

Sedbergh & District

# LOOKAROUND

May 2023

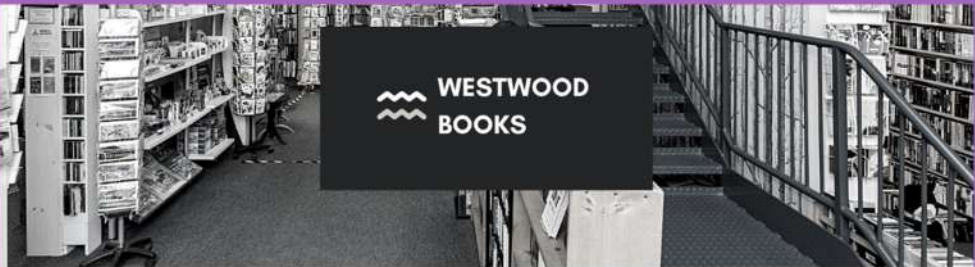
Donation £1

Issue 420

Two pieces of good news, that we should soon have a new café opening in Main Street, and that the threat to the Post Office has been

removed. See Tim Farron's note on page 36 for more details.

And please take part in the Coronation Celebrations—we're offering prizes—see page 8. *Ed*



A large independent, family-run bookshop with over 80,000 new and secondhand books

## Upcoming events

Wednesday 17th May - An evening with Andy Beck, author of *The Wainwrights in Colour*

Wednesday 7th June - *Murder on the Front Page* with author J.C. Briggs

Friday 4th August - *Taking Flight* with Lev Parikian

For tickets and more information pop into the shop or see our website.

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

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Mobile: 07464 - 895425

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

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**COVER PHOTO**  
**Bluebell Wood**

*Ed Welti*

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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 11:30am

- Wed 3rd May - St Andrew's**  
**Wed 10th May - Sedbergh Ladies N.F.U.**  
**Wed 17th May - Christian Aid**  
**Wed 24th May - Sedbergh Dementia Support Group**  
**Wed 31st May - St Andrew's**

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

## Advertising Rates

Single Column 2.56" x 2"	=£10.00
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Single Column 2.56" x 4"	=£15.00
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Single Column 2.56" x 7.5"	=£25.00
Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

## CONTACT INFORMATION

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**editor@sedberghlookaround.org.uk**

*Phone:*

**07464 895425**

*Address:*

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

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

## PAYMENT INFORMATION

**CHEQUE**

*Cheques Payable to :*

**Sedbergh & District Lookaround  
BACS**

*Account:*

**Sedbergh and District Lookaround**

*Account Number:*

**23388557**

*Sort Code:*

**20-55-41**

*Reference:*

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

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

## CORONATION DAY 1953 Memories

*Heather Askew*

I was so excited the special day had arrived. The Coronation Day of princess Elizabeth, soon to be our new Queen. Even though I was only 5 years old I knew who she was and had followed her story, along with my older siblings.



Her wedding to Prince Phillip had taken place in the previous November 1952. It had all been in the newspapers, she looked so beautiful in her magnificent wedding dress. And oh, that tiara and the long ornate veil, the flowers, page boys, and all those maids of honour.

The previous Christmas, Santa brought me a walkie talkie doll. I was so thrilled, and mum had no peace from me until she made this doll a wedding outfit fit for a princess. She did an amazing job just using remnants from the sewing bag, she even conjured up a tiara out of an old coat hanger. It was a dream dress and I loved it even though it was all in "BLUE".

The day was overcast and cloudy as I remember, mum had been sewing for quite a while now and "Little Bo Peep" was about to come to life. I had a waist coat all laced up



with red, white, and blue ribbon and a dress with a bustle of material all crushed up behind me. But what surprised me most was my straw hat all lined with satin material and ribbon attached at both sides to tie under my chin.

Surely this was Mums haymaking hat, which she never entered the haymaking field without. I could see her so clearly working the hay with the wooden hay rake. However, now it was me holding a decorated shepherd's crook and walking with my favourite pet lamb (going on sheep). I think its name was Billy, but



Dad a dedicated sheep farmer said if we had a pet lamb and were prepared to feed and look after it, it was ours,

My Dad was Joseph Handley who farmed at Catholes, now Sedbergh Golf Club. The lamb was very well behaved and used to follow me around a lot, hence the nursery rhyme. Now and only now do I fully understand why this tup lamb was chosen to accompany me for the fancy dress parade, yes it knew me and trusted me among lots of people. After all, my lovely pet lamb was 3-4 months old?? And had "HORNS"

One memory of that day is very clear. As we set off, my Dad and his brother uncle Bob from Cautley Thwaite farm were watching. I can't tell anyone what sort of vehicle we got into but as we waved good-bye, I heard my dad say "She's a Winner".



## THE CORONATION BIG LUNCH

*John Hayward-Cripps*

The Big Lunch on the Coronation bank holiday weekend brings neighbours and communities together to share friendship, food and fun. Get your free pack and start planning something to look forward to!

This year you can be part of history and join millions across the UK with a Coronation Big Lunch on 6-8 May, the special May Bank Holiday this year. They're encouraging neighbours and communities to get together to share friendship, food and fun on 6 – 8 May, to celebrate the Coronation of HM The King and HM The Queen Consort, boosting community spirit, reducing loneliness and supporting charities and good causes, with £22m raised last year.

A massive 17.2 million people, one in four of the UK population, took part in 2022 and 11.7 million new friendships were made. The Big Lunch is a natural fit with our aims and values.

We've been supporting this great event for many years and, as always, we want to see as many groups as possible taking part this year! Whether it's a full-blown street party, a picnic or a small gathering over a cup of tea and something to eat, the idea is simply to meet and get to know each other better over food.

Anyone interested in taking part can sign up for a free digital pack with ideas, invitations, practical planning tips and everything you need to organise an event. You can add your event to The Big Lunch map, and also search to see if

**Be Crowned the Winner!**



**SHOPS!**

**Best Window Display**

**to celebrate the coronation of  
King Charles III**

Judging to take place over the Bank Holiday  
Weekend by an independent judge

anything's already planned in your area.

The Big Lunch website is full of advice to help you plan an event, including location ideas, weatherproofing tips, road closure guidance and resources to help you plan the fun things, like games, activities and food to enjoy on the day. The beauty of The Big Lunch is that you can join in however and whenever works best for your community. This year, that could mean being part of history with a Coronation Big Lunch (6-8 May). Whatever you do, be sure to get a date in the diary and plan something to look forward to with your neighbours! Find out more and get your free Big Lunch Pack at: [coronationbiglunch.com](http://coronationbiglunch.com)

## **CORONATION SUNDAY COMPETITION**

*Myles Ripley*

We hope that you may wish to take part in our Competition for the best dressed House, Garden, Estate or Street. I hope you remember the celebration of VE day 75th Anniversary and I hope we can outdo the amazing community celebrations that happened then. We are encouraged to take part in community big meals on the Sunday of Coronation weekend and the White Hart are hosting one such and St Andrews, Dent is hosting a Jacobs Join.

Lookaround has kindly sponsored prizes for the best House and estate/ street.

We will need some of you to volunteer as judges and of course ALL of you to volunteer to, to use a Naval expression, "Dress your dwelling overall".

Dig out your crowns and tiaras, orbs and sceptres, thrones – I know you have them tucked away! Where is all your bunting? Your Union flags? Have you got a coronation coach in the garage?

Group up with your neighbours to make your neighbourhood stupendous!

If you are in the main centre of Sedbergh we will visit you from? Rawthey Meadows to Castlegarth. If you are further afield and want to join in, let us know and we will make sure we visit you. We are looking for some



## **CORONATION SUNDAY COMPETITION**

**Can your  
house/garden/estate/business  
Be judged the most Royal on  
Sunday May 7th?**



### **SEDBERGH**

Welcomes all entries  
AND

Needs some volunteer judges!  
Prizes sponsored by  
Sedbergh & District Lookaround



volunteer judges to share their views on the "best".

<https://>

[www.edenprojectcommunities.com/the-big-lunch](https://www.edenprojectcommunities.com/the-big-lunch)

No competitiveness but Dent and Kirkby Lonsdale are having big events, let's make Sedbergh "great again"!!!

## UPDATES FROM THE REV'D - 1 The Coronation of King Charles III

*Rev'd Andy Burgess*

Please join us on Friday, 5 May, 7pm, at St Andrew's Church in Sedbergh for a special commemorative service on the eve of the King's Coronation. On Monday, 8 May, 10am, we will be having a litter pick in Sedbergh as part of the 'big help out' – please do join in, we'll be starting from St Andrew's, Sedbergh.



*The King and Queen Consort.  
Picture by Chris Jackson*

## CHAPEL GALLERY

### 2023 Tuesday Workshops at Chapel Gallery Hawes (all start 10am)

Date	What	Finish	Price
9 <sup>th</sup> May	Hand Weaving Needle Felted	4pm	£55
23 <sup>rd</sup> May	Mouse Needle Felted	1pm	£45
7 <sup>th</sup> June	Landscape Crochet Granny	4pm	£65
20 <sup>th</sup> June	Square	Noon	£25

Please contact Ellie at  
[info@chapelgalleryhawes.com](mailto:info@chapelgalleryhawes.com)  
for more details and other courses.  
Or book via [www.chapelgalleryhawes.com](http://www.chapelgalleryhawes.com)  
Burtersett Road, Hawes, DL8 3NP

## CORONATION CELEBRATIONS IN DENT

*Sarah Woof*

As Lookaround goes to press we haven't quite finalised what will happen so if you are interested in joining in you will need to contact me and look out for posters.

Possible bring and Share picnic outside St Andrews Church in Dent on the Sunday after morning service, inside if wet. With a raffle.

A family event with sports for children and a bring and Share meal POSSIBLY on the BH Monday.

The plan is to not need any funds for whatever happens and thus to not need a "committee". People will be encouraged to bring own seating and tables, there will be an inside alternative if wet. Any further suggestions are welcome.

Sarah . 015396 25212.



## THE CALM BEFORE THE STORM

Jane Orton

For nine whole months,  
anticipation, eager, keen to hold  
The bundle, waited for so long, is  
worth its weight in gold  
A treasure far exceeding wealth, in  
any shape or form  
The happiest day in all your life, is  
when your child is born.

You've read the book, you've seen  
the film, it's really quite a breeze  
You've seen it all so many times,  
you can do it all with ease  
Contractions come, contractions  
go, they can't get any worse.  
They can you know, before too  
long, you'll find new things to curse!

Eventually it's over and you've got  
your prize at last  
The problems and the pain are well  
and truly in the past  
All you can feel is wonderment,  
your wildest dreams come true,  
The cleverest girl in all the World,  
your husband says is you.

A glow descends upon you and  
your family and friends

The cooing and the awing and the  
flowers that they send  
The blissful joy, complete content,  
the calm before the storm  
You cannot wait to take him home,  
this perfect newly born.

Be ready for a shock though, and a  
shock it's going to be  
When on your own, the two of you,  
well baby makes it three  
Can't seem to cope? The time is  
less, you're bound to find it trying  
You've changed his bum and  
burped him, why on Earth won't he  
stop crying??

The spuds are burned, the phone  
won't stop, the cat gets in the way  
What happened to the peaceful  
bliss? Ward 3 seems miles away  
Relations come and visit when  
you're trying hard to rest  
They say, 'You're pale, but coping  
well?' is this some kind of test?

But finally, he sleeps again, and all  
the World just calms  
Then you find perfect contentment  
from the baby in your arms.



## OPEN HOUSE

*Every Tuesday*  
Coffee, Craft & Chat

10:00am till 12:00pm  
Renew Wellbeing Café  
Cornerstone Church Sedbergh



*For anyone  
struggling  
with bereavement*

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

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



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Email [ellyarcher@talk21.com](mailto:ellyarcher@talk21.com)

for more photos or to view.

## TOWN TWINNING

*Dave Smith*

What can the Sedbergh Town Twinning Group do for you?

We are keen to support any groups or families from Sedbergh who would like to visit Zreče, our twin town, and the beautiful country of Slovenia.

There have already been many visits to and from Zreče based around history, geography, music, art, photography, sport and culture. Students from our schools, and singers from both countries have taken part in many exchanges in the past.

Besides these we suggest that there could be opportunities for other groups with common interests such as, for example golf, the performing arts, natural history, agriculture, religious faith, language, walking, climbing, cycling, skiing and of course lovers of sight-seeing,

beautiful weather and good food and drink.

Whatever your interests we can give advice about travel, accommodation and places to visit and we can put you in touch with local people who can help you with your specific interests.

With the advent of Zoom and Microsoft Teams it is now even easier to make contact with people in Zreče who share your interests. Already there have been opportunities for recruitment and work experience and it may be that your business could gain from contact with our friends in Slovenia.

If you would like to know more about any of these opportunities do get in contact with the Sedbergh Town Twinning Group via

Dave Smith, email -  
[dsfatherhaw@hotmail.com](mailto:dsfatherhaw@hotmail.com),  
or Garth Steadman, email -  
[garthsteadman@yahoo.co.uk](mailto:garthsteadman@yahoo.co.uk)

## POST SPRING SHOW REPORT

*Marion Wood*

This year the weather wasn't quite as good, but it managed to stay dry on the actual day. Once again there was an amazing display of talents of the people of Sedbergh and the surrounding area. We had over 600 entries by 70 people (excluding school entries). 23 people entered for the first time. This year the cup for special effort went to our oldest entrant, Jean Jones who made 5 preserves and won two first prizes and one second. She will be 97 when this is published. The school classes as always drew lots of admiring comments. 3D birds, infinity mirrors and poetry were all popular. Over 200 people came to admire, listen to the band, and enjoy wonderful tea and cakes. Thank you to all who entered and helped.

Handicrafts Cup - Anne Symons

Flowers and Plants Cup - Janet Perry

Garments Cup - Gill Dickinson

Homemade Produce Cup -

Barbara Maunder

Art Cup - Angela Dixon

Photography Cup - Chris Wood

Junior Cup - Jackson Brown

Children's Cup - Jessica Milburn

W. Milburn & Sons Handwriting

Cup - Niamh Dwyer

Cup for Special Effort - Jean Jones

Roger Underwood Cup for most

New Entries - Ben Maunder

Lookaround cup Best in Show

(Adults)- Margaret Townsend

Lookaround cup Best in Show

(Children) - Alfie Kelly

WI Cup - Sedbergh WI

Shield for Overall Winner of Show -

Chris Wood

## DENT NURSERY

*Sarah Woof – Concerned Granny*

Time .. there is a saying I have often heard and it goes something like this, " everyone leaves the doing of things to someone else, but they are leaving it to them. They often moan at them for not doing what they wouldn't do themselves." Or something like that!

In Dentdale we are so blessed by the number of families who have made this lovely Dale their home, we are also blessed by having our primary school, our Nursery and our Toddler group. I have a vested interest in these as we have grandchildren at them all, I know how important each is in the life of the Dale.

There are also a number of retired people who call our Dale, home, people with untapped skills and people with time to spare.

One group which needs help is our Children's Nursery, I say "children's "

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**SHOWROOM:**

**34A Main Street, Staveley,  
Nr Kendal, LA8 9LN.**

to make clear they are not tending and growing plants, they are doing something far more important! There will be posters and flyers appearing around Dentdale giving notice of a meeting in support of the Dent Nursery. Please don't leave it to someone else.

## **NORTH WEST CANCER RESEARCH**

*Hazel Jackson*

For many years there has been a Sedbergh Committee raising money for NWCR. Sadly, members are now elderly and unable to continue this support for the Charity. There are other committees in the area who meet annually (usually at Tunstall) with a speaker from NWCR.

Some of the research is carried out at Lancaster University to where a visit is sometimes arranged.

Unfortunately cancer affects most families at some time. If you have an interest in fundraising for NWCR, it would be wonderful if you could form a small committee and carry on the good work – organising a coffee morning or other event. If you would like more information, please contact Hazel Jackson 20530 or Marjorie Fishwick 20047.

**Scrap Collected  
Ring Kev  
07812194311**



## **FARFIELD PLANT SALE**

*Friends of Farfield Mill*

Friends of Farfield Mill will be holding a Plant Sale on Saturday 20 May and Sunday 21 May from 10.30 – 4pm. This was a very popular event last year when we had a huge variety of seedlings and plants for sale.

If you have any plants you would like to donate, please let us know by emailing us at the address at the end of this article. Also, please come along as this is the perfect time to find some plants to put straight into your garden or allotment.

We always welcome new ideas and of course new Friends. The annual subscription is £15 and Joint subscription is £25. If you are interested in knowing more, please contact us on [friends@farfieldmill.org](mailto:friends@farfieldmill.org) or telephone Farfield Mill on 015396 21958.



## **SEDBERGH DOG TRAINING**

*Roma Singleton*

On March 29th 2001 Sedbergh Dog Training was born!

From that day 22 years ago, the class has taught dogs of all ages and breeds. Founded and continuously run by Cicely Robertshaw it was one of the earliest to be accepted by the Kennel Club to introduce the Good Citizen Scheme. Puppies and older dogs follow a programme from Foundation Certificates through to Bronze, Silver and Gold Awards. The scheme aims to give dog owners training methods which will help develop well-mannered canine companions.

Congratulations! Here's to many more years of happy dogs and their owners.

## **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

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### **KILLINGTON SAILING OPEN DAY**

*Myles Ripley*

On Saturday May 20th 11am till 3pm Killington Sailing Association will be holding an Open day where you can take the opportunity to try out Sailing, Windsurfing, Canoeing and Stand up paddleboarding. "Obviously" perfect warm and breezy conditions have been organised for the day.

Booking arrangements will be advertised on the Community forum in due course.

If you want to know more at this stage, do get in touch [mylesripley@btinternet.com](mailto:mylesripley@btinternet.com)

We hope you can join us.



### **ZERO WASTE SEDBERGH**

Zero Waste Sedbergh are holding another Repair Cafe on:

Saturday 13th May 2023 10am - 2pm at Cornerstone Community Church on New Street.

Our Volunteer Repairs will be able to help with FREE repairs for:

Small electrical items,  
Fabrics and sewing,  
Bicycle repairs and checks.

We will also have our uniform recycling available - Free of charge!

Advice and demonstrations from the Master Composter.

Our Community Cafe will also be open

No appointment necessary and everyone welcome.

---

### **SHEEPFEST**

*Alison Sharman*

#### **Sheepfest needs Ewe**

Saturday 26th August 2003

Sheepfest is baaa...ck by popular demand following a covid-enforced break so get ready to build a sheep! Made one before? It's time to look in the attic, shed or under the bed to find your sheep and give it a new costume. Need some ideas? Check out Facebook.com or ask a friend.

This year's theme is 'Novel' sheep so let your imagination run wild... choose a character from a book... or just be 'un-ewe-usual' or even 'ewe-nique'

#### **Activities in Sedbergh**

As well as the sheep flock, there'll be activities for all the family including:

- A British wool fair, activities for children and alpacas at the Peoples Hall



• An exhibition by Sedbergh History Society about the history of wool in St Andrews Church, along with activities for children

- Rural Links 'Field to Fork' roadshow with livestock
  - Sheepy activities at Farfield Mill
  - Artisan Market on Main St
- Free shuttle bus linking the main sites.

### **How to Join the Flock**

Sheepfest is open to Sedbergh residents, businesses, and close neighbours of post code LA10 5.

- Make a sheep and give it a name.
- Little sheep are welcome, but no larger than life-sized please unless by prior arrangement with the organisers.
- Optional – Take a photo and post it on Facebook or Instagram using #SedberghSheepFest2023

### **For Sheep on Main St, Finkle St or St Andrews**

Businesses - let us know you are competing and tell us where you are. Please display your sheep in your

window. Keep pavements clear at all times.

Residents – bring your sheep to St Andrew's Church on Friday evening or early Saturday morning – we'll let you know what time nearer the date.

### **For Sheep located in Private Gardens or Elsewhere**

**IMPORTANT** – please don't pen your sheep in a public space without prior permission of the landowner.

Make sure your sheep is well secured so it doesn't blow over or fall apart in high winds and won't disintegrate if it rains.

If it's within reach of a pavement or public area, ensure that there are no sharp or sticky objects that could cause harm if touched.

Make sure it won't get eaten by a dog or scare marauding cats.

### **To Enter the Competition**

If you want to be included in the competition and you are not located at St Andrew's, Main St or Finkle St, please tell us where you are! You can email [competition@sheepfest.co.uk](mailto:competition@sheepfest.co.uk)







Individual or group entries allowed – any age. 'Best in show' will be selected by Sheepfest's Patrons.

Winners to be announced at 3pm outside St Andrew's Church.

### **Finishing Up**

At the end of Sheepfest, please collect your sheep from St Andrew's by Mon 28 August. Unclaimed sheep may find themselves in the municipal sheepfold!

If you are displaying a sheep at home or in your shop window, please remove by the end of Monday.

For updates see [www.sheepfest.co.uk](http://www.sheepfest.co.uk)

Finally, if you'd like to get involved with organising the day, we'd love to hear from you. Contact us [info@sheepfest.co.uk](mailto:info@sheepfest.co.uk)

[www.sheepfest.co.uk](http://www.sheepfest.co.uk) // Facebook/  
SedberghSheepfest



## **SEDBERGH TENNIS CLUB**

*Martin Lewes*

Sedbergh Tennis Club has organised a six-week course of coaching for junior players from age four to 18 this summer. The Lawn Tennis Association Youth Start courses are provided by Michael Cartmell, who's coached similar courses at the Guldrey Lane courts for several years now.

The courses run through the second half of the summer term, on Sunday mornings starting on 11 June. They will be in three age groups, the youngest starting at 9am, older primary pupils at 9:45, and over -12s at 1030. For the younger players the cost includes a starter pack of racket and balls. Michael and his team have been trained to teach the LTA courses and in the past few years they've often been fully booked. Links to the LTA website where places can be booked are on the Sedbergh Tennis Club Facebook page.

The tennis club works in partnership with generous help from its landlords, Sedbergh Parish Council, to make sure the courts are regularly maintained. Sedbergh Tennis Club members ensure nets



are provided, keep the area tidy and the grass cut, and the pavilion roof was refelted last winter. The courts are not locked, and anyone can play at any time without booking or paying a fee, although contributions in an honesty box are welcomed.

A few years ago, the club was instrumental in making sure the courts were resurfaced in the latest porous bitumen, locating contractors, applying for funding from Sport England and other sources to minimise the cost to the parish, and being on site to see the project through to completion. The result is tennis courts described by visiting players as some of the best in the county. They are regularly used by visitors to the town and local people for casual play, as well as the club members on weekday evenings and Sunday afternoons. In some years the club puts a team into local leagues.

At the recent AGM the committee discussed how the future of tennis in Sedbergh depended on the club surviving and the need for new members. Without the club, events like this summer's coaching sessions could not happen and the sport would inevitably decline. It's hoped that with more members, it will be possible to use the pavilion and the courts for social events as well as the sport, so tennis can be one of the popular sports in Sedbergh for many years to come. Membership forms are available at the pavilion.



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**SEDBERGH COMMUNITY GYM**  
**A Community Facility Worth Supporting**

*Nigel Chamberlain, Secretary*

As we approach another Annual General Meeting, the Management Committee of our community gym has been reflecting on another eventful year. The growing membership currently stands at around 150. As a team we have worked through management and administrative changes to ensure a welcoming and safe environment, which encourages individual and family participation.

Sedbergh residents have an excellent facility right on the doorstep, which offers the opportunity to tone your body, improve your cardiovascular efficiency and build your muscle groups, all at a very reasonable cost. The mental benefits of exercise are also well-documented. Additionally, there is the

opportunity to book exercise programmes with either of the freelance, qualified Personal Trainers, Stuart Wetherell and Ross Mckay.

Our finances are in good order and our equipment is well maintained. As we are an unsupervised facility, every prospective member must go through an induction process, and agree to our Membership Rules before they are given an individual fob. Once activated this fob will allow access between 05.30 to 21.30. Information about joining, our different rates and means of payment are all available on our website:

[www.sedberghgym.club](http://www.sedberghgym.club).

The committee of eight volunteers are mostly active members of the club, some of many years standing. However, four of our numbers are septuagenarians with a fifth not far away. We intend to step back gradually over the next year, so younger members need to put themselves forward for election onto the committee, and to take on shadowing roles. Anybody with bookkeeping skills would be most welcome.

The AGM will be held in the Committee Room at the People's Hall from 19.00 on Wednesday 24 May and we hope for a good turnout of members to review the year's activities. If anyone is willing to consider joining the committee, please contact me in advance so that we can go over the responsibilities involved.

Nigel Chamberlain  
secretary@sedberghgym.club

## C.O.G.S.

*Ann Parratt*

As you may have read in last month's Lookaround we were due to have our AGM on the 4th April. At the AGM the problem of regular dog fouling was discussed at length by members.

The Community Orchard opened in 2016 and during this time one of the aims was to provide a peaceful, serene and healthy environment for ALL the community and visitors to enjoy. The membership agreed that this should include owners with well behaved dogs. It was also hoped that dog owners would be responsible for cleaning up after their pets. Signs are in position at the entrance requesting this should take place.

Until the last six months there has been intermittent problems with dog fouling, but since then the problem has accelerated to such a degree that members have been clearing up mess every two days..... Unbelievably eight poo bags were filled on one visit! As you can imagine it is not a task members are willing to continue.

To this end, it was decided to temporarily close the orchard and ban dogs with immediate effect. To



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MEDICAL CENTRE**

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

**2023**

Wednesday 17th May

Thursday 15th June

Wednesday 12th July



try a resolve this problem we are applying to the Authorities for a 'Dogs on Leads' Direction, official signage regarding dogs fouling and requesting regular visits from the dog officer.

As a volunteer group we are very disappointed that a few irresponsible dog owners have spoilt this quiet haven on the edge of town. Visitors from Sedbergh and further afield have been welcome to pick and eat the fruit and herbs grown there. The local primary school uses the orchard for activities and families and friends have enjoyed a safe environment for picnics and play.

Unfortunately this has all changed because of a minority of selfish dog owners. PLEASE remain vigilant once the orchard reopens, we don't want anyone stepping or falling in any mess, and will do our utmost to keep the orchard open for everyone's enjoyment .....but if the dog fouling starts again we will have to rethink our dog policy.

## SPELLBOUND THEATRE

*Heather Pakeman*

I think it was back in the summer of 2022 that Helen Leslie Bromley agreed to write a version of 'Alice in Wonderland' for Spellbound and what a fantastic job she did converting the nonsense of Lewis Carroll to a equally bonkers but imaginative story with the addition of Albert, as Alice's brother. A fantastic effort on Helen's part and we really appreciate all her effort, imagination and skill. We were equally lucky to cast talented young people like Holly Hart-McKevitt as Alice and Daniel Mitchell as Albert as well as Reggie Soldatt as the Dormouse.

We must thank our teenagers too, Toby Aston-Robinson, Amy Savigar and Francesca Suttle. They all did a great job, rose to the challenge and entertained appreciative audiences. Many thanks to everyone who came along to support local theatre. Thank you.

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email [steve.bateman14@gmail.com](mailto:steve.bateman14@gmail.com)

Like many other organisations in Sedbergh we are struggling to attract new people to join our ranks. I started in Sedbergh Theatre back in 1990 when I was in my 30's and have performed ever since. Spellbound would love to continue with all age ranges represented but everything has changed over recent years and pressures on people have changed. Sedbergh needs younger people to organise the Gala, Sedbergh needs younger people to organise the Music Festival and Sedbergh needs younger people to take Spellbound Theatre forward. Where are you?

As a theatre group we have plenty of experience but need more people if we are to continue to perform work with people from across all age ranges so that it can continue to flourish into the future. This is not a problem that can be solved without some interest and commitment from more people or we are in danger of folding. If you feel you can offer anything front or back stage please contact us on our Facebook page 'Spellbound Theatre'. We hope to hear from anyone who may be interested in joining us so we can make a positive move forward.

## WORKING ON BANK HOLIDAYS

*South Lakes Citizens Advice*

I recently started a new job where my boss has told me I'll have to work on bank holidays. This was never the case in my old job. Can my employer really make me work on a public holiday, and should I get paid extra if I do?

Unfortunately, when it comes to bank holidays, whether or not staff have to work is up to their employer, and you don't have to be paid more if you do. The situation will vary from job to job and depends on a number of factors, e.g. whether your place of work is open on bank holidays. If you have a contract, this should set out your personal situation.

A contract might say that you will always get bank holidays off, or that you may sometimes be required to work them, or that you will always be required to work them. If your place of work is normally open on a bank holiday you'll probably be asked to work at least some. But if your contract says you get bank holidays off you shouldn't be asked to work.

Your contract might say something like: "In addition to bank and public holidays, your annual entitlement to holidays is X days". This means you get public holidays off in addition to your annual leave entitlement, but it might not mean you're entitled to take the specific days off. You may be required to work a bank holiday, in which case you should get another day off instead.

Alternatively, it might say something like: "Your annual holiday entitlement (inclusive of bank and public holidays) is X days" - this

means you have to take bank holidays off as part of your annual leave entitlement.

A common misunderstanding around bank holidays is that employers have to pay you extra for working them. This is not the case. Unless your contract says you'll be paid extra you will just be paid your normal amount. Your employer has to follow what's set out in your contract - if they don't, you should raise this with them.

If you don't have a contract, the legal default position is that your employer can tell you when you can or can't take time off. If you'd like to request a bank holiday off, use the normal method for requesting time off.

If you find you need to resolve an issue with your employer, first ask for an informal chat, where you can raise your concerns. If this doesn't get you anywhere, you may need to raise a formal grievance. If you need advice on this, contact South Lakes Citizens Advice.

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

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

## **DEMENTIA ACTION WEEK**

*Sedbergh Dementia Group*

### **When is Dementia Action Week?**

This year Dementia Action Week runs from the 15th-21st May. Some Sedbergh Events are outside the week itself.

### **What is Dementia Action Week?**

Dementia Action Week is an awareness raising campaign. Each year, the Alzheimers society work with individuals and organisations across the UK to encourage people to 'act on dementia'.

### **What will be the focus for 2023?**

Increasing diagnosis rates is such an important issue that Alzheimers society are focusing on it again this year.

Following a sustained drop in dementia diagnosis rates for the first time ever, Alzheimers society undertook research to understand the key barriers and benefits to getting a diagnosis.

As well as the misconception around memory loss just being part of getting old, our research found being in denial, and referral times to specialists, are big barriers for those experiencing symptoms to seek a diagnosis.

Getting a diagnosis can be daunting, but Alzheimers society believe it's better to know. And so do 91% of people affected by dementia.

This Dementia Action week, Alzheimers society will be involving more healthcare professionals and building on the success of our symptoms checklist. By working together, Alzheimers society want to improve people's diagnosis

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experience and ensure they get a timely diagnosis.

### **Where can I find more information on memory loss and diagnosis?**

It's important that those who are concerned that they or someone close to them might be experiencing signs of dementia continue to come to the Azheimers Society for guidance and support.

This includes reading our new information on memory loss and diagnosis, using our symptoms checklist to help describe symptoms to GPs, and watching first-hand stories from people living with and affected by dementia on the benefits of getting a diagnosis.

**In Sedbergh** the Dementia group are hosting a coffee morning at St Andrews on 24th May. Alongside the normal provision at coffee mornings, there will be plenty of information and a couple of carers and dementia representatives to talk to people. You will have read in the April issue of Lookaround about the story/poetry competition organised by Dignity in Dementia. The Library is organising an exhibition and memory scrapbooks for you to peruse. On June 7th we will be having a stall at the Wednesday market to reach out to some other people who may not make it to the coffee morning.

We hope you can join us at one or other of these events.



# **SEDBERGH GYM CLUB AGM**

***CALLING ALL MEMBERS TO PARTICIPATE***

WEDNESDAY 24<sup>th</sup> MAY, 2023  
PEOPLE'S HALL COMMITTEE ROOM

7.00 pm MEET & GREET & REFRESHMENTS

7.30 pm ANNUAL REPORTS & ELECTION  
OF COMMITTEE & OFFICERS

## **MAYDAY**

*A Daughter's Poem to Her Father*  
Maggie Perrotta

"He's fading fast." Those 3 words I muttered as a plea to many back on the 26th of May. What a month May is, to the youngest of his; May holds Mother's Day, her birthday, and her father's chosen middle name.

"He's fading fast." Those 3 words that haunt me at the close of each dreadful day; A mind that could paint a picture so bright, that was so full of light, is now morphing to a blue shade of grey.

"He's fading fast." Those 3 words that snuck in to take my dear father away. I'm not sure how this will unfold, or even what tomorrow may hold, I just hope his mind can escape some of this new disarray.

"He's fading fast." Those 3 words I strain could never be enough to convey; That my love for him, is

enough to turn from sin, no matter how many of his memories decay.

"He's fading fast." Those 3 words that seem to constantly be set on replay; While his precious memories go missin, and his mind and body won't stop and listen, why can't it just cooperate and obey?

"He's fading fast." Those 3 words that I choke on, they get lodged in my airway. I will stay strong for my dad, refuse to let him know I'm sad, although this disease is putting up a fight and getting harder to downplay.

"He's fading fast." Those 3 words that creep in while backing out of my childhood driveway. I get on 270, drive my mind in circles relentlessly, and try to find peace down that dark unforgiving highway.

"He's fading fast." Those 3 words taste like a lousy dreaded Monday; As I hold back my tears, and I pray away my fears, only wishing we could go back to last Friday.



“He’s fading fast.” Those 3 words that strap me down on the railway. Anticipating the pain, from this slow and predictable train, all while observing from the top of his spiral stairway.

“He’s fading fast.” Those 3 words as bloody as a bottle of aged Cabernet; I may have had one too many, cuz this room started spinning, and my emotions are beginning to sway.

“He’s fading fast.” Those 3 words as stale as closing time at an old school cafe; Which would still taste fresh, cuz I was there with my best, all those years ago at Hometown Buffet.

“He’s fading fast.” Those 3 words I trembled out of my quivering lips in May; They’re still being spoken, while we all pretend we aren’t broken, I feel him leaving, though I know he’s fighting to stay.

“He’s fading fast.” Those 3 words have become my thesis statement to each and every wish I pray. Although we are both feeling lost with our eyes frequently glossed, there isn’t a single day with him I would ever trade.

“He’s fading fast.” Those 3 words that sing old church songs on a foggy Sunday. I didn’t know back then, as I don’t know now, but maybe this will all make more sense one day.

“He’s fading fast.” Those 3 words that resemble a wilted bouquet, will steal so incredibly much, from all 14 of us, like the clouds that engulf a hot summer day.

“He’s fading fast.” Those 3 words that swoop down in a flock, or words of prey: they invoke as much danger,



The People's Hall, Sedbergh

# CAFE CONCERT

## Sedbergh Orchestra

Conductor Roland Fudge  
Leader - Val Snelling

**7.30 pm Thursday 25<sup>th</sup> May**

Selection from 'The Mikado' – Sullivan  
Renaissance Dancing – arr. R. Fudge  
Ragtime Dance – Scott Joplin  
Pavane – Faure  
and much more

Tickets £8 (£10 on the door) 18 and under free  
from Sedbergh Information Centre  
and orchestra members

Drinks and nibbles. Doors open 7.15pm

turn loved ones to strangers, and their welcome they tend to overstay.

“He’s fading fast.” Those 3 words that put each of our vulnerabilities on display. I guess they didn’t change much, in my eyes he’s even more tough, and I am honored to be his youngest protégé.

“He’s fading fast.” Those 3 words that changed my life as I knew it in May, will hold the 4 syllables, 4 vowels, 9 consonants and 13 letters, that I’ll continue to pray I could just pray away.



## METHODIST CHURCH IN DENTDALE

*SE Woof*

Always a joy to welcome people into our buildings and there has been a variety of uses over recent weeks.

The Christian theatre company, 4FRONT came in March with their energetic performance in "The Parable Keeper ". They told the story of a man who had an antique shop and punished a young lady who broke something. Each item related to a Parable Jesus told and as the gospel message was revealed the man realised he was forgiven by God and he forgave the young lady. There was a lot of fun and superb acting along the way and enthusiastic audience participation. We are very grateful to those on the grant giving

committee of the Cumbria Methodist District who awarded us money to put this on and look forward to welcoming 4Front again.

Each Wednesday afternoon our building is the venue for the Community Corner where people gather to chat, do jigsaws or play dominoes if they wish. All ages welcome.

In addition to our monthly coffee mornings, we ran an extra one on Easter Saturday.

We provide a warm place for people to meet and just recently two different families appreciated coming in out of the cold to somewhere dry and warm.

In May our Sunday service time changes to 6.30pm and all are welcome.

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## DENTDALE CHRISTIAN FELLOWSHIP

*Sarah Woof*

A full house of enthusiastic children and adults in the Methodist Church in Dentdale for the 2nd visit of the Christian theatre company, 4FRONT. Based in the Cotswolds they tour the country bringing the Bible to life. Seeing all the children so engaged and excited was brilliant. The visit was funded by a grant from the Cumbria Methodist District and arranged by the Methodist Church in Dentdale who we were delighted to support.

Then the Baking Through the Bible took place on four Mondays straight after school and 8 enthusiastic children joined in each week. We baked something, heard the Bible story connected to it and sometimes even got to eat some home made goodies. All the things that were baked were taken home.

Passover Celebration came next, on Easter Saturday in the Methodist Church where we remembered both the deliverance of the Israelites from the slavery in Egypt, and the deliverance that the death and resurrection of Jesus brings to us today. A happy time and a meal was shared with explanations for all the different elements.

Our energies are now being put towards the annual Festival weekend in August where there will be music and song, activities for children to include 'Baking thru the Bible! (!), speakers and of course meals together and all are welcome. Starts Fri 4th Aug.

Meantime for prayer or anything else please contact John and Sarah on 015396 25212.

---

## UPDATES FROM THE REV'D - 2

*Rev'd Andy Burgess*

### **Blessings for Same-Sex Marriages and Civil Partnerships in The Parish of Sedbergh and Lune**

You may have heard that recently the Bishops of the Church of England put forward a proposal to enable the blessing of same-sex marriages and civil partnerships in our churches. I am glad to say that at its most recent meeting, Sedbergh and Lune PCC voted overwhelmingly in favour of this proposal, and has released the following statement - Sedbergh and Lune PCC welcomes the bishops' proposal to offer blessings in our churches to those in same-sex marriages or civil partnerships. We aim to be welcoming and hospitable to all, regardless of ethnicity, gender,

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sexuality, or background. We look forward to hearing more from the bishops about when we will be able to celebrate these thanksgiving services in our churches. Sedbergh and Lune PCC.

This means that in the near future, couples seeking prayers of blessing and thanksgiving upon their marriage or civil partnership will receive a warm welcome at St Andrew's Sedbergh, and the other churches in our Parish. If you would like to hear more about what this might mean for you, please don't hesitate to get in touch using my contact details below.

**Secretary needed for Sedbergh and Lune PCC**

Sedbergh and Lune PCC is looking for a volunteer to become our PCC Secretary. This is a vital role in the Parish, and I am very keen we find the right person for the job. It would involve attending roughly six meetings a year, taking and distributing minutes, and assisting with a few other administrative roles. Our Secretary would be well supported by myself and our churchwardens, and plenty of training and assistance would be provided. If you would like to apply for the role – please do get in touch!

Rev'd Andy Burgess  
015396 20018

andy.burgess@westerndales.org.uk

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## NEWS FROM THE PEWS

*Tony Reed Screen*

After the rather sombre days of Lent and the poignant services during Holy Week it was wonderful to celebrate Easter Day in glorious sunshine when a large congregation celebrated and sang lustily in the beautifully decorated church.

Glorious flower displays enhanced by the sunshine streaming through the windows, and the "Easter Garden" at the base of the font, created by children the previous day, were admired by all and provided a golden background to this joyous occasion.

Looking back to Lent the Lent Lunches raised just over £500 which will be shared equally between Manna House and St John's Hospice. We are very grateful to all those who contributed to this fund raising event.

Looking forward we are preparing for the Coronation when, as the Vicar has noted elsewhere, there will be a service in the Church at 7.00 pm on the Friday evening and on the Monday morning at 10.00 starting at the Church we will be arranging a litter pick as part of the Big Help Out.

As the days lengthen and the temperature rises the churchyard has come to life again. The snowdrops

have long since gone and the early flowering rhododendrons which recovered from a frost are now going over but the grass is growing and the flowers are all shooting forth. Our gardening team has been busy and will continue to be so through the summer ensuring that the churchyard is a joy to behold. We are very grateful to them for their unstinting efforts and the joy they bring to all of us in this peaceful haven in the centre of the Town.



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## CHRISTIAN AID WEEK

*Anne Pitt  
On behalf of the Christian Aid  
committee representing our local  
churches.*

Christian Aid Week fast approaches. This year the Christian Aid Week runs from Sunday the 14th to Saturday the 21st May. Once again we are going to try and drop off envelopes from house to house around the district. Recipients can then return these to a convenient drop off point if they would like to support the organization's work. However, if we can't get one to you there will be a good supply in the local churches which you can use. Envelopes can be returned to the churches or to the Tourist Information Centre at 72, Main Street, Sedbergh.

Alternatively, some may prefer to donate by other methods which you can find online by going to the website: [www.christianaid.org.uk](http://www.christianaid.org.uk) or use the phone number 020 7523 2269 to donate by telephone.

Apart from the envelopes we will be holding a coffee morning in St. Andrew's Church room in Sedbergh on Wednesday 17th May from 9.30 a.m. with a cake stall and raffle. Donations to these will be very welcome.

The Christian Aid website, [www.christianaid.org.uk](http://www.christianaid.org.uk) has a lot of information about the work Christian Aid does round the world including its special highlighting of its ongoing work in places which don't get mentioned in most media news outlets. Particularly in this year's

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Christian Aid Week there is a particular focus on its work in Malawi.

Cyclone Freddy, the longest-lasting tropical cyclone on record (lasting 34 days), has hit Malawi and Mozambique. This cyclone is the equivalent of a full North Atlantic hurricane season. Malawi experienced a year's worth of rain during the 4-week cyclone. The number of people affected by the Tropical Cyclone in Malawi continues to rise. Over 508,000 people are displaced and hundreds have lost their lives. There's also an increased risk of malaria and cholera in the immediate aftermath. Lazarus Chakwera, President of Malawi, has said: "It's not just here and there, we are at the receiving end of the worst of climate change... It's not a matter

of saying be charitable to your neighbour, this has to do with loss and damage, this has to do with responses that are not tokenism."

Our partners and team in Malawi have been responding to the immediate recovery needs of communities. This includes:

- Corn soya blend for porridge for breastfeeding mothers and children under 5 years
- Mosquito nets for families to provide protection against malaria
- Providing temporary toilets and bathrooms, water containers and water treatment to help prevent the risk of cholera
- Mobile clinics to help people process the emotional trauma of the cyclone

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- Distribution of cash to 1,000 households so that families can purchase their immediate needs

A typical impact of the climate on individuals and their families is the case of Jen. Jen and her family are safe but had to abandon their home due to flooding. Some of her crops were destroyed. Jen reports that she has lost the equivalent of '2 bags' of yield, worth at least £79. These are vital funds that she'd planned to use to pay for the school fees of one of her children. Her hard-working oldest two boys have earned places at top tertiary colleges, which is very rare for young people from her rural area. One has a place at a prestigious polytechnic and one at a well-known college – it's even on one of Malawi's banknotes. However, Jen cannot afford to send them both. 'My heart longs to see our children finish school,' says Jen. 'These dreams are very important to me, because by doing so, I'll be sure that I am

creating a good future for the children.'

Jen works hard to provide for her children. But she can barely scratch a living from the soil. Soaring costs of food, fuel, fertiliser, school uniforms and school fees are crushing dreams and keeping her family in poverty.

So Jen has had to make a choice. One no mum should be forced to make. Rising costs mean Jen can pay for only one of her sons' college courses.

Jen desperately needs to earn more, so that her oldest son Mathew can study as well. His place at a prestigious college is reserved for a year, so Jen remains hopeful that he'll be able to start his course.

The erratic weather is affecting Jen's profits. 'The result is that our harvest is very little,' she says. But Jen remains resilient. 'We say, let's work hard so that the money will help the children go to school.' Due to the floods, part of my field has also been

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washed away. I grew maize and pigeon peas in this field... I would like to let people know that we are facing one of the biggest disasters in Malawi and we need their support for us to manage to move out of this. We pray that our God will also help us in getting across these problems.

If you are like me you may not have heard about the pigeon pea. Luke Theu, Christian Aid's Country Director for Malawi said: 'The pigeon pea is a crop that can bounce back and support people. Unlike other crops, which can't be planted in these flood conditions, pigeon peas can. The challenge people will face, is the decline in the expected level of pigeon pea harvest, which could lead to hunger. Therefore, we need additional funds to help people to restore their livelihoods.'

Jen and her husband have two acres of pigeon peas, but they are struggling with the effects of the climate crisis. The rainfall is unreliable, and there are more storms, flooding and stronger winds. The pigeon pea is a tough plant, able to withstand a lot – just like Jen. But to make the most of her crop, Jen needs to plant good quality seeds and sell for the best price possible, and not to unscrupulous middlemen and this is where Christian Aid steps in to help people access quality seeds.

Our district has always been very generous in its support of Christian Aid and all its work in helping the disadvantaged and dispossessed around our world and we hope we'll be able to continue this tradition in these tough economic times. .

## **SEDBERGH PARISH COUNCIL**

*Janey Hassam, Clerk*

The Council held its meeting at 7.30pm on Thursday 13th April 2023, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next meetings scheduled are the Annual Parish Meeting (see separate notice below), the Annual Meeting of the Parish Council, followed by the normal monthly meeting. Commencing from 7.00pm on Thursday 18th May 2023 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

### **Finance**

Car park income has seen an overall increase during the period 2022/2023, however, Members noted expenditure had also increased. Of further note business and water rates for 2023/2024 will reach circa £19,000 across both car parks (an increase of 12%). Along with these



Sedbergh Parish Council would like to invite you to the 2023

### **Annual Parish (Electors) Meeting**

To be held at the Committee Room, The People's Hall, Howgill Lane, Sedbergh on **Thursday 18<sup>th</sup> May at 7.00pm**

This is **YOUR** meeting and an opportunity to come along and discuss what has been completed in recent times by your Parish Council. It is also a chance to have your say on what you might like to see happening in our community in the future.

**Including input on potential future aspirations for Sedbergh Parish Council and an update on the ongoing car parking strategy.**

This meeting will be followed by the formal Annual Meeting of the Parish Council and the normal monthly May meeting of the Parish Council.

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increasing costs, additional costs are anticipated in respect of ongoing maintenance/cleaning and utilities at Main Street toilets. Members are also mindful of future significant expenditure to improve the surface and parking provision at Joss Lane car park. With specific sums reserved for this future project and general future maintenance/improvements at Queen's Garden, the Tennis Courts at Guldrey, and the playing field and play park at Howgill Lane. Finally, specific additional one off projects and legacy monies attributed to other variances seen on the Budget during the financial year, with legacy money now reserved for specified purposes in the future.

### Other matters

Various other matters, including Finance, Annual Governance and Accountability Return for 2022/2023, ongoing projects for street lighting and update on funding applications

for Electric Vehicle charging provision, Sheepfest, Queen's Garden and plans for the Bowling Club pavilion, routine tree checks, legacy monies and Westmorland and Furness Highway ongoing enquiries. Also, Planning matters and general correspondence.

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

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

### TIM'S COLUMN

*Tim Farron MP*

Despite parliament being in recess for half of the month of April, the past month has been quite a busy one. I have taken advantage of the time away from London to get around the constituency as much as I can. Meeting up with people for a chat to get a better understanding for the issues that are bothering them.

Before parliament broke up for Easter I took advantage of various debates and questions to ministers to raise quite a few issues. I challenged Michael Gove, the Secretary of State for Local Communities to do something about the problem we face with so much of our housing being converted into short-term holiday lets. I was really pleased that in response

he not only recognised this as a big issue but offered to work with me to find a solution.

Since that discussion I have been even more pleased to see proposals from the Government, indeed from Mr Gove's department, that in future people will need to get planning permission before they can convert homes into holiday lets. I have been calling for this for a long time. In fact, last year I put forward an amendment to a Government's bill calling for this very change, only to see it voted down by Conservative MPs. I really hope that this proposal actually makes it onto the statute books. I will keep you informed on the progress that we make.

Parliament may be in recess but this doesn't stop me from chasing ministers up on things. I have written to the Secretary of State for Environment and Rural Affairs asking her to revisit the massive unfairness to upland farmers that she is proposing to introduce under the new farm payment scheme. Under the scheme "lowland" farmers will receive £151 per hectare but "upland" farmers in areas like ours will only get £98 per hectare. That's a third less.

I have yet to meet an "upland" farmer who chose their career as a route to becoming wealthy. But this unfairness really really worries me. I can see no outcome other than even fewer people choosing to give up farming our fells and moorlands with a resulting dramatic change to the way they look. As far as I understand the Government's new farm payments scheme, this is the exact opposite of what they want so I am

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hopeful that the minister will do something about it.

Finally, please rest assured that I am as fed up with Royal Mail as I am sure you are. It was last September when they announced a consultation on plans to move your delivery office in Sedbergh to Kendal. At the time I made my opposition clear to them. Since then I have presented a petition with well over a thousand signatures opposing the plans to parliament and repeatedly been in contact with Royal Mail to find out what is going on. But they still have not made a decision. Isn't it bad enough that they even think about closing the delivery office without leaving you unsure about what is going on for such a long time. I am applying as much pressure as I can to get them to halt these plans once and for all. *(However see the update on the next page, it's great news. Ed).*

As ever if there is anything I can do to help you please do get in touch, you can email me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or give us a call on 01539 723403.

Thanks for your support.



## DELIVERY OFFICE SAVED!

*Tim Farron*

I'm absolutely over the moon that Royal Mail have backed down and decided not to close Sedbergh's delivery office.

This move would have seriously threatened Sedbergh's Post Office which is so important for local residents.

I'm so grateful to everyone who signed our petition and put pressure on Royal Mail, in particular local Lib Dem councillors Ian Mitchell and Hazel Hodgson, as well as Sedbergh's postmaster Peter Jackson.

I'd also like to thank postal workers in Sedbergh who have had to put up with a lot of uncertainty over the past six months. I'm grateful for their hard work and dedication.

This is another fantastic victory for community campaigning.

## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

The summer term started on 16th April

Powell House won the House Academic Challenge (as in University Challenge) with Evans second and Sedgwick third.

At the end of term the Prep had a science week when parents took time out of work to speak to pupils about veterinary science, electronics and physiotherapy.

The Pre-Prep paid a visit to Leighton Moss at the end of term to learn about birds and their habitat.

After the end of term pupils set off on Duke of Edinburgh practice expeditions including hiking, mountain biking and canoeing groups

A Classics expedition went to Gallipoli in the first week of the Easter holidays and saw the ANZAC landing beach Troy among other visits. A large Prep-School ski trip went to La Thuile in the first week of the holidays

The Ultimate Sports course took place at the Prep in the second week of the holidays – getting off to a flying start in the good weather at the beginning of the week. The cricket, rugby and hockey survived the weather with only occasional showers. There was also a busy Pony camp.

The Prep School held a Summer Fayre on 28th April

### Wilson Run

A very successful Old Sedberghian dinner was held the night before the Run in Powell Hall. This had been due to take place on Lupton field in a Marquee, but due to the weather conditions it was moved to Powell

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Hall – much to the relief of many of the guests!

The Wilson Run took place on a damp but not actually raining day, with bad conditions underfoot – many a pupil arrived at the finish with a muddy backside. It was the worst conditions for twenty years. The times were slow as a result. S Gunning won the Boys's race in a time of 1.18.53 (the only runner of either sex to reach the Gold Standards of 1.20.00 and 1.35.00), and just over two minutes ahead of D Dean, and J Nolan 6 ½ minutes after him. The order for the first three did not change all the way round the course. The Girls' race was won by B Cosgrave in 1.47.08 with K Sanderson second, and last year's winner J Berry (who was suffering from an injury) third. The Girls' order kept changing: Berry, Barley Cosgrove at Cautley; Cosgrove, Barley, Berry at Hebblethwaite; and Barley, Cosgrove, Sanderson at Danny. Barley in the lead collapsed at Hallbank and did not finish. One hundred and ninety-two completed the course. Evans won the House competition.

The traditional concert took place in the evening in a packed Hirst Centre, and included the Orchestra playing music from Gladiator, the Overture from Romeo and Juliet, and Mambo from West Side Story, a male voice choir singing Hallelujah by Cohen, the Chamber Choir singing It don't mean a Thing, and finishing with the Orchestra, Bagpipes & Drum Corps playing the Theme from Game of Thrones and Celtic Crest. The highlight of the evening was Archie

Glover playing Grieg's Piano Concerto in A Minor, Mvt 1. The main event was when the runners who completed the course filed onto the stage in reverse order and singing The Long Run to the loud applause of the audience. Unfortunately the audience were unable to join in as though they had been provided with the words, they were not provided with any light to read them!

Both the Run and the Concert were live streamed on Facebook so that Old Sedberghians and others



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(including those in Sedbergh not willing to face the elements) were able to watch the Run – there were cameras all round the course. Because of the hills the cameras were unable to reach most of the more interesting spots such as Muddy Slide, and tended to merely see the runners emerging from the ghylls. In addition the runners wore tracking tags for safety and so that parents etc could track their runner round the course.

### Music

As well as the Wilson concert referred to above, the annual concert given by the Sedbergh Choral Society took place on Thursday 23rd March to finish the term. The combined Town and School choir sang Zadock the Priest, I was Glad by Parry and the Magnificat by Rutter. The soloist, OS Jessica Hurst, was unfortunately ill and her place was successfully taken by Alice Seymour, daughter of the

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Housemaster of Powell, and Lucy Parker, a member of staff.

### Cricket

The U13 and U15 girls won the County indoor cricket competition in Kendal and progressed to the North finals at Headingley in April

Harry Brook OS was named as International Cricketer of the month by the ICC for the second time in three months

### Rugby

At the end of last term the girls played their first ever official rugby fixture at Bishop Burton. They lost, but it was a historic moment. Annabel scored their first ever competitive try

On the weekend after term finished the annual Sedbergh National Rugby Super Tens took place, The weather was kind – the first day managed not to rain, and the second was brilliantly sunny. Some thirteen schools from all over the UK took part. On the first day Sedbergh successfully won against two schools but lost to Brighton, which was good enough to get them into the fight for the final on the second day. However, they lost in the final to Kirkham. The really exciting game was the final for the

Plate between Hurstpierpoint and High Wycombe, when Hurst snatched victory in the very last minute of the game. These games were also live streamed.

Rugby captain Ben U18 captained England in their 26-10 win against Italy. Finn and Jacob took part in a 62-7 win against Wales and Keita played for Scotland

### **Running**

Fraser Sproul has won a scholarship to University in America and is off to Boise state university in Idaho.

### **Hockey**

Pru played in the three nations U18 hockey England squad against France and the Netherlands, and Carla for Germany against Belgium, Ireland and the Czech Republic

### **Netball**

The 1st and 2nd VII went to the Queen Margaret's tournament at the end of term. The 2nds had one win, two draws and two defeats, but the 1sts finished as runners up.

### **Shooting**

Tatiana and Olivia have been selected for GB U18 Athlins 2023, and Evie and Patrick for UK CRT UK U17. The shooters were at Bisley on 14th April. Future Events

The 1st XI play Cheadle Hulme on 22nd April at home and the MCC on 27th at 11.30 am. The 1st XI will play Cumbria U18 on 28th April at 4.30 pm. They will take part in Rounds 3 and 4 of the National T20 on 3rd May. The girls U14 and U15 will play St Peter's York at home on 13th May at 2pm while the 1st XI play them at 11.30. They play Woodhouse Grove on 24th May at 2pm

The Laser Grand Prix Series sailing is at Killington on Saturday 22nd April

There will be a Coronation exeat on 6th, 7th and 8th May. Half term is from 24th May to 2nd June.

The Equestrians will be at the Royal Windsor National Show Jumping on the weekend of 12th-14th May and at Hickstead on the weekend of 27th May

There will be a Scholars' Recital in the Thornely Studio at 4.30 pm on 21st May to which all are welcome  
Casterton's weekend celebrating the School's 200th Anniversary is on 24th and 25th June

The summer term ends on 1st July which will be Speech Day

The three Lancashire first class cricket matches taking place on the School cricket ground are on 1st July (Lancashire v Essex Eagles), 7th July (Lancashire v Southern Vipers) and 19th July (Lancashire v The Blaze).

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### SEDBERGH LADIES N.F.U.

*Carolyn Sandys-Clarke*

Our speaker on March 21st, Jean Scott Smith, gave us a fascinating insight into Lake District Dialects. There are many dialect words still used locally such as 'scrow', meaning mess and 'lake about' meaning play about. A 'yammley crack' is a good chat. A shepster is a starling. Thwaite, meaning a clearing, has Scandinavian origins and is very recognisable as both a place name and surname locally.

Jean kept us very entertained for the duration of her talk explaining the origins of lots of dialect words and reading several poems in dialect. Apparently, although English can be spoken with an accent, a dialect cannot.

A short meeting followed. We are having a coffee morning in St Andrews Church on 10th May to raise money for Breast Cancer Now, and our May meeting on the 16th is about the Growing Well Mental Health Charity and Organic Farm based at Sizergh.



### DENTDALE W.I.

*Thelma Belfield*

Golden daffodils blooming in gardens, frisky lambs in the fields and Easter eggs – it's April and spring is here, despite the occasional wintery weather. At our April meeting we welcomed Marjorie Bidgway, no stranger to us as she has been to Dent previously and gave us a talk about the history of buttons. This time the title of her talk was 'The history of the humble sewing needle'. As before with the buttons, Marjorie made the history of this simple little item fascinating.

However, more of that later, first an update from our 80th Anniversary celebrations held in March. The evening was a great success, we were joined by several members from other local WI's and officers from the Federation to enjoy a delicious hot supper followed by entertainment with music from the piano and several very unusual instruments, past and present. Good food, great company and first-class entertainment, it was a really special evening. President Jackie began our meeting by formally thanking all members who had worked so hard planning and preparing the event and making it so enjoyable.

As always with our WI we are looking to the future and first on the agenda was the question of where we shall go for our Summer outing this year. Two venues were suggested, a trip to Skipton visiting the Castle and afternoon tea on a canal boat, or a trip to RHS Harlow Carr including lunch at Betty's Tea Rooms. Both options attracted



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interest, but Harlow Carr seems to be the winner, the gardens there will be in full bloom in June, so it should be wonderful day out. We then went on to talk about our fund raising this year. We are planning a local mini market in July to raise funds, but Jackie asked for more ideas on other events that we might arrange. Two potential beneficiaries have been proposed, First Responders and Air Ambulance, both of whom we have supported previously, so it is likely that other charitable organisations will be considered.

Jackie then introduced a more serious matter – PEEP – Personal Emergency Evacuation Plan. This is a formal written personal plan to ensure the safety of any members

who feel they may be at risk should an emergency arise during meetings or other WI events. To conclude the business of the meeting, Jackie reported on her recent attendance at the Federation Spring Meeting. As we all receive copies of the WI newsletter which contains the full report on that meeting, she focused on the excellent visiting speakers. The embroidery expert from the TV show The Repair Shop, the Cumbrian Deaf Association and a scheme set up by Preston Organ Donation. The latter having launched a 'knitted duck' complete with label, containing information on organ donation. These ducks are being left in many venues around the world to heighten awareness amongst the

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general public. Business completed, Jackie formally welcomed and introduced Margery, who had been very busily setting up a huge display of items relating to her talk whilst our business was discussed. Marjorie began by telling us that historically Redditch in Worcestershire has always been a centre for manufacturing sewing needles and although there is no longer any production of needles there today, the site of the original Forge is now a Needle Museum. The museum contains not only needles but also many examples of different styles of embroidery, tapestry and quilting. She herself has a good number of examples, although currently the value of historical pieces has

increased beyond her pocket, and she now searches charity shops to increase her collection.

The history of the sewing needle dates to the Palaeolithic era, when sharpened splinters of bone were used with sinew used as thread. Over time bone, wood, ivory and shell have been used. Early needles did not have an 'eye' just a groove and sinew was secured by a system of 'whipping' to hold the thread in place. Holes were made in whatever material was being stitched using a flint tool. The Romans introduced metal needles of forged bronze. Marjorie went on to tell us of the Bayeux Tapestry depicting the conquest of England by William the Conqueror in the 11th century, which

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is of course, world famous. Many pieces of English Medieval embroidery were made, using silver or gold thread, seed pearls and other semi precious stones and today these pieces are mainly owned by museums, royalty and churches with the Vatican owning over 100 pieces. One of the oldest pieces, pre-dated to the early 10th century, was discovered in St. Cuthbert's coffin in 1827. Not only embroiderers used needles, sail maker's, glove maker's and bookbinders all were needle users and the Guild of Needle makers was established in Threadneedle Street, London, today it is the site of the Bank of England.

The manufacture of metal needles developed, first using malleable iron and finally steel. Needles were highly prized and a good needle very valuable. A method of 'scouring' was used to sharpen steel, with needles being produced in pairs, then separated by 'pointing' a very hazardous and consequently highly paid work. Experienced men could earn 1 guinea per day and women 10-12 shillings. The life expectancy for an experienced 'pointer' was very short, with the prospect of an early death, caused either by injury from flying splinters from the steel, inhalation of the stone dust produced from the grinding process causing lung damage, or burns from sparks

given off by the grinding stone. Health and safety was not a priority. When the factory owners eventually tried to introduce health and safety rules, the workers initially rejected the proposals by going on strike as the rules impacted on their wages. Today there is only one needle production factory in the UK at Studley in Worcestershire, and they produce 400million needles annually. In conclusion, Marjorie talked about some of her many exhibits, including numerous packets of steel needles from many different manufacturers, thimbles, needle cases and tape measures. She showed us examples of beadwork, smocking and Spanish 'black work' thought to have been brought to England by Catherine of Aragon and finally some very exquisite Irish Mountmellick white embroidery dating back to 1825. For almost an hour she kept us all enthralled by this amazing history of the humble sewing needle and as you can imagine, there was great interest in looking at her wonderful collection of memorabilia.

To round off our evening we all enjoyed a welcome 'cuppa' and of course one (or two) of our Marjorie's scrumptious biscuits. The competition was won by Rita S with a very unusual cotton reel holder. It was her lucky night, she also won a raffle prize, as did Chris T. Our next meeting is on 14th May and we will be hearing from Jenny Robinson about waste recycling, the title of her talk 'Products, Packaging and Recycling' – please come and join us, visitors are always very welcome.

**KILLINGTON W.I.**  
**The Afternoon W.I. for the Entire District**

*Wendy Fraser-Urquhart*

It was a real pleasure to welcome an old friend as our speaker this month. It is hard to believe that it is 10 years since John and Chris Mounsey moved from Sedbergh to Kendal, but that is what we were reminded today. When my husband and I first came to Sedbergh in 1997 we met them as real stalwarts of The Wildlife Trust. Today's talk was like re-living that time. The title of John's talk was "A WALK IN THE HOWGILLS", so there was no mystery this month about what the real subject would be. Our walk with John started at The Cross Keys, crossed the bridge over the Rawthey, and walked along the footpath toward the climb up to Cautley Spout. John's talk was illustrated with wonderful photographs which he had taken on a June day several years ago. We saw beautiful flowers, soaring birds, cataracts bordered by rocky ledges, and hidden tiny animals and insects. The casual walker could have missed all these. We felt privileged to have seen and learnt about all these. Then on, up to the highest point in the Howgills, the summit of Calf at 676 metres [or 2200 feet if you are as old as I am!], and thence southwards along the ridge back to Sedbergh. My feet weren't even wet when we got back! It was a wonderful talk and quite a coincidence to learn that he would be back in the People's Hall on the following day talking to Sedbergh WI on a different subject.

Tea time followed and time for chatting. Time for members to put their coins on the table to judge our monthly competition, "Something I take with me on a walk". [A closely fought draw between Joan Perkins', 'Compass', and my 'Ordnance Survey Map'.] Margaret Denton won the raffle which nowadays is half the value of the tickets sold. Then Margaret, Big Chief for today's meeting, called us to order for today's business meeting. I hope that nothing vital was discussed or decided because if it were, I can't recall it. I didn't have my pen and notebook with me. I do know that we talked about our summer outing on June 13th. We shall be going to visit and have lunch in the tearoom of the Carnforth Station Heritage Centre where the 1942 film, "Brief Encounter", was shot by David Lean and his crew. I wonder whether Trevor Howard will be there, waiting to sweep us off our feet. Chance would be a fine thing!

Meanwhile our next meeting will be on Tuesday 9th May at 2-00pm, in the People's Hall when we will vote on the resolution for the National WI Meeting 2023. This will be followed by a talk from Andrew McMullon entitled "WAY BEYOND THE BLUE. THE LIFE OF A PADRE IN THE ROYAL AIR FORCE" Competition – Something connected with flying. Do join us and bring your wings with you.



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## SEDBERGH W.I.

*Moira Folks*

The Sedbergh Spring Show was our focus in the second half of March: our members were busy baking, completing or preparing their handicrafts for the show, gathering together their preserves and photos and artworks for display and also baking cakes, scones and biscuits for the afternoon teas we were responsible for in the committee room this year, Killington WI having a well-earned rest from the catering; we were grateful that some of them also contributed to the food this year. Our thanks also go to Janet Dodds and Janice Rusling who looked after the 'cash desk', which collected

nearly £300 from the catering towards Spring Show funds. It was a successful day for Sedbergh WI: Anne Symons won the Handicrafts Cup; Angela Dixon retained the Art Cup; our veteran Jean Jones did well with her marmalades again and won the Cup for Best Effort; new members Janet Hornby and Louise Atkinson and Christine Chamberlain put in several new entries and added to our total marks; we had lots of certificates in all 6 sections of the show. The upshot of all these entries was that Sedbergh WI won the WI Cup again: congratulations to everyone who contributed! Most of all, congratulations and thanks go to the committee of Marion Wood, Anna Wetherell and our own Valerie Welti for their excellent organisation of the Spring Show, making it such a successful event.

On 12th April we welcomed naturalist John Mounsey and his wife Chris to our monthly meeting and were introduced to countless colourful butterflies from Cumbria on the committee room screen, thanks to John's computer presentation. I can't describe them in words – he mentioned so many – but the habitats

they choose are varied and interesting. Some are 'generalists' with a varied diet. Many colourful butterflies such as Peacock and Small Tortoiseshell like nettles, which are dark on the underside and good for hibernating. Some butterflies like grasses, for example the Small Heath butterfly (which can be found on top of the Howgills) and the Meadow Brown. The Green Hairstreak can be found on bilberry and broom along the Old Scotch Road and Lower Howgills. The Purple Hairstreak lives on oak trees where its caterpillars eat the leaves. The Holly Blue lays its eggs on holly next to flower buds and the caterpillars feed on decaying holly berries. That just gives you some idea of the variety of habitats. All in all, it was a fascinating evening, encouraging us to look out for butterflies in the summer months to come.

The next day, the book club met at Pam's lovely home looking out to the Howgills where we could keep an eye on the lambs down below doing their best trick: vertical take-off! There was a more serious side to the meeting though, because we had our longest-ever book to discuss: 'The Brontes' by Juliet Barker. I shall make sure in future that I take note of the number of pages in ALL books I request from Carlisle Library: this one consisted of a biography of all the Bronte family (982 pages) plus about 160 pages of research notes! Only two of us read the whole biography, though not the notes(!), and we didn't always read the excerpts from poems and novels; others read over 700 pages or sometimes just a few suggested chapters. In 2010, aware of new

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material that had come to light since her original book was published in 1994, Juliet Barker revised and added to the biography, in which she seeks to put right some of the criticisms about Patrick Bronte made by Mrs Gaskell, Charlotte Bronte's first biographer. It's a fascinating and detailed account of the life of Patrick Bronte from his birth in Ireland in 1777, his education at Cambridge, and his life as a clergyman in England till he became curate at Haworth in 1820 and moved there with his wife Maria Branwell (who died in 1821) and his six children. The two eldest, Maria (11) and Elizabeth (10) died in Haworth in 1825 after becoming ill (probably with consumption) at the Clergy Daughters' School at Cowan Bridge, and Patrick then took Charlotte and Emily away from the school. Charlotte based her account of Lowood School in 'Jane Eyre' on her awful experiences at the Clergy Daughters' School. In the early 1830s, the founder, William Carus Wilson, decided to move the school to a healthier position, away from the low-lying and possibly unhealthy situation at Cowan Bridge, higher up the fells at Casterton. It retained the Clergy Daughters' School name at first but much later became Casterton School, still for girls only. Since amalgamating with Sedbergh School in 2013 and becoming co-educational, it is now called Casterton, Sedbergh Preparatory School. A short terrace of cottages at Cowan Bridge which formed staff accommodation at the Cowan Bridge school can still be seen on the right-hand side of the A65 as you drive into

Cowan Bridge from Kirkby Lonsdale. There is a Bronte commemorative plaque in the wall of the end cottage nearest the road. Our average score given for 'The Brontes' was 8/10, based on Juliet Barker's incredible research, readability, and her cover of the social and political history as well as the deep knowledge we gained about the highly talented writers Charlotte, Emily and Anne Bronte and their life and times, and also about their accomplished parents and their brother Branwell, traditionally portrayed as a drunkard and wastrel but who had lots of unrealised talent for writing.

On Wednesday 10th May we are holding a Ladies' Fashion Show given by Kitty Brown Boutique of Carnforth. It is an Open Meeting to which we invite all ladies. It will be held in the main hall of the Sedbergh People's Hall on Howgill Lane at 7.30pm. There will be an opportunity to buy clothes if you wish to, so please remember to bring your purse! For further details, please contact our President, Megan Taylor, by email: [taylor71@hotmail.co.uk](mailto:taylor71@hotmail.co.uk); or our Secretary, Valerie Welti, on 07969 376649

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## HOWGILL & FIRBANK W.I.

*Audrey Hoggarth*

We were promised It would be cold with April Showers, but the hall was warm and cosy as we met for the monthly meeting Sarah welcomed members and our speaker David Moreland who was ready to share his "career and new found fame". We were given a run down: living in Tebay all his life surrounded by an inspiring landscape and a farmers son, after leaving school at the age of sixteen he had a desire to be successful. Working in a slaughter houses he qualified as a master butcher and holds diplomas in meat inspections. His priority is the welfare of animals.

He spoke with enthusiasm on his role as head of butchery at Tebay Services. He was the star of the channel 4 series on TV. The Fame doesn't come easily, but hard work, dedication, and knowledge has taken him to the top, a position he deserves. Jackie thanked David for his talk presented with humour we all enjoyed.

David sampled the sausage rolls which members had entered for the competition. Ann Kendals had tickled the taste buds. Sarah and Audrey accepted a invitation to Dent's 80th anniversary. We enjoyed a meal of our choice, and entertainment was provided by Roger Bush with his own mix of music and instruments. A thank you was expressed for a most enjoyable evening.

The annual council meeting was held at the town hall in Kendal. Federation Chairman Karen Hank's speech focused on women's power. Olive Clarke's Challenge was

launched to support and complete a project which will benefit our community. Sue Waring updated us on her successful transplant and gave details on donations for the little yellow duck project. Caroline and interpreter Karen from the Cumbrian Deaf Society took us through the British sign language in a fun session. Guest speaker Sara Dennis, who was born in Kendal and features in the Repair Shop on TV, inspired us with examples of her work as an expert embroiderer. A most enjoyable day meeting interesting people.

We meet again on Thursday May 4th at Firbank Hall. Tom McPartin will be advising us on fire safety. Why not join us to learn more on this important issue.

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## **SEDBERGH AND DISTRICT HISTORY SOCIETY**

*Derrick Hartley*

The Society's Summer Programme for 2023 has been finalized and will involve visits to four venues this year, each conducted by a Member or other expert in the aspects of the place being visited.

1 5th May Middleton Fell and Dentdale

An evening visit to the prehistoric settlement near Abbot Holme and two sites of the medieval Rash Mill

2 11th June Garsdale and Easby Abbey

A brief stop at Garsdale followed by a visit to Easby Abbey and St Agnes Church.

3 Late June \* Lowther Castle Dig

A visit to an archaeological dig at Lowther Castle and to see the Mawson gardens

4 Early September \* Ribchester

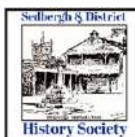
A walking afternoon tour of Ribchester including a visit to the Roman Museum, St Wilfrid's 8th century church and the remains of the Roman Fort

\* Date to be confirmed

A copy of the Summer Programme can be found on the Society's website: [www.sedberghhistory.org.uk](http://www.sedberghhistory.org.uk)

If you would like to join the Society, you can download a membership form from our website. Alternatively, forms are available in the History Room.

Sedbergh & District History Society  
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## **DAVID MACDOWELL, MASTER WEAVER**

*John Barraclough & Laura  
Rosenzweig*

Many visitors to Farfield Mill over the last 20 years will recall a small dapper man working away in the power weaving department on the ground floor. He could be seen winding warps on the big old warping 'wheel', preparing beams and transferring them to the weaving room and setting them into a loom, meticulously tying in hundreds of warp ends, preparing weft yarns on the bobbin winders for the old wooden shuttles, and weaving the yarn into many different designs and styles of cloths. This man was David



McDowell, Master Weaver, who turned up for at least two days a week, every week, to run the Mill's big power looms for the sheer love of it. We believe this to have been the only remaining power loom facility in Cumbria.

Part of David's brief was to engage with the considerable number of visitors who showed interest in the fascinating process of weaving cloth. He would talk enthusiastically to them about the many and various tasks that he was performing, always maintaining strict safety standards when giving demonstrations but quite often (before the glass doors and wooden fences were installed) inviting them to take a closer look when the machines were not running.

Although David was ever modest about his title of Master Weaver at Farfield Mill, the route which took him to the time in September 2001, when he agreed to come to the Mill to work at weekends, initially on a voluntary basis, tells its own story.

David started work in 1953 as an Apprentice Weaving Overlooker or Supervisor working for William Baines of Morley. From there he moved to John Hartley of Morley in 1959 whilst attending Dewsbury College to study for his National Certificates. In 1960, he moved on to Bentley & Tempest of Armley as a qualified Weaving Overlooker, incorporating a break of 2 years for National Service with the RAF. In 1964, he went to AC Watson of

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Morley and then to W & E Jackson of Morley in 1967, to Vantona of Bolton in 1973, to Boardman & Smith in 1976, to John Blackburn of Batley in 1979 and to Henry Booth of Gildersome in 1986. Some of these moves were caused by mill closures but many of them provided the experience of working with and responsibility for the running of different types and makes of loom.

In 1989, David was rewarded for having accumulated such a wide spectrum of knowledge when he was appointed Senior Weaving Technologist and Consultant at Woolmark of Ilkley where he worked until 2003. This involved much project and investigative work in the UK and also in many countries

throughout the world. He travelled extensively to China and India and tells a story of going to a weaving mill which had 72 looms all making faulty cloth. His job was to isolate the cause of the problem and stay until all the looms were running as they should. Suffice to say, the matter was resolved!

After officially retiring in 2003, David found life not totally fulfilling. Travelling by bus and train from Gildersome, near Leeds to Sedbergh to work at Farfield Mill every weekend wasn't enough! So, he took a job in the Dry Finishing and Fabric Inspection department at AW Hainsworth of Pudsey where he worked full-time until 2008 and then



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part-time until finally leaving at the onset of Covid in 2020.

Throughout his long involvement with Farfield, starting in 2001, David worked at least 2 days a week for the Mill until Covid forced him to take a break. He returned again in October 2021, but finally retired from the Mill in November 2022 when it became clear that Farfield's long history as a power loom weaving mill had also reached its end.

Without David's huge skill and knowledge, the Mill could not have kept the old (1936) Dobcross looms running for so long. After the 'spare' loom was sold in 2016, if he needed new parts for the remaining Dobcross he made them himself, or found someone to make them for him.

When the more modern (1972) Somet loom arrived also in 2016 to enable the Mill to take on more cost-effective commission weaving, David had it up and running in next to no time while also teaching a young apprentice, Juliette Labourne, how to work both looms. No-one was more surprised than David at what a good teacher he turned out to be! For a few years, the Mill was able to produce far more woven fabric than it had in a long while, weaving cloth for several established local businesses as well as for the Mill to sell in its own shop.

David was not only a highly skilled weaver and loom technician; he was also part of the wider West Yorkshire textile network. Local designer-weaver Laura Rosenzweig credits him with helping her get her business off the ground. By introducing her to West Yorkshire spinners, she was able to build her own network in an industry that is still not easy to find via Google.

I had the pleasure of working with David at the Mill from 2014 until his retirement, initially as a Board member until the successful conversion of the Mill to a Community Benefit Scheme in 2018 and then as a volunteer. Coming from a carpet yarn spinning background, it was particularly interesting to me to learn about cloth weaving and to work with David to improve yarn input quality and production costing systems.

David's last project was to weave wool carpet yarn into heavy floor rugs on the Dobcross loom. The cloth was as heavy as the loom was designed to weave but he was resolutely



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determined to make it work and satisfy the customer. At the same time, he would fascinate the passing visitors who would stand looking through the glass safety doors watching David caress the cloth as the shuttle shot from side to side. Eventually, he would need to re-fill the shuttle with yarn. So, the loom would be stopped and then he would open the sliding door and enter into discussion about the many tasks and aspects of weaving cloth which a man of his considerable experience knows all about. He would sometimes chunter at the 'interruptions' caused by talking to visitors but we all knew it was a part of the job he secretly loved and his audiences were mesmerised!

David didn't want a fuss to be made of his leaving. He wanted to tidy up, leave the department in good order and go quietly. He succeeded in that respect but, when the looms fell silent and visitors to the Mill asked what had happened to David, they were sad. Some had even come specially to bring friends to see the Master Weaver in action.

I left him alone for a couple of weeks before ringing him to see if he was OK. He was.

Then, I called him after another month, at the beginning of March. "Hi John", he said. "You'll never guess where I am? I'm at the Halifax Industrial Museum getting an old Brooks loom going. I was getting bored sitting at home". He had just turned 85. I miss seeing him every weekend at

Farfield Mill and so do the visitors. The like of him will never be repeated.

## 50 YEARS AGO

*Colin Cowperthwaite*

A selection of items taken from local newspapers dating from May 1973.

### **Senior Girls make Cake for Teacher.**

The wedding of Mr C.A. Holt and Miss K. McRae took place recently at St Andrew's Parish Church, Sedbergh. The ceremony was conducted by Canon D.A. Rogers. The bridegroom is the only son of Mr and Mrs K. Holt of Bramhall, Cheshire. He is deputy headmaster of Sedbergh County Primary School. The bride, daughter of Mrs E.R. McRae of Whinfell Drive, Kendal, is a housecraft teacher at Sedbergh County Secondary School. Sedbergh Secondary School's senior girls made and decorated the wedding cake. Given away by her brother, the bride wore an Edwardian styled white dress trimmed with guipure lace, and carried a bouquet of carnations. Mr and Mrs Holt will make their home at 18 Bainbridge Road, Sedbergh.

### **Dent Mystery Play.**

Easter week in Dent ended on Saturday with an open-air presentation of the modern mystery

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play The Triumph of Hope, written by Mr D. Bamford of Sedbergh. It was effectively played on an open lorry on the village green. The music was provided under the direction of Mr Roger Bush. Despite the cold wet weather over the Easter weekend, the dale was packed out most of the time with visitors. The new car park was full most days. The Easter services in St John's Church, Cowgill and St Andrew's, Dent, were notable for the number of visitors attending.

#### **Garsdale Methodists.**

Garsdale Street Chapel tea party was held on Friday when Bible readings, testimonies and musical items accompanied on guitars, were given by the New Life Party of Lancaster. The organist was Mrs W. Airey. At Low Smithy Chapel anniversary services, the preacher was Mr J. Ballard of Whaley Bridge, and the organist was Mrs J. Mason. A sacred programme was given by the Orton Male Voice Choir, with Mr Wilfred Capstick of Newbiggin-on-Lune as chairman and speaker. The organist was Mrs G. Jackson.

#### **Primary School.**

The County Primary School's Local History Club, accompanied by Miss D.M. Evans, Mrs Ulbrich and parents, visited Ravenstonedale recently, in search of fossils. Many found are now on display in the school. Last Thursday, the children visited Sedbergh Parish Church where Mrs M. Greenwood, a former teacher, explained objects of historical and local interest.

#### **Secondary School.**

A party of 50 pupils of Sedbergh Secondary School, accompanied by

teachers Mr R. Horne, Mrs G. Williams and Miss M. Jones, and assistants Mrs E. Marney and Mrs C.E. Bateman, travelled on Friday night by coach to Leighton Moss Nature Reserve near Silverdale, and also visited Steamtown at Carnforth.

#### **Meeting.**

Teachers from Sedbergh, Garsdale and Dent last Thursday attended a film and talk given by Miss J.P. Imrie, area advisor of the West Riding Education Authority. The film dealt with aspects of her recent visit to Nigeria, where she held a course for school inspectors. Miss Imrie was introduced by Mr Peter Roberts, and thanked by Mr E. Marney.

#### **Mr Thomas Coward.**

The funeral took place at Sedbergh Parish Church last week of Mr Thomas Coward of Greenwood Hall, Dowbiggin, and formerly of Long Lane, Sedbergh. He was 66. Born at Liverpool, he came to Sedbergh as a child when his parents returned to the family home.

After leaving school, he helped on the farm with his uncle, but in 1926 he set up in business on his own account as a haulage contractor, being the first livestock carrier in the Sedbergh district. Starting with one truck, he built up a fleet and also operated a coach.

He retired from haulage some years ago and sold the vehicles, but retained the garage at Ingmire which is operated by his son John. The funeral service was conducted by the vicar, Canon D.A. Rogers, and the organist was Mr W.L. Smith. Mr Coward is survived by his wife and one son.

## SEDBERGH AND DISTRICT HISTORY SOCIETY

*Julie Leigh*

The final meeting of the Autumn/Winter season was held in Dent Memorial Hall. The speaker was Hannah Kingsbury who is the Cultural Heritage Officer of the recently formed Westmorland Dales Landscape Partnership. The Westmorland Dales form an expanse which lies to the north of the Howgills and contains a mix of habitats. It extends over 200 square metres, from Maulds Meaburn in the north, to Tebay in the south-west and Ravenstonedale in the south-east. Many people believe that the area should have been included in the

formation of the Yorkshire Dales National Park from its inception.

Oversight of the Partnership is being delivered by a number of varying organisations and particularly, The Friends of The Lake District and The Yorkshire Dales National Park Authority. Residents of the Westmorland Dales have been centrally involved in the development of the four-year scheme. Hannah described the Westmorland Dales as a territory which is dwarfed by the two existing National Parks in the region – a 'hidden heritage' which the Partnership 'will reveal'.

In her opening, Hannah stressed the importance of the villages and farming life of the Westmorland Dales to the project. She illustrated this by



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referring to the long history of Asby Parish and the archaeological discoveries that had been made on the site. It is situated in the north western section of the terrain. It encompasses two villages, Great Asby and Little Asby, together with the Great Asby Scar National Nature Reserve. The name 'Asby' has an Old Norse derivation – 'askr' meaning 'ash tree' and 'by' meaning 'settlement' or 'farm'. There is some uncertainty about when the name was adopted.

Excavations in the area had revealed its Mesolithic origins (10,000-4,000 B.C.) Hannah said that the earliest evidence of human activity had indicated the presence of hunter gatherers who had probably come from Europe. However,

discoveries of later flint fragments, stone tools and pollen examination which dated from the following Neolithic period had provided proof of agriculture and land clearance, suggesting a more settled existence. Further development in the Bronze Age and into the first century A.D. particularly with evidence of differing forms of habitation, showed the advent of trade and considerable changes in the population of Asby.

Following the partially obscured history of the Dark Ages, mediaeval origins of Asby can be seen in its 'tofts' which are homesteads surrounded by 'crofts' or small fenced or enclosed areas of arable land. Further evidence of agriculture is still visible in the terraced strip 'lynchets' made by ploughing and the narrow



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reverse S-shaped strips of arable land.

One of the other features which Hannah identified as very significant in distinguishing how land had been used over the centuries in Asby was the presence over many centuries of dry stone walls. Volunteers had helped to distinguish five broad types of wall. Documentary evidence about landownership (including that of Byland Abbey), records of payments of tithes and enclosure awards had all contributed to the attribution of dates.

In the final part of Hannah's presentation, she focussed on other features of the Westmorland Dales landscapes, for example the style changes in farm buildings and the remnants of manmade limestone quarrying and burning. She also paid tribute to the part that intergenerational interviewing could play in creating an overview of lives and landscapes of the region.

We were very impressed by Hannah's wide ranging talk and the amount of work that has already been done in the Westmorland Dales project.

## **DENTDALE 1962**

*Colin Cowperthwaite*

This is an article about Dentdale which appeared in a 1962 booklet published by Sedbergh Rural District Council.

There was a time when Dent had a larger population than Sedbergh and, until 1863, it was the polling station to which Sedberghian voters had to resort. The manor was for some time in the hands of the sovereign; but in the 17th century the farm tenants were granted the freehold after a series of law cases.

Dentdale in the lower part is a broad, beautiful and well wooded landscape, with Rise Hill to the north and Holme Fell and the fine precipice of Combe Scar to the south. In the middle of this fertile alluvial plain, the Dee gently winds its devious course, awakening at times with unwanted fury to overflow the banks and flood the adjacent farm land. Beyond Dent itself the valley begins to narrow until it terminates in a gorge and a mountain pass. Here the trains on the Settle to Carlisle Line scud along through tunnels and over viaducts. To reach the station you must climb the hill at Lea Yeat (Gate) by a road which winds up the mountain side. Once you have arrived at the breezy platform, the highest main line station in England, you can see the palisades of upended sleepers intended to check the snowdrifts which at times accumulate and have in the past completely blocked the line for long periods. A walk over the coal road into the head of Garsdale is very interesting, giving extensive views into the two dales.

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Further up the valley is Stone House marble works, where black marble was cut and polished for over a century until the importation at a reasonable price of true marble from Italy. The Dent marble is very beautifully marked with fossils, and good examples can be found in many of the stone walls in this part of the valley. The old works are in ruins but it is still possible to see the site of the water wheel.

Returning down the valley, the little bridge over Cowgill Beck is inscribed "This bridge repaired at the charge of the West Riding, A.D. 1702". The church by the bridge was built in 1873, and Adam Sedgwick in his "Memorial by the Trustees of Cowgill

Chapel" describes how it was wrongly named. This error was corrected at the direction of Queen Victoria by an Act of Parliament in 1869.

Further towards Dent, you will come to a small group of houses containing the now ruined Gibbs Hall. The Hall is the centre point in Mary Howitt's fictional story of Dentdale, "Hope on, Hope ever". Nearby is Hell Cauldron where the stream swirls over a ledge into a gloomy abyss of great depth. Dent itself was described by Hartley Coleridge as "There is a town of little note or praise; Narrow and winding are its rattling streets; Where cart with cart in cumbrous conflict meets; Hard straining up or backing down the ways". This was over a hundred years ago, and it is doubtful if the first line was a truthful description of Dent either then or now.

The town has changed in the last century and yet retains much of interest. The first floor galleries have all been removed so that no longer can the cottagers sit in the open air kitting as of old. These galleries would have proved a hazard to modern traffic. It is said that many years ago when a circus visited Dent, the animal cages had to be taken off the wagons and dragged through the streets over the cobbles, because the loaded wagons were too high to pass under the galleries.

The beauty of the Dale is well known to members of the Youth Hostels Association, for Deeside House in the upper end of the Dale is a well patronised hostel.

## GRAVESTONES

*Karen Bruce Lockhart*

As a Scot I am constantly annoyed when I go round an English graveyard at the way wives are treated on gravestones. I know it is because in law a husband and wife were as one person, and that person was the husband, but nevertheless it seems iniquitous that she should lose her individuality to the extent that her own name (and therefore heritage) should be extinguished so that she is no more than "Mary, the wife of John Smith".

In Scotland in contrast a wife never lost her own name. Indeed, you will find that on formal documents to this day a wife will be described as "Mary MacKay or Campbell". If she is an enterprising lady with several ex husbands she will be "Mary MacKay or Campbell or Henderson or Mackenzie. Indeed, it goes further as if the couple are not in fact married she will be "Mary MacKay, otherwise Soutar". If she has never bothered to marry the fourth gentleman "otherwise" will be tucked on the end – or the middle if he had been picked up on the way.

In ancient times, in the upper strata of society a man of property would be known generally as the Laird of the property so that Ian Campbell of Balmenach would be addressed as "Balmenach" and his wife would be Mary MacKay, Lady Balmenach. She only became Mrs Campbell in about the 18th century when the custom crept over the Border from England – but she still did not lose her own name. A gravestone will normally say something like "Ian Campbell and his

wife Mary MacKay" (no mention of Campbell in her name!)

The Scottish system does have a considerable advantage when tracking down ancestors – particularly as parish registers do not go nearly as far back as English ones.

Another oddity I have noticed is how often a list of various children etc. is given on a gravestone, but no indication of who or what the man (or woman nowadays) was. You sometimes get the name of a farm from which it can be presumed he was a farmer, but almost never that he was a lawyer, a butcher, farm labourer or a postman – what he spent his life doing or being. What he was other than a father, husband or son is lost to history.

Notices in the press, presumably intended to inform mere acquaintances, also tend to describe the deceased as a father of X and Y but not where lived or what he was. Identifying the newly deceased, particularly if the name is a common one, can be difficult, especially when so many funerals are now at anonymous and distant crematoria and not a local church.

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## NOTES FROM DENT STATION

*John Carey*

Friends of the Settle Carlisle Line

The next work period at the station involving repointing is quickly looming and we have been testing samples of lime mortar in advance of the works which are due to commence in mid-May. Hopefully, this will be to the satisfaction of the listed building officer. However, it is fair to say that it has been a learning process and the mortar joints at the station are a lot tighter than those generally encountered on many older buildings. Lime mortar, by its nature, uses sharper sand and harder to get into the gaps, however, we think that we have found ways of doing it. We are in the very capable hands of Julian Wilkinson.

Back on the railway line, we were able to breathe a sigh of relief when the industrial action was suspended pending talks although the prospect of further strike action has not entirely gone away. It did mean, however, that the disruption which would have taken place at the start of the Easter holiday did not occur. Let's hope that they get it sorted out once and for all and we can get back to normal.

Of passing relevance to Dent Station, we received the news that the seasonal train which usually runs from Blackpool North to Carlisle via



Hellifield was to be withdrawn for this year. The stated reasons were reliability and the inability to secure rest day working. Indeed, the train ran on only 50% of the timetabled days last year and is a good illustration of why reform in the rail industry is urgently required. It also begs the question as to when a withdrawal constitutes a 'closure' as this is the only regular passenger train currently on the line between Hellifield and Clitheroe.

The Friends monitor the scheduled services on the line closely from which we are able to quickly pick up on any issues. In March, 9% of scheduled services suffered cancellation these being mostly down to strike, other issues being crew shortages. Equally frustrating, nearly 11% of the trains which ran were 10 minutes or more late. We also observed that first north and southbound trains, essentially used by commuters, were cancelled or late on 29% of occasions which is a concern. This must be improved if the line is to stand any chance of winning back its regular commuters.

We have noticed that the regular Castle Cement trains emanating from near Clitheroe have recommenced following the disastrous Petheril Bridge derailment in October 2022. However, the Chirk log train, once a



regular sight, appears to have adopted a path over the West Coast Main Line. As a rail user group, the Friends support the use of the line for freight and there is a real need to remove heavy lorries from our roads for both environmental and safety reasons. However, one limiting factor is the loading gauge of the line, particularly through tunnels. Modern container traffic was not conceived when the Midland built the line.

But of course, one the principal uses of the line is by visitors whether for the line itself or as a means of getting to the intermediate stops for walking or simply visiting. A critical report on public transport was presented to the Yorkshire Dales National Park committee meeting at the end of March which recognises that whilst the Leeds-Settle-Carlisle line is one of the most scenic lines in the country it fails to fulfil its potential for communities or tourism due to the lack of bus connectivity at some of its stations. Indeed, it is suggested that only 2% of visitors to the Yorkshire Dales arrive here by train. It is a fairly safe assumption that the majority of

these must be via the Settle-Carlisle as there are few other lines.

Whilst it is excellent that the National Park have issued a statement and recognised the requirement for adequate public transport it does not really address how this should be funded. However, not to look a gift horse in the mouth, the sentiments must be commended. It is simply unsustainable that there should be so many cars on our roads

with an increased awareness of the climate emergency and folks should have access to affordable and efficient public transport. The railway can best provide the backbone of a rural transport strategy - it is already there, and state funded.

It is a stark fact that many of the bus connections to the line are provided courtesy of the voluntary sector. The Western Dales Bus which provides a Saturday service from Dent Station to Sedbergh and Kendal is an excellent example as do the services provided by Dales Bus. However, a number of connecting services have encountered challenges with increased costs and difficulties in securing funding. Rather disappointingly, one issue has been the inability of the railway to make slight adjustments to timetable to permit connections or allow flexibility of ticketing which would assist greatly. Bluntly, this is possibly the worst summer for bus connections to the line in recent memory and, in all likelihood, several services will not run. This is somewhat ironic in the light of the recent YDNP report and aspirations.



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On a slightly brighter note, the Friends were delighted to be able to assist with a Kirkby Stephen town council project to run a pilot Saturday bus from Kirkby Stephen to Penrith, a service which last ran in 2016. The new service commenced on 1st April and will run whilst there is funding. Saturday has been chosen as it is a socially inclusive day available to all including younger people and those normally engaged in the workplace. So far it has been going well but, whatever the final outcome, it is certain that valuable lessons will be learned.

Back to home territory, it is worth reminding as to the government £2 single bus fare initiative extends to the end of June. Most bus operators have availed themselves of the £2 scheme as has the Western Dales Bus serving our very own Dent Station on a Saturday. Indeed, for an excellent day out, why not take the S1 Saturday bus departing at 0958 from Sedbergh Post Office to Dent Station and hop on the train to either Carlisle or Leeds? This would involve returning on the 1618 or 1824 trains from Carlisle or 1819 train from Leeds to catch the bus from Dent Station back to Sedbergh. Please check [www.westerndalesbus.co.uk](http://www.westerndalesbus.co.uk) for bus running and times.

For rail journeys please consult [www.northernrailway.co.uk](http://www.northernrailway.co.uk) which will give also details of any potential disruption. Meanwhile, if we can be of any assistance on any bus or rail matter, please feel free to contact via [john.carey@settle-carlisle.com](mailto:john.carey@settle-carlisle.com) and we would be delighted to help.

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### **SPRING**

*Sue Baxter*

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overnight.  
Colourful early blossoms in view,  
Ohhh what a blooming delight.

'Ti's Nature's treat to enrich our  
lives,  
After all that Winter toil,  
From doom and gloom and cruel  
winds blown,  
Plants erupt from enriched soil.

Beautiful bulbs burst into life,  
Where they've been dormant all  
winter long.

They push on up and open out,  
And grow big and green and  
strong.

And sooo it seems Easter's early  
this year,

They'll not be much heat in our  
sun,  
But families will gather together,  
Chat and walk, and make their own  
fun.

## FRIENDS OF THE DALES EVENTS

*Victoria Benn*

### Monitor Your Local Peatland?

Over the last year, Yorkshire Dales environmental campaigning charity, Friends of the Dales have collaborated with Yorkshire Peat Partnership to recruit and train Eyes on the Bog volunteers to monitor peatland condition across various sites in the Dales.

Eight small monitor teams are now in place, and so the charities are inviting those interested in volunteering for the scheme to come along to their next joint training event taking place Saturday 13 May, 10am – 3pm near Ribbleshead Viaduct.



Healthy peatlands are vital to biodiversity, water purity and crucial for preventing the thousands of years of carbon stored in the form of peat being released into the atmosphere. Eyes on the Bog is a IUCN programme which offers a scientifically robust, repeatable, low tech way for individuals and small groups from villages or parishes to review the condition of their own local peatlands two or three times per year.

If following the training event, people want to commit to becoming a volunteer monitor, they will be given easy to use kit enabling them to assess vegetation quality and measure the depth and fluctuations in

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the water table and also variations in peat quality and depth. Their findings are then fed directly into the Peat Data Hub hosted by the University of Leeds and are an important resource for assessing the effectiveness of restoration and how peatlands are changing through time.

To find out more or book a place email:  
victoria.benn@friendsofthedales.org.uk or visit:  
www.friendsofthedales.org.uk

### **Walk: Exploring Frostrow Fell**

Trustee, Ian McPherson will lead a delightful high level, five mile, moderate walk around Frostrow Fell on Thursday 25 May 11.30am-4.30pm. With stunning views of the Howgills and Lake District, the walk also offers the opportunity to see several breeds of moorland birds including curlew, stonechat and wheatear. Well behaved dogs on a lead are welcome. Car share travel will be organised once booked.

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## **SEDBERGH COMMUNITY SWIFTS**

*Tanya & Edmund Hoare*

Let us know when you see your first swift! It is often their screaming calls, making us look skywards, that first alert us to the swifts return. By the 10th May we hope that our anxious wait will be over. This year a Swift was spotted on 10th April in N.Ireland and 13th April in Dorset, according to Bird guides, which gives the latest sightings and bird reports around the UK. The earliest we've ever had them return to a nest in Sedbergh was 28th April in 2018.

In March there was an unprecedented influx of Alpine swifts, with 7 birds first seen in Ireland. They then spread all over England, with some still seen until mid-April, before they moved on to their breeding places in Europe. It was the numbers and extent of the sightings that was astonishing. Alpines are much larger than our Common swifts, twice the weight and with a longer wingspan, and easily distinguished by their white belly. They were the first swifts in which non-stop flight was proven as they were able to carry geolocators with accelerometers. They used to nest in the mountains of Europe but increasingly use tall buildings in towns.

Our breeding swifts are first ones to return, flying straight back in to the exact same site that they occupied for previous years. At the end of May or so they will be joined by younger swifts, the non-breeders - birds aged 2 - 4 years old that are not yet mature enough to breed. These are the birds



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who we hope will find a partner and a nest site for life.

One of the most incredible facts about breeding pairs, which has been established by the use of tiny geolocators, is that although swift pairs are faithful to their nest sites and form faithful breeding pairs, they do not migrate together nor do they spend the winter together in Africa. Just how they can live separate lives for the 9 months of each year that they are away, including the travelling to and from Africa, yet return to their same nest site over here, remains a mystery.

What happens if one of a pair dies or doesn't make it back on migration? Its mate waits for a while, going out feeding in the day and returning to the nest at night. Eventually it tries to draw in a replacement, either a similarly bereaved bird, or a youngster that is just ready to breed. They then become a new breeding pair, continuing to be faithful to that nest site and each other. So a nest site by our front door that has had swifts in for the last 22 years will not have had the same two birds all that time, but a rolling turnover is very likely to have happened.

It's never too late to put up nest boxes, so please get in touch if you'd like any help or advice.

To Contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043: Tanya & Edmund Hoare



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## WOOL LOGS ON DALES PEATLAND

*Mark Sadler*

A trial that could rejuvenate the trade in hill sheep fleeces began this week on a vast peatland on the Craven/Richmondshire border.

In December the National Park Authority said it had awarded a Farming in Protected Landscapes grant to Wensleydale textile entrepreneur Ruth Lindsey. The grant enabled her to work with four local farmers to produce 'wool logs' for use in peatland restoration.

On Monday a total of 30 one-metre-long logs – each stuffed with scoured wool from three otherwise almost worthless Swaledale sheep

fleeces – were laid across erosion channels at the Fleet Moss peatland. If the logs prove successful in holding back water and allowing the bare peat to revegetate, the production of wool logs could be massively scaled up.

Yorkshire Peat Partnership, which includes the National Park Authority, has spent the past five years carrying out intensive restoration work on the Fleet Moss bog. Until now logs made of imported coconut husk have been used to block erosion channels. The logs, as well as other restoration measures, have seen the return of the sundew plant, mosses and native grasses to areas of bare peat.

Peatland restoration is regarded as an urgent conservation priority in the



National Park; functioning peat bogs can sequester huge amounts of carbon and provide a home to insects such as dragonflies and wading birds such as golden plover.

One of the four Upper Wensleydale farmers who donated part of their wool crop to the trial was Andrew Kiely from Hardraw. He said: “For decades fleeces have been worthless. My last wool cheque was £35 for 500 fleeces – and it cost me that much to send the wool to the depot. It’s pleasing to see this trial taking place and seeing our wool doing this job. I think a lot of local farmers would be very happy to see our wool going to these peat restoration projects.”

Textiles entrepreneur Ruth Lindsey said: “The wool in these logs have travelled only 150 miles from the farm to the processors in West Yorkshire and back to this peatland. That makes wool a lot more sustainable than the coir which has come across the world – and we think it is capable of doing as good a job, if not better. We’re aiming to pay 30 pence a kilo of wool, if the trial is successful. That’s still not enough, but it’s much more than the fleeces are currently fetching.”

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Mrs Lindsey said she had received enquiries that could lead to orders for many thousands of wool logs next year.

Peat Restoration Officer at the Yorkshire Peat Partnership, Jenny Sharman, said: "I think we'll know whether the wool logs work as well as the coir relatively quickly – perhaps as soon as six months. We've tried using wool before but it hasn't been packed properly like these logs. I think they are likely to hold the water back. The coir logs we use are a critical part of peatland restoration. Before we put the logs in on Fleet Moss, all you could see was bare peat. The vegetation has all come back within a couple of years."

"Wool would be a win-win. It ticks all the boxes in terms of the

environment and supporting local farmers and businesses. Everything becomes a team effort. We're all working together."

Member Champion for the Natural Environment at the National Park Authority, Mark Corner, said: "It's great to see a Farming in Protected Landscapes grant being used to jump start this wool log business. It's a captivating project for us, as it brings together the National Park emblem, the Swaledale sheep, with the vital work of peatland restoration. At the moment this is only a small scale trial but the potential for scaling up is clear to see and this could become an interesting development over the next few years."

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## LEAVE PEAT WHERE IT BELONGS

*Victoria Benn*

94% of our UK peatlands are in a decimated state, an environmental catastrophe resulting from more than 70 years of inappropriate farming policy and ongoing commercial extraction for the amateur and professional horticulture sector.

The encouraging news is that peat for the amateur gardening sector will be banned in England from 2024 with several retailers already selling good quality, peat free composts. Yet concerningly, there is no date when peat use in the professional sector will be banned. The RHS has pledged that all its gardens, show displays and plant sales will be peat

free by 2025 (its bagged compost already is), yet your consumer pressure is needed to encourage other show gardens and garden centres to do the right thing and follow suit.

### Top tips for going peat free this April:

- Visit: [www.wildlifetrusts.org/actions/how-go-peat-free](http://www.wildlifetrusts.org/actions/how-go-peat-free) for a list of which retailers are – and aren't – peat free!
- Check labels on potted plants, pellets, plugs and composts and only buy those that state they are peat free. 'Environmentally friendly' does not mean peat free.
- Stand up for peatlands: If they don't stock what you want in a peat



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free option – ask for it and explain why.

- Experiment with ways of improving your soils naturally and organically. [www.gardenorganic](http://www.gardenorganic) and [www.rhs.org.uk](http://www.rhs.org.uk) have guidance for creating healthy soils. They also have information about how to develop your own compost, one of the most environmentally friendly ways to go peat free.

- Share the #PeatFreeApril campaign message with friends and family.

Visit [www.friendsofthedales.org.uk](http://www.friendsofthedales.org.uk) for further information about our Peatlands Policy and Peatlands campaign.

## FAMILY MUSINGS

*Sarah E Woof*

Some of my friends are such for life and some just for a season and the Easter Bunny fits that category very well. She, I presume the egg-filled-basket-carrying Bunny is a she, comes to my garden every year on Easter Monday and leaves behind the most wonderful eggs all carefully hidden. Then the grandchildren and other children come to the annual Easter egg hunt party and look for them. This is followed by rolling, or throwing, hard boiled eggs along the lawn, some went an exceptionally long way this year and others smattered all over the lawn but had gone in a couple of days. As a child I hunted for chocolate eggs on that lawn as did our children and now grandchildren. A wonderful family tradition, do you have any?

Deciding to start, not spring cleaning as such, but just a big sort out was exhausting enough never mind actually doing it, but oh boy! I can certainly see where I have been and that spurs me on. Then there's writing to do and reading, especially for the book club, and the gardening, I am going to get busy, sometime.

Much more interesting to go back in time amongst old photos and magazines, old Dalesman magazines that advertise " bed and breakfast in our Dale, the most beautiful of dales" and another " all home comforts and moderate charges". Those were the days.

Nowadays the Yorkshire Post writes about an old house in Dentedale in Swaledale - WHAT?

And they call it progress?!

## MARCH WEATHER

*B Wright*

March weather: As is to be expected at this time of year we had a fair amount of precipitation. We ended the month with 182.4mm (7") overall. Nearly a third of this fell on one day!!!! This was the only day in which we had standing water in the field. Temperatures were generally average or occasionally slightly above normal for March. As usual most winds were from a westerly direction and generally of average strength.

After the snowdrops, then the crocuses and daffodils we are now seeing blossom on the blackthorn and forsythia. A sure sign of spring! We are still not seeing many birds feeding, especially sparrows. The few tits we see are clearing the nuts steadily. We have had a few calls from a tawny owl, often in the afternoon. Various crows are collecting goose feathers for their nest building. There are a few baby rabbits about. A lot of sycamore seedlings have pushed through. By the time I write again I should have some lambs on the ground!

## SHEERING GAYE VILLAGE.

*Sandra Gold-Wood*

Last month, when we left Sheering Gaye Village, Violet was driving back to the village from her mother's where she had spent part of Christmas day.

Violet's heart was beating faster, as she realised that her mother's decision had left her free to follow her own path and travel with Daniel, and she was filled with joy. Pulling into her usual spot outside her house Violet got out and locked the car while quietly humming a popular Christmas song. It was then she became aware of someone standing close by but before she could turn around a hand covered her mouth and she was dragged backwards.

Violet struggled to stay on her feet desperately wanting to scream but the hand was firmly clamped over her mouth and no sound could get out. Anger overcame her fear and she redoubled her efforts to free herself by digging her nails into the hand that covered her mouth. Immediately her assailant's grip loosened enabling her to push herself away. When she turned to confront her attacker Violet couldn't believe her eyes. With more

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strength than she knew she possessed she hit out, punching him square on the jaw. Lambert fell to his knees and looked up at her with pleading eyes, as he wound his arms around her legs telling her he just couldn't let her go.

"Help, help! Someone Help!" Violet shouted, utterly distraught, "Why, Lambert why? What is the matter with you?"

Lambert just looked up at her while swearing his undying love and gripping her legs tighter.

At that moment Daniel came out of Stanley Hall to look for Violet. He had seen her car from the window and wondered what was taking her so long. Hearing shouts, he recognised Violet's voice and ran toward the sound.

"What the hell?" he exclaimed, finding Violet trying to get away from Lambert. Daniel grabbed the man roughly and sent him sprawling onto his back in the dirt. Cradling Violet in his arms, Daniel asked if she was alright.

"I am now Daniel. I just don't know what's got into him, he's like a madman."

"He'll be a dead man if I catch him around you again. Do you hear that Lambert? Now, get lost!" shouted Daniel, anger boiling in his blood.

Back at Stanley Hall after a warm bath and a brandy Violet was feeling much better and she told Daniel of her decision to go travelling with him and he showed his delight by dancing round the kitchen with her in his arms and saying what a wonderful time they would have. Lambert Quinn sat in the bus shelter and watched the

lights in Stanley Hall go out. Sitting with his head in his hands he let out a sob. After a while he got up and wandered into the woods.

Boxing day dawned with grey skies and a watery sun struggling to shine.

Daniel went for his morning run filled with joy knowing he and Violet would soon be travelling the world together. As he rounded the corner of the Green he saw Violet's brother Norman and he waved to him and Norman waved back.

In the Black Swan Dora Rowe and Roger Croft were happily sharing a coffee and planning a quiet wedding and a short honeymoon in Cornwall.

In Lambert's cottage Dave Walker was making a cuppa and looking forward to watching the sport on TV.



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Thinking Lambert was having a lie-in he was careful to keep the sound down.

At the Vicarage the Reverend Grey was sharing his pleasure that the Christmas services had gone well while his wife Shelia bustled around the kitchen making breakfast for them. Knowing that their teenage twins were not likely to be up before lunchtime Shelia sat down with her husband to enjoy their morning meal just like many other Sheering Gaye villagers.

In the wood behind the bus shelter Billy Raymond and his pals, John and Robert were trying out their new toys. The three boys had received walkie-talkie sets for Christmas and now they were in the woods making use

of them while pretending to be soldiers. And, as soldiers, they decided that they should have a hideout. They found the perfect place behind a particularly spiteful holly bush. This, they thought, would be a good deterrent. No courting couple or adults would bother to investigate behind such a prickly bush.

"What about dogs?", asked Robert.

After a little consideration they concluded that dogs could not speak and so would not give them away. With care, they managed to get behind the holly bush without too many injuries to themselves. Brushing away the piled up leaves, they sat down to enjoy the Christmas fare they had brought along when, without warning, the earth gave way

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under them and dumped them into a much bigger hole. After their initial shock and finding themselves still in one piece they looked around them. John saw it first. Billy and Robert watched as horror spread across John's face. As fast as he could manage it, he scrambled out of the hole without a backward glance. Billy and Robert turned together to see what John had seen and immediately they too were scrambling out of the hole. They caught up with John at the bus shelter, where they remained in silence for some time.

"What are we going to do?" asked Robert. "Should we go to the Police house?"

"We'll have to, won't we Billy?" said John.

"Yeah, I reckon. Or we could keep it a secret, perhaps?" said Billy without conviction.

The boys once again were silent until Billy stood up and started to walk towards the Police House.

"He's not going to thank us, getting him out on Boxing Day, is he?"

"No, Robert, he isn't. But, I mean, we just have to tell him," answered Billy.

"Yes, you're right Billy," said John sagely.

Billy knocked at the Police House door while John and Robert waited at the gate. PC Colin Alders came to the door in his shirt, with his braces hanging from the waistband of his trousers, a tea towel over his arm.

"Right, you lot, if this is a game, I'm not in the mood, boys," announced PC Alders, who had been the butt of the boy's practical jokes before.



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"No honest Sir it's in the woods we was just playing and well we fell in and there it was," blurted Billy in one breath.

"No, it's real, Sir, it really is. You must come, you must!" chorused John and Robert.

PC Alders told them to wait and warned them if this was a prank they would spend a night in the cells. A few minutes later he came out in his uniform and told them to lead the way.

PC Alders followed the boys across the Green and into the wood. When they got to the spot Billy pointed excitedly,

"Look Sir, it's down there. See?"

"What the blazes!" exclaimed PC Alders, "I'll have to call this in to

Denham. You boys stay at the edge of the woods and make sure no one goes in." Looking at their faces he could see that the boys weren't keen on the idea and he laughed to himself as he walked away, thinking of all the pranks they had played on him. Even so, he went by the Swan and asked Roger Croft to go and stand with the boys until he got back.

In next to no time, a police car carrying Sergeant Poulson turned up, and so did half the village as word spread.

Dave Walker, upon seeing the arrival of the police car, ran upstairs to alert Lambert.

"Lambert, wake up! There's a police car by the Green and everybody is out there. I'm going to



  
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see what's going on." Getting no answer Dave pushed open the bedroom door and was shocked to find no sign of Lambert. The room was in its usual disarray and Dave wondered if Lambert had slipped out already. Shrugging his shoulders, he hurried downstairs, grabbed his coat and went out to join the watchers on the Green.

Sergeant Poulson told everyone to stay back and announced that the bomb squad were on their way. Then he and PC Alders went into the woods to have a closer look.

"It's a big one alright. Not ticking is it?" asked Sergeant Poulson.

"I haven't been close enough to hear. I hope not," answered PC Alders, not keen on the idea of being so close to such a large bomb.

Many of the villagers followed them into the woods, trying to get a look until PC Alders and Sergeant Poulson ushered them away. Just at that moment Billy shouted "Bang!" very loudly and got a clip round the ear from his Dad; but many of the villagers laughed.

The bomb squad arrived to rousing cheers from the assembled villagers. The soldiers quickly cordoned off the area, upsetting the onlookers who were grumbling that they were going to miss the action. Most of the villagers stayed around the Green or outside the Swan and chatted about the state of the country, sharing their ideas for how things should be. Mrs Grey turned up with a tray of teas for the bomb squad. But she didn't get that far as the teas were snapped up by PC Alders, Sergeant Poulson and any villager who happened to be

close enough. Exasperated, Mrs Grey returned to the vicarage.

It had begun to drizzle and so, George Billings, postman and village hall caretaker, opened the hall. The villagers pulled out some chairs and tables, while others set about making tea. After a while, Captain Dawson and his squad joined them in the hall. Calling for quiet, he stood on a chair and explained that the bomb was quite unusual, and likely to be booby trapped. Which meant he had called for extra help as no one in his squad had the necessary experience with this type of bomb. Around lunch time another army vehicle turned up with another bomb squad led by Captain Hogarth. They promptly joined everyone else in the village hall where tea was on the go and Christmas cake liberally handed round. The atmosphere was friendly and convivial, with many of the older villagers talking to the soldiers about their own war time experiences and no one seemed particularly bothered about the bomb.

Suddenly, there was a deafening explosion which sent everyone in the hall onto the floor. Some on their knees and some on their stomachs. When the dust settled the two captains led the way outside. The bus shelter had been blown across the Green and there was debris everywhere. House windows around the Green including Stanley Hall had blown in and Violet and Daniel came out shocked to see such chaos. Benches from outside the Swan were scattered and broken. The villagers looked on, stunned to see such a

mess and those who had stayed in their homes now also came out.

Captain Hogarth sent a couple of his men to the bomb site to check the size of the crater. Captain Dawson ordered his squad to begin clearing up. There were broken branches ripped from trees and bushes, that had been in gardens, now lay strewn around the Green. Two soldiers righted the bus shelter but it just collapsed into bits. As they piled up the bits villagers began to join in with the clear up until the two soldiers, who had gone to look at the bomb site, came back saying they had found something very sinister.

*To be continued.....*

*Sedbergh and District Lookaround*

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**PERSONAL MESSAGES**

**THANKS**

Zander and Elizabeth wish to thank everyone for the lovely cards, presents and flowers for their Diamond Anniversary.  
*(CONGRATULATIONS – Ed)*

**ALLAN & JUDY HALL.**

Congratulations Mum & Dad, Nanna & Grandad on your Golden Wedding Anniversary, 26<sup>th</sup> May 2023, wishing you many more happy years together. Love from Tracy, Jackie, Jason, Dave, Josh, Finn & Taylor  
xxxxxxx

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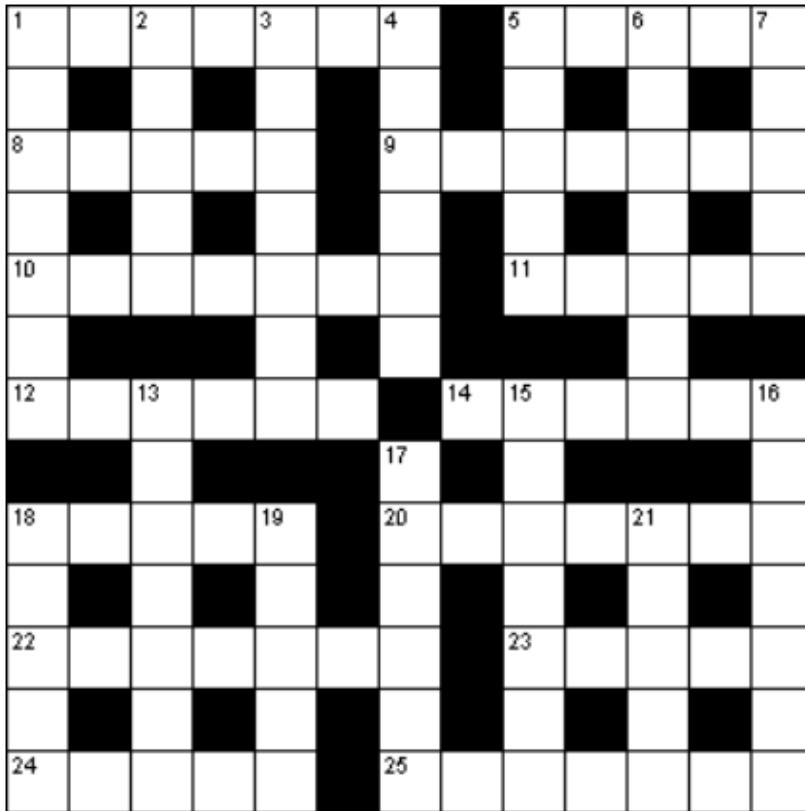
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Elsbeth Griffiths	Proofreading	105					
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Katie Wood	Proofreading	<b>Pension Service Surgery</b>					
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<b>PEOPLES' HALL HIRE RATES</b>							
<b>Main Hall</b>							
Session	7-9am	9am-1pm	1-5pm	5-7pm	7pm-1am		
Local Hirers	£12.00	£22.50	£22.50	£17.50	£42.50		
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<b>Committee Room</b>							
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Other Hirers		£26.25	£26.25	£18.00	£26.25		
Commercial		£35.00	£35.00	£24.00	£35.00		

## PUZZLE 1 (SOLUTION ON PAGE 88)



### Across

1. Large house (7)
5. Pieces of information (5)
8. Profits (5)
9. Gruesome (7)
10. Retaliated (7)
11. Form of transport (5)
12. Hostility (6)
14. Stick (6)
18. Permit (5)
20. Sincere (7)
22. Creatures (7)
23. Doctrine (5)
24. Ledge (5)
25. Sweet (7)

### Down

1. Tycoon (7)
2. Dissonance (5)
3. Perceptiveness (7)
4. Wanderers (6)
5. Aspect (5)
6. Vegetable (7)
7. Austere (5)
13. Discomfort (7)
15. Mocks (7)
16. Pull out (7)
17. Stopped (6)
18. Accumulate (5)
19. Dock (5)
21. Bird of prey (5)

## PUZZLE 2 (SOLUTION ON PAGE 88)

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

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

## LOOKAROUND DETAILS

### **LOOKAROUND INFORMATION**

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

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

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

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

### **ARTICLES**

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

the text of the same email.

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

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



a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

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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 07/04/2024  
 Dates in **BOLD** are start & finish events.  
 Numbers in Brackets indicate Advert/Article on a Page.  
 Month in Bracket relates to issue that details last  
 appeared.

## MAY 2023

03	915	Walking Pilgrims (Apr)	Sedbergh I
03	1400	Community Corner (Apr)	DMC
04	1930	WIF Fire Safety (48)	FCH
05		Hist Soc Dentdale & Middleton (49)	TBA
05	1400	Dentdale Fizz and Fruit	DMH
05	1400	Dentdale Head to Foot	DMH
05	1900	Coronation Service (9)	StAS
06		Coronation celebrations	White Hart
07		Coronation Competition	Sedbergh
07		Coronation Jacobs Join lunch	StAD
07		Coronation celebrations	White Hart
08		Dentdale Coronation family event	TBA
08	1000	Coronation Litter Pick (9)	StAS
08	1600	Coronation Celebration (Jacobs Join)	GVH
09	1000	Hand Weaving (27)	Chapel Gal
09	1400	Killington WI (15)	PH
09	1900	Annual Parochial church meeting (Apr)	StAD
10	930	Ladies NFU coffee morning	StAS
10	1400	Community Corner (Apr)	DMC
10	1915	Dentdale WI products, packaging...	DMH
10	1930	Sedbergh WI fashion show (45)	PH
12		Consultation on YDNP Plan Closes (Apr)	TBA
12	1900	British Legion annual dinner (Apr)	GC
13	1000	Dales Peat Monitoring	Ribblehead
13	1000	Zero Waste repair café (15)	CCCN
14		Christian Aid Week (30)	TBA
14	1600	Messy Church	CCCN
14	1930	Barrie McDermott/Pete Emmett	WHC
15		Dementia Action Week (22)	TBA
15	1930	Killington WI group meeting	PH
16	1400	Sight Advice	PH
17	915	Walking Pilgrims (Apr)	Sedbergh L
17	930	Coffee morning Christian Aid	StAS
17	1300	Medical Centre training afternoon	MC
17	1400	Community Corner (Apr)	DMC
17	1900	Wainwrights In Colour (1)	Westwood B
18	1900	Sedbergh Parish Council AGM (33)	PH
20	1000	Methodist Dentdale Coffee Mornings	DMC
20	1030	Farfield Plant Sale (13)	FM
20	1100	Killington Sailing Open Day (15)	Killington
21		Christian Aid Week (30)	TBA
21		Dementia Action Week (22)	TBA
21		Farfield Plant Sale (13)	FM
23	1000	Needle Felted Mouse (27)	Chapel Gal
24	930	Dementia Coffee Morning	StAS
24	1400	Community Corner (Apr)	DMC
24	1900	Sedbergh Community Gym AGM (18,24)	PH
25	1130	Frostrow Fell Walk (63)	TBA
25	1930	Café Concert (25)	PH
27	900	Artisan Market (27)	Main St
29	1900	Howgill Duck Race & coffee evening	HVH
30	1700	Evie Plumb	TR
31	1300	Garsdale Sports	GVH

31 1400 Community Corner (Apr) DMC

## JUNE 2023

01	1800	Killington Sports (32)	Beckside
02		Dentdale Head to Foot outing	TBA
07	1000	Needle Felted Landscape (9)	Chapel Gal
07	1400	Community Corner (Apr)	DMC
07	1900	Murder on the Front Page (1)	Westwood Bks
11		Hist Soc Garsdale and Easby (49)	TBA
11	1600	Messy Church	CCCN
13		Killington WI outing	tbcb
14		Dentdale WI outing	tbcb
14	1400	Community Corner (Apr)	DMC
14	1930	Sedbergh WI Ukraine	PH
15	1300	Medical Centre training afternoon	MC
20	1000	Crochet Granny Square (9)	Chapel Gal
21	1400	Community Corner (Apr)	DMC
24		C2C Cycle Ride	TBA
24	900	Artisan Market (27)	Main St
24	1000	Dentdale Methodist Coffee Morning	DMC
28	1400	Community Corner (Apr)	DMC

## JULY 2023

01		Lancashire Country Cricket match	SS
01		Speech Day & Term Ends (36)	SS
05	1000	5757 Aske to Kyoto	FM
05	1000	New Landscapes - Peter Bolton	FM
05	1000	Thinking in Colour and Form	FM
05	1400	Community Corner (Apr)	DMC
07		Lancashire County Cricket	SS
07		Lancashire vs Southern Vipers	SS
07	1400	Dentdale Head to Foot outing	TBA
12		Sedbergh WI Summer outing	TBA
12	1300	Medical centre training afternoon	MC
12	1400	Community Corner (Apr)	DMC
12	1915	Dentdale WI St Johns Hospice	DMH
15	1000	Dentdale Methodist coffee morning	DMC
19		Lancashire County Cricket	SS
19		Lancashire vs The Blaze	SS
19	1400	Community Corner (Apr)	DMC
22	1000	St Andrews Summer Fair	StAS
26	1400	Community Corner (Apr)	DMC
29	900	Artisan Market (27)	Main St

## AUGUST 2023

02	1400	Community Corner (Apr)	DMC
04		DDCF Festival Starts (Dec)	Rhumes
04	1900	Taking Flight (1)	Westwood Bks
06		DDCF Festival Ends (Dec)	Rhumes
08	1400	Killington WI	PH
09	1400	Community Corner (Apr)	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

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### BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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### DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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### HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

### NUMBER 46

MAIN STREET

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

### THE RED LION

FINKLE STREET - 015396 20433

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

### SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

### SMATTS DUO

MAIN STREET - 015396 20552

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

### THIRSTY RAMBLER

MAIN STREET - 07874 838816

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

### WAFFLE CONE

MAIN STREET

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

### THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

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

## PLACES OF INTEREST TO VISIT IN THE AREA

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

\* = Entry Fee Applicable

## SOME WALKS AROUND SEDBERGH

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

**THE CALF 8 miles 2600ft 4-5 hrs**  
 A bracing ridge walk over Arant Haw and 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 Frostraw, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. *(Walk 10)*

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

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



## BED & BREAKFAST

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

## CAMPING, CARAVANNING & SELF-CATERING

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

### KEY

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

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	07/18	Helpline	030 300	30003
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	10/22	Rosemary Hartley	07596	117035
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
Carer Support South Lakes Main Office	11/22	Kendal Office	01539	815970
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	05/23	Kendal	0808 2787 984	
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	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 – Art Craft Heritage	03/23	reception@farfieldmill.org/015396	21958	
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	04/23	Wendy Pontefract	Dent:	25253
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	
Friends of Settle and Carlisle Line	08/22	John Carey	john.carey@settle-carlisle.com	
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	Karen Bruce Lockhart	Sed:	34603
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Ignite Youth Club	08/20	Mrs Askew	Sed:	25465
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	

Labour Supporters Group	12/17	Mr Cross	Sed:	22566
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/22	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	Miss Hassam	07966	134554
People's Gym	12/19	membership@sedberghgym.club		
People's Hall	07/22	Dr Gina Barney	Sed:	20790
Peppercot Club - Sedbergh	04/22	Nicola Cann—rdnicolacann@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	03/23	Mr Mawdsley	07989	201481
Scouts - Cubs	03/23	Mr Mawdsley	07989	201481
Scouts	03/23	Mr Mawdsley	07989	201481
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
Spellbound Theatre	05/23	Facebook: Spellbound Theatre		
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	05/23	Dr Ripley	015396	21101
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	04/23	Megan Taylor taylor71@hotmail.co.uk		
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

\* = Latest Amendments

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

## PUZZLE SOLUTIONS

M	A	N	S	I	O	N		F	A	C	T	S
A		O		N		O		A	A		A	T
G	A	I	N	S		M	A	C	A	B	R	E
N		S		I		A		E	B		R	
A	V	E	N	G	E	D		T	R	A	I	N
T				H		S				G		
E	N	M	I	T	Y		A	D	H	E	R	E
		A				C		E				X
A	L	L	O	W		E	A	R	N	E	S	T
M		A		H		A		I		A		R
A	N	I	M	A	L	S		D	O	G	M	A
S		S		R		E		E		L		C
S	H	E	L	F		D	E	S	S	E	R	T

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

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



# 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 1st April 2023 \* Runs from 01/04/23 to 30/09/23 only*

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

# BUS SERVICES

## Western Dales Bus S3 Fridays - Hawes Hopper Dent - Sedbergh - Garsdale - Hawes

*From 1st April 2023 to 30th September 2023 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 = £60

Both available from the Information Centre only,  
renewable annually on 1<sup>st</sup> September.

# **BUS SERVICES**

## **Western Dales Bus**

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

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

# BUS SERVICES

## Western Dales Bus

**S6 Tuesdays and Thursdays - Kirkby Stephen—Penrith  
Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith**

Sedbergh Post Office	0914	..	..
Cautley Cross Keys	0923	..	..
Kirkby Stephen Station Entrance on A685	0937	..	..
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 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 Pennine Hotel	1138	1416	..
Kirkby Stephen Social Club	..	..	1616
Kirkby Stephen Station Entrance on A685	..	..	1621
Cautley, Cross Keys	..	..	1625
Sedbergh Town	..	..	1644

## 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
06.49	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	..	..	..	..

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

The Benefice of the Western Dales

**Vicar: Rev'd Andy Burgess**

**20018**

**andy.burgess@westerndales.org.uk**

Licensed clergy:

**Rev'd Christine Brown 25418**

**Rev'd Lindsay Gray**

Churchwardens:

St Andrew's, Sedbergh

**Tony Reed Screen 21081**

**Susan Sharrocks 20754**

**churchwardens.sedbergh@westerndales.org.uk**

St Andrew's, Dent

**Janet Skublics and David Wright**

**churchwardens.dent@westerndales.org.uk**

St John the Baptist's, Garsdale

**Bill Mawdsley and Rosemary Lord**

**churchwardens.garsdale@westerndales.org.uk**

St Mark's, Cautley

**Judith Bush and Maureen Hinch**

**churchwardens.cautley@westerndales.org.uk**

St John the Evangelist's, Cowgill

**Janice Moorby and Heather Fraser**

**churchwardens.cowgill@westerndales.org.uk**

Holy Trinity, Howgill

**Pauline Marshall and Helen Hoggarth**

**churchwardens.howgill@westerndales.org.uk**

St John the Evangelist's, Firbank

**Currently no churchwardens, please  
contact Sedbergh churchwardens**

All Saints', Killington

**Currently no churchwardens, please  
contact Sedbergh churchwardens**

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### 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**

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### SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

**Janet Chetwood (Comms Clerk)**

**Tel: 21715**

**Sally Ingham (Business Clerk)**

**Tel:07939 569559**

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### DENTDALE

#### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

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### PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

**Becca Gilbert**

**Email: becgilb@gmail.com**

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### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

## *Anglican Service Times*

### **ST ANDREW'S CHURCH, SEDBERGH**

Every Sunday	8am, BCP Holy Communion 9.30am, Holy Communion
4th Sunday	9.30am, All-Age Service
Mondays	9.30am, Morning Prayer
Wednesdays	11.30am, BCP Holy Communion

### **ST ANDREW'S CHURCH, DENT**

Every Sunday	11.15am, Holy Communion
4th Sunday	11.15am, All-Age Service
Tuesdays	9.30am, Morning Prayer

### **ST MARK'S CHURCH, CAUTLEY**

1st Sunday	2.30pm, Holy Communion
3rd Sunday	9.30am, Morning Prayer
5th Sunday	2.30pm, Taizé Service

### **ST JOHN THE BAPTIST'S CHURCH, GARSDALE**

1st Sunday	11.15am, Holy Communion
3rd Sunday	11.15am, Morning Prayer
5th Sunday	11.15am, Morning Prayer

### **ST JOHN THE EVANGELIST'S CHURCH, COWGILL**

1st Sunday	2.30pm, Evening Prayer
3rd Sunday	2.30pm, Holy Communion

### **HOLY TRINITY CHURCH, HOWGILL**

2nd Sunday	9.30am, Holy Communion
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### **ST JOHN THE EVANGELIST'S CHURCH, FIRBANK**

2nd Sunday	2.30pm, Holy Communion
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### **ALL SAINTS' CHURCH, KILLINGTON**

4th Sunday	2.30pm, Afternoon Service
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*Timetable valid from September 2022 onwards*

*Combined plans for Western Dales Mission Community  
May 2023*

	Time	7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8am	<u>HC-BCP</u>	HC-BCP	HC-BCP	HC-BCP
	9.30am	HC	HC	HC	Pentecost Joint Service
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect @ Cornerstone	Service  4pm- Messy Church	Service	Pentecost Joint Service @ St. Andrew's
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP	Pentecost Joint Service @ St. Andrew's
St. John's, Garsdale LA10	11.15am	HC		MP	Pentecost Joint Service @ St. Andrew's
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Chapel Anniversary		United Service @ St. Andrew', Sedbergh
All Saints, Killington LA6 2HA	2.30pm				Pentecost Joint Service @ St. Andrew's
Holy Trinity Howgill LA10 5JD	9.30am		Lambing Service		Pentecost Joint Service @ St. Andrew's
St. John's Firbank LA10 5EF	2.30pm		Lambing Service		Pentecost Joint Service @ St. Andrew's
St. Andrew's, Dent LA10 5QL	11.15am	HC	HC	Joint Service with HC	Pentecost Joint Service @ St. Andrew's, Sedbergh
St. John's, Cowgill LA10 5RJ	2.30pm	Lambing Service		United Service @ St. Andrew's, Dent	Pentecost Joint Service @ St. Andrew's, Sedbergh
Dentdale Methodist Chapel LA10 5QJ	6.30pm	Service	Service	United Service @ St. Andrew's, Dent	Pentecost Joint Service @ St. Andrew's, Sedbergh
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	<b>Wednesday</b>	<b>3<sup>rd</sup></b>	<b>10<sup>th</sup></b>	<b>17<sup>th</sup></b>	<b>24<sup>th</sup>/31<sup>st</sup></b>
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	7.30pm	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening Prayer		
<b>Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063</b>					

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

### **Option 1 - 24hr Prescription line**

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

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

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

## Dent Surgery

### Currently cancelled due to Covid-19

## Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

## Saturday morning clinics

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

For more information on all clinic times please see  
our website

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

## Bridging the Gap

*First Monday - 1400 - 1600*  
Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street  
People's Hall, Howgill Lane  
Fire Station, Long Lane  
Health Centre, Station Road  
*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 1300 - 1700  
Saturday 1000 - 1400

## **DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900  
Saturday 0900 - 1400

## **SEDBERGH & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh  
Open seven days a week 1000 - 1600  
e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)  
Tel: 015396 20125  
[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

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

## **VETERINARY SURGERY**

14 Long Lane  
015396 20335 (including emergencies)  
FarmGate Vets  
Office Hours Monday-Friday 0830 - 1700  
Companion Animal Consultations 0900 - 1000 \*  
Monday-Friday Appointment Only 1400 - 1500 \*

## **PUBLIC TOILETS**

Main Street, Sedbergh  
Main Street, Dent

## **POST OFFICE**

Main Street - Phone 20406

## **MARKET DAY**

Wednesday

*Last Page Update:*

*February 2023*