

Sedbergh & District

LOOKAROUND

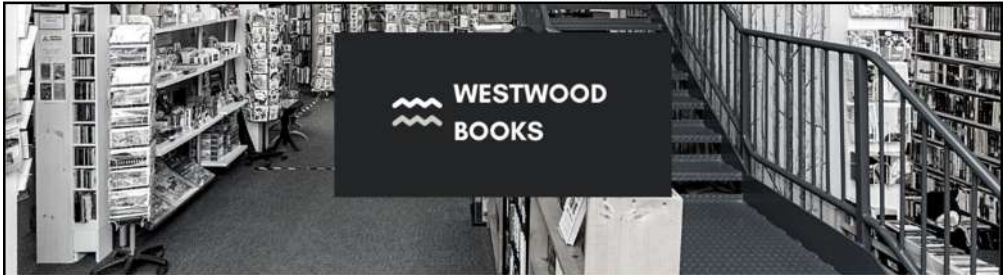
September 2023

Donation £1

Issue 423

Our cover photo this month is by a visitor who sent it to us for possible inclusion. Don't forget you can send yours in too, and if it works we'll use it!

Sad news of the death of Dick Harrison, Lookaround would like to send condolences to all family and friends. His familiar figure will be very much missed. *Ed.*



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

UPCOMING EVENTS

Monday 25th September - Robin Ince

Robin will return to talk about his book, *I'm A Joke and So Are You*
(£5 entry fee is redeemable against the price of a book should you wish to purchase one.)

For tickets and more information pop into the shop or see our website.
Please book in advance where possible to help us plan seating arrangements.



Westwood Books, Long Lane, Sedbergh, Cumbria LA10 5AH

Telephone: 015396 21233

book@westwoodbooks.co.uk

www.westwoodbooks.co.uk



CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

CONTENTS

Articles

Better Transport For All	17
Centenarian Celebrates In Style	9
Christian Aid	54
Classroom	23
Community First Responders	12
Community Swifts	5
Councillor's Corner	17
Date For Your Diary	11
Dementia And Sight Loss	59
Dent Dale Christian Festival	53
Dentdale Choir	13
Dentdale, Head To Foot	42
Dick Harrison R.I.P.	7
Family Musings.	39
Fifty Years Ago	28
Garsdale	33
Gladstone Community Group	8
Hardship Fund	14
Harmony Singing	15
Healthwatch	61
In Search Of Truth	21
July Weather	40
Keep An Older Person Safer	59
Last Bus To Sedbergh	35
Lookaround Advertising Rates	7
Message To The Poetry Club	22
Natural Dentdale 90 Years Ago	37
News From The Pews	51
Notes From Dent Station	23
Raine Power Hydro	11
Retirement	12
School Costs	54
Sedbergh British School Trust	14
Sedbergh Parish Council	20
Sedbergh School News	55
Sedbergh's Defences	31
Sheering Gaye Village	62

Articles (Continued)

Sowing Seeds For The Future	41
Tim's Column	19
Volunteering With Wildlife Trusts	35
W.I. Dentdale	48
W.I. Killington	47
W.I. Sedbergh	43
Walking Pilgrims In The Autumn	53
Your Peoples' Hall Needs You	10

Business Adverts

Bicycle Maintenance Specialist	8
Audio Lookaround	25
Bannister Physiotherapist	38
Black Bull	36
Bricks and Mix	8
Chris Harper Fencing	9
Cross Keys	5
Cumbria Stoves	51
Curtains	10
Dalesway Therapies	37
Dalton Burial Ground	33
Dawsons Fuels	52
Duncan Law Plumber	20
Farm & Fencing Contractor	61
First 4 Home Improvement	58
G.J. Baines	31
Garsdale Design	66
H&M Craftsmen Kitchens	35
Happy Feet	41
Howgills Accommodation	42
Ian Higginbotham	54
J.J. Martin Funeral Director	33
K.W. Electricals	62
Kev Scrap	21
Lookaround Local Subscription	64
Lookaround Postal Subscription	60
Lookaround Subscription	63
M.K. Conversions Ltd	59
Marquees & Teepees Killington	56
Matthew Cook Stonemason	15
McGarry Solicitor	13
Meditation Centre	53
Multi trade Property maintenance	68
Oglethorpe Sturton & Gillibrand LLP	45
Parkin And Jackson	34

COVER PHOTO

Cautley Spout

George Wormald

CONTENTS (continued)

Business Adverts (Continued)

Peoples' Hall	-----17
Powells	-----49
Ramp to rent	-----69
Robert Powell Web Design	-----55
Royal British Legion	-----48
Rycrofts	-----30
S. Alderson Painting & Decorating	---23
Sedbergh Joinery	-----27
Sedbergh Primary School	-----6
Sheila Shuttleworth Dressmaker	-----47
Simon Shaw & Sons	-----46
Stephenson And Wilson Builders	-----67
Stramongate Press	-----50
Temptations Craft Boutique	-----22
The Thirsty Rambler	-----18
The Zero Pantry	-----40
Thomson Hayton Winkley Solicitors	---39
Tooby's Electrical	-----57
Treadwell flooring	-----14
Wools Of Cumbria	-----43

Event Adverts

Artisan Market (16th)	-----16
Chapel Gallery (4th,19th,26th)	-----19
Extraordinary places - book (1/12)	---32
Force to be reckoned with I (8/10)	---28

Event Adverts (Continued)

Force to be reckoned with II (8/10)	--29
Griefshare (Tues)	-----12
Howgills Harmony (Mons 11th >)	-----11
Medical Centre (14th)	-----14
Poetry Club (7th,21st)	-----22
Weekly Coffee Morning (Weds)	-----3
Westwood Books (25th)	-----1

Other Information

Advertising In Lookaround	-----4
Bed & Breakfast	-----77
Bus Services	-----81
Car Parking Charges	-----82
Diary of Events	-----74
Eat and Drink in Sedbergh	-----75
Groups and Organisations	-----78
Lookaround Details	-----72
Lookaround Editorial Team	-----81
People's Hall Rates	-----69
Personal Messages	-----69
Places of Interest	-----76
Public Information / Telephone Nos	---88
Puzzles	-----70
Religious Information	-----85
Train Times	-----84
Useful Telephone Numbers	-----69
Walks Around Sedbergh	-----76

Weekly Coffee Morning St Andrews Church Every Wednesday 9:30am to 11:30am

Wed 6th September - Garsdale Church
Wed 13th September - St Andrew's
Wed 20th September - St Andrew's
Wed 27th September - 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

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"	=£12.00
Single Column 2.56" x 3"	=£15.00
Single Column 2.56" x 4"	=£18.00
Single Column 2.56" x 5"	=£21.00
Single Column 2.56" x 7.5"	=£30.00
Double Column 5.2" x 2"	=£18.00
Double Column 5.2" x 3"	=£24.00
Double Column 5.2" x 4"	=£30.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Elegy for summer past
Swifts, gracing our sometimes leaden
skies

Light up our summer with their cries.
Three brief months, why do they
come?

They need to breed.
Now breeding done, what a gap they
leave.

The tall skies empty save for
mundane pigeon and sombre crow.
For nine whole months in southern
air.

Swifts cavort without a care,
While earthbound we remain, their
return awaiting,
With harsh winter in between.

September is quiet without swifts.
Looking through our records for the
past few years, the final days of
seeing swifts at Lowgill are
remarkably similar, with the last date
we saw them flying around this year
being 9th August. Right up until then
we've had reports of very large
numbers (maybe 50 or so) zooming
around high in the Guldrey Lane
area.

Parent swifts continue to come
back to the nest after chicks have
fledged, and at first look disorientated
when they find the nest empty. They
come back with a throat pouch full of
insects, ready to feed the now-absent
chicks, push their head down into the
nest and turn around repeatedly.
Parents continue to come back to the



THE CROSS KEYS

Tearoom in Cautley

Open 10.30 - 3.00 on Mondays
9.30 - 4.30 (sometimes later on Friday) on
Fridays, Saturdays and Sundays

015396 20284

Crosskeyscautley@outlook.com

www.cautleyspout.co.uk

Any Monday, Friday, Saturday and Sunday call in to the Cross Keys at Cautley and enjoy a relaxed cup of tea or coffee along with a delicious homemade scone with jam and cream or try our homemade traybakes and cakes.

Order a round of freshly made sandwiches and some soup or if you've worked up an appetite walking up to the Spout try a homemade pie with chips or creamed potatoes or our traditional Ham & Eggs using our own free range eggs.

Sit in the verandah, where Wainwright sat, and admire the best view of Cautley Spout, or weather permitting enjoy a seat at one of our outside tables amongst the birds & flowers. *Friday is still Pie Day and we suggest you book a table along with lunch on Sunday to be sure of a place.*

Bed & Breakfast is available in our twin or double ensuite rooms throughout the week along with dinner for residents.

Please ring to discuss party bookings of 8 or more for other evenings.

All our produce is as local as can be and most of our salads & eggs are home grown during the summer months. Browse our selection of jams and chutneys, fudge, greeting cards and maps and enjoy our range of books.

nest at night for varying lengths of time, and this year one pair had a record stay of 19 days after fledging. It was an established pair that generally is one of the first to come back, lays eggs early and so the chicks fledge early.

It has been a mixed year at Lowgill. There was a record early arrival of 5 swifts on 28th/29th April and the wonderful hot sunny weather in June meant there were lots of screaming parties and banging to enjoy watching. However, 5 birds did not return from migration. This meant that we were three pairs down: neither of one pair returned, and there were three singletons. One singleton fortunately paired up with another singleton, but one singleton did not pull in a mate and disappeared, hopefully becoming a partner somewhere else in our colony, in a non-camera nest. This year we had 2 new pairs as well, so in the end the total is the same as last year – 34 pairs.

One swift has managed to rear 2 chicks single-handedly. Its mate disappeared, maybe predated by a sparrowhawk, when they were only 13 days old. It must have been a great effort as the weather in July was awful, cold and wet, but the chicks successfully fledged at the beginning of August. At the time of writing, we have one late breeding pair that still has chicks. They are not due to fledge until about 3rd September. They will take their maiden flights into a sky with no swifts around. How do they know how to start their migration? We

simply do not know. This is just another of nature's mysteries.

