeared in The Westmorland Gazette dated 2nd June 1972. Many of the people mentioned are still living in the Sedbergh area, and will hopefully recall the occasion!

Motor-Cycle Dare-Deviils excite Gala Crowd (and even the bad weather didn't keep people away !)

Bad weather with high winds didn't stop nearly 2,000 people flocking to Sedbergh Gala on Saturday. The ninth Gala Day got off to a rousing start with a procession through the town headed by the band of the First Battalion The Duke of Wellington's Regiment, led by bandmaster Mr Alexander. Next came a fancy dress parade. The official opening by the Gala Queen, Miss Judith Harper of Station Road, Sedbergh, was performed at Howgill Lane Playing Field. Driven in a Rolls-Royce, she wore a long white flowing dress with a black striped design. She was accompanied by Misses Elaine Sowerby and Philippa Towler, of Sedbergh, who wore long buttercup yellow dresses. Entertainment was provided by the Deathriders, who performed motor cycle stunts.



The following were the winners of this year's events: Fancy Dress, girls under 8: 1. Sharon Price, 2. Elaine Hall, 3. Jackie Thornley. Boys under 8: 1. Andrew Allan, 2. Andrew Bennett, 3. David Bennett. Girls 8-15: 1. Anita Begg, 2. Gina Stewart, 3. Jacqueline Hall. Boys 8-15: 1. Chris Norman, 2. Gary Bowman, 3. Peter Kliszat. Decorated children's bicycles, boys and girls under 16: 1. Ian Mason, 2. Judith Mason. Decorated dolls' prams, girls under 12: 1. Diane Bowman. Adults' fancy dress: equal 1st. S.Teal, A.Steadman. Decorated vehicles: 1. Permissive Society, 2. Apollo 17, 3. Kings of Modern Football.

Cumberland and Westmorland Wrestling: Boys under 15: 1. W.Brocklebank, Burton, 2. P.Bird, Carlisle, 3. M.Barnes, Carlisle. 12 stone: 1. J.Harrington, Carlisle, 2. Jos.Harrington, Carlisle, 3. K.Graham, M.Barnes. All weights: 1.

W.Brocklebank, Burton, 2 and 3. J.Harrington. Boys' fell race (local): 1. Gerald Bainbridge, 2. Tom Moffat, 3. Kenneth Bainbridge. Senior Tug of War: Sedbergh British Legion, Tetley Bitter Men. Whippet racing: 1. Mr Hodgson's Dasher, Wakefield, 2. Mr Pickup's Dalco, Ripon, 3. Mr Parkinson's Featherweight, Lancaster, 4. Mr Crompton's Rare-bird, Liverpool.

Men's mile: 1. M.Elland, 2. J.Robertshaw, 3. R.Palmer. Junior fell race: 1. C.Hartley, 2. S.Carr, 3. G.Moffat, 1st local boy G.Moffat. Egg throwing: Tie - Charnley-Reed, Charnley-Conchie, Aughton-Arnison. The gruelling senior fell race to the summit of 1,551ft Winder was won by 1. T.Sedgwick, 2. P.Bland, 3. P.Garnett. Adult races: Men's open 440 yards: 1. T.Lawdon, 2. Goad, 3. R.Palmer. Men's open 100 yards, final: 1. P.Burns, 2. A.G.Elland, 3. J.Benson.





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Junior six-a-side football, Winners Dave Proctor's team. Senior six-a-side football, Winners Kirkby Stephen, runners-up, Peglegs. Winner received the David Staveley Perpetual Cup, presented by his brother Barry in memory of David, who died as a result of a football accident recently.

To end the Gala two dances were held, one at the People's Hall and the other at the Masonic Hall.

40 YEARS SINCE THE FALKLANDS

Martin Dodds

There are at least 5 residents in the Lookaround local circulation area who have spent time working and living in the Falkland Islands. There are at least 3 more who have visited. There may well be others I don't know about and would be pleased to hear from.

The media have already reminded us that 2022 is the 40th anniversary of the armed conflict with Argentina about the Falklands.

The Argentine surrender in June 1982 re-established British authority in the islands, but regrettably it has not finally settled the issue.

Argentina maintains her claim to the 'Malvinas'. Two main strands of opinion continue to encourage Argentina. Internally, years of appealing to national pride and teaching an Argentine view of the history of the islands has created a strong level of public opinion that would make it politically difficult for an Argentine Government to give up its claim.

Just as important is the degree of widespread international support for Argentina, especially among non-aligned countries, and nations who have gained freedom from colonialism since the middle of the last century. There is also the cultural and political factor of Latin American solidarity.

Within the international community, and crucially within the UN, there seems to be a lot of misunderstanding of the Falklands. Most members of the UN believe in



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self-determination, but this is seen from the view-point of the struggle for de-colonisation.

It is hard for many countries to accept that anywhere would choose not to be 'de-colonised'. Argentina has been able to take advantage of this mind-set to have the dispute about the islands referred to the UN De-Colonisation Committee.

The details of the early history of the islands are not straightforward, and the competing claims of Britain and Argentina reflect this. It will not strengthen the case for the islanders to dismiss Argentina's claims without good reason.

The following thumb-nail sketches of the rival claims are inevitably over-

simplified. If anyone wishes to discuss further details, by all means get in touch with the writer;-

Argentine claims are primarily based on

- Inheriting the previous Spanish claim to the islands; this in turn was based on

- o ancient papal treaty dividing all new discoveries between Spain and Portugal.
- o first settlement, [Port Louis] by France (April 1764), ceded to Spain (November 1766) who took over the settlement in the islands in April 1767.

- o Withdrawal of British garrison May 1774. [see below]

- o Effective control by Spain for 30 years up to 1806
 - Claims made by Government of newly independent Argentina [1810] in early 19th century and maintained ever since.
 - Increasingly serious but ill-fated attempts to govern the islands between 1820 and 1833.
 - Forced eviction of Argentine garrison by British Navy in 1833

British claims are based on

- first definitive discovery and claim for Queen Elizabeth I, 1592 and maintained ever since.
- first recorded landing on the islands, 1690
- establishment of a garrison [Port Egmont] to support British claim. January 1765, maintained until May 1774.
- Spanish abandonment of the islands 1806
- effective British occupation, use and development since 1833/35 to present day.

The islanders' case;

Settlement and development of the islands by ancestors of present islanders from 1835 to present day.

- Distinctive island cultural traits including universal use of English language.
- British style legal framework and Government.
- Right of self-determination
- Desire not to be transferred to Argentina.
- Desire to remain within British sphere of influence, but wishing for good relations with Argentina and other Latin American neighbours.

To me the priority argument in the 21st century is that of the islander's

right of self-determination without pressure from any outside authority whether in London, Buenos Aires or the UN.

The reasons why safeguarding this right cannot simply be left to international arbitration should be evident from the nature of international opinion and information as outlined earlier.

To reach a point where the islanders' rights can be fully safeguarded for the future needs a solid, reasoned programme which goes beyond the Forum of the UN de-colonisation Committee, to educate the international community and the UN and ultimately engaging with the Argentine people themselves.

Meanwhile, in the context of dormant international sympathy for Argentina and populist opinion within Argentina, both of which may very easily be stirred up, the way Britain marks the 40th anniversary needs to be done both tactfully and honestly.

It is of course right and proper to recognise with gratitude and respect the lives lost and the other sacrifices made by British troops on behalf of the freedom of the Falklands.

It would also be honest to recognise publicly that

- sacrifices were demanded by the non-democratic Argentine junta from their own regular and conscripted forces.

- real bravery was shown by members of the forces on both sides.

- Some of the actions taken by both sides during the stress of conflict may have been ill-judged, and gave rise to much additional suffering on both sides.

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- where later there have been a few meetings between ordinary individual members of the British and Argentine forces involved in the fighting, there has been mutual respect.

It would therefore be ironic if the anniversary was marked in Britain by inappropriate 'jingoistic' events or statements, which could justify Argentine claims of provocation, and polarise ill-informed world opinion, and so undermine the cause which the Task Force was sent to defend.

THE FALKLANDS WAR 2ND APRIL – 14TH JUNE 1982

David Parratt

A momentous 74 days in our history.

In the deep south of the Atlantic Ocean, more than 8,000 miles away from the UK, lies a group of small islands, clustered together. Islands so small, in fact, that their combined size makes up just half the land mass of Wales. Yet their impact on our history can never be forgotten.

The Falklands Islands have been part of Britain's history for centuries and remain a proud British overseas

territory to this day. But over the years there have been claims to the Islands' sovereignty from other nations. Not least, over the course of ten unforgettable weeks in 1982.

Forty years on, the Falklands War may seem distant to some in a far-away landscape. But we remember every sacrifice made.

On 2nd April 1982, Argentine troops invaded the islands and our Armed Forces were called on to recapture the Falklands and liberate our citizens.

With great urgency, the UK assembled a task force of 127 ships, 42 Harrier jets and troops to sail 8,000 miles as quickly as they could with the aim of freeing the islands.

Early naval successes saw the Argentine Navy retreat to port, but their Air Force remained a significant threat to our ships and troops, with their Exocet sea skimming missiles sinking HMS Sheffield early on in the war with the loss of 20 crew.

Later, on 8th June, Royal Fleet Auxiliaries ships Sir Galahad and Sir Tristram were bombed at Fitzroy. These tragic events saw 56 men lose their lives with a further 150 seriously injured.

But all was not lost. After diminishing the number of Argentinian aircraft by almost a third, British infantry landed unopposed on the northern coast of East Falkland on 21st May, moving quickly to recapture the settlements of Darwin and Goose Green. After days of hard fighting, British troops succeeded in taking the high ground west of Stanley, blockading the capital and main port. Argentina had lost 649

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men and their stronghold was effectively cut off. Their final surrender came on 14th June.

255 British lives were lost in the conflict with three Falklands Islanders lost alongside them.

On 14th June at 1100, the Sedbergh Branch of the Royal British Legion will conduct a short ceremony at the town war memorial to commemorate the end of the Falklands War, the 40th anniversary. Similar ceremonies will be held throughout the country, including a major Legion event at the National Memorial Arboretum in Staffordshire.

RAGS TO RICHES AND THE SPITFIRE

Karen Bruce Lockhart

Fanny Lucy Radmall was born on 8th April 1857 in Lambeth, the fourth daughter and ninth of ten children of a warehouseman and draper. She became a chorus girl known as "Poppy". She soon started an upwards journey, meeting a man twice her age of 16, "Freddy" Gretton, of the Bass Brewery family. She was his mistress for ten years, and he left her the enormous sum of £6,000 per

annum. Thereafter she started a stage career, but only three weeks into her first production she eloped with Theodore Brinckman, son of a baronet in 1883. They were divorced in 1895 and in 1901 she married George Byron, Lord Byron. Her fourth marriage, after a seven year chase by her, was to another baronet, Sir Robert Houston, a shipping magnate and MP, and she is known to history as Lady Houston. Two years later he died and left her £5.5 million, making her the second richest woman in England. She had torn up an earlier will he showed her which left her £1M saying it was insufficient.

Using her wealth and status she supported the Suffragette movement, standing bail for Emmeline Pankhurst. In the 1st World War she heard the troupes were short of matches for their cigarettes and sent them all matches labelled "A Match for our Matchless Troupes". She also ran a campaign for socks for the troupes. She created a rest home on Hampstead Heath for nurses serving on the Western Front, for which she received a DBE.

In 1931 the RAF was unable to enter the race for the Schneider Trophy (an international seaplane race), the Cabinet vetoing in those years of Depression against the use of public funds for a sporting event. Having won the two previous races, if Britain won again she could keep the trophy. Marshall of the Royal Air Force, Sir Hugh Trenchard, could see nothing of value in the race or in the development of high speed aircraft. The Air Ministry even forbade their pilots to take part and refused to police the race course in the busy shipping lanes of the Solent. The Royal Aero Club offered to raise £100,000 if the Government would police the lanes. Lady Houston "to prevent the Socialist Government being spoilsports" offered to be "responsible for all extra expenses beyond what the Aero Club could raise". She believed that the next war would be won in the air. She told the Government that "Every true Briton would rather sell his last shirt than admit that England could not afford to defend herself". She gave £100,000 to Supermarine enabling Rolls Royce to design a new engine which exceeded the magic 400 mph (and led to the famous Merlin engine), and Vickers Supreme to development the seaplane Supermarine S.6B which won the Trophy,

In 1932 she offered MacDonald's National Government £200,000 to strengthen the armed forces (not her only such offer) and was refused. She sailed round Britain in her yacht with an electric sign "Down with MacDonald the Traitor". She sent him a telegram: "I alone have dared to

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point out the dire need for air defence of London. You have muzzled others who have deplored this shameful neglect. You have treated my patriotic gesture with a contempt such as no other government would have been guilty of toward a patriot"

She continued to see the Prime Ministers, MacDonald and Baldwin, as weak, and campaigned against them looking to Lloyd George, Winston Churchill and Edward VIII for a strong leader such as Hitler and Mussolini. She was so upset by the abdication that she had a heart attack and died in December 1936

Not only did her contribution enable Britain to win the Schneider Trophy but it gave Rolls Royce and Vickers the momentum and experience in producing high speed aircraft to develop the Spitfire. Not only the development but the experience of producing a new aircraft in a short time as the S.6B had to be produced in a few months. Had the Supermarine S.6B not been developed with Lady Houston's money the Spitfire might never have existed. She died before she saw the result of her contribution.

FIFTY YEARS AGO

Colin Cowperthwaite

A selection of items from local newspapers dating from June 1972:

'Plenty of Building Land in Sedbergh'

Any worries about the availability of building space in Sedbergh were dispelled on Wednesday when the deputy area planning officer, Mr J.C. Dixon, said that at the present rate of demand, Sedbergh had enough land earmarked for development to last 25 years. He told the Rural Council that there were at present eight sites available, which would take approximately 105 houses. In the past, he said, the rate of development had been four houses per year, so in effect there was enough land, at the present rate, to last the town 25 years. The meeting, called to discuss the future planning of Sedbergh and the surrounding districts, was also attended by the area planning officer, Mr N.W. Davis. The chairman (Coun. J. Dawson) felt Sedbergh itself should be developed from north to south, to give it some sort of balance. He thought it was a bad thing that people should have got the impression that there was a shortage of building land in the town. "I would not agree with that", he said. "There is plenty of land which will bring the town into a better state of balance". Explaining the slow expansion of the town, Coun. Dawson said that many people had been put off applying for planning permission in Sedbergh because of the fact that it is in a national park, and they were under the impression that they would be turned down.

Making their Home in Sedbergh

A cattle dealer and rugby player, Mr I. Richard Dinsdale, and a former secretary at Westmorland County Hospital, Miss Janet Helen Percival, were married on Saturday at St Mark's Church, Natland. Miss Percival is the only daughter of Mr and Mrs N. Percival of 43 Helme Drive, Kendal. Mr Dinsdale is the younger son of Mr and Mrs M. Dinsdale of Brigg Flatts, Sedbergh. The Rev. R.M.L. Westropp (vicar) officiated and the bride, given away by her father, wore a full-length dress of white wild silk with a lace coat falling into a short train. A long veil was held in place by a spray of lilies-of-the-valley and stephanotis. Attending the bride was Miss Dorothy Clarke (friend), also two small bridesmaids, Misses Carol Walker and Alison Walker. Mr Peter Swift (bridegroom's friend) was best man, and the groomsmen were Messrs. John Robinson, Joseph Wearmouth (friends) and Robert Percival (bride's brother). After a reception at the Bull Hotel, Sedbergh, the couple left for the honeymoon in Scotland. Mr and Mrs Dinsdale will make their home at Brigg Flatts, Sedbergh.

Field Study Centres 'could kill Dent'

Dent could be killed as a village community unless a halt is called to the influx of field study centres belonging to schools. Every time a school takes over one of the village buildings, another house goes out of commission, and on Wednesday fears were expressed that it could lead to the breakdown of the fabric of local society. Sedbergh Public Health

and General Purposes Committee was considering an outline application to change a house and shop in Main Street, Dent to a field study centre, and was told the Dent Parish Council wanted this to be the last. The parish council felt that the village already had as many centres as it could cope with. Mr J. Dixon, deputy county planning officer, said that apart from urging schools to make joint use of centres, there was little that could be done. It was a serious problem all over the Dales. All applications for field centres constituted a change of use which the council could oppose, but the grounds for opposition would have to be strong. The committee considered turning down all future applications,

but decided that the only fair way was to consider each case on its merits.

Garsdale bride and Kendal bridegroom

The wedding took place on Saturday at St John's Church, Garsdale, of Mr Robert Edward Newby, fourth son of Mr and Mrs Newby of Vicars Fields, Kendal, and Miss Barbara Agnes Metcalfe, second daughter of Mr and Mrs G. Metcalfe of Raygill, Garsdale. Canon D.A. Rogers (vicar) officiated, and the organist was Mrs M. Airey. The bride, given away by her father, wore a full-length dress of white Ottoman cord, and carried a bouquet of pink rosebuds and lilies of the valley. The bridesmaids were the Misses Charlotte Metcalfe (bride's sister),

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Anne Troughton (bridegroom's niece), Shirley Beresford and Diane Beresford (bride's nieces). They had long Princess style gowns with leg of mutton sleeves of a floral pattern, and carried prayer books with sprays of pink rosebuds and white ribbon. The bride has been a State Registered Nurse at the Westmorland County Hospital for the past three years. The bridegroom is a boot and shoe operative. Following a reception at the Market Hall, Hawes, the couple left for a touring honeymoon in Wales, the bride travelling in a navy and white ensemble.

Sedbergh's Tourist Attractions

(This was a letter written by Kathleen and Brian Bradley of Burnt Mill, Cautley)

A short guide to walks and interesting natural and historical features of the Sedbergh area is now being prepared. This will help to fill the gap caused by the withdrawal of such information from the Sedbergh Council Guide Book. The recent publication, "Walks on the Howgill Fells", whilst excellent for fellwalkers and active holidaymakers, is little help for those with young children or for those who by age or other reasons are limited to the valleys. No other area can have a more abundant system of interesting footpaths and quiet lanes. Although 2 1/2 inch maps show footpaths, many

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people find maps difficult to follow. Our guide will describe several walks of varying lengths, and note interesting features en route. Miss Evans, who wrote to the Westmorland Gazette last week regarding the Sedbergh Council Guide, also suggested a Sedbergh museum to show old crafts and other features of the area. Such a scheme, while a good idea, is unlikely ever to materialise. Abbot Hall already provides a magnificent collection of local history with a good selection of articles from or typical of our area. Many of your readers will already know that during the summer months we open part of our home to the public. The stables and part of the old working area of the corn mill, which goes back to the 17th century, have been converted into a tourist attraction where visitors may see many by-gones of the Sedbergh area.

Dales Park blamed for 'Dying' Village

The Yorkshire Dales village of Garsdale would die unless development of the area was speeded up, stated Councillor Peter Davenport at a meeting of Sedbergh Rural Council yesterday. Dent was also "withering". The chairman, Councillor John Dawson, said that perhaps the main reason the villages were not expanding was that they were in a national park. Developers had been put off, knowing that planning permission would almost certainly be refused. They should ask the planning authorities to give some idea as to what land would be available for development. The area planning officer, Mr N.W. Davis, is to look into the matter.

NOTES FROM DENT STATION Friends of the Settle Carlisle Line

John Carey

All is well at Dent Station, and we have been preparing for the next phase of the restoration works due to start in June. As always, we will be relying on local tradesmen augmented with our own volunteers. However, between the major works there is always much to do, and we use the few hours available between our guests to full advantage. Whilst up at the station we are always pleased to see the occasional visitor intrigued to see what we have been up to however for most of the time it will have guests so please be aware!

Recent visitors will have noticed that our gardening team have been hard at work getting the station ready for the Jubilee celebrations in June. We take great pride in our ten stations which run from Settle to Armathwaite, and we have a team of volunteer 'station adopters' led by Larry Jones. Not only do the team attend to gardens but they keep the stations tidy, attend to small painting jobs and report any issues such as faulty phones and display screens.

Incidentally, the display screens have never properly worked at Dent since their installation at least 2 or 3 years ago and, quite frankly, they are an eyesore. There is now an over-reliance on digital media whether it be smart-phones, or the station displays. In their wisdom the railways seem to have decided that there is no longer any need for printed media including timetables and station posters. A rather helpful generic

station poster replaces the large format timetables which were once installed and guides the intending traveller to the Northern website. The Friends have pointed out that there are a considerable number of people who do not have access to a smart-phone and internet access is limited at Dent anyway as with many of the remote stations on the Settle-Carlisle. However, the situation is being rectified and printed material will soon reappear! The rectification of the display screens may not be as quick.

Without doubt the rail industry is going through a challenging time with the transition to Great British

Railways. In fact, many of the changes we might have expected to see have been postponed whilst the new regime takes over and, we must assume, realignment of services to suit the post Covid travel needs. The

function of the train operating company will be entirely different, and they will, in effect, perform a management role, the strategic decisions on timetable being taken elsewhere. In the past we liaised with the train operating company on all such matters, but it is likely that this will not be the case in the future.

It is therefore crucial that we are able to identify the personnel in the new organisation with whom we can work. Indeed, it is to be hoped that the planning managers at Great British Railways will be eager to talk to user groups such as the Friends as we have a wealth of experience

through our close contact with the travelling public and the communities. Whilst this might sound like common sense, sadly, the culture of the rail industry has been reluctance to engage and 'consultation' is often after the decision has been made. We do need to make our voices heard at an early stage if we are to achieve a passenger timetable fit for purpose and not simply slotted to suit railway operational requirements and freight workings.

I have often mentioned our concerns that the Leeds-Settle-Carlisle line is simply regarded as a tourist line and marketed as the 'Settle-Carlisle'. As a result, we see

visitors driving from Leeds to Settle to board a train and the coach companies depositing hordes of passengers during the summer season. However, it is important that the line is maintained as a strategic

part of the national network. Yes, tourism is vital to the local economy provided that the passengers actually get off the train or stay in local accommodation but more important still are the commuter and the long-distance journeys. Little regard has been paid to commuters in the past and yet for many in the communities the railway might be the only regular public transport. It goes without saying that we would like to see freight off the roads and onto the railway line.

Recently we have witnessed the bizarre incident of the failure of Network Rail to provide cover for the



signal box at Blea Moor (near Ribbleshead viaduct) on a busy Easter Saturday. This resulted in the temporary closure of the line with seven cancelled services and with many passengers having already commenced their journeys. This is not good enough if passengers are to have confidence in the rail system irrespective of the reasons why. It further emphasises the need for better access to information at stations and working emergency phones in the event of such situations.

Whilst replacement bus services are usually laid on in the event of service disruption these are tedious in the extreme. The local roads are not designed for buses and of course

Dent is unique in not being accessible by a full-sized bus anyway. This usually requires a taxi to be despatched from Skipton often with amusing results and a poor taxi-driver way out of territory trying to find Dent station. It should be said that in the event of a 'Do Not Travel' notice being issued then the railway has no legal duty to provide an alternative such as occurred in the storms. We have contested the over-use of such notices.

We also have the prospect of industrial action on the horizon with three main unions out to ballot over a pay dispute. If indeed this takes place, and it is to be hoped that common sense prevails, this would greatly misjudge the mood of the

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general population, many who have battled through the Covid pandemic, the nurses and care home workers as fine examples.

On a brighter note, train services seem to be generally improving and we have seen a reduction in cancellations most of which were attributed to Covid and backlog of driver training. We are assured that the carriages provided on the line will be increased which should help to alleviate the overcrowding we saw last year. We are keeping a careful watch on the situation, monitoring trains daily. Also, adequate accommodation for bicycles often features in our discussions, currently limited to two per train, well officially anyway. Surprise surprise, many folks would like to take their bicycles on the train rather than leave them chained up at a station! However, without redesign and dedicated stock this will prove to be difficult if left solely to the train operating companies. It is thought that this will only happen with a government led initiative to provide the necessarily adapted stock. It may seem strange to some, but the train operating companies have, for a long while, had limited control over the stock they run.

The new timetable came into effect on 15th May running until 10th December 2022 and can be found at www.northernrailway.co.uk or one of the leaflets now on the station. In fact, passengers will notice very few changes. However, it is sad that that the short-term improvements we had asked for have not come to fruition such as closing the 4-hour afternoon

gaps in the timetable at some of the intermediate stations such as Dent. Currently, the southbound mid-afternoon train is run semi fast slotted in between two freight trains which Network Rail are reluctant to move.

The Friends are closely associated with local bus services in the Dales many of which connect with the line including the volunteer managed Dales Bus network. Whilst not directly serving the Sedbergh area the DalesBus summer network has now come into full operation with 18 bus services criss-crossing the Dales particularly on Sundays and bank holidays. For those who can struggle onto the network there are some spectacular journeys to be made such as the 830 Northern DalesBus from Ribbleshead to Richmond via Hawes and over Buttertubs Pass and the 881 Malham Tarn Shuttle from Settle to Malham over the tops from Langcliffe. The 875 gives an experience of a double decker bus going over Kidstones Pass to reach Hawes surprising a few car drivers in the process. All bus times in the Dales can be found at www.dalesbus.org or one of the little green Dales Bus booklets which will shortly be in circulation.

Meanwhile, the local Western Dales Bus provides the crucial Saturday link from Dent Station to Kendal as well as other weekday services. It is worth mentioning again that with their summer timetable which runs until the end of BST there is a fantastic opportunity for a car-free day out in Skipton, Leeds or Carlisle using the bus to connect at

Dent Station and returning on the last northbound or southbound trains.

Finally, it has been interesting to follow the emergence of the Westmorland and Furness shadow authority with the recent local elections. Whilst it will be next April before full transfer of power takes place there is always the possibility that this may bring about improvements in local public transport. We can at least hope. Now is the time to contact the newly elected members and engage in discussion on local transport matters!

As always, we would be pleased to assist with any public transport issue via the following e-mail address: john.carey@settle-carlisle.com

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

A swift colleague summed up well the excitement of swifts returning: "Nothing compares to hearing the joyous screams of your first Swifts of the year coupled with their beautiful sickle shapes scything through the sky once more!"

However, it has been a slow start to the swift season, found throughout the country, which made us very anxious during the first week of May. One of the reasons may be down to the poor weather in southern Europe. For some weeks strong northerly winds were blowing across France. Our swifts have to negotiate the Pyrenees which form in effect a high

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wall between France and Spain. It was not until these winds eased around 5th May that their migration continued again in earnest. One migration point on their journey is Falaise de Leucate on the Mediterranean coast near Perpignan, where the swifts can get around the Pyrenees, with a record count was registered of 29,525 on 7th May!

Our 1st swift back at Lowgill this year was not until 8th May, just one on its own with no others flying around that day. However, May 9th saw a sudden big influx of swifts. Swifts were seen in Sedbergh that day and at last we had up to 10 swooping around at Lowgill. By the end of the day we had 8 of our nests occupied, including two pairs reunited. At the time of writing

(May13th) swifts have been seen in Sedbergh (first sightings at Havera and Bainbridge Rd). Of the nest sites with cameras at Lowgill, nine of our pairs are reunited, and just four are waiting for their mates.

What is amazing this year was the synchrony of arrivals on May 9th. Throughout the country swift enthusiasts reported the sudden return of considerable numbers of swifts. This happened in Europe, too, with our international friends reporting big returns in Switzerland and Berlin that day.

The sudden improvement of weather in southern Europe could well be the explanation.

With arrivals being late, it's likely that egg laying may also be late, maybe not until early June. Eggs (2

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or sometimes 3) are laid roughly 2 days apart but after the first is laid the eggs are not incubated all the time until all have been laid, presumably to encourage hatching at the same time. Both parents take turns to incubate the eggs. Eggs hatch after 20 days meaning that it could be after 20th June that they do so. That's when both the parents get busy foraging for insects to feed their chicks and there is then a better chance of spotting a nest site.

Parents go in and out feeding about every 40 minutes on average but, as with all wildlife, it is unpredictable. Because both parents always go into the nest at night, a good time to watch is the hour before nightfall.

Please could you keep a lookout for swifts? We need to hear from you

– it's the only way we can keep track of our swifts -

- Where have you seen screaming parties (these suggest nest sites may be nearby)?
- If you have boxes, let us know what's happening (or not).
- If swifts breed in your house or nearby, are they back?
- Have you found a nest site?

Swifts enter their nest holes very quickly - this is easy to miss.

Although we are not fans of Facebook, do take a look at our Sedbergh Community Swifts Facebook page, with comments, and (hopefully) 'likes'. We look forward to hearing from you!

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

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*Victoria Benn
Membership and Events Officer*

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We also have a FREE programme of walks, talks and volunteering opportunities that everyone is welcome to join – booking essential for all events – email: victoria.benn@friendsofthedales.org.uk

Upcoming events for June and July include:

Walk – Nurturing Nature

Tuesday 14 June 2022, approx.
12pm – 4.00pm

A short walk from Ribbleshead railway station to two of the Yorkshire Wildlife Trust's most nature rich reserves. Graham Standing, the Trust's Living Landscapes Officer will

be offering expert insight into the native flora and fauna of the biodiverse grassland at Ashes Pasture and the more complex site at nearby Salt Lake Quarry. Booking essential. No dogs except RAD.

Digital Talk – Building Conservation and Lime Wash

Wednesday 15 June 2022, 7.30pm
(c 1 hr)

Lime was once an essential building material and chartered surveyor and building conservation expert, Jonathan Ratter will reveal why it is still the best choice for protecting the stonework of traditional buildings.

Volunteering Event – Eyes on the Bog

Thursday 23 June 10.30 – 3pm,
Kingsdale, north of Ingleton

We are supporting the Eyes on the Bog peatland monitoring project run by Yorkshire Peat Partnership. Its aim is to put in place simple, repeatable data collection to assess peatlands and the effectiveness of restoration techniques in order to refine future peatland restoration and long-term climate predictions.

As part of our Peatlands campaign #MoorPeat, we are looking to recruit

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volunteers to support with some simple peatland monitoring activities on a site of their choice up to four times a year. Full training and equipment will be provided at the event on 23 June. If you are interested in taking part in this long term project - albeit one that is flexible and can be carried out on your own terms – email: victoria.benn@friends.ofthedales.org.uk

Digital Talk – The Flow: Rivers and River Life

Wednesday 13 July 2022, 7.30pm (c 1 hr)

Drawing from her newly published book, *The Flow*, our voluntary President, the acclaimed nature writer Dr Amy-Jane Beer will read extracts about Dales rivers, before talking more broadly about aquatic life and the challenges facing river systems. Bring your questions as Amy-Jane is looking forward to an interactive Q&A!

APRIL WEATHER

Brian Wright

Another fairly dry month with only 50mm (2") of precipitation. For April, with its usual showers, that is low! Temperatures have risen slightly, as to be expected for the time of year, a maximum of 15.6C (60F) on the odd occasion and low just dropping into freezing some nights. Many mornings as it was getting light the atmosphere was calm and as the sun rose, we started to see signs of some breeze.

Well, we haven't seen or heard much of the owls or our exotic visitor! In fact, we have seen very few birds at the feeding station at all. Instead of filling up the feeders daily I have tended to be doing it weekly. Let's hope they are all away nesting and that we shall see increased numbers as the summer moves on. We are getting a lot of digging, I suspect rabbits in the garden, judging by the size of the scrapings, though I don't see them. They are about in the field

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in numbers, but the digging there I suspect is down to badgers as it is so extensive. The song thrush is singing heartily, though he has changed his tree!

This month has seen most of the trees put out their new leaves. I always think it as "fresh" month with all the new growth. I have had to cut the grass in the garden, which grieves me when the sheep could make use of it. If I give them the cuttings, they leave them. Having said that I find it astonishing that an animal, designed to eat grass, namely a sheep, scours so easily when the new growth appears! I suspect the new growth has worm eggs on it as a dose of wormer usually solves the problem.

Dagging out the hogs created a problem. I had just bought some new shears that I had hung on the fence. The hogg bucked and impaled me on the points resulting in a right bloody mess and a trip to the health centre. The lambs are coming along nicely. It's a pity they are all tups bar one!! They have just reached the stage where they stand in the troughs to feed but are soon pushed out by the adults including their mums!

FAMILY MUSINGS

Sarah Woof

Long days of end-to-end sunshine, endless ice cream, and never-ending fun is that the memory we carry from childhood? Possibly not, though often we only remember the good times. Recently, a friend and I met to have a drink, and raise a glass to 'M', a late elderly relative of mine, on what would have been her 104 birthday. I wasn't actually allowed at her 100th, due to a falling out, she 'fell out' and I just left. But, I have so many happy memories of her and, without her, I wouldn't have lovely friends around Hull, or have visited the Yorkshire Wolds or East coast or North Lincolnshire. Clouds and silver linings, eh?

Will June, the month I mean, not your friend June, be 'flaming' this year? Will all the abundant blossom be followed by trees groaning with beginnings of fruit? Will the Elderflower heads be huge for the wine and the cordial, or will it be wet? We can't change the weather but just have to 'whether' it.

As I await the arrival of a friend, I contemplate the busy week ahead, too many meetings but some weeks are like that and, sometimes, meetings are necessary. Time to write, what to write because the novel I am working on has reached a dry place, and an idea for another is forming in my head, could I marry the two perhaps? Now, that could be interesting! I need to find another writing project which is playing hard-to-get, that's the problem with having a tidy up and reorganisation as things move. But, I must have moved them,

Matthew Cook

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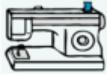
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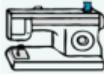
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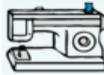
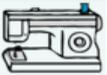
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I can't blame anyone else. Meanwhile, the glorious weather calls me out into the garden where there is so much to do and me, and my helper, can always 'see where we have worked'. Take a memory trip to those long days of endless sunshine and no responsibility and then just doze in the sunshine to the buzz of the bees.

Thank you!

DENTDALE W.I.

Thelma Belfield

For our April meeting spring had definitely arrived, our gardens were bright with daffodils and the evenings were becoming lighter and longer. In March we had been transported to the snow covered Himalayan mountains hearing about an expedition to climb Everest. Our speaker for April, Kathy Hunt was set to tell us about her life in journalism in various parts of the UK. Entitled 'Breaking News – the story behind the

headlines' Kathy entertained us with the story of her career in journalism.

Starting as a schoolgirl she was always interested in writing stories although on leaving school she really did not have any idea what her future career would be. She took a Pitman's shorthand and typing course and in 1979 was lucky to obtain a trainee post with The Reading Newspaper Company Limited. Following a six months probationary period she was 'indentured' for 3 years and was learning 'on the job'. This involved finding out about the 'what, where, why and how' from many different sources. Sometimes contact from a member of the general public, early morning police reports, chasing fire engines and a lot of pounding the streets, attending court hearings and press conferences and including taking challenging law exams. It was an intensive and hard training in a very macho world where political correctness was rarely observed. During her training Kathy worked initially for the Reading Chronicle and later for the Reading Evening Post which was when she gained her Proficiency Certificate in Practical Journalism.

During her time with the Evening Post she covered a variety of different topics including a radiation leak at Aldermaston and the sale of dolphin meat at a local fishmongers. This had attracted the attention of members of the public who were concerned about factory farming dolphins. The explanation was that this particular dolphin has been a 'one off' when it had got accidentally caught in a trawler net and there

were definitely no plans for dolphins to be farmed.

In 1984 Kathy moved north and joined the Bradford T & A and whilst working there she was involved in covering the news story of the horrific fire at Bradford city football ground when 56 people lost their lives. This event was of course very traumatic and accurate press coverage very important. Also in the nineteen eighties and working as a health reporter Kathy wrote a lengthy article on AIDS marking an international conference on the subject which took place in Bradford. Never one to let the grass grow beneath her feet, she developed her career working towards an editorship and gained her Certificate in Management. During her career she experienced newspapers closing , always a sad event, and particularly computerisation, which changed the face of journalism. Finally having met her husband and married, she gave up full time working and in due course became a Mum to two children, starting another fulfilling and worthwhile career.

She maintains strong links with her past career and follows closely the progress of many local newspapers, the continuing changes within the industry and just occasionally is tempted to reapply for a post as a journalist

As a very amateur writer of articles for our local magazine I feel very nervous to think that Kathy may read this – please don't judge my efforts to harshly and I hope I've done justice to your life story.

The business side of our meeting was fairly brief as plans for our Summer outing, the Dining Club and the Platinum Jubilee celebration were continuing apace and Federation matters were dealt with promptly there was little new that needed to be discussed and Kathy's talk had given us much to think about.

However moving on, due to my taking a holiday during April and consequently missing the deadline for submissions for the May edition of Lookaround, my article this month covers both our April and May meetings. As I have commented several times since I started writing these reports our meetings are wide ranging in subject matter and our May meeting initially was to be 'A visit



to grandma's attic' which conjures up quite exciting ideas, However sadly due to ill health our speaker had to cancel at short notice and our very determined programme planner Gill was able to arrange an alternative. Again a very different subject . entitled ' A talk on 'The Carpathia Region of Ukraine' presented by Count Nikolai Ilkovitch Vandzhyra. Not only did this promise to be an interesting travelogue talk but because of the current situation with the Ukrainian war with Russia it also offered a supporting link with the Ukrainian people who are currently experiencing such difficult and traumatic times. Nikolai, as he insisted we call him, arrived dressed in full national dress with a beautifully embroidered white tunic, blue trousers, soft red leather boots and a Cossack style hat. He began by

telling us of the difference between the East and West of Ukraine. The western area of the country is mostly rural and mountainous much like our own Cumbrian countryside with many small villages where the people are very self sufficient, growing their own food, mainly root vegetables, cabbages and horseradish and agricultural work is predominant. The people of western Ukraine live simple lives and take their traditions very seriously. The main cultural festival is Easter and as here in the UK Easter eggs feature largely in the celebrations . There is even an Easter egg shaped Museum. Marriage is also a very traditional affair and supplies of vodka feature largely as a gift when a man goes to

the father of his intended wife to ask his permission to marry. All though he carries the title of Count and has an extensive area of family land, he has lived in the UK for most of his life.

He was orphaned at the age of two and was sent to England living here for many years in a displaced persons camp near Nottingham. When he was 18 he had to return to his native country for national service or face deportation with the likelihood that he would be imprisoned. He returned to England in 1945 after fighting in the war including spending time in a concentration camp. His working life was spent within the Ukrainian Embassy in London where he met his future wife. It was only later in his life that he was made

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aware of his inheritance and found himself responsible for a huge estate with farms, villages, schools and other properties and many peoples livelihoods. Having spent most of his life here in England Nikolai did not wish to live in Ukraine and has made over his entire estate to a Trust which has been to the great benefit of the people and other members of his extended family with whom he keeps in touch regularly.

In concluding his talk Nikolai spoke briefly about the current war with the Russians. He was very reassuring saying that the situation, although complicated, had historical connections and that the eastern part of the country had been a buffer zone with longstanding political differences

which may never be fully resolved and whilst our sympathies may lie with the families who are currently in the war zone with horrific casualties and disruption to their lives, it is not a new state of affairs and the Ukrainian politicians remain strong in their determination to protect their country.

What had promised to be a travelogue actually turned into a cultural journey and Nikolai left us all with a much greater affinity and understanding of the Ukrainian people.

Rita C formally thanked Nikolai for his presentation and he continued chatting with members whilst we all enjoyed a cuppa and Marjorie's home made biscuits.

Jackie our president, ably assisted by Rita S reported that preparations for our Jubilee Afternoon tea celebration were well underway and asked members to add their individual donations of cakes, scones and other goodies to the list provided and confirmed that should the weather on the day be inclement we will simply transfer indoors to the Memorial Hall and go ahead with our party there.

Thelma outlined the itinerary for the Summer outing which will be a lake tour on the Steam Yacht Gondola on Coniston water, lunch in the Terrace Cafe at Brantwood followed by a conducted tour of the House and time to explore the beautiful gardens there. Rita S confirmed that lunch was booked at Farfield Mill for the next Dining Club outing and also announced that the 1st Responders barbeque was being held on 5th June and donations of



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SEDBERGH W.I.

Moira Folks

Planning months ahead for a special trip away from home would have seemed a luxury a year ago! Fortunately, the relaxation of covid restrictions earlier this year meant that some of our members could do just that. Anne Pitt takes up the story: 'Our walking group resumed our pre-lockdown practice of going away on a walking holiday. This time eight of us headed down to near Ross-on-Wye where we had rented a house for the last week of April. We enjoyed a range of activities of walks and tourism with members opting for differing balances of the two. Walks varied in length and physical demands, ranging from 4.5 to around 9 miles over very diverse terrain through valleys and over hills. Most days our walks took us past village churches which we usually took time to explore as they were all unique and gave an insight into the history of the area. Interestingly, our first walk took us via Sellack round the villages, churches and over the suspension bridge which had featured in the BBC's Countryfile programme on Easter Sunday evening, as we were able to walk directly from our house. Occasionally we used local buses to Hereford, Ross-on-Wye and beyond as there was a stop directly outside our base. As walkers, an interest in maps meant we needed to visit Hereford Cathedral and the Mappa Mundi. A bonus on that visit was a chance encounter in the café with Mark and Evelyn Westwood (yes, formerly of Westwood Books in Sedbergh!), who were on a little day outing from Hay-on-Wye. Another

prepared salads from our members would be gratefully received.

It seems that for the present we have managed to contain Covid and life is returning to how it was, with the freedom to relax and enjoy social activities together with our friends and neighbours, long may it continue.

Our competition for the evening was 'an upcycled item' and amazingly there was only one entry, an excellent melamine chopping board which had been part of a desk top in its previous life. Well done to Chris for being the only 'up cyclist' and the winner. Kate and Noreen were lucky raffle prize winners and our thanks were given to Jenny and Judy who were our hardworking hostesses for the evening.

Our June meeting is of course our Summer outing event so it will be July when once again I will put pen to paper and our speaker will be Marian Yates from Animal Rescue Cumbria. We are always pleased to welcome visitors to our meetings and offer a friendly and relaxed opportunity to hear interesting speakers meet new people and taste Marjorie's home made biscuits. Do come and join us

bonus of the week was the weather, which was usually warm and dry, or cooler and dry! What more could we want, being with excellent and entertaining companions?’

Valerie Welti and Megan Taylor were well prepared to lead and to explain the issues involved at our Resolutions Meeting on May 11th. Each year, WI members are given four or five motions on a social issue to debate in order to decide which Resolution should be taken up by the WI National Assembly in June to campaign and act upon. We had already made our choice of Resolution from the shortlist earlier this year but now that it had been accepted by majority vote as THE Resolution for 2022 among all WIs,

we had to register our vote again so our representative at the National Assembly could vote on behalf of our local Federation. The proposer of the Resolution states that women and girls presenting with autistic spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD) are under-identified, under-diagnosed, misdiagnosed and under-supported (in comparison with boys). She wants the Government and leading professionals to ring-fence funding for research into female presentation of ASD and ADHD. She also calls for age- and gender-appropriate diagnostic tools to be developed, for training of healthcare and other professionals, and awareness-raising within WIs. The importance of this resolution is that for every one girl who is diagnosed there are seven or eight boys diagnosed who are given help to manage their condition. Girls are more likely to mask their condition and may have less noticeable symptoms or may be suffering internally with stress which may lead to anorexia or other conditions and who could also benefit from diagnosis.

Since May is very much a holiday month for some of us, only five members of the book group were available to meet at Angela’s home on May 12th and three others submitted reviews which were read out in their absence. ‘Where’d You Go, Bernadette?’ by Maria Semple was shortlisted for the Women’s Prize for Fiction in 2013 but wouldn’t have fared so well from our members. Three of our group quickly gave up reading it, not liking the modern style of emails, faxes and

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documents interspersed with the diary of the heroine Bee Branch (the bright 15-year-old daughter of Bernadette). Those of us who pursued the narrative realised that it was cleverly put together, that the relationships between the characters did develop over the course of emails, and the final chapters, written in normal prose, were easier to read and gave the author a chance to show her literary prowess in describing Antarctica, the eventual destination of the story, as well as the fast-moving ending. The average score was 6/10 from those who made it to the end. I doubt that anyone would recommend it though!

There will be no meeting in the People's Hall in June as we will be going on our summer outing, this time to Hutton-in-the-Forest on 8th June. Our next meeting will be held in the People's Hall committee room on 13th July at 7.30pm when the talented Joan Bentley will be giving a flower-arranging demonstration entitled 'Summer Splendour'. New members and visitors are always welcome at our meetings. For further information, please contact our President, Ellen Morrison, on 07702 919745.



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KILLINGTON W.I. The Afternoon Wi For The Entire District

Wendy Fraser-Urquhart

By the time you read this it will be June, a great month for celebrations! Here's wishing our wonderful Queen, "A Very Happy Platinum Jubilee!" What a magnificent achievement of dedicated service. I have to say that every meeting of Killington WI has that party feeling. After all we start with a little sing song, are surrounded by friends, and eat luscious cake.

President Susan, (Our WI Queen this year, but I don't think that she will last for another 69), soon got going on the business of the day. First, we discussed our contribution to the parade of the Sedbergh Gala and then moved on to think about the group meeting at Barbon when we shall enjoy a Flower Demonstration designed by expert, Joan Bentley. We are planning our Summer Outing - luxury lunch at Belsfield Hotel, Bowness on 7th July. We also intend to enjoy several smaller lunch-jollies this summer. Treasurer, Margaret Denton, provided a healthy financial statement but also surprised us by inviting us to order our WI Diaries for 2023! Perhaps the Federation Office thought that we would all run out of money if they left it any later! We were told about the Federation Summer Walks. On Saturday 18th June Howgill WI are organising two walks of different lengths and difficulty, leaving from Howgill Village Hall and ending there with the invitation for an afternoon tea. Excellent walking area, excellent company and excellent value. Come

for tea even if you don't feel like walking. Birthday girls before our next meeting are Lavinia Mahon, Marion Wood, Lindsay Gray and Elizabeth Perrott. Happy birthday girls! I have to say that none of you look a day over 40!

Then it was on to one of the main purposes of the meeting, to approve of and vote whether to accept the resolution which has been put forward for presentation at the Annual General Meeting of the National WI. The subject for the resolution has been selected after a countrywide vote of all Wis. Although this had not been the one which Killington WI had preferred, it was approved and accepted almost unanimously. The full wording of the resolution says,

“Women and girls presenting with autistic spectrum disorder [ASD] and attention deficit hyperactivity disorder [ADHD] are going undiagnosed. The NFWI calls on the government and funding bodies to fund research into the female presentation of ASD and ADHD, and for action to be taken to improve the diagnosis for women and girls, to ensure that they are equipped to better manage these conditions and do not suffer in silence. The NFWI further calls on WI members to raise awareness within their Wis of the issues facing women and girls with ASD and ADHD”.

After such a weighty subject it was clearly time for tea and relaxation and time just raced away. Our raffle was won by Pat Allan and the competition



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for, "Something I value from my early life", was won by 'Susie', my little pottery cat. She has been with me from my early teens and has never caught a single mouse!

We meet again at the People's Hall, at 2-00pm on Tuesday 14th June. Our speaker, Sue Millard, will tell us about "Cumbria's Best Kept Secret – The Fell Ponies". If she brings one with her it will be invited to judge our competition for 'something with an equine connection'. Carrots at the ready!

HOWGILL & FIRBANK W.I.

Audrey Hoggarth

On May 5th, we met at Howgill Village Hall. Sarah gave a warm welcome to members, Federation Chairman Karen Hanks, Sarah Middleton, and Linda Stretton from Nateby and Wharton W.I, and Judith Stainton.

Sarah shared the sad news that Alan Clowes had passed away. We spent many happy times at the Cross Keys and we would like to offer our deepest sympathy to Chris and family.

We would like to thank everyone who supported our coffee morning

boosting our funds by £232.50. Sarah attended the Speakers Afternoon.

We were reminded of forthcoming events:

1. The Country Fest with a family fun evening; Acclaimed ceilidh band "Wooden Leg" will provide traditional music plus Bingo.

2. On June 18th we have agreed with Karen to host and plan a walk along part of the dale's way starting at Howgill Village Hall.

3. Numbers were taken for the group meeting which will be hosted by Barbon W.I. Flower Arranging expert Joan Bentley will be entertaining us.

4. We are to design a poster for the Queen's 70-year reign for our competition entry.

Sarah called on Karen who was ready to give her talk "Five Boxes". She focused her talk on a book written by her brother Mark who left Cumbria for Australia in the 1970s. On returning to the family home thirty years later and on clearing out the attic including the contents of his teenage bedroom, he found FIVE BOXES of stuff from the past triggering memories of his own childhood home.

Dilys thanked Karen for a most entertaining talk with lots of humour.

The competition for a treasure box with five treasures was won by Pauline Robson with Anne Kendal Second. Judith Stainton went home with the book "Five BOXES"

on being winner of the raffle.

The evening was ended with refreshments and a get together.

We meet again on June 2nd with Jean Scott-Smith. Our own Mek a talk.

THE FRIENDS WAY

Jacquetta Megarry

It began with a phone call out of the blue on 30 August 2019. Carole Nelson, owner of the Sleepy Elephant outdoor shop in Sedbergh, wondered if we might be interested in publishing a guidebook to a route that celebrated the journey made by George Fox in 1652.

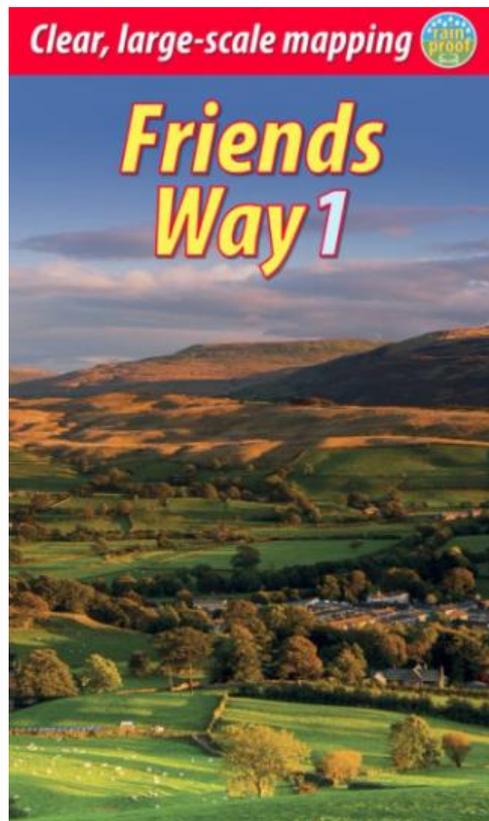
Fairly soon it became clear that the real starting point would be a journey made by David and Anthea Boulton in 1994. Happily this was elegantly documented in their book *In Fox's Footsteps*, published in 1998. This even contained some small-scale maps of their itinerary. Carole sent me the Boultons' book and I

devoured it eagerly. I also started to read about Quakerism, and especially Jean Hatton's excellent biography *George Fox: the Founder of the Quakers*. The more I read, the more certain I became that we wanted to develop this route and document it in one of the guidebooks that we publish.

Not long afterwards, the global pandemic changed everything. I was just about managing my research hike for the Forth to Farne Way, a Scottish Pilgrim Route from North Berwick to Lindisfarne, using a lot of trains and improvisation from Edinburgh. Meanwhile, Carole had been pursuing an avenue to publication that involved a Quaker mountain guide who sounded enthusiastic at first, but his interest petered out and, eventually, this avenue became a dead end.

By this time, in 2020, the very idea of travelling to George Fox country repeatedly from Edinburgh to research a sketchy route was clearly impossible. I had the idea of enlisting Martin Budgett, a long-standing friend, former head teacher and current member of mountain rescue. Crucially, Martin lives near Kirkby Stephen and was interested in developing the route and coauthoring the guidebook.

By December 2020 Martin had come on board and the collaboration worked well. We realised that the route from Barley or Barrowford to Swarthmoor Hall was, at 135 miles, way too long for a single week which is what many walkers can spare. So we agreed to split the route into two at Sedbergh. Having read an





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increasing amount about Margaret Fell. I had become convinced that however much Friends Way 1 focused on George Fox's journey, there was another story to be told in Friends Way 2 which should spotlight Margaret Fell.

Margaret's personal journey took her from child bride of Thomas Fell to mistress of Swarthmoor Hall to becoming a Fox convert and the lynchpin of the process whereby Swarthmoor Hall became the northern centre of Quakerism, with Margaret its chief administrator. Later, after 11 years of widowhood, she became Fox's wife. If George Fox was the founding father of Quakerism, it seems clear that

Margaret Fell was its founding mother.

Margaret lived much longer than George: despite being ten years older, she survived him by more than 11 years. Her social position as one of the gentry gave her access and influence and her organisational and literary skills were legendary. Her publication *Womens Speaking Justified* can be seen as the first feminist manifesto. So we will devote our sequel Friends Way 2 to Margaret Fell and her personal journey and to the role of Swarthmoor Hall in the movement's history.

Meanwhile, it was back to Friends Way 1 and how to develop a viable

route for the modern walker, unsupported by vehicle transport, and with only one week to devote to the walk. With huge respect for the very dedicated few who are willing to carry sleeping and cooking equipment and camp where legally they can, our market is the modern pilgrim. He or she wants a soft bed at the end of each day's walk and would prefer to limit their daily distance to under 15 miles, in some cases to under 12.

This led us directly to some simplifications of the Boultons' route. For example, we stick to the Dales Way from Hubberholme all the way to Sedbergh, eschewing the undoubtedly authentic detour to Bainbridge and Askrigg. Not only is the Dales Way waymarked and easy to navigate safely, even in adverse weather, but also it is well-supported by the same B&Bs, pubs and cafés that serve the Dales Way. As the Boultons themselves say "Historical authenticity is all very well, but it has its limits".

The Boultons walked for fifteen days spread over May/June 1994. They accepted some lifts, had to interrupt their journey on occasion and, mostly, stayed with friends. Without local connections and vehicle support, their journey would have been impossible even then. Our goal was to create a route that includes key sites on Fox's journey, but that any committed walker could complete without relying on lifts or taxis. We had to research where B&Bs and sources of food were located in 2021 – and also to guess at their likely future survival post-Covid.

The Boultons' book was our inspiration, and it is full of thought-provoking reflections about why Fox's message is still relevant today. Practical logistics have made us pursue a somewhat different path, but with the deepest respect for their pioneering work.

Arguably, of course, our primary source ought to have been Fox's Journal. I was thrilled to find it available as a free download from www.friendslibrary.com. This makes it a marvellously searchable resource – once you have learned to adopt the 17th century spellings when searching for such places as Cartmell, Lyndal, Swarthmore and Ulverstone.

However, it was written in Fox's twilight years, several decades after his travels and published, posthumously, in several versions edited by different hands. Distorted by the long lens of hindsight, and perhaps telescoping several journeys made in different years, his precise itinerary is unclear in many places. The Boultons' book *In Fox's Footsteps* documents their conclusions about his actual route while acknowledging the uncertainties.

They dismiss Susan Bell's published contention that Fox had his vision on Pen-y-ghent not Pendle Hill; they note that his post-Pendle alehouse may have been in Downham, Sawley or Grindleton; and they show that he visited various places. but not in 1652. They follow Fox on a major detour north from Hubberholme to Bainbridge and Askrigg, only to come south again on

Cam High Road. Then they take the Dales Way back north to Cowgill – only to leave it to pursue a route through Garsdale and north into Grisedale before arriving in Sedbergh.

We took a free hand to the Boultons' route, and even our meticulously planned alternatives sometimes were thwarted by finding a footpath marked on Ordnance Survey impassable due to erosion or new fencing. We gladly adopted the Sedbergh Quaker Trail via Fox's Pulpit and Drawell Cottage to form a 9-mile circuit that returns to Sedbergh. Above all, we developed a route that takes pilgrims away from the steeplehouses of organised religion. and celebrates the outdoor

spaces in which George Fox preferred to preach.

The culmination of our work was the launch of Friends Way 1 at 4 pm on Saturday 21 May in St Andrew's Church Sedbergh. We are proud that David Boulton will chair this event and we hope that many Friends will attend it. We propose to enter the "steeplehouse" for teas from 3 pm. Whether George preached by standing on a bench or climbing a tree (accounts differ), we think that modern Friends may prefer protection from the weather.

The Friends Way is available as a rainproof paperback and also as an ebook for Kindle: see www.rucsacs.com/books/fw1.

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K2K CHARITY WALK Carer Support South Lakes

James Newton

The charity Carer Support South Lakes celebrates its 30th Anniversary this year. It identifies the needs of unpaid Carers of any age and provides quality services, support and advocacy to promote their health and wellbeing. I volunteer with the Sitting Service. This enables the Carer to take a break for up to 3 hours secure in the knowledge that the Cared For is being looked after.

To celebrate the 30th Anniversary, we are aiming to raise £30,000 for the charity. A number of events are taking place. One of these is the K2K Charity Walk on Saturday 11th June. A team of Carers and supporters will walk the 30 miles from Keswick to Kendal, either individually or as part of a relay team.

To support us, please visit www.justgiving.com/campaign/CSSL-K2K-2022

To learn more about the service, see the website:
www.carersupportsouthlakes.org.uk



IT'S ALL A LOAD OF BOWLS (BOWLS EXPLAINED)

Philip Johns

Many will be unaware that Sedbergh hosts one of the best crown bowling greens in the North along with, arguably, the best setting with a whole vista of the magnificent Howgills. Situated behind Queens Gardens, it is a tranquil and relaxing scene where players gather regularly from March to September to play either for fun or in competitions or for leagues. When not in use, anyone can come down and hone their skills with a bit of practice, or just come down to sit awhile in the peace and gaze on the well tended gardens and superb views.

To those who think that bowls is only for old fogies then they are mistaken. School children to centurions are all welcome and the various leagues and competitions are geared up for all levels of competence.

There are two main types of outdoor bowls, flat green lawn and crown. They are quite different. You may have seen lawn bowls on the TV where the players dress up in whites and silly hats and are restricted to playing in lanes and zones. Crown Green Bowling is very different. The centre of the green is about 18 inches higher than the edges and players have the whole green to play on, with the only stipulation is that the jack has to travel a minimum of 19 metres. There is a weight bias on the jack and the bowls which can be sent either forehand or backhand, or, as we say, 'finger or thumb'. The way the bowl travels over the green differs



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greatly depending on which side the bias is, if the weight is towards the centre crown, then the bowl will travel straighter than if the weight is towards the edge of the green and the skill is to judge just how much allowance you give when trying to nudge up to the jack. The speed that you release the bowl will also affect the finishing position. Matches can be either singles, doubles or even trebles.

Anyway, enough of the mechanics, if you would like to have a go, Sedbergh Bowling Club, as part of the Queen's Jubilee celebrations, is hosting a social afternoon on Saturday 4th June between 1.00 to 6.00pm. Free tea and coffee will be available along

with a BBQ, so feel free to come down and meet the members, who will be happy to show you the ropes. There are plenty of club bowls to borrow, all we ask is that you wear flat shoes or trainers.

In addition, we are also welcoming you to 'Have A Go' on some of the free Sundays where there aren't any planned competitions. So, if you have a bit of spare time and fancy 'Having A Go', come down between 2.00 and 4.00pm on any of these dates:

June 19th, July 10th, August 7th and 28th, September 11th and 18th.

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A GOLFING JEWEL

David Lord

Even on a miserable, grey April morning, as the rain and wind lash the Dales, Sedbergh golf course is a lovely sight. It is 8-30 on a Sunday morning and despite the inclement conditions, a few hardy members are already out there, starting the challenge of what must be one of the most beautiful nine-hole courses imaginable. In fact, there are ten holes.

A mile or so from Sedbergh, on the road to beautiful Dentedale, and in the shadow of the Howgill fells, the 18-hole, par 70, will offer a picturesque and stimulating challenge to golfers of all standards. The course is a mature parkland layout, with contoured greens, and the impressive fairways bordered by trees and the rivers Rawthey and Dee.

Interesting and varied holes, with different tee positions for the back 9, make a good test, with year-round playability as an added bonus. No winter greens here!

The clubhouse blends in with the magnificent Dales scenery and the

attractive interior, with the Fairway Restaurant and bar, makes the ideal venue to relax after your game, or to entertain friends, family, or business associates.

The course is easily accessible, as Sedbergh is only 5 miles from J 37 of the M6, and only an hour from Preston, Carlisle, or Darlington.

The views are breath-taking. Spring, summer, autumn, winter, no two days seem quite the same. For a day's golf, it would be difficult to improve on this setting, so spoil yourself and book another day's golf at Sedbergh. Call 015396 21551 for details.

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will give hands on adjustments to ensure correct alignment. This in turn will enable you to gain a deep "felt experience" of each movement so that, by end of the course, you can confidently practise at home or join one of the excellent local yoga classes.

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About Laura

After attending a yoga class with my mum at the age of twelve I was deeply affected and I have been a student of Yoga, as both a physical and a spiritual practice, ever since.

My passion and curiosity for this universal, timeless teaching remains undiminished after almost forty years of sharing these healing gifts with students from all backgrounds and ages and at all levels of ability.

The particular emphasis in all of my work is the power of Breath as a tool for building strength and resilience and for personal growth and transformation.

Training

Learning to meditate in my early twenties was a springboard to decades of study, first with the British Wheel of Yoga in the early 1990's and then with the Yoga Biomedical

Trust in London. I qualified as one of the first medically trained yoga therapists in the UK in 2003.

I worked closely with the Founder and Director of the Meditation Centre, Eliza Harrison for many years and completed her Teacher Training program in 2005.

In the last ten years my personal journey has incorporated Sound Healing with Quartz Crystal Bowls and vocal toning, as well as Aramaic Prayer. I share these practises on a one to one basis and on my retreat days. My tutors and guides in these on going areas of study are Jonathan Goldman and Dr Neil Douglas-Klotz and David and Eliza Harrison.

Teaching

I have been teaching for over thirty years and my students span all ages and backgrounds. I was a visiting lecturer at John Moores University in Liverpool for many years, contributing to their Annual Symposium for Complimentary Health as well as teaching classes for local MS and Parkinsons Society members. During the first decade of 2000, I taught yoga to children in primary schools around Cumbria as well as contributing to Olympic Training camps at the Kendal Dojo.

I now offer therapuetic yoga courses and classes as well as Sound Healing and Aramaic prayer retreat days. I am particularly drawn to working with small groups and with individuals seeking healing transformation in their lives and who are committed to exploring and embracing the spiritual aspect of that journey.

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SPICE UP YOUR LIFE

Kim Bradshaw

We often add spices to our meals to increase the flavour, but did you know that many spices also have health benefits? Below are 10 common spices that pack an extra punch.

* Cinnamon - has potent antioxidants, helps fight inflammation and can lower blood sugar.

* Ginger - can treat nausea caused by morning sickness, chemotherapy and sea sickness; is anti-inflammatory and can help with pain management.

* Fenugreek - can improve the function of insulin leading to lower blood sugar levels

* Rosemary - can help relieve congestion and suppress allergic responses

* Garlic - helps with combating sickness, including the common cold; helps to lower blood pressure.

* Cayenne Pepper - helps to reduce appetite and increase fat burning.

* Turmeric - contains anti-inflammatory properties which help relieve pain in the joints. It is poorly absorbed by the body so it is recommended to take with black pepper.

* Cardamom - helps with indigestion, heartburn and an upset stomach

* Lavender - calming; helpful to aid sleep. Dried lavender can also be added to food to increase flavour or steeped in tea for a restful night's sleep.

As always, please seek professional advice if you are taking any medication or have ongoing medical concerns.

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SEDBERGH TOWN BAND CONCERT

William Wood

Is it the covid experience? The enforced absence? Is it the careful nurturing of a training band? Is it Iwan's singing voice booming across the band practice, and into the community, guiding us into playing all the right notes?

I don't know but, believe me, the band is expanding and improving and, honestly, we are pretty brilliant.

So we will soon be into the Sedbergh music festival, with lots of great music to come. Planted firmly into that festival is our town band's summer concert. This year we are concentrating on 'music of the

movies'. Look out for Oscar winning film themes played by us with just as much panache as the actual productions of the time. The James Bond medley that you will all recognise and, also, the Deer Hunter, Sister Act and lots more.

The weekend television is terrible these days with celebrity this and celebrity that. So dump it, and come on down to St Andrew's Church, Sedbergh, on Friday 24 June.

The concert starts at 7.30pm. Tickets are £8 from Sedbergh Information Centre or on the door; they as cheap as chips, and the under 18s are free altogether.



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SEDBERGH MUSIC FESTIVAL

After two cancellations due to COVID restrictions the Sedbergh Music Festival is back this year for another musical banquet.

The programme takes us from well-known ensembles, some of whom are wielding shawms and crumhorns, then on through Bach and Beethoven to G&S; and from roof-raising choral groups to the widely celebrated and internationally famous. The whole programme presents us with the excitement of established soloists, and young ensembles setting out to be the stars of our musical future, all rubbing shoulders with the Sedbergh Symphony Orchestra and our toe-tapping Town Band.

Topping the bill are:

- An unmissable recital by world famous Red Priest, the virtuoso baroque music band, brainchild of recorder wizard Piers Adams with their huge following
- The national close harmony champions Cottontown Chorus who brought the house down in 2014
- The Castalia String Quartet from Cumbria
- Sedbergh's own admired orchestra
- The local Sedbergh Town Brass Band
- Local medieval band Cornucopia with full music and narration of Chaucer's Nun's Priest's Tale

- Talented young musicians of the world famous Chetham's Hospital Music School

- Cellist Joe Davies

- And, of course, young musicians from Sedbergh School

In addition to our evening performances there are daily lunchtime concerts with pre concert lunches available.

Details of all events are available on our website www.sedbergh.org.uk/ musicfestival where you can also purchase tickets online.

FARFIELD FRIENDS TRIP TO SALTAIRE ARTS TRAIL

Farfield Friends

We have restarted the programme of trips to interesting places, and our first outing was by coach to the Saltaire Arts Trail on 1st May.

Salts Mill opened in 1853, the centrepiece of Sir Titus Salt's utopian vision of Saltaire. He built the adjoining village to house his workers. Cloth production at Salts finally ceased in 1986, and the following year the mill was purchased by the late Jonathan Silver, who re-imagined it as a place where culture and commerce could thrive together. Salts Mill is a fascinating place to visit and, in addition to a number of David Hockney paintings that were already on display, we were able to view



David Hockney's new exhibition, a year in Normandie. This is a 91m frieze housed in the roof space of the Mill and provides a fascinating seasonal walk-through Normandie. One of the other delights at Salts Mill are the books that are beautifully laid out and are sure to tempt you. Along with the café and the other exhibitions, it is always an interesting place to visit. In 2001, Saltaire became a UNESCO World Heritage Site. UNESCO noted: "Saltaire is an outstanding and well preserved example of a mid 19th century industrial town. The layout and architecture of Saltaire admirably reflect mid-19th century philanthropic paternalism, as well as the important role played by the textile industry in economic and social development." For one weekend a year, the village of Saltaire opens for an Arts Trail with lots of artists' work to see and purchase both in the artist's homes, as well as in shops and galleries. Saltaire is an interesting place to walk around and is beautifully kept. There was a wide variety of work from paintings to wooden sculptures, sewing, felting, and printing to name a few. It was an excellent day and the joy of not having to drive to Saltaire made it a pleasure to join the trip.

TO SELL OR NOT TO SELL

Beth Handley

From Strength to strength as house prices continue to rise through-out the UK. The Northwest has seen a huge 10% increase compared to the same time last year. With increasing cost of living and interest rates, how sustainable is this growth?

The enhanced demand has been caused by limited stock numbers over the past two years. The robust buyer demand has put pressures on prices excelling them towards new records set in 2004. Nevertheless, a number of expert bodies, envisage a slowing within the market in the quarters ahead. A squeeze on household income, and rising inflation may dictate purchasers'

decisions to take out mortgage loans and invest their money, due to the uncertainty of the economy.

In LA10, almost every property marketed with us, is either selling prior to marketing or within at least 14 days. Most properties are going to sealed bids, achieving 5-10% above guide prices. Within the last year, our data base of clients looking to purchase has doubled which also factors in those looking for rental properties.

What does this mean? Now is the time to consider selling or staying put. That's right, your property may be worth more than you anticipate. There has never been a better time to source a valuation of your property to find out what you can achieve!



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UNFAIR JOB REFUSAL

Advice from CAB, Karen Evans

I recently applied for a job at a local pub which offered National Minimum Wage. The manager asked me how old I was. After telling her I was 25 she told me it would be unlikely I'd get the job because they wouldn't be able to afford to pay me the required wage and they wanted someone younger. Is this legal?

Nobody should ask you how old you are in a job interview. Being 25, you're entitled to the National Living Wage. On the Citizens Advice website there are full details of the wages people are entitled to by law. But these rules shouldn't mean employers avoid hiring people because of how old they are. That's known as 'direct age discrimination' in the Equality Act 2010. You're also protected by the National Minimum Wage Act 1998, which says employers can't refuse to employ you, or fire you, just because your age means you're entitled to a higher rate.

We have a lot of information on our website about what to do if you're being treated unfairly when applying for a job. If you've been discriminated against, there are steps you can take to either get compensation or convince the person to give you a job.

Make a note of what happened as soon as you can - write down exactly what you were asked and any other remarks the interviewer made. Next, you should write a letter of complaint to the employer. Keep a copy of this letter. There's advice on the Citizens Advice website on what this letter should include and you can also

speaking to an adviser at your local Citizens Advice to get help writing it.

If the letter doesn't get an outcome you're happy with, you could take the employer to an employment tribunal. You'll need as much evidence of discrimination as possible. Evidence should include the job advert, the job description, your notes about what was said at the interview and any contact you've had with the employer since - like your complaint letter.

Remember that you only have three months minus one day from the date that the 'discriminatory act' (in this case, the comments in your interview) happened to start tribunal proceedings. You do this by contacting the government organisation Acas and telling them that you intend to bring a claim.

Nobody should have to worry about being discriminated against when job hunting. For more advice on your rights when searching for work, visit citizensadvice.org.uk/work or call South Lakes Citizens Advice on 015394 46464.

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

SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School returned for the summer term on the day after the Easter weekend.

The Prep School received an "excellent" report from the ISI Inspectors – "Very rich range of sport, music drama and outdoor opportunities", "Exceptional' pupil and staff relationships, "Excellent pupil progress across all abilities"

A Confirmation Service was held on 1st May by the Bishop of Carlisle when 25 candidates were confirmed (two being baptised first). The chapel was so full of parents, godparents and other visitors that no School pupils were present except the candidates and the choir.

The Prep School greatly enjoyed a talk by Michael Raw, former master, on the Vikings.

Three pupils, Cadet Sergeant Jessica Knobbs, Cadet Sergeant Oliver Christy, and Cadet Petty Officer Samuel Gunning, received the Lord-Lieutenant's Certificate of Meritorious Service for Cadets.

The School are looking for tasks for the pupils to perform in their Challenge week in the last week of

term – anything considered such as digging, tidying, constructing, painting etc

A video of two small visitors at the Easter holidays courses, one comforting and encouraging the other, went viral, and by the end of April had had in excess of 1.8 million hits on Facebook under the heading The Olympic Spirit.

The Friends of Sedbergh Prep School, having had to cancel their Christmas Fair in December, held a very successful Fair on 30th April

The Prep School has been collecting for a second Ukranian drive, concentrating on practical items needed such as medication and toiletries, items for babies and children and food products such as coffee, sweets, sooden stirrers, long life milk and high energy bars. A parent who is going out to help the Scouts in Poland will drive the items together with four others. Six pupils intend to try and complete the Three Peaks Yacht Race sailing to each of Snowdon, Scafell Pike and Ben Nevis then run to the summit of each mountain to raise £10,000 for Young Lives vs Cancer. The Prep School raised £240 with a Pamper Hamper Raffle for Freedom4Girls.

A very successful Sports Day was held on 8th May when the weather cooperated, and was followed by lunches for the many parents attending in the Houses. Sedgwick won the Boys' House competition and Lupton the Girls'. Almost the whole School ran in the Open Mile. To finish the event.

The Prep School held an Exeat weekend Three Peaks Challenge.

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Thirty two pupils and 5 staff climbed Pen-y-Ghent, Whernside and Ingleborough in perfect weather.

A garden is being constructed in Lupton field behind the yard for the use of pupils in memory of a pupil who left recently and has died. It is funded by donations.

Your attention is drawn to the items the School has asked me to include set out below

Equestrian

During the School holidays Kate and Katie competed in the British eventing U18 100cm and came away with a 2nd and 3rd in a field of 31. Tamsin and Elsie finished 6th (90cm) and 9th (80cm) in the National Schools One Day Event. Rosie won

the 95cm Arena Eventing class at Blackdyke

Cricket

The 1st Eleven played Myerscough on the 1st day of term and lost by 9 wickets. However they won against Cheadle Hulme by 135 runs on 24rd April, while Tom Fraine got the school's first 100 of the summer for Yorkshire U14 against Warwickshire. Against the MCC on 28th April the 1st XI won in a very close match when Sedbergh scored 239/6 and the MCC 238 with two balls to go. Tom Aspinall scored 93. A disastrous match against Shrewsbury (away) on 7th May when they lost by 9 wickets. The Old Sedberghian match was postponed

Old Sedberghians George Hill, Harry Brook and Matt Revis playing for Yorkshire scored 151*, 84 and 77*, and 31* and 3-41 against Northamptonshire, and Harry Brook scored his career best against Kent with 194. By the end of April he was the 2nd leading run scorer in Division 1

The Captain of Girls' cricket has been selected for Yorkshire CCC. Leo in the Prep represented Cumbria against LRGS

The "Third XI" (school, staff, town, parents) are fielding a team in the Westmorland Cricket League 4th Division this summer. They won their first game against Westgate (127/2 against 126/10). Against Morecombe they had a battle to stave off defeat having been 44 for 6 they were eventually 140 for 9 after 40 overs. They lost to Kirkby Lonsdale on 24th April

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A pupil has been getting some expert coaching following his selection and appearance for Yorkshire VICC , part of Blind Cricket England & Wales.

Sailing

Evans House won the interhouse sailing on 1st May in conditions that could only be described as “grim”

Future Events

The “Third Eleven” will play Sedgwick 3rd Eleven at 2pm on 12th June on the Akay pitch, and Ulverston on 26th June

A Memorial Service for the former Headmaster Roger Baxter will be held on

Sunday 12th June at 3pm followed by a reception in Queen’s Hall

Half term is from 27th May to 5th June

There will be a Year 9 entry Open Morning on Saturday 11th June

There will be a retirement dinners for Governors on 17th June

There will be a Foundation lunch at the Black Bull on 18th June

The 1st Eleven will play Lancashire Academy on 22nd June at 11 am

Year 10 will start on their trip to the Battlefields on 23rd June

The CCF will attend the Army camp on 25th June at Altcar and the CCF RN at Dartmouth and will take part in the 12 hour race and regatta at Southport

Term ends with Speech Day on 2nd July

The 1st Eleven will attend the BOWS festival on 4th July

The School Choir will set off on a tour of Italy on 4th July

Pupils will attend the Athletics Track & Field National

Championships at Manchester on 8th July

International Summer School will run from 3 July to 13th August.

The autumn term starts on 4th September.

SCHOOL NOTICES

We are just starting on a project to prepare New Field for laying down two Astro turf pitches. This will cause some disruption to walkers on the footpaths down to the Birks area. There will be some adjustments to the wildlife habitat to the South of New Field and this will be addressed with tree planting in that general area. We are conducting a number of environmental surveys to ensure that we keep the impact on the flora and fauna in the area to a minimum. Further details will be posted and we will keep you updated on progress

We have placed signs around the Main School campus to make it clear what areas are out of bounds to the general public who should keep to the two main footpaths from Church Walk to the Main Gate and Spar Shop and the Grounds Hut to Busk Lane. The path over March Hill is a permissive footpath but out of bounds to pupils until the entry onto Station

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Road can be addressed and made safe.

The path along the old heating duct "Piano Walk" below the Memorial Cloisters is unsafe and has been fenced off to prevent people from being injured by shifting concrete slabs. The public are requested not to use this route

Further notices will be put out on the gates at Riverside Pitches outlining the danger of dog faeces to anyone playing contact sports on those pitches. Members of the public are requested to restrict movement to the footpath by the river, to keep dogs on a lead when crossing that area as well as clearing up any dog mess that their dog may leave.



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BRENDAN PRINCE DETECTIVE

By Sandra Gold-Wood

The police car pulled out of the school gates. As Frances Wilson listened to the rhythmic beat of the windscreen wipers; her mother had always said the rain was the angels crying because someone had died. Looking around for her handbag she realised it was missing, panic gripped her, 'Where's my bag? Where is it, I need it, I must have my bag.' She was shouting hysterically but she couldn't help it and now she was fighting with the WPC Lyn Banks who was trying to hold her still. In the front passenger seat Detective Sergeant Brendan Prince was going through her bag. In it he found all the usual items and a few not so usual, a plastic frog and a packet of bubble gum. It made him smile despite the situation. There was also a water rates bill that she'd just paid which showed her address as 20 Cumberland Way about five minutes' walk from Yardley Road school.

As they pulled into the police station yard the rain had become a real deluge splashing noisily on the car roof. DS Prince sent the WPC into the station for an umbrella; Banks knew he wasn't being chivalrous he just didn't want any forensic evidence that might be clinging to Frances' clothes being washed away by the downpour.

Inside the building Brendan did his best to explain to Frances what she needed to do and why all the while trying to ignore how much she was trembling.

Frances could hardly comprehend what was happening to her all she

could think of was the sight of Alison. WPC Banks was explaining something and offering her a strange sort of overall. Frances looked around the room it was painted grey and there were no windows. She slumped down onto the single wooden chair and wished the day would start again.

'Miss Wilson, please take off your clothes and put this on'.

'Do what?'

'This suit, come on Miss I know DS Prince explained that we need your clothes for forensics, it's routine Miss Wilson, come along now, we must not keep Detective Sergeant Prince waiting must we.'

Frances was horrified; 'Are you saying I have to take 'all' my clothes off, I mean where am I supposed to do this, is there a cubicle I can go into?'

'No, I'm sorry Miss I have to stay with you.'

Frances looked into the face of WPC Banks and was met with an expression of steely determination. Frances wasn't a prude but she didn't know this woman from Eve.

WPC Banks explained that she could take her clothes off herself or she would call in another WPC and they would do it for her. Feeling helpless Frances realised that she would have to endure this humiliation and a deep seated sense of injustice burnt inside her.

Back in his car again DS Brendan Prince was headed to the murder victim's home to see what he could turn up. Before leaving the station he had reported to his boss Detective Chief Inspector Emery telling him that

they had a suspect in custody but he was pretty sure she was not the killer. Outside the featureless block of flats Brendan spotted DC Hanson who was waiting for him. They rang the bell and waited; as expected there was no answer. Taking out his skeleton keys Brendan found a fit. What they found inside took them by surprise. There was nothing, literary nothing in the small flat. No bed, no furniture, no clothing, nothing.

'What the hell, exclaimed Marc Hanson, I mean how come a school teacher in a rural community ended up getting shot, I mean it's 1975 things like that don't happen'.

'It seems they do Marc and Yes, I am beginning to wonder just who Alison St John was, one thing I'm sure of she was no school teacher.'

Back at the station again Brendan entered the interview room and noted that Frances was still in shock, the hands that held the mug of tea shook as she sipped.

'Miss Wilson, I'm now going to go through the statement you made to WPC Banks; when we're finished and you are satisfied that it's correct in every detail you will be asked to sign it, alright?'

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Frances nodded, a shiver passing through her as she remembered what she had seen just hours ago. She doubted that she would ever forget it.

Placing the statement on the table before her Brendan asked her how she was feeling.

Frances wanted to laugh, what a stupid question how did he think she felt, she'd witnessed the death of a colleague. Then not even been allowed to wash her hands. She'd had to strip in front of that miserable WPC and watch as the woman picked up her clothes put them into a plastic bag. Did they really think she had murdered Alison? She realised abruptly that this was exactly what they did think!

'How the hell do you think I'm feeling' she spat, hardly believing she had spoken in such a sharp way, I can't believe this is happening to me?'

'Let's get on shall we Miss Wilson'.

Frances did her best to compose herself and they went through the statement again, and then again correcting small mistakes here and there. When they started for the fourth time Frances began to feel light headed and muddled.

'So in your own words Miss Wilson tell us again what happened before you found Miss St John?'

'What, oh, I've already told you, I was marking books, I wanted to get it done and go home and I heard a noise, how I wish I hadn't heard it, look how many times do I have to do this, I've had enough really I have.'

'It's just routine Miss Wilson, you heard a noise, what happened after that?'

'Alright, alright, let's do it again, I, was on my way out went to get my coat from the staff room, began Frances praying that this would be the last time she'd have to go through this, I heard a noise, and, she, she, Alison, was on the floor, she grabbed my ankle, Frances instinctively reached down as if to rub her ankle where Alison had touched her, Oh God, she was still alive, wasn't she and I, I got frightened,' as all the words came tumbling out again Frances just wished she could just go home.

'Were you friends?'

Frances, her stomach churning explained again that she and Alison had been work colleagues and that she did not know her well?'

'What do you know about her, for example did she have a boyfriend?'

'How would I know? I really want to lay down please I feel sick,' Frances got up quickly and moved toward the door, please, please I'm sorry, I feel so sick.'

WPC Banks barred her way. Feeling worse than she could ever remember Frances sat down again.

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'So, Miss Wilson, said Brendan trying to ignore her distressed state, why did you kill her?'

Frances could not believe her ears,

'Oh, no, no, how could you think I would do such a thing, this is madness, she was on the floor in the staff room, I found her, what am I to do, what am I to do?' pleaded Frances in tears.

Brendan whispered to WPC Banks that he was going to call it a day adding that he was sure that Frances Wilson had nothing to do with the murder. When Frances has signed her statement DS Prince asked her if she had anyone who could stay with her and offering the services of WPC Banks. Frances thought she would prefer to spend the evening with Count Dracula so she said she had a sister, leaving out the fact that her sister lived in America.'

The following morning DS Brendan Prince read through the statements the teachers had given. There wasn't much in them. It being the summer holidays most of the staff were abroad or camping somewhere in the unknown. Brendan began to think how convenient that was. There were seven teachers, a caretaker, two part-time secretaries and three dinner ladies, plus the lollypop man. So, the statements he had were straight forward. Each person had a witness to them being nowhere near the school between 4.30pm and 5.30pm when the victim was found by Frances Wilson. It was the statements he did not have that held the key. The Head, Mrs Blake was in Spain and had left that morning so that was her out. The dinner ladies

had gone on a weekend to Blackpool and had left the school at 2pm. That left the caretaker and two teachers who were camping probably together. Brendan knew this was no ordinary murder. Take for a start the empty flat and who was Alison St John? They had turned up nothing. There was simply no trace of Alison St John, not even anything in the school files. Unable to believe this he decided to go back to the victim's flat and take another look.

Driving past the school Brendan could see the forensic team was busy. Although he really didn't think they would find much in the way of clues still, he lived in hope.

Pulling up at the flats he went in passing a uniformed officer on the

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door. Standing in the empty space Brendan began to think. 'There must be something, he mumbled to himself, there just has to be.'

Beginning his search, he ran his hands over the painted walls from top to bottom. First in the living room and then the kitchen. Next he explored all the cupboards and then the skirting boards, none were loose. Apart from his hands getting filthy he could find nothing, no secret hide away not a sign of fresh plaster where a brick had been taken out to allow something to be hidden. Moving into the bathroom he saw that the panel had already been removed from the bath. Brendan lay down and inspected the underside of the bath, slipping his hand around the wall side of the bath, his fingers touched something. It was just out of his reach so he shifted his body so that half his chest was under the bath and he got hold of the item and pulled it out. Brendan thanked all the Gods for his good luck as he marvelled at his find. It was Alison St John's diary her name was written on the front. In the relative comfort of his car he opened the pages the entries however, were written in code. Leafing through

looking for something in plain English his eyes were drawn to a pencil drawing of a man and underneath was the word, 'Alqatil'. The word was underlined. Brendan wondered if it was the man's name. Putting the diary in his inside pocket he drove to police HQ in Walton, parked and took the lift to the six floor where Ed Pickering, the languages man had his office.

Ed's secretary said he'd have to wait a bit as Ed had someone in with him. Brendan sat down and waited. About 10 minutes passed and then the door opened. Ed stood there shaking hands with a man in a smart dark suit. As the man turned to leave Brendan saw his face and what he saw alarmed him greatly. Careful not to let his composure slip he greeted Ed and followed him into his office.

'Who was that man?'

'Oh it's nice to see you too Brendan.'

'Sorry Ed but this is urgent, it concerns the murdered teacher, explained Brendan taking Alison St John's diary from his pocket and folding it open at the page with the drawing on, what do you make of that?'

To be continued.

That's when he caught sight of someone watching the school. A person half hidden in the shrubbery beside the bus shelter. Instead of driving past he headed into the school play-ground. Brendan slid out of the car and made to go toward the school building as he rounded the corner he quickly changed direction and ran toward the bus shelter. Pushing aside the bushes he found

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no sign of anyone when suddenly he felt strong hands grab from behind. A struggle ensued before Brendan overcame his assailant. It was the school caretaker.

'What do you think you're doing, asked Brendan holding the man's arm up his back.

'Yes, well, I'm just keeping an eye on the school, all those people walking on my clean floors, the hall has only just had a new coat of varnish you know.'

Brendan let go of the man's arm and told him to clear off making a mental note to check his alibi thoroughly.

PERSONAL MESSAGES

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EDITORIAL

If you're reading this you must be a devotee of the hidden end pages of Lookaround. Which in turn means that you may have noticed that the Diary now takes up two columns, and stretches off into the months of autumn. (we actually now have dates up to the middle of next year).

We have been accumulating the entries to do this for a while, but what made me decide that now was the time was that June filled most of the first column. We have been collecting entries more diligently recently. As you may know I also do the Westmorland Gazette column, so it's useful from that point of view as well.

So if you have anything that you would like to go into the Lookaround Diary, or that you would like to go into the Gazette, then please let us know, drop a note into the Information Centre or email editor@sedberghlookaround.org.uk. Adding an entry to the Diary doesn't cost anything, and we also liaise with the Information Centre so it will appear in their listings too.

There certainly is plenty going on this month, with the Jubilee Celebrations, live music in the Bull, the White Hart Club, and the Red Lion, sports at Garsdale and Killington.

If you're going to any of them why not send us a review? Or photo's either to use for the cover, or to publish inside (though inside are black and white of course).

Enjoy the celebrations. *Ed.*

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 24/06/2023
 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.

JUNE 2022

01	1330	Garsdale Sports and Jubilee Celebration	GVH
01	1530	Friends club Jubilee party	LA9 6BD
02	1700	Killington Sports (Apr)	Beckside F
02	1930	Howgill & Firbank WI	FCH
02	2100	Take Two Duo	Red Lion
03		Jubilee - BBQ and Party Night	WHC
03	1030	Jubilee Commemorative Service	StAS
03	1030	Service of Thanksgiving	StAS
03	1200	Jubilee - Seniors Afternoon Tea	WHC
03	1400	Service of Thanksgiving	StAD
03	1630	Jubilee - Kids Party	WHC
03	1930	Jubilee Celebrations	FCH
04		Jubilee - Live Music at The Bull	TBA
04	1300	Jubilee Bowls social afternoon	BC
04	1400	Service of Thanksgiving / Picnic	StJCC
04	1800	Evening Prayer With Anointing	StAS
05		Jubilee - Live Music at The Bull	Bull
05	1200	Garden Party after morning service	StAS
05	1230	Bring and Share Jubilee Lunch	StMC
05	1230	Cautley Picnic Lunch	StMC
05	1300	The Big Jubilee Lunch	StAS
08		Dent WI Summer Outing	TBA
08	1530	Friends club Karaoke	LA96BD
10		DHTF - Fizz and Fruits (May)	DMH
10	1930	An Evening With Alan Kennedy	WHC
11		K2K charity walk	Keswick St
11	900	Barbon Antiques Fair	Barbon VH
12	1430	Foxes pulpit worship (22)	Foxes Pulp
12	1500	Memorial Service Roger Baxter	SS
12	1600	Messy Church (Oct)	CCCN
14	1100	Falklands Ceremony (39)	StAS
14	1200	Walk- nurturing nature (52)	Ribblehead
14	1930	Domino Drive	FCH
15	Starts	Sedbergh 2022 Music Festival (1)	StAS
15	1530	Friends club Crafts	LA9 6BD
18	1100	Carnival of Animals concert (May)	StAS
22	1530	Friends club Meal out	LA9 6BD
23	1030	Eyes on the Bog (52)	Kingsdale
24	1930	Sedbergh Town Band Concert	StAS
25	930	Artisan Market (May)	Main St
25	1000	Dentdale methodist coffee morning	DMC
25	Ends	Sedbergh 2022 Music Festival (1)	StAS
28	1930	Peoples Gym AGM (19,28)	PH
29	1530	friends club disco	LA9 6BD

JULY 2022

02		Speech Day & End of Term	SS
02	1030	The Big Art Competition	FM
06	1530	FRIENDS CLUB MAKATON	LA9 6BD
07		Howgill & Firbank WI Horseback tour	HVH
08		DHTF - Jervaulx and Masham Trip (May)	(May)
09		C2C Cycle Ride	TBA
09	900	Barbon Antiques Fair	Barbon VH
09	1400	Ukraine Jumble Sale (39)	PH

12	1930	Domino Drive	FCH
13	1530	FRIENDS CLUB	LA9 6BD
13	1915	Dent WI Animal Rescue	DMH
13	1930	Sedbergh WI Summer Splendour	PH
20	1530	FRIENDS CLUB ARTS	LA9 6BD
23		Finkle Street Party	
23	1000	Dentdale methodist coffee morning	DMC
25		Summer Courses	TBA
27	1530	FRIENDS CLUB ABBA DISCO	LA9 6BD
30	930	Artisan Market	Main St

AUGUST 2022

02		Cricketer Lanc v Essex	SS
04	1930	Howgill & Firbank WI Crafts	FCH
05	Starts	DDCF Festival at Rhumes (25)	Rhumes
08	Ends	DDCF Festival at Rhumes (25)	Rhumes
09	1930	Dominon Drive	FCH
10	1915	Dent WI First Responders	DMH
10	1930	Sedbergh WI Musical Memories	PH
11		Summer Courses	
20	1000	Dentdale methodist coffee morning	DMC
27	930	Artisan Market	Main St
29		Dent Gala (May)	Millbeck

SEPTEMBER 2022

01	1930	Howgill & Firbank Nepal & Tibet	HVH
02		DHTF - Alison O'Neil (May)	DMH
04		Moorcock Show	Thwaite Br
08		Westmorland County Show	
09	1000	Heritage Open Days - Farfield Mill	FM
10	900	Barbon Antiques Fair	Barbon VH
11		Heritage Open Days - Farfield Mill	FM
13	1930	Domino Drive	FCH
14	1000	Heritage Open Days - Farfield Mill	TBA
14	1915	Dent WI Open Meeting	DMH
14	1930	Sedbergh WI Rag Rugging demo	PH17
	930	Artisan Market	Main St
17	1000	Dentdale methodist coffee morning	DMC
18		Heritage Open Days - Farfield Mill	FM

OCTOBER 2022

06	1930	Howgill & Firbank WI AGM	FCH
08	900	Barbon Antiques Fair	Barbon VH
11	1930	Domino Drive	FCH
12	1915	Dent WI 25 yrs in Prison	DMH
12	1930	Sedbergh WI Kendal MRT	PH
14	1930	Italian Evening, Bingo	FCH
22	1000	Dentdale Methodist coffee morning	DMC

NOVEMBER 2022

03	1930	Howgill & Firbank WI Xmas Wreath	HVH
08	1930	Domino Drive	FCH
09	1915	Dent WI AGM	DMH
09	1930	Sedbergh WI Cancer signs & symptoms	PH
12	900	Barbon Antiques Fair	Barbon VH
19	1000	Dentdale Methodist coffee morning	DMC

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

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

EAT 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

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

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.

SOME WALKS AROUND SEDBERGH

WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs

Sedbergh's own little Matterhorn with great views of the surrounding fells and dales. *(Walk 1)*

THE CALF 8 miles 2600ft 4-5 hrs

A bracing ridge walk over Arant Haw and Calder to the highest point in the Howgills. *(Walk 1)*

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs

Fairly flat walk partly by the riverside, with the added advantage of the Farfield Café half way around. *(Walk 2)*

AKAY WOODS 2.3 miles 1 - 1.5 hrs

Lovely riverside stretches, past the restored Pepperpot, then through woods above the river, with vestigial remains of Akay House. *(Walk 3)*

SEDBERGH SCHOOL 45 mins

A stroll to see the sights of Sedbergh School *(Walk 4)*.

FELL WALL 2.2 miles 1 - 1.3 hrs

Elevated promenade above Sedbergh Town, not as energetic as going to Winder top, but still out onto the edge of the open country. *(Walk 6)*

BRIGGFLATTS 4.2 miles 2- 3 hrs.

Along the Rawthey to the peaceful and historic Quaker Meeting House, then back through the fields. *(Walk 7)*

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs

Across the wild (and possibly wet) Long Moor to Dent then back by Dentdale and the River Dee. *(Walk 8)*

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs

A stroll across open country to the bottom of Cautley Spout. Some would say this is the second highest waterfall in Britain. *(Walk 9)*

CAUTLEY SPOUT AND BACK 10 miles 3150 feet 4.5 - 6.5 hours

Gorgeous walk up the dale to the Spout, with a return over the tops for the adventurous. *(Walk 9)*

MILLTHROP AND ABBOT HOLME 5.1 miles

920ft 2.5 - 3 hours. Up over Frostrow, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. *(Walk 10)*

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

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

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

Western Dales Community Bus Service

wdbusops@gmail.com 07541644524

Yorkshire Dales National Park

0300 456 0030

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



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
Mr and Mrs McCririe	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 website: www.scrogghouse.farm	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
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
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
Cricketer Club - Sedbergh	04/22	Kris Baldock	07730659413	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	06/22	Bel Charlesworth	07775920079	
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
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	04/22	reception@farfieldmill.org /	015396	
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
Friends of Farfield Mill	04/22	Anne Mackinnon	friends@farfieldmill.org	
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
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Giffellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/22	TBA		
Lunch Club	03/18	Mrs I'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	04/22	Nicola Cann—drnicolacann@outlook.com		
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	03/22	Sedberghswimmingclub@gmail.com		
Swimming Group for Over 50's	12/21	Linda Greensmith	07919	152526
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	04/22	Garth Steadman	07796164066	
Voluntary Car Scheme	06/22	Laura	07779	415644
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.

BUS SERVICES

Woofs

From November 2021

Sedbergh Library to Blackhall Rd, Kendal via Oxenholme				Blackhall Rd, Kendal to Sedbergh Library via Oxenholme			
Depart	Arrive	Day	Service	Depart	Arrive	Day	Service
0940	1010	M - F	W1	1030	1056	M - F	W1
1240	1310	M - F	W1	1330	1356	M - F	W1

*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)

Western Dales Bus

S1 Saturdays - Kendal Shuttle

Dent Station - Dent - Sedbergh - Oxenholme - Kendal

From 28th March 2022

S - Services run during Summer Time Only

Trains to Carlisle	1048	1815	1944
Trains to Leeds	1041	1732	1938
Dent Station	1053	1737	1947S
Dent Village	..	0820	1108	..	1505	1752	2002S
Sedbergh Maryfell	..	0835	1123	1315	1520	1807	2017S
Sedbergh Library	..	0837	1125	1317	1522	1809	2019S
Sedbergh opp. Morphets	..	0839	1127	1319	1524
Killington M6 Bridge	..	0847	1135	1327	1532
Oxenholme Station	..	0857	1145	1337	1542
Kendal K Village	..	0902	1150	1342	1547
Kendal Bus Station	..	0908	1156	1348	1553
Kendal Morrisons	..	0913	1201	1353	1558
Kendal Morrisons	..	0923	1223	1403	1608
Kendal Bus Station	..	0928	1228	1408	1613
Kendal K Village	..	0933	1233	1413	1618
Oxenholme Station	..	0938	1238	1418	1623
Killington M6 Bridge	..	0948	1248	1428	1633
Sedbergh Spar	..	0956	1256	1436	1641
Sedbergh Post Office	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	..
Trains to Carlisle	..	1048	1815	1944	
Trains to Leeds	..	1041	1732	1938	

BUS SERVICES

Western Dales Bus

**S3 Wednesdays - Hawes Hopper
Dent - Sedbergh - Garsdale - Hawes**

From 28th March 2022—during British Summer Time only

Dent Village	..	0942	1146	1425
Sedbergh Spar	..	0958	1202	1441
Sedbergh Post Office	..	0959	1203	1442
Sedbergh Maryfell	..	1001	1205	1444
Farfield Mill entrance	..	1003	1207	1446
Garsdale Street	..	1013	1217	1456
Coal Road (Garsdale Station turning)	..	1019	1223	1502
Trains to Carlisle	..	1054	1222	1448
Trains to Leeds	1208	..
Moorcock Inn	..	1020	1224	1503
Hawes Creamery	..	1030	1234	1513
Hawes Market Place	..	1032	1236	1515
Hawes Dales Countryside Museum	..	1034	1238	1517
Hawes Dales Countryside Museum	..	1044	1323	1527
Hawes Market Place	..	1046	1325	1529
Hawes Creamery	..	1048	1327	1531
Moorcock Inn	..	1058	1337	1541
Coal Road (Garsdale Station turning)	..	1059	1338	1542
Trains to Carlisle	..	1054
Trains to Leeds	1559
Garsdale Street	..	1105	1344	1548
Farfield Mill entrance	..	1115	1354	1558
Sedbergh Maryfell	..	1117	1356	1600
Sedbergh Library	0915	1119	1358	1602
Sedbergh opp. Morphets	0916	1120	1359	..
Dent Village	0932	1136	1415	..

JOSS LANE & LOFTUS HILL CAR PARKING CHARGES

30 minutes = £0.50	3 hours = £3.20
1 hour = £1.20	5 hours = £5.00
2 hours = £2.20	All day (9 hours) = £6.00
Maximum stay = 24 hours	Annual Resident Permit = £50

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

BUS SERVICES

Western Dales Bus

**S4 Tuesday, Thursday, Friday - Kirkby Stephen Connect
Dent - Sedbergh - Cautley - Kirkby Stephen Station
Kirkby Stephen Co-op - Brough**

	Tu	Th	Fri	Fri	Fri	Fri
Dent Village	1017	..	1450
Sedbergh Spar	1033	1258	1506
Sedbergh Post Office	0914	0900	..	1034	1259	1507
Sedbergh Maryfell	0916	0902	..	1036	1301	1509
Cautley, Cross Keys	0924	0910	..	1043	1308	1516
Fat Lamb	0932	0918	..	1050	1315	1523
Kirkby Stephen Station arr	0938	0924	..	1057	1322	1530
Trains to Carlisle	0934	0934		1106		1501
Trains to Leeds	0920	0920		1146		1546
Kirkby Stephen Station dep	0938	0924	..	1106	1322	1530
Kirkby Stephen Pennine Hotel	0945	0929	..	1111	1327	1535
Kirkby Stephen Co-op	0946	0935	..	1112	1328	1536
Brough Clock	0954	1120	1336	1544
Brough Clock	1607	1130	1346	1554
Kirkby Stephen Co-op	1615	1623	..	1138	1354	1402
Kirkby Stephen Social Club	1616	1624	..	1139	1355	1603
Kirkby Stephen Station arr	1621	1629	..	1144	1400	1608
Trains to Carlisle	..	1704		1106		1501
Trains to Leeds	..	1714		1146		1546
Kirkby Stephen Station dep	1621	1634	..	1149	1400	1608
Fat Lamb	1627	1641	..	1156	1407	1615
Cautley, Cross Keys	1635	1642	..	1203	1414	1622
Sedbergh Maryfell	1643	1650	..	1210	1421	1629
Sedbergh Library	1645	1652	0950	1212	1423	1631
Sedbergh opp. Morphets	0951	1213	1424	..
Dent Village	1007	..	1440	..

BUS SERVICES

Western Dales Bus

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

Sedbergh Post Office (as S4)	0900
Cautley Cross Keys (as S4)	0909
Kirkby Stephen Station entrance (as S4)	0923
Kirkby Stephen, Pennine Hotel (as S4)	0928
Kirkby Stephen Co-op	0935	1139	1428
Kirkby Stephen Social Club	0936	1140	1429
Kirkby Stephen Station entrance	0941	1145	1434
Trains to Carlisle	0934	1106	1501
Trains to Leeds	0920	1146	1455
Ravenstonedale Kings Head	0947	1151	1440
Newbiggin on Lune	0950	1254	1443
Tebay Roundabout	0958	1202	1451
Killington M6 bridge	1008	1212	1501
Kendal Castle Green	1017	1221	1510
Kendal Bus Station	1022	1226	1515
Kendal Morrisons	1027	1231	1520
Kendal Morrisons	1037	1326	1530
Kendal Blackhall Road	1042	1331	1535
Kendal Castle Green	1047	1336	1540
Killington M6 Bridge	1056	1345	1549
Tebay Roundabout	1106	1355	1659
Newbiggin on Lune	1114	1403	1607
Ravenstonedale Kings Head	1117	1406	1610
Kirkby Stephen Station entrance	1123	1412	1616
Trains to Carlisle	1106	1501	1703
Trains to Leeds	1146	1455	1717
Kirkby Stephen Pennine Hotel	1128	1417	1621
Kirkby Stephen Co-op	1129	1418	1623
Kirkby Stephen Social Club (as S4)	1624
Kirkby Stephen Station entrance(as S4)	1629
Cautley Cross Keys (as S4)	1643
Sedbergh, Library (as S4)	1652

BUS SERVICES

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

Sedbergh Post Office (see S4 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 (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfell (pick up only)	1055	1333	1536
A66 Bridge End Inn(pick up only)	1100	1338	1541
Appleby, The Sands (pick up only)	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Town	1138	1416	1616
Sedbergh Town (as S4—see separate	1645

DENT RAILWAY STATION TIMETABLE

Valid from January 2022

(N) Through train to Leeds, Sheffield and Nottingham
(B) To Blackpool

Because of difficulties caused by Covid, cancellations are possible, so please check before travelling: National Rail Enquiries (03457 484950), or Northern (0800 200 60 60)

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun
06.50	07.54	10.34	07.03	09.08	10.40
09.16	09.16	11.04	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	18.03 (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

PEOPLES' HALL HIRE RATES

From 1 st July 2022	Main Hall Fees					Committee Room Fees			
Time From	07:00	09:00	13:00	17:00	19:00	09:00	13:00	17:00	19:00
Time To	09:00	13:00	17:00	19:00	01:00 (Sun 23:45)	13:00	17:00	19:00	01:00 (Sun 23:45)
Rate 1	£12.00	£22.50	£22.50	£17.50	£42.50	£17.50	£17.50	£12.00	£17.50
Rate 2	£18.00	£33.75	£33.75	£26.25	£63.75	£26.25	£26.25	£18.00	£26.25
Rate 3	£24.00	£45.00	£45.00	£35.00	£85.00	£35.00	£35.00	£24.00	£35.00
Changing Room A Fees					Changing Room B Fees				
Rate 1	£9.00	£17.50	£17.50	£12.50	£17.50	£12.50	£12.50	£10.50	£12.50
Rate 2	£13.50	£26.50	£26.50	£19.50	£26.50	£19.50	£19.50	£16.00	£19.50
Rate 3	£18.00	£35.00	£35.00	£25.00	£35.00	£25.00	£25.00	£21.00	£25.00
Alcohol Licence: £30.00 + £100 damage deposit									
Rate 1	Private individuals, community groups, clubs etc based in: LA10, Firbank, Howgill or Killington								
Rate 2	Businesses based in LA10, Firbank, Howgill or Killington OR Private individuals, community groups, clubs etc not in Rate 1								
Rate 3	Businesses outside local area OR Statutory organisations								

LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman	Jane Fisher (T)	Proofreading
Susa Ellis (T)	Treasurer	Katie Wood	Proofreading
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Elsbeth Griffiths	Proofreading	Valerie Welti (T)	Advertising Administration
Karen Bruce Lockhart	Proofreading	Eileen Bartlett	Advert Design and Compilation

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

Sedbergh and Dent
St. Andrew's Parish Church
Sunday 10.30
Wednesday 12.00

Vicar of Sedbergh and Dent
Rev. Andy Burgess Tel: 20018
andy.burgess@westerndales.org.uk

Church Wardens:

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

Church Wardens:

Dent: Janet Skublics 25296
Cowgill: Janice Moorby 07815438662
and Heather Fraser 25727

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00

Parish Priest Kendal
Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30
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

METHODIST CHURCH

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

PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

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 - June 2022

	Time	5 th	12 th	19 th	26 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Pentecost Service	HC	HC	Family Service 6pm Choral Evensong
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St. Andrew's	Service 4pm- Messy Church	Service	HC
St. Mark's, Cautley LA10 5LZ		10.30am Pentecost Service		9.30am MP	
St. John's, Garsdale LA10	10am	HC		MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.30pm		HC		Service
All Saints, Killington LA6 2HA	2pm				
Holy Trinity Howgill LA10 5JD	10.30am		HC		
St. John's Firbank LA10 5EF	2pm				
St. Andrew's, Dent LA10 5QL	10.30am	Pentecost Service	HC	HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	HC		EP	
Dentdale Methodist Chapel LA10 5QJ	6.30pm	United Service at St. Andrew's		HC	Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.	Zoom or in person. For zoom please contact correspondence clerk below.
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Wednesday	1st	8th	15th	22nd/ 29th
St. Andrew's, Sedbergh LA10 5BZ	12 noon	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19:30	Zoom – contact correspondence clerk below.			
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening Prayer		
Contacts- Brigflatts Meeting House please contact correspondence clerk 015396 21715; Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane
*Access Codes to the Defribs are supplied
on contacting Ambulance Control on 999*

POLICE

101 or 999
Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor
Telephone: 101
Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

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

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

May 2022