We once again fostered a swift chick, and again it was brought to us from the Bolton area. Fostering is by far the best way of looking after fallen swifts, since the alternative is expert care by dedicated rehabilitators – and there aren't many.

A happy story on which to end is of a fully grown swift chick that was found on the ground at Lowgill – it had failed its maiden flight from the nest. Luckily it was spotted by a neighbour who arranged for it to be taken to Kendal College Animal Rescue Centre. After a few days' rest and feeding it was taken back to Lowgill to be released and fly off. We are greatly indebted to the College staff for their dedication in helping look after our swift casualties.

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



**Lunchtime Supervisor
Vacancy
Sedbergh Primary
School**



We have a vacancy for a lunchtime supervisor to join our hardworking, dedicated and friendly team at Sedbergh Primary School.

- The hours of work are 11:45am to 1:00pm, Monday to Friday during term time.
- This equates to 6.25 hours per week and the pay scale is OP3 at £10.98 per hour.
- This is a permanent, term-time only post.

An application form, along with the job description and person specification, can be downloaded from our website, or alternatively call the school office on 015396 20510.
www.sedberghprimary.org.uk/vacancies

LOOKAROUND ADVERTISING RATES

Ed Welti

It had to happen sometime. Lookaround advertising rates have not changed in this millennium (last time they went up was in the 1990's), but we need to make an adjustment now.

Along with everybody else our expenses have gone up over the past year, and we have to be able to cover them. It's not a decision we have made lightly, we could have raised the suggested donation, but we are also looking at ways to enable donation by phone, which we hope will increase what we get without adjusting the suggested amount.

So, please, if you are an advertiser, do continue to support us if you can. We really do depend on you to keep the Lookaround going. And we are still read by a significant proportion of the Sedbergh and District population. You may reach people you wouldn't reach otherwise!

A table of our revised rates is in the Advertising Section on page 4.

DICK HARRISON R.I.P.

Colin Cowperthwaite

Today in Sedbergh we said goodbye to one of the area's much loved locals, a real Dales character who always had a kind word for anyone, as well as a very dry sense of humour !

Dick Harrison had lived a long and interesting life, not least amongst the racing motor cycle community. His great love was to visit the TT races on the Isle of Man each year, an event which he was sad to miss this



year due to illness. I had the privilege of knowing Dick as a family friend, from his early years in Garsdale to his many years here in Sedbergh. I still look up at his window at the western end of Main Street when walking or driving past, expecting a cheery wave from Dick.

Here are two of my favourite photos I have of Dick. The first is at Swarthgill Garage in Garsdale, buying petrol from George Dinsdale some 70 years ago; the second of Dick telling his old Garsdale friend Gordon Toy a good yarn, with Dick's wife Pat listening intently!

RIP old friend.



GLADSTONE COMMUNITY GROUP

Gladstone Community Group

The Community Afternoon Teas at Gladstone House (Fell Close, Sedbergh) are completely volunteer led, and we would like to thank all those that continue to attend, and take this opportunity to invite new people to come along and say hi too. The volunteers aim to run the Community Teas each fortnight throughout the year. During term time, we have the additional support of Sedbergh School (supplying cakes and students), which is a wonderful help.

The Afternoon Teas first came about in 2019 as a way of providing the community a place to socialise together at Gladstone House. Giving a space at the east of town, and easily accessible – all are very welcome. Tea/coffee/cakes and biscuits are usually on offer, as well as a good catch up with friends. There is no charge, but donations are welcome if desired. Any monies donated, go toward the continuation of the Afternoon Teas.

Save the date – MacMillan Coffee Morning (in the Afternoon)



BICYCLE MAINTENANCE
SPECIALIST

CRMCYCLEWORX@GMAIL.COM

PHONE 07931698495

PEDI-CARE HOUSE, HOWGILL LN,
SEDBERGH LA10 5DE

As previously, we hope to run the Charity Coffee Afternoon for MacMillan Cancer Care – this year on Thursday 5th October 2023, commencing early with soup and a roll, from noon, followed by cake and coffee with all donations going to MacMillan. We have raised £443.11 from the two previous events, so please do come along and support if you can (any donations of cakes, also very gratefully received). We usually also run a small raffle to raise additional funds for MacMillan.

If you have any questions, please do get in touch - details are now included in the contact page Groups and Organisations of the Lookaround, and we try and post on social media when we can.

Many thanks again, the Gladstone Community Group Team (07966 134554).

BRICKS & MIX



Property maintenance

New to LA10: bricklaying, stonework,
pointing, patios, plastering, rendering.
All other building work considered

07951 785876

bricksandmixltd@yahoo.com



CENTENARIAN CELEBRATES IN STYLE

Grant Steven

Margaret (Peggie) Kerr (nee Hall) recently celebrated her 100th birthday in style at the Cross Keys Temperance Inn surrounded by around 30 of her closest family and friends. The Great Grandmother who originally hails from Sedbergh travelled from her home in Coatbridge just outside Glasgow to mark this momentous occasion and what a celebration it was as the Cross Keys put on a marvellous assortment of food to ensure everyone had a great time.

Peggie who was born in Weavers Yard in August 1923 lived in Sedbergh at No 2 Fairholme until



marrying her husband Johnny Kerr who was stationed there during the war in 1947. No 02 Fairholme was the family home she shared with her family of mum Mary, dad George and brothers Ronnie & Gordon and sister Joan. As a young girl Peggie worked at Powells the chemist in the Main Street a job she loved. However Sedbergh has never been far from her heart as she made the journey down numerous times each year over the past 76 years to spend time with



family and friends, a habit which has long since spread into the wider family in Glasgow and who now consider Sedbergh a second home, therefore when it came to celebrating the big one there was only one place befitting of such a momentous occasion!

A big thankyou to everyone who came along and to the staff of the Cross Keys for their great service and for making everyone feel very welcome!

All types of fencing & hedging
undertaken. All enquiries
welcome

Chris Harper
Fencing&Hedging

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



YOUR PEOPLES' HALL NEEDS YOU

Sandra Gold-Wood

We, the PH committee are delighted to say that a caretaker has been found and has taken over. Being caretaker/cleaner of our PH is quite a commitment and so we ask hires to please show respect for the caretaker and for your PH and do your best to leave it as you find it.

The future of the PH is looking good, we've plenty of booking, we are making improvements and repairs which are always on going. However, as it says above 'YOUR PEOPLES' HALL NEEDS YOU!'

There are still two empty spaces on the PH committee; that of Secretary and Treasurer. These important community roles are not arduous but they are very necessary and need to be filled urgently. As you may know the PH is a registered charity and the accounts and minutes do need to be made available to the charity commission and the public in general in order to maintain the PH status as a charity. All members are volunteers and most of us have been working to maintain the PH for the community for many years. Please do consider coming on board. I am

sure there must be some among you who are filled with community spirit. Naturally we would not chuck you in the deep end. So why not give us a try. I assure you, we are a friendly and supportive group. There's always tea & coffee at meetings and even biscuits if someone remembers to buy some. Can I ask you to please think about all the times you have enjoyed events at the People's Hall and consider how satisfying it would be to be part of the steadfast committee who are caring for it? It would be sad if the PH had to close because there was no one left to run it.

Email your interest to:
booking.peopleshall@gmail.com

**Sedbergh
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&
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Furnishing*

A DATE FOR YOUR DIARY Community Juicing Day







Ann Parratt

Community Orchard Group -
Sedbergh (COGS) 6th Apple Day
takes place on Saturday 21st
October from 10am until 2pm at The
People's Hall.


The event is free of charge but
donations are very welcome.

Apple Day gives everyone an
opportunity to bring along their
apples, any type - eaters and cookers
and in any condition, washed but not
bruised – which can be juiced and
taken home either to drink or freeze.
All you need to bring on the day are
apples and sterilised bottles.

Other activities include:

-  Identification and Apple display
-  Cake stall including jams and
chutneys
-  Plant sale
-  Live music by Common Ground

 Activities for children

 Tea, coffee, refreshments and
light lunches will also be available
It's a great family fun day, with free
parking and close to a playground,
and you get to take away pure apple
juice. What could be better?

RAINE POWER HYDRO

Joachim 'Yoyo' Neff

Rainepower Hydro on the River
Lune at Broadrairie started
generating electricity from renewable
hydro power in February 2018. As in
previous years, we are looking for
local volunteers to help us keep the
intake screen clear of leaves and
twigs and thus the hydro running at
maximum capacity.

Whether you have helped
previously or want to lend a hand for
the first time, we would like to hear
from you.

Please get in touch by email with
Joachim 'Yoyo' Neff,
rainepowerhydro.volunteers@gmx.net



**Mondays 7.30-9.30pm,
round the fire at Farfield Mill
from September 11 2023**

**All songs taught by call and
response (no need to read
music.) Words displayed, lift
shares can be arranged, sea-
sonal (and other) easy to learn
to more challenging songs,
with occasional meets with
other local natural voice
choirs.**

**Led by David Burbidge, leader
of Lakeland Voices in Kendal
and Bentham Voices in the
Yorkshire Dales. £59 per term**

HOWGILLS HARMONY acapella singing group



OPEN HOUSE

Every Tuesday

Coffee, Craft & Chat

10:00am till 12:00pm

Renew Wellbeing Café

Cornerstone Church Sedbergh



Sedbergh
Grief Share

07498 870267

*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*

COMMUNITY FIRST RESPONDERS UPDATE

Myles Ripley

Just a few updates/reminders for you

1/ We can only be activated by the 999 service so if you need us, you need to make a 999 call and then we will be contacted to assist if it's appropriate. Nb there are only 5 of us so sometimes none of us are on duty.

2/ In connection with the above, if anybody is interested in joining the team, we would be delighted to hear from you and explain a bit more about what is involved.

3/ If any of you would like to get a hands on demo/experience of the defibrillators that are dotted around the town and district, please do get in touch as we are really keen that as many people as possible are confident to use one. We can even do a formal certificated one day first aid course if you want.

4/ We would like to thank the Young Farmers for their recent very generous donation to our funds.

5/ We hope you liked our CFR Sheep at the Sheepfest! – Well done Des.

RETIREMENT

Barbara Allwright

I would like to confirm my retirement from driving the Western Dales Bus. I began at the beginning over 10 years ago driving the bus after completing my Midas training. I learned a lot on the course about safe road driving, whether bus or car and dealing with seemingly endless road works.

I would like to say thank you to all those passengers – yes YOU – who have travelled with me over the years. It has been a pleasure to have you on board and I shall miss being in the driver's seat, but all good things must come to an end. It does not mean you have seen the last of me altogether!

I would also like to thank all the people behind the scenes at WDB, especially Jock, Rebecca and Martin Stockdale as well as my fellow drivers. It has been a pleasure to work along side of you all and I wish you every success in the future.

See you on the bus

Travel with us on the
Western Dales Bus

THE DENTDALE CHOIR

John Feltham

The Dentdale Choir is looking forward to its 2023/24 season. Choir practice begins at 7.15pm on Tuesday 12th September in the Memorial Hall, Dent.

After one of its most successful concerts in recent years (held last April in St Andrew's Church, Dent), the choir is having to say goodbye (or rather au-revoir) to its Musical Director, Jen Hartley, who so inspired us in her first season with us. "Murphy's Law" has struck and her work commitments unavoidably mean that she is having to leave us for a while, but in the meantime, we

are delighted to announce that we have been very fortunate, with Jen's help, that we have been able to engage Nick Hurndall Smith, a professional tenor, music teacher and organist, as our Musical Director, and look forward to welcoming Nick and working with him.

As usual, we expect to sing a wonderful mixture of sacred and secular music as we head towards our

spring concert in 2024 which, we can tell you now, will be on Saturday 27 April 2024, so get those 2024 diaries out now!!!

If you enjoy singing, why not come along to choir practice and give it a go!

The  dentdale Choir

McGarry
SOLICITORS
& Co



Your Legal Companion

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- FAMILY LAW

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t 015396 223 40

t 01833 600 160

t 01969 666 290

t 01969 621 230

e.office@mbmcgarry.co.uk

LA10 5AB

DL12 8EQ

DL8 3QS

DL8 5EH

SEDBERGH BRITISH SCHOOL TRUST

Jean Cope

The trustees will meet on Wednesday 6th September 2023 to consider GRANT APPLICATIONS from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training. APPLICATIONS should be in writing and addressed to The Honorary Secretary of the Trust, 14 Guldrey Fold, Sedbergh, Cumbria LA10 5DY.

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



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

2023

Thursday 14th September
Thursday 12th October
Wednesday 15 November



Treadwell Flooring
Established Family Business since 1999



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

T: 015396 21175 • M: 07795 598 913

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

HARMONY SINGING

David Burbidge

You are invited to join us for weekly evenings of harmony singing round the fire here at Farfield near Sedbergh, with a selection of songs ranging from easy to learn to more challenging three and four part harmony. The songs will be taught by ear - by call and response - there is no need to be able to read music. Words will be displayed, recordings of each part are available for home study, and help will be given with any song in a foreign language.

There is no doubt that singing is good for you - and there have been many scientific studies which have proved this. The combination of using your body to produce some pleasing music, connecting with others through songs, expressing your emotions and inner self - all help to maintain a healthy body and mind. An expression of self - combined with the essential experience of belonging!

I have been leading harmony singing groups in the area for over 30

Matthew Cook

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

Stone repairs and replacement

Re-pointing with lime mortar

Stone cleaning

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years - the longest running group is Lakeland Voices based in Kendal. We have sung on numerous occasions in Sedbergh and in Sedbergh's twin town Zrece in Slovenia - as well as on top of Triglav, at 2,864m Slovenia's highest mountain. We sing on walks through the Lake District and Yorkshire Dales, on outings to Scottish islands, on community railways like the Settle Carlisle line, the Heart of Wales Railway, the Soca valley trains in Slovenia, with fellow passengers joining in. We sing every year at Ribbleshead where we are joined by



choirs from Settle, Bentham, Penrith, and beyond, singing in the station, in the pub, and then all together on the train down to Settle where we crowd into the pub for an evening of singing together. We visit Slovenia each year and sing in the Bohinj Wild Flower festival, on the island of Bled, in the capitol Ljubljana, and of course...in Sedbergh's twin town Zrece.

A few weeks ago we hosted the celebrated Kendal Street Choirs Festival 2023 with over 40 choirs of conscience, 1,000 singers, coming from all over the country to join our voices in a celebration of community, harmony, cooperation, equality and internationalism. We were welcomed by the Mayor of Kendal who told us about local initiatives involved with Climate Change and providing sanctuary for refugees. The individual choirs sang in different venues on the streets around Kendal, and then each one performed a seven minute set in

a massed concert at the Kendal Leisure Centre.

We also sang six songs which we learnt in advance including Anna Tabbush's wonder song of welcome Harbour, Sing John Ball celebrating the words of the 14th century priest John Ball ("When Adam delved and Even span, who was then the gentleman?") Zdravljica, the only overtly pacifist anthem in the world, from Sedbergh's twin town, the Chartists Anthem, Thula Sizwe led by Lucky Moyo from Zimbabwe...and others.

Our songs in Sedbergh will be easier to learn and will reflect the changing seasons - but there will be an opportunity to join the Dent Folk Carols Festival over the second weekend in December - joining local singers and those from Wales, Scotland, Norfolk, Manchester...and beyond. It's always a great deal of fun and as so many of the singers know our songs and the harmonies which accompany them, they become very easy for those who don't know them to learn them. We also enjoy a Friday night concert, a carolling walk through the beautiful Dentdale, workshops learning carols from all ages (and several countries,) and sing in the pubs some of the more rousing carols made famous in villages surrounding Sheffield.

Please get in touch if you'd like to sing with us - we'll make you very welcome. No previous experience is required, just a willingness to join in. We can help with providing lift shares if necessary, recordings of the songs are available for practice at home, and there will be breaks with refreshments.



BETTER TRANSPORT FOR ALL

*Georgina Devine and the Magic
Pen Group*

There used to be a bus at 9:38

Monday to Friday

That went from Sedbergh to Kendal

Called the Woofs Bus. It used to get to Kendal

At About 10:10, and return to Sedbergh

At 10:30,

Then it went back at 12:38 from Sedbergh to Kendal

And got to Kendal at 1:10 and then came back to Sedbergh.

And that was the last bus, it was called the W1. And now they've cancelled that!

There's just one bus on the Saturday to Kendal

The S1, the Western Dales Bus, at 8:35am

It comes up to Kendal and 9:23 then goes back to Sedbergh

And to Dent Train Station, and gets back to Kendal

At 10:50 and then comes back to Kendal at 12:33.

Just four buses on a Saturday, Roughly every two hours.

And nothing on a Sunday. I don't understand it.

Holiday makers won't be able to get the bus any more.

It's £30 in a taxi from the train station to Sedbergh!



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COUNCILLOR'S CORNER

Ian Mitchell

I write this article the day after meeting so many of you while I joined Tim Farron on his annual summer tour. It was brilliant to see so many of you as we enjoyed the stunning scenery of; Sedbergh, Dent, Kirkby Lonsdale, Casterton and Barbon – Meeting residents is without doubt the best part of being a councillor.

The things discussed were varied;

Many of you came to meet us in Sedbergh to discuss The Sedbergh Bus Service

The W1 bus service that was brilliantly run by Woofs of Sedbergh for so many years between Sedbergh and Kendal is not currently running.

Myself, Cllr Hodgson and Tim Farron are working really hard behind the scenes to ensure that the service is reintroduced.

We are lobbying the cabinet to financially support a bus provider to ensure that this vital public transport is restarted as quickly as possible. Cabinet is meeting informally at the end of August and hopefully a decision can be made at the Cabinet

Highways and Transport Strategic Board in September.

Several people across the ward wanted to talk about the Allocated Housing Sites in the new Yorkshire Dales National Park Local Plan.

The new local plan for the YDNP is soon to come into effect, part of the plan will be allocated housing sites.

Within this plan the Authority is wanting to allocate larger sites than previously, the justification for this is to increase the amount of affordable housing stock within the parks. The hope is to encourage younger families to live and work in the dales, which will hopefully make our communities more sustainable.

Of course, housing sites are an emotive and controversial issue. I have been appointed onto the member working group on this.

Another constant topic of conversation was the New parliamentary boundaries. As you will be aware the MP boundaries are changing. Our ward of Sedbergh and

Kirkby Lonsdale, at the next election will be in the Morecambe and Lunesdale seat.

Tim Farron has been selected as the Lib Dem candidate in the Westmorland and Lonsdale seat.

So, we know that no matter what, Tim, will not be representing us in parliament after the next general election. Despite this, myself and Hazel will still be your Lib Dem councillors, our ward remains part of Westmorland and Furness Council and we will continue to work hard all year round for you.

Tim will remain committed to our ward and hopes that at a future date Sedbergh and Kirkby Lonsdale will once move back into the Kendal ward.

As always if you think we can help, please do not hesitate to contact me; 07530602234

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TIM'S COLUMN

Tim Farron MP

Thanks everyone who came along to my Summer Tour when we rolled into Sedbergh and Dent the other day.

As I have said many times before, my Summer Tour is one of my favourite times of the year. Particularly if the weather is good. I get the chance to drive around what is without doubt the most beautiful part of the country and listen to some lovely people as they tell me what they are worried about and what they want me to work on.

After a rather horrible day at the start of the week we have been blessed with rather good weather for the tour so far this year.

We had a great turnout in Sedbergh. As you might expect, the cancellation of the W1 bus was raised by a lot of people. This is something that I have been working on ever since the plan to stop running it was announced back in June. I raised the issue in Parliament with Michael Gove and had a meeting with the Local Transport Minister Richard Holden at the beginning of the month.

Both ministers made supportive noises and claimed to understand how important bus services are to rural communities but what we need is not words but action. In particular Westmorland and Furness Council needs more money to allow it to support services like the W1. It really shouldn't be down to Graham Woof to pay for Sedbergh to have a regular

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19-Sep	Garden Inspired Rag		
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bus connection with Kendal. I will keep on pressing on this one.

Another transport issue that came up was the lack of transport to take 6th formers into Kendal. It's all very well for the government to talk about providing choice of schools for students but if they don't lay on the necessary transport then the choices are only available to those with time and money to get their children to some schools.

2nd homes and Airbnb came up a lot. As I hope you know this is an issue that I have been working on since I was first elected as your MP. We are seeing the building of more affordable homes around here, and I was really pleased when Westmorland and Furness Council announced it was taking advantage of the ability it now had to double council tax bills on second homes. But these actions are nowhere near enough and there has been no action

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at all on the challenges created by homes being converted into Airbnbs. Again, I promise not to let the government think that they can sweep these issues under the carpet.

The final issue that a number of people raised was access to banks. Again, I have talked about this in Lookaround many times in the past.

I think we can spot a theme here. There is a real need for the government to provide much more support for rural communities like ours. If they don't do this, and do it soon, there is a real risk that our smaller more remote villages will simply become "ghost villages". Elderly people and families will not be able to live in them, businesses will not be able to operate from them. Only the wealthy will be able to afford to own property in them. I will do all I can to help stop this happening.

If you missed us on the Summer Tour visit to Sedbergh and Dent and have issues you want to raise with me, don't worry you can get in touch by emailing me at tim@timfarron.co.uk or giving us a call on 01539 723403.

Thanks for your support.

SEDBERGH PARISH COUNCIL

Janey Hassam

The Council held its meeting at 7.30pm on Thursday 10th August 2023, in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

The next meeting scheduled is the normal monthly meeting of the Parish Council, commencing from 7.30pm on Thursday 14th September 2023 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

Electric Vehicle Charging

Members received an update on the proposed electric vehicle charging points at Joss Lane and Loftus Hill car parks. It was noted that, following the successful funding bids, work would soon commence on the infrastructure for the EV chargers. Please do accept apologies, in advance, for any disruption on the car parks during works and the associated road works. Please also note, that provision of the EV charges at Joss Lane car park, will mean the relocation of some disabled parking bays.

Weekday Bus Service

Members received an update via Westmorland and Furness Cllr, Ian Mitchell, advising that the lack of public transport continues to be discussed with Tim Farron MP. Work continues in respect of seeking a solution for a bus service (Kendal) to be restarted, and it is hoped that recommendations will be made to Westmorland and Furness Council Cabinet to find a solution.

Other matters

Other matters, including Finance, Parish street lights, ongoing

maintenance work required to trees at Queen's Garden and New Bridge. Planning matters, which included several members of the public attending to voice their concerns for an application for parking spaces close to The Friends Meeting House, Brigflatts.

Also, general correspondence and highways matters were also discussed along with the Sedbergh Economic Partnership. Members also remembered the late Dr Gina Barney and former Rev'd Andy McMullon. Also acknowledging, with sadness, recent severe flooding in some parts of Slovenia.

If you have any queries, or wish to contact Sedbergh Parish Council, please email at 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

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A memoir of spiritual discovery, uncovered truths
and a woman's search for her own identity

IN SEARCH OF TRUTH

Eliza Harrison

Photographer and author of *The Mystery of Martha*

"IN SEARCH OF TRUTH"

Carol Nelson

Come along to hear and see the amazing life story of our local author Eliza Harrison who will be having a book launch for her new book; "In Search of Truth" - the autobiography by Eliza Harrison.

Raised amongst the Cambridge Intellectual elite with a distant father and authoritarian mother, Eliza grows up feeling inadequate and alone. But her parents' friends offer support, notably Lord Bob Boothby and the Rothschild family. In a bid to find love she marries a charismatic young actor, but when he lands a starring role in a Fellini film his focus turns elsewhere. As feelings of rejection

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set in, Eliza turns inward for answers; her spiritual search begins and she escapes to the Yorkshire Dales and pours her energy into, writing, photography and teaching meditation founding the Dent Meditation Centre in 1999.

As shadows from the past recede, horizons expand and Eliza perceives a series of betrayals among her parents' friends that make her question her own paternity. Determined to uncover the truth, she begins unravelling a tangled web of secrecy and scandal that not only touches her own family, but extends to the highest levels of government and touches on the Cambridge spy scandal.

Saturday 23rd September 7.30pm
£5 (includes drink) older children and students Free. Pay on the door.
Sedbergh School Thornley Studio
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A MESSAGE TO THE SEDBERGH POETRY CLUB

From *Claire Griffel* the Club's new facilitator.

Greetings to all existing members of Sedbergh poetry club and to anyone else who may be planning to join the group.

I'm very much looking forward to our session on 7 September at 1.30 pm.

I am sharing a piece of my work entitled "Classroom." I hope you enjoy it!

You might like to bring a poem by a favourite writer and perhaps one of your own pieces for our first meeting together. Best wishes.

www.ClaireGriffel.com

www.ImagineSenegal.com

Sedbergh Poetry **Club - Autumn**

First Meeting
7th September 2023
1.30 – 3pm
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Sedbergh Information Centre

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CLASSROOM

Clare Griffel

I am bound by the chair
I am bound
As soon as I enter the room.
I paint a beautiful picture
sitting on my chair.
It is my best -
All golden yellow sun.
I will treasure it.
Why can't you paint like Peter
they ask.
All I want is to
run out to the fields
and lie down
to look up into the sky
clear and blue.
But they are setting me
into a square.
I take my picture home
to hide it under my pillow
and sometimes I take it out
to see the golden yellow.
And when I sit in my chair
at my desk in the room,
I think I will become
square
and paint pictures of
cars and rockets like
everyone else.

NOTES FROM DENT STATION

**Friends of the Settle Carlisle
Line**

John Carey

It is only a few weeks since we finished the recent phase of the conservation works, however, any respite was short-lived as we have to get back to managing the day-to-day issues of what is quite a demanding building, not to mention nearly ½ an acre of grounds. We are fortunate to have an excellent team around us including all of the local tradesmen and volunteers on whom we rely. We do try to keep on top of everything, and it is always pleasing to get the odd thank you note from our departing guests. We must be doing something right although I must attribute much of the credit to our housekeeper, Diane! Visitors to the station may notice that the 'Dent' totem sign has now regained its





rightful place thanks to the help of Philip Middleton a few days ago.

We recently embarked upon a long -intended project to survey the abundant flora within our grounds and for this we are grateful to FoSCL member and vice president Pete Shaw who is an expert in such matters. Well, perhaps there were no surprises in that the flora can best be described as in keeping with un grazed upland pasture. Nevertheless, there are a considerable variety of species to be found for which we have prepared an identification chart for our guests. We also extended the survey to the verge outside the station where there were reported to be four types of orchid. A very worthwhile project indeed.

On the subject of flora, the vast display of common spotted orchids seen last year did not materialise but for one solitary example. It is thought that this might be due to an unusually warm late spring/early summer. Hopefully, they'll be back next year. Now that the wildflowers have died back, we'll be giving the grounds a hard strim as we have found this to be the best strategy.

Meanwhile, there is little positive news to report on the railway. The industrial action seems to be continuing with the parties no nearer to agreement. In July, the line suffered 3 days of strike action plus a 'work to rule' and there is the distinct likelihood of further strike dates to be announced. It has made it very difficult for passengers to make any long-term plans, in addition to which, those relying on the line to reach employment have been hard hit. All in all, it has been damaging to passenger confidence at a time when we really need to get folks back to using the train and away from the private car.

In addition, we have experienced the now common problems of cancellations and delays often



caused by crew allocation issues and train failures. Quite simply, there is not enough spare capacity and the train operators have lost drivers to more lucrative freight operators.

There are also the one-off incidents such as a recent lineside fire in the Aire Valley which caused immense disruption and a knock-on effect to services on the S&C. On one recent occasion two, almost simultaneous, breakdowns in the Aire Valley led to the loss of 6 evening services on our line.

Whilst it is difficult to plan for every circumstance, we do urge the train operator to build in better resilience and also undertake contingency planning for when things go wrong. Unfortunately, it is the case that

control decisions are not always customer-focused but made for operational expediency. On one recent occasion the last southbound stopping service from Dent was cancelled and common sense would have suggested that the later semi fast train should have then called at the intermediate stations but sadly this was not the case. One wonders what happened to any waiting passengers.

However, on a brighter note the customer information screen located on the southbound Dent platform has recently been commissioned and now displays train running times complete with audio announcements. This has been a long time in coming and all for the sake of a connecting

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cable under the tracks. Passengers can now see when their train is delayed, cancelled or even on-time!

As I previously mentioned, I am somewhat distant from the withdrawal of the weekday bus to Kendal but sincerely hope that something can be sorted out. It simply cannot be that Sedbergh, the largest community in the Yorkshire Dales with a population of 2,818 (2021 census) is without a regular bus service. I well recall similar issues at Grassington when the long-term operator to Skipton threw in the towel a few years ago and the village was to be left without a service. Thankfully, in that case, another operator eventually stepped in with a council subsidy, but even that service has been reduced from hourly to 2 hourly in recent weeks, albeit it does still run 7 days a week. However, public transport is a necessity not a luxury. It is vital to improve the economic, education and welfare opportunities for the residents as well as giving a boost to tourism and the economy of the area. It is widely considered that day visitors spend £15 per person and overnight visitors probably nearer £50 plus accommodation. The local social media provides enough evidence of folks trying to make the journey from Oxenholme to Sedbergh and with

limited taxis available, not to mention the cost. A regular connecting service is a no-brainer! I was only recently reminded of the value of visitor traffic to the local economy by a landlady of a hostelry in nearby Kirkby Stephen who was keen to mention that they were now benefitting from a marked increase in trade from the newly introduced Saturday 563 bringing visitors from Penrith.

It is critical that the new Westmorland and Furness council steps in to sort this out. The bus services in the former Cumbria were unfortunately left in the hands of a single dominant commercial operator which, naturally, cherry-picked the most profitable services and concentrates on the central Lakes. All of this goes back to a Cumbria decision in 2010 to no longer subsidise public bus services and yet vast amounts are ploughed into home to school transport, not to mention, reimbursement to the operators for use of the bus pass. As a consequence, most of the public bus services to the east of the M6 vanished in a short space of time, also losing many of the smaller operators which once existed in the process.

So, this really needs some radical thinking and a requirement for council subsidy to a smaller or medium sized commercial operator to make



something work. I have already suggested that school contracts should only be awarded with some level of public service. However, the solution is probably beyond the sole means of a community operator relying on volunteer resource although any future proposal must be worked in conjunction with the existing Western Dales Bus services, whose volunteers have now provided a reliable and much appreciated service in the area for some years now.

Mention should be made again as to the government £2 fare cap initiative now extended until the end of October 2023 and an increase to £2.50 for the 12 months thereafter. Most bus operators have availed themselves of the scheme as has the Western Dales Bus serving our very own Dent Station on a Saturday. On this, it is a strange paradox that the scheme has done little to create rural bus services as it was a prerequisite that any participating service needed to be operating in 2019 in order to receive the government reimbursement. Thus, it could in fact represent a barrier to the creation of new services whilst the benefits are more likely towards those areas lucky enough to already have services.

Meanwhile, we must make every effort to use the services we have, bus and rail. 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

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Leeds to catch the bus from Dent Station back to Sedbergh. Also, on Tuesdays and Thursdays it is possible to reach Penrith on the S6 service and Kendal via Kirkby Stephen on the S5 on Wednesdays. On Friday, the S3 to Hawes runs from Dent village and Sedbergh during the summer season calling outside Farfield Mill on route. Please check www.westerndalesbus.co.uk for bus running and times.

The portal for most bus journeys in the Yorkshire Dales can be found at www.dalesbus.org For rail journeys please consult www.northernrailway.co.uk which will give also details of any potential disruption. If we can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and we would be delighted to help.

Anyway, enough of a ramble for now!

50 YEARS AGO

A selection of items taken from local newspapers dating from September 1973

Colin Cowperthwaite

Sedbergh Award Winner

Sedbergh postman Mr Henry W. Bracken is going to London next week to receive an award for his watercolours from the French Cultural Attaché, M. Jean-Marie Benoist.

Mr Bracken has three watercolours currently on exhibition in Paris and his work has been given an "honourable mention" there. He and other award-winning British artists have been invited to the Royal Society of Painters in Watercolours in Conduit Street, London, on

Wednesday. The Earl of Westmorland will preside. Married with a son and two daughters, Mr Bracken lives at Glencoe, Station Road, Sedbergh. His wife and daughters will go to London with him next week for a few days holiday, but unfortunately the invitation to the presentation is for him alone.

He has been painting for about 35 years, concentrating on watercolour, and has already exhibited his work at the Royal Institute in London, and at the Royal West of England Academy in Bristol. Mr Bracken, who is 53, has work on show in the Sedbergh and District Art Society's exhibition this week.

He is also a member of the Lake Artists' Society.

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Secondary School

Recently Mr and Mrs Lord, and Miss Jones of the Secondary School, took a party of six children to Whitby Youth Hostel where they joined a similar party from Outwood Comprehensive School, Wakefield. Walks to Robin Hood's Bay and other places of interest in the area were much enjoyed.

Birthday Celebration

Mrs Mary Jane Wilson, of Sedbergh, celebrated her 90th birthday on Friday. She was born at Kirkby Stephen, a daughter of the late Mr and Mrs W. Metcalfe. She came to Sedbergh 50 years ago. She has led a very active life, only slowing up recently, and still enjoys good health. She attributes her long life to

plenty of hard work and going to bed early. Her husband died about 15 years ago, and she spent her birthday at her home, Sunny Bank, Sedbergh, where she lives with her son-in-law and daughter, Mr and Mrs Harry Bland.

Skipton MP's 'Walkabout'

Mr Burnaby Drayson, Conservative MP for the Skipton constituency, went on a "walkabout tour" of the Sedbergh district this week. On Monday morning he met constituents in Garsdale, and in the afternoon he visited Dent, then Sedbergh. While in Sedbergh, he had discussions with Rural District Council Clerk Mr A.G. Wilkinson on the implications of local government reform. He also had an informal meeting with local teachers

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The Stage

and governors at Sedbergh Secondary Modern School, discussing educational problems with the headmaster, Mr Peter Roberts and staff member Mrs Christine Williams. In the evening he attended a meeting organised by Sedbergh Conservatives and on Tuesday he continued his tour, visiting Ingleton, Clapham and Austwick.

Harvest Festival

The Harvest Festival service at St John's, Cowgill, showed that such thanksgiving services still have a very wide appeal, and bring together both residents and visitors in a country church service. The service was conducted by the Vicar, the Rev. A.J.W. Barker, and the church was well filled. The sale on Monday night

was in the hands of Mr George Raw of Cow Dub. It was well supported and raised 22 pounds. This, with the gifts at the Sunday service, brought the total to 50 pounds for church funds.

Imperial Service Medal for Sedbergh postman

A Sedbergh postman who claims to have driven 600,000 miles without an accident was presented with an Imperial Service Medal on Friday at the town's post office. Sixty-year-old Mr Charles Garnett, of Fairholme, Sedbergh, started work for the Post Office in 1927. In recognition of his service, and to mark his retirement, Mr Garnett was on Friday presented with the medal and its accompanying Royal Citation by the assistant

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postmaster at Lancaster, Mr P. Coulter. The whole of Mr Garnett's 46 years' service has been spent covering a 10 square mile area around Sedbergh and Garsdale. At first, he was provided with a motorcycle and sidecar, but he graduated to a Model T Ford in 1933, progressing with various vans until his retirement. Now Mr Garnett is looking forward to putting his feet up, though he also intends to concentrate more on his hobby of "do it yourself" work.

SEDBERGH'S DEFENCES

Karen Bruce Lockhart

During the Second World War the Town's defences were quite extensive. There were high blocks of concrete – about 12 feet square – to prevent tanks crossing by the bridges. In addition there were concrete rollers to be used to block the bridges (these can still be seen as the "fencing" in the People's Hall car park and the drive up to Dawson's yard). One of the blocks was at the Toll Bar to reduce the road to a single lane. The barricade was covered by a sandbagged machine gun emplacement. Sockets were cast in the road between the blocks into which 10 ft long sections of railway line could be inserted to block the road. Similar sockets were placed in Station Road opposite Guldrey lodge.

Peter Michael Wilson remembered concrete cubes being erected at Lincoln's Inn Bridge. Workmen had just finished constructing three or four of these cubes to protect the eastern end of the bridge. The concrete had hardly set when a Ribblesdale service bus from Sedbergh to Kendal turned up. It was then discovered that it was impossible for the bus to get through these anti-tank defences. The poor workmen therefore had no alternative but to destroy their handiwork so as to widen the gap between the cubes to leave room for the bus to pass.

On another occasion a tank got stuck in Main Street as it was too wide to pass between the shops on the south side and Bun Row, houses which stood where the bus shelter (now lending books) now is. It was



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felt that this had at least demonstrated that a German tank, which would have been bigger, could not get down the street!

In a field leading to Havera there were two lines of trenches behind a plantation with a field of fire up the road towards the railway station for four or two inch mortars. There were also trenches in the field opposite Guldrey Lodge with the same field of fire. At Castlehaw there was a watch shelter (a homemade hut) which was manned every night. Nobby Clarke, who had a shop/lending library in which he worked at night, manned the post during the day. Every aircraft had to be reported by phone and log sheets were kept. There were two trenches covering the road from the east at the bottom of Castlehaw field (the indentations can still be seen) which were for machine guns .

Sedbergh School also had trenches covering Busk Lane and trenches on the north side of the

main School building. There was a command post of some kind in a copse in the field across from Thornsbank estate. A prefabricated steel machine gun nest with a rotating turret stood under the clump of tree between the present all weather hockey pitch beside Station Road and the Art School. There was also a dummy machine gun post in the trees by Busk Lane near the junction with Station Road.

It is said that the whole town was surrounded by a barbed wire barrier consisting of three coils of barbed wire, one on top of two, with gaps for roads etc., though it is not easy to find anyone who remembers this. The defence of the Town would have been formed by the troops at Ingmire and Baliol, and Sedbergh School. The School's armoury was used to store weapons which included mortars and machine guns.

Ingmire was taken over by the army together with part of the

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farmlands. There was a high barbed wire fence round a restricted area which was used for storing thousands of gallons of aviation petrol in four gallon cans, covered with camouflage netting, with a fire trench dug around the base. The lane between the Kendal road and the Kirkby Lonsdale road was allowed to grow over and the dump was hidden under there. The petrol was transferred from the station to the dump.

There were also large storage sheds, one of which is still in Ingmire caravan site. Some of the land could still be grazed and used for hay making. There were armed guards and the farmers needed a pass to enter the land, and civilians who lived on the Kirby Lonsdale side were escorted through to attend the Vale of Lune church on Sundays.

Ingmire Hall itself was the officers' mess and the soldier lived in Nissen huts.

GARSDALE

Colin Cowperthwaite

This overview of the Garsdale valley is taken from a 1962 guide which was published by Sedbergh Rural District Council.

Garsdale - the Dale of Garths (enclosures) - is separated from the cultivated fields of Sedbergh township by the breezy moorland or Langstone Fell. It is drained for the greater part of its length by a stream which, rising on the northeastern slope of Baugh Fell, below the source of the Rawthey, flows through the subordinate valley of Grisedale. The stream then takes a westerly direction, abandons its name of Grisedale Beck for that of the Clough, which it retains till it is lost in the Rawthey a mile above Sedbergh.

Grisedale is a secluded valley between Baugh Fell and White Birks Common, and within easy reach of Wild Boar Fell, to which, indeed, as the ancient haunt of grise, or wild swine, it bears some affinity of name. The number of occupied houses has in recent years declined from a community of ten or twelve to only two. It used to be said that there was a road into Grisedale but none out,

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which is not quite accurate; but it lies so distinctly out of the beaten track that it is seldom visited by strangers.

Though the dale is always conscious of the opposing heights of Baugh Fell and Rise Hill, Garsdale is agreeably broad for most of its length. Its general appearance is more rugged than Dentdale, for it is not as well wooded. In the upper part, the road crosses and re-crosses the river as the watershed and the station are approached. The station, on the same line as Dent station, used to be a junction, but the branch line to Hawes has now been removed.

For those who have an interest in geology, the bed of the Clough some 600 yards downstream from Danny

Bridge is well worth a visit. Even those with little experience can see the limestone rock strata gradually increasing in angle until the limestone ceases at the rock fault (the Dent Fault), and the Silurian shales begin. On the way downstream you will pass Tom Croft's Cave, the lair of a highwayman, so local history maintains. The views up the valley from about three miles out are worth seeing; and a return walk to Sedbergh may be made by turning westward on to the fells just beyond Frostrow Chapel and coming back by the Riggs and Millthrop.



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The marching and the pageantry,
Yet wish that they would spend a
groat,
On a plain old bus for me.

His mum she has the Elizabeth Line,
With 13 years to build it,
And my, the bill was rather huge,
I wonder how they paid it?
19 big ones so I heard,
Plump pickings from the money tree,
Couldn't they pick the barest twig,
For a daily bus for me?

HS2 burns a searing trail,
Across our countryside,
And how the budget grows and
grows,
The spending electrified,
It's not the speed that counts you
know,
It adds capacity,
I just wish they would make some
space,
For a trundling bus for me.

Covid was an embarrassing proof,
That cash is there when its needed,
But the purse-strings are all tightened
now,
That the threat's receded.
400 billion released and spent,
On the emergency,
How much loosening is required
For a Sedbergh bus for me?

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1/ Help us restore the hay meadows of Bowber Head Farm Nature Reserve, by plug planting wildflowers 31 Aug, 5 & 6 September

2/ We are looking for volunteers to help our Squirrel Rangers get a better understanding of the squirrel population around Cumbria. In this case, in Staveley but all over Cumbria as well.

3/ Shoresearches are a fantastic way to learn about rockpool life, while also gathering valuable data to help protect the creatures that live on our coasts. Earnse Bay's rockpools are home to all sorts of creatures and on previous shoresearches we have found starfish, brittle stars, hermit crabs, sea slugs, shore crabs and

much more. No prior knowledge is required, just an interest in learning more about the weird and wonderful creatures living on the shore! Please note: this event will involve walking over uneven ground. Oct 26th

4/ Conservation days – Hutton Roof Crag, Burton in Kendal 6th Sept; Brown Robin reserve, Grange 10th Sept. Variety of tasks including path clearing, scrub control and woodland work. The day will involve work with hand tools to cut and clear vegetation from paths and the grassland.

More information on all the above can be found on the Cumbria Wildlife Trust website particularly on their volunteering page <https://>

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OR Yorkshire Wildlife Trust have similar opportunities such as their Wild Ingleborough Practical conservation days on Sept 5, 12, 23, 26th We have a variety of practical tasks which include drystone wall repairs, control of invasive plants and removal and maintenance of tree guards. <https://www.eventbrite.co.uk/e/wild-ingleborough-practical-conservation-day-tickets-374239860497>

“I love working with my fellow volunteers and staff. Sometimes, when I wake up and don't feel like getting out of bed to do some work (I am retired), it is the thought of seeing, interacting and working with everyone else that jolts me out of my short-period apathy. Plus, I have the end-of-day pleasure of having done something worthwhile.”

NATURAL DENTDALE MORE THAN 90 YEARS AGO

Colin Cowperthwaite

An article about Dentdale which appeared in a 1930's handbook by Frederic Riley.

At Dent the naturalist is on attractive ground, and it is often visited by various Scientific Societies. The Yorkshire Naturalists' Union frequently make Dent an excursion centre for the investigation of the fauna, flora and geology of the district. Bird life is abundant, and the raven and peregrine falcon still haunt the neighbouring hills. The botanical wealth of the district includes several rare species, notably the diminutive arctic willow. In addition to the waysides, which furnish a great variety of wild flowers, the various gills will be found to yield many beautiful and uncommon flowering plants and ferns. There are no extensive tracts of woodland, the largest timbered area at the present time being on Mr Burra's estate at Bracken Gill. Formerly much more woodland existed, and trees grew at far greater altitudes. Much of the hill peat on the summit of Rise Hill contains well preserved twigs and branches of birch. The southern side of Rise Hill was at one time extensively timbered, and during the days of the persecution, many families who sought refuge in Dentdale lived for a time in these woods.

Walks from Dent Town are sufficiently varied to enable the visitor to plan a few days holiday to good advantage, but the remaining portion of the dale may now be considered.

Still keeping to the main road, the Dee is again reached at Barth Bridge. The dale here bears quite a changed appearance, and even those who are unversed in geological lore will need no reminding that different physical features now obtain. Evidence both of faulting and glaciacion are clearly apparent. The grass-clothed limestone eminence of Rise Hill still guards the dale to the north, but Barkin Pike, and the precipitous Colm - or Combe - Scar and Holme Fell on the opposite side of the valley are of the older Silurian, and like the Barbon and Middleton fells, owe their abrupt termination to the great fault. The river, as seen from the bridge, no longer slides over smooth platforms of "black marble", nor does it rush

through narrow water-worn channels in the great scar limestone, its course now being over a bed strewn with pebbles and boulders, washed from the glacial drift. The hilly character of the road onward to Sedbergh is due to its passing over mounds of drift, which for the most part conform to the course of the valley.

On the right of the road a little past Barth Bridge, a granite tablet serves to remind all who read the inscription of the road improvement made here. The inscription runs: "This stone is erected by the landowners and inhabitants of Dent in grateful acknowledgement to Lucy Elam, at whose sole charge this deviation road 1122 yards in length was made in A.D. 1876. In filial love and remembrance, and to fulfil the wishes of her father, John Elam". Further along the road there is a fine view of the low-lying valley, with the meandering Dee flowing at the foot of Combe Scar. A raised embankment follows the course of the river for some distance, and was built with the intention of preventing the flood waters from encroaching upon the land. There is a pleasant walk along this length of the river, gained by a stile in a little plantation nearly opposite the Elam monument. Another riverside walk along the opposite bank begins at Barth Bridge. Salmon from the Lune come up to the bridge, but not in the same numbers as formerly. Many a good-sized fish has been surreptitiously taken from the Dee, although many of the favoured pools are "spiked", with the object of preventing the unlawful netting of fish.

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FAMILY MUSINGS.

Sarah E Woof

There's nothing like a birthday for bringing people together, mine seems to coincide with the Festival we host in our home and garden so I am surrounded by friends and family all day. I also am sung "Happy Birthday" to. Bringing people together was a strong point of my Mums life, she loved nothing better than being surrounded by people she knew, and was always pleased to meet and get to know new people. I seem to have inherited that gift.

Meeting new people can be daunting, for them as well as me, they have no idea how quirky I can be. Having made a big thing about my 'special birthday' many people

presumed my age ended in 0 or 5 this year. No. It ends and starts with a 6. Special because I am now a pensioner, the government delayed me this privilege but can delay no longer! Please don't expect any changes to my behaviour, I have not suddenly become old and decrepit, that's creeping in constantly.

Watching our grandchildren playing we can see similarities to our children, their parent, a look, a way of doing things, something they say, and it is so sweet. Sometimes they remind us of their parent, other times of auntie or uncle, so lovely to see. I look more like my Mum as I get older, or so I am told, I only 'see' it in the mirror when I haven't got my dentures in! A cousin of mine on

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Mums side of the family is definitely looking more like her auntie.

Growing up I would spend quite a lot of time at my Uncle and Auntie Sandersons house in the village, it has been empty for some time but recently bought by a young couple who have 'done it up' and moved in. The first time I slept there it was very wet weather and I woke in the dark thinking the house was tumbling down, Uncle however reassured me that the noise was 'just' boulders being swept down the gill by the flood water and the house was quite safe! I wonder if it still happens.?

Surely all this rain will stop soon and we shall have sunshine. Do enjoy it.

JULY WEATHER

B Wright

Although much of the country, including the North West, had the wettest July on record we did have a wet one but not quite our wettest ever with 150mm (6") of rain. Winds were generally light, especially first thing in a morning. Our few very windy days were from the usual North Westerly direction. Temperatures were more or less seasonal being marginally above on occasion.

The late born lambs to the "retired ewe" have progressed but obviously look small alongside their earlier born brothers and sisters. Conditions have produced a good growth of grass which is being enjoyed by the flock.

The badgers have stopped their nightly visits for the time being. One thing I have noticed this year is that I have only seen 2 slugs. Normally there are several about first thing in a morning. Whether this is due to the lack of rain recently time will tell. I haven't seen any bats this year, we are still getting young jackdaws raiding the bird feeders. Unless we knock on the window and drive them off the sparrows get very little corn. The continuous rain has, although it has kept grass growing, meant we haven't got any hay yet.

SOWING SEEDS FOR THE FUTURE

Adam Day

One of the most difficult issues to tackle within any farm business, particularly when family is involved, can be succession and generational retirement. Too often this subject is swept under the carpet resulting in disputes and acrimony further down the line.

Last week the Farmer Network invited the farming community to Crooklands Hotel near Kendal specifically to talk about succession and retirement planning. Guest speakers included farm accountant and Farmer Network Chair Rob Hitch of Dodd and Co, John Cooke and Nicola Steadman from the Rural Law Practice and Brian Armstrong from the Farming Community Network (FCN), also farming within a family partnership.

The panel were totally in agreement on the importance of everyone who is involved in the business taking the time to sit down and talk about what might be needed

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by the business, and also what might be wanted by family members.

Rob Hitch gave an overview of retirement related taxes including inheritance tax, capital gains and property relief. John Cooke explained the importance of up-to-date land registration and the importance of a partnership agreement. He then discussed the complicated nature of some farm tenancies with regard to succession.

Nicola Steadman talked through legal wills and power of attorney advising farmers to ensure that they are kept up to date and reflecting their wishes for the future.

Brian Armstrong talked about the support that FCN can provide to help

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in circumstances where dialogue has broken down. FCN help mediate through difficult situations and provide support with mental health issues which can often become a problem related to succession. FCN kindly sponsored the refreshments at the event.

Farmer Network coordinator Carol Moffat summed up the key take home points from the speakers saying, "We all know a farming business somewhere that has been affected by these issues. The clear advice is to discuss, plan ahead, maintain a partnership agreement, keep records, make a will and give power of attorney at the appropriate time"

DENTDALE, HEAD TO FOOT Strawberries & Cream with Scones!

Andrew Povey

The Memorial Hall in Dent was as very good place to be to get out of the rain on Saturday afternoon (12th). Dentdale Head to Foot put on delicious tea of homemade scones, jam and cream and strawberries and cream. No-one could resist!

Over 40 people came to support the event, generous gifts of prizes meant the raffle was a great success with nearly 20 prizes ranging from bottles of wine to beautiful displays of fruit and vegetables. A traditional 'How many sweets in the jar?'



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competition had most people guessing too high!

Everyone enjoyed the afternoon and funds were raised for the over 60's Xmas dinner.

Our next event is on 1st September - a visit to the cinema in Kendal. Look out for more details on the posters and our Facebook page.

Look for us on Facebook 'Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page. Please 'like' our page.

For further information please call . Andrew Povey on behalf of DDHF 07881655166 poveya@btinternet.com

SEDBERGH W.I.

Moira Folks

Here's a quiz question for you: What is the connection between the Automobile Association and Lowther Castle near Penrith? The answer is: the Yellow Earl! It was our speaker, Rob David from Kendal, who enlightened us at our meeting on August 9th. His subject was 'The Yellow Earl's Big Arctic Adventure: 1888-1889', but Rob first wanted to show us an up-to-date consequence of the Yellow Earl's life: the yellow livery adopted by the Automobile Association because he was its first President when it was formed in 1905, to warn motorists against police officers lurking to catch them

speeding at over 20mph! Hugh Cecil Lowther, the 5th Earl of Lonsdale (1857-1944) from Lowther Castle, was a flamboyant and very wealthy man, whose favourite colour was yellow - he even had a fleet of yellow carriages and yellow Rolls Royces! Yellow was an ideal colour to draw attention to the new friend of motorists – the AA, which went on to offer facilities like insurance for motorists as well as breakdown assistance.

As a boy, Hugh Cecil Lowther had wasted his time at school (Eton College) because as the Earl's second son he expected to be able to rely on his family's wealth (earned from the collieries they owned) without working for it as the next Earl. However, his eldest brother died young, so responsibility was thrust on him as the new Earl. Eager for adventure, and keen to decorate the walls of Lowther Castle with hunting trophies in the form of dead animals like polar bear and musk ox from the Arctic, which would be much more impressive than the African animals which were commonly seen in other stately homes, he set off from Liverpool in February 1888 for New York and then Canada and Alaska. He used the new Canadian Pacific Railway which then went as far as Winnipeg. Sledges were used for travel too on frozen rivers but were a problem when melting sea ice was met! In the far north of Canada, the Earl was one of the first Europeans to meet the Mackenzie Eskimos (an

Inuit tribe) who trapped Beluga whales for meat and blubber- on one occasion using a combined force of 84 kayaks to surround and to beach them - before harpooning them. Not only did the Earl collect exotic animals and birds on his travels, he also collected artefacts like snowshoes and costumes from the Eskimos, which might later be used for dressing up at his parties at Lowther – or for restaging the Earl's activities in a photographic studio back in England because the photos he had taken with his early Kodak camera in the Arctic were not good enough for publication in 'The Illustrated London News'. Photos at

the time could not be printed directly in newspapers: engravings had to be made from them and then printed. The impressive photos taken of the expedition were in fact faked with an 'Arctic' backcloth and

with the Earl wearing a different set of furs in each photo!

What was the Yellow Earl's ultimate contribution to Lowther? His spendthrift ways led to its ruin. In 1936 the Castle was abandoned. A tank regiment billeted there in WW2 caused irreparable damage. The Yellow Earl died in 1944 and a huge sale of artefacts in 1945-6 dispersed what remained of its art treasures. A polar bear and a baby musk ox were given to Kendal Museum (where some of us saw them on our WI Centenary visit in 2016). Two hundred of the choicest exhibits were given to the British Museum



Arctic Gallery. In 1957 the castle roof was removed to make it uninhabitable and save taxes.

And what about now? Thanks to the Lowther Castle and Gardens Trust, the impressive shell of the castle remains, and the 130 acres of gardens are being beautifully restored for visitors to enjoy – infinitely preferable to gawping at dead animals killed for sport! Rob David recommended visiting Lowther Castle and its gardens, so maybe we'll do that one day!

Mercifully, our walking group's expeditions are less exciting and more caring of the environment than the Yellow Earls! "On July 20th they returned to Hawes, this time going to the south of the town and up via East

End, then ascending towards Wether Fell. The return was down a section of Cam High Road (the Roman road) before descending to Buttersett and back to Hawes. It involved a gradual ascent of about 300 metres and was about 6.5 miles in total. Once again, the group enjoyed fine weather but, in place of the bird antics experienced in June, we had the attention of some very inquisitive young cattle over lunch! The day was rounded off with refreshments in the art gallery across from the car park at the east end of town." Many thanks to Anne Pitt for her report.

The book club met at Valerie's home on 10th August to discuss Lucy Worsley's 'Jane Austen at Home', which explores in depth the various

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places she called home, starting with her birth in 1775 at Steventon Rectory in Hampshire, where her father George was vicar from 1765 till his retirement in 1801. Jane was the seventh of eight children whose lives we also follow to a lesser extent than Jane's. One of the activities that most of them were involved in was drama – in the evenings they would act out plays they wrote themselves or read books out to the family – a good background and vast cast of characters for a novel-writer! Jane would write stories for her own enjoyment. In 1801 Jane moved to Bath with her parents and became very aware of the 'marriage-mart' existing in society there, where middle- and upper-class girls were

expected to marry rich or important men, while the younger sons of richer families were in search of a woman with a good dowry since the eldest son would inherit the family estate! These situations would recur in Jane Austen's novels, as would the other places where she lived or stayed: Southampton, Lyme Regis, Chawton Cottage in Hampshire, and finally Winchester, where she died in 1817. Jane rebelled against the 'marriage-mart' and never married: it is sometimes said that her novels were her children. 'Sense and Sensibility' (1811) was her first novel, followed by 'Pride and Prejudice' (1813); 'Mansfield Park' (1814); and 'Emma' (1815). Jane died in 1817 and 'Northanger

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Abbey' and 'Persuasion' were both published after her death by her brothers. In her lifetime, Jane only received £650 for her novels but they have had a considerable effect on the long-term development of the novel. Film and TV versions of the novels have made them more approachable for modern audiences. Our book club members awarded Lucy Worsley's book scores ranging from 6 to 8/10, averaging 6.5. Three people were enthused enough to read or reread one or more of Jane Austen's novels!

Our next WI meeting will be held in the People's Hall committee room on 13th September at 7:30pm, when Stuart Gray, a local painter who exhibits and gives workshops at Farfield Mill, will be giving us some hands-on practice in 'A Little Bit of Art': all materials provided except aprons! We always enjoy his visits and usually go away with something we have produced under his direction. Guests and visitors are always welcome. For further information, please contact our President, Megan Taylor, by email: taylor71@hotmail.co.uk; or our Secretary, Valerie Welti, on 07969 376649.

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KILLINGTON W.I.

The Afternoon WI for the Entire District

Wendy Fraser-Urquhart

Some of you who have a long memory might recall that I used to start my monthly report with a quotation from my favourite "Song of the Weather", by Michael Flanders and Donald Swann. Here goes again, but this time you can have three months for the price of one! "In JULY the sun is hot. Is it shining? No, it's not. AUGUST, cold and dank and wet, Brings more rain than any yet. Bleak SEPTEMBER's mist and mud Is enough to chill the blood." I thought that you might need cheering up!

Actually, today, August 8th, the day of our meeting, has been lovely – sunshine, a cool breeze and fluffy white clouds. Just what the doctor ordered! Our speaker's title was, "The World of Executive Jets". Theresa Wooll told us about her career in aviation as a person in charge of ground handling for executive jets – i.e., providing all services for very posh people in private planes. From Stansted Airport she dispatched her minions to provide home cooked meals for the clients; to Harrods by taxi to purchase the right quality of beluga caviar for Harrison Ford: to the local Waitrose to buy plenty of Haagen Dass ice cream for Bill and Melinda Gates; to the local Rycrofts to buy a tea pot for Camilla Parker-Bowles!; and so forth. We enjoyed her humorous stories and did also learn about the serious side of her job. Latterly, her job took her all over the world as an expert in her field. After

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questions and a hearty vote of thanks, it was time for tea from a more modest teapot! Cakes, biscuits and lots of lovely chat.

Our business meeting followed, this time with our Vice-President, Margaret Denton at the controls. We looked at the future WI Federation events but most decisions were put off until our next meeting. [Never put off till tomorrow what you can put off till the day after!] Our planned visit to a Levens garden on 1st August had been postponed because of bad weather and waterlogged ground. Instead, we enjoyed a visit to a fairly new farm shop and restaurant, Owen's Farm Shop near Kirkby Stephen. Our knit-or-not and natter group continues to meet on Monday mornings which contributes to our charity funds. This pays for the upkeep and maintenance of our defibrillator outside the People's Hall. Our next meeting will be at the People's Hall, at 2-00pm, on Tuesday 12th September 2023 when Jan Berry will demonstrate Making Sugar Flowers. Eat your heart out Alan Titchmarsh!

DENTDALE W.I.

Thelma Belfield

August and we think of summer holidays, sunny skies and al fresco meals, sadly the unsettled weather continues to plague us here in Dentdale. However, we ignored the rain and came together for our August meeting to hear from Lee Barker about Trees and Woodland Management. Lee is no stranger to us, he is employed within the Yorkshire Dales National Park Authority and last year was a great help to us when we selected and planted a tree in memory of HM Queen Elizabeth II.

President Jackie welcomed us all and as is our usual custom we sang Jerusalem accompanied at the piano by Rita C. Before Lee began his talk there were WI matters to deal with. Despite it being mid summertime, the first item on the agenda was our Christmas Party. This year, following our recent and very enjoyable lunch outing there, The Cross Keys at Cautley will be our venue. The date and time is booked, and we are awaiting menu details which will be available very soon Next item was



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the Dent Gala which is taking place on Saturday 26th August year and NOT on Bank Holiday Monday as in previous years. This is a date for your diaries, as the WI are once again providing Afternoon Teas at the event, with sandwiches, scrumptious cakes, buns and biscuits and of course endless cups of tea. Rita our hardworking secretary had set out lists for us to add our contributions of food, plus a timetable for when each of us could offer help with preparations, serving and clearing away and washing up on the day.

The final item for discussion was our Open meeting on 13th September when we invite other local WI groups to join us together with

other visitors for entertainment and refreshments. This year we have a popular a cappella singing group Grievous Bodily Harmony. This certainly is an event for your diaries. They are a talented group, becoming increasingly well known locally and provide a wide-ranging programme of poignant melodies, traditional and hilarious songs. Wednesday 13th September at 7.15pm in Dent Memorial Hall. Admission is £6 including light refreshments.

Business completed, Jackie formally introduced Lee who began by telling us the background to his becoming the Senior Officer in charge of Trees and Woodland at the National Park Authority. Beginning as



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a volunteer ranger, then developing an interest in trees and woodland conservation, he subsequently obtained a biology degree in Wildlife and Conservation and finally a training course in arboriculture. His job is two-fold, the Protection of trees, including advising the YDNP Planning Department and Woodland creation and tree planting schemes. Trees have a very important role, not only are they invaluable in storing carbon and so protecting our planet but at a more basic level, in urban areas they absorb emissions from vehicles and city planners are encouraged to include the planting of trees in both new and established developments. It is not an easy process as it takes 25 years for a tree to fully benefit the environment. Developers main interest is profit and the greatest number of houses they can build on a plot and need to be encouraged to include planting trees on their building sites. A tree is a living organism, many young trees die within 5 years of being planted and in areas where trees have grown to maturity , poor husbandry and bad pruning by inadequately trained tree surgeons cause trees to become ineffective. Lee and his team spend a great deal of their time advising planners on tree protection and investigating cases where there have been breaches of the law and protected trees in conservation areas have been cut down. It is a serious offence to cut down a tree that is covered by a protection order. Evidence must be produced by the landowner wishing to do so. Failure to observe the law results in a heavy

fine. The second area of Lee's work is woodland management. This includes developing new woodland areas and managing ancient Woodlands. Within the YDNP Management Plan there is provision to increase the current number of areas of woodland with a target of 6000 hectares by 2040. Currently there is only 4% of woodland cover within the national park, it is a huge task. There are a number of barriers to overcome, peat land where trees can't be planted, moorland with breeding birds and trees can't be planted. Different models are being considered including woodland pasture creation and paying landowners to plant trees on their land. Lee and his team have their work cut out but the enthusiasm he has and his passion for trees is clear to see and I'm sure that the National Park will achieve the set target and remain the beautiful area we all know and love. As always we end our evenings with a cuppa and Marjorie's delicious biscuits, judging the competition and drawing the raffle. Anne S and Alice were lucky raffle winners and the competition for an interesting item beginning with F was won by Chris T with her Dent Marble Fossil, runner up was Noreen with a Victorian Fourpenny piece and in third place Catherine with her Maori Face mask.

Next month is our Open Meeting with musical entertainment by Grievous Bodily Harmony and refreshments made by the WI members, it will be good. Look forward to seeing you, visitors are always welcome.



NEWS FROM THE PEWS

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

In July a celebratory service took place on Saturday 15th July at Cornerstone Community Church to wish Reverend David and Mrs Sarah Crouchley a happy retirement following a long ministry of which the last seven years have been in Sedbergh.

David and Sarah received a painting of Sedbergh Main Street as a parting gift which had been much admired by David when it was on display in the Art Gallery next to the library. The tables groaned with the amount and variety of food prepared for the Jacobs Join meal that followed the service and we heard

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later that there were enough leftovers for the Sunday congregation to have lunch the following day.

There will not be a replacement Methodist Minister which leaves Reverend Andy Burgess as the Minister/Vicar of twelve churches/chapels in our area, (including Dent and Cowgill), together forming the Western Dales Mission Community, or WDMC.

Disappointingly the following Saturday (22nd July) did not have a good weather forecast. We fervently hoped the experts would be wrong, but they were right. This meant that Dean had to reorganise Finkle Street Fun which runs alongside our Summer Fair to stage the musical events inside the White Hart instead

of outside in Finkle Street and our planned Bouncy Castle didn't happen. All was not lost as inside the church the stallholders and the caterers were pleased with the way the day panned out. The stalls and games that are usually outside easily transferred indoors all except for the Coconut Shy. A big shout should be given to Steve and Geraldine who braved the rain and saw every last coconut was won by skilful aims.

During the first week of August we said a final goodbye to two members of our church family, Val Law and Reverend Andy McMullon. Val was a lifelong, well-known and much-loved resident of Sedbergh. Andy had been our Vicar for 7years before taking up a new post in Ypres, Belgium. He had



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recently retired and at the beginning of June married Gina with plans for them to settle here in Sedbergh and Andy to take some church services helping out in the Mission Community. Their lovely smiles and presence will be much missed and we send their families and friends our thoughts and prayers.

Our fingers are crossed that the weather will be on its best behaviour so we can all enjoy the outdoor events to happen over the Bank Holiday weekend; Sheepfest and Songs of Praise.

Even if the weather is miserable there is always a cheery welcome and atmosphere for you at the Wednesday Coffee Mornings...9.30am until 11.30am.

WALKING PILGRIMS IN THE AUTUMN

Revd Anne Pitt

Following a break over the summer the Walking Pilgrims group is starting up again in September but with a changed schedule. Rather than twice a month it is going to take place on the first Wednesday of each month beginning on the 6th September meeting at 9.30 a.m. outside the Sedbergh library. It is an open group and so newcomers are welcome. The low level walks last about an hour and a half with pauses on the way to reflect on the morning's theme. Topics for reflection have arisen from many sources, contemporary and ancient, poetry and prose, religious and secular, giving rise to discussion and contemplation providing a stimulating start to the day.



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DENT DALE CHRISTIAN FELLOWSHIP FESTIVAL

John & Sarah Woof

What an awesome and amazing weekend we all shared, from all the people who came to stay including camping in our garden, to those who came for the day or evening or the service on Sunday morning. God definitely turned up, we were so blessed. Over the 3 days the children did crafts about heroes in the Bible, they watched puppet shows and danced in praise to Jesus. Fraggie danced in praise too, John shared his walk with Jesus and Sarah led a workshop on Writing Your Story. The souper ladies served us home made soup, Catherine provided a scrumptious buffet lunch for Sunday and the burgers and sausages from many sources, contemporary and ancient, poetry and prose, religious and secular, giving rise to discussion and contemplation providing a stimulating start to the day.

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CHRISTIAN AID

Revd Anne Pitt

On behalf of the local Christian Aid committee

Following Christian Aid Week, as a result of the returned Gift envelopes distributed around the area and the Coffee Morning activities, the total sent off to Christian Aid was £1603.48. However, this should rise to about £1797.48 when Gift Aid has been added. Many thanks to all involved in achieving this result.

It was heartening that £289.45 was given to Christian Aid from generous donations following Keith Wood's funeral – a fitting tribute to such a warm hearted and kindly man who figured so large in our community.

Our next Christian Aid activity will be our autumn Coffee Morning in St. Andrew's Church room on Wednesday 18th October when we look forward to your company in our ongoing efforts to support the international work of the organization which works steadily to help people out of situations of crisis and grinding poverty.



SCHOOL COSTS

Karen Evans, Citizens' Advice

My children have started at new schools, one in primary and the other secondary. Between uniforms, PE kit and bus fares, my finances are pretty stretched. Is there any help I can get?

A good place to start is the Citizens Advice website where you'll find lots of information on the support you might be entitled to for school-related costs.

The help you can get to cover school lunches will vary depending on how old your children are and if you claim benefits. Children in Reception, Year 1 and 2 automatically get free school meals. You can apply for free school meals for older children if you claim certain types of benefits, including Universal Credit, Child Tax Credit and Income Support.

If your child can't walk to school because of special educational needs or disabilities they should get free school transport. You may be able to get help with transport costs from your Local Education Authority (Westmorland & Furness Council) if

your children can't walk because it's dangerous or too far, or if you are on a low income. They may also be able to help you with activity and school uniform costs. You're likely to be considered to be on a low income if you get means-tested benefits like Universal Credit or Housing Benefit. Check the Westmorland & Furness website for more information and how to apply.

In some places there are also local charitable schemes that can help. A good place to find out about these is the school itself or Parent Teacher Association (PTA), which will usually know if these kinds of schemes exist.

A lot of people are feeling the squeeze at the moment, but it's important to remember that help is available with school costs and you're not alone. For more information visit the Citizens Advice website.

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- Email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444



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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The School is proud to have been shortlisted for Independent School of the Year for Sporting Achievement and for Prep School of the Year.

Eighteen staff (including some spouses) competed in the Kindrochit Quadrathlon to raise money for Siobhan's Trust and Ukraine. Competitors pushed themselves past exhaustion for fifteen hours in weather that was at best difficult, at worst, scary. Alex from Hart House piped them off the hill.

The International Summer School was in its tenth years. Pupils experienced many pursuits from fencing to climbing, museums, Edinburgh's Parliament building, besides developing their English language skills. This includes 20 hours of English language lessons each week. The leadership course was particularly enjoyed

Despite the appalling weather the summer courses were much enjoyed although many must have envied the netball course – nice and dry in the Hirst Centre.

The former master Michael Raw's funeral took place on 27th July.

After 12 months of filming Douglas Henderson has produced a film of behind the scenes insight to rugby at the School.

Hockey

The Girls' hockey team in South Africa had a brilliant time with mixed results in their games, but winning on the whole.

The two new hockey pitches below the Hirst Centre will be ready for use by the School and town at the beginning of term and were first used by the Holiday Courses at the beginning of August. They have custom made hockey goals, carpeted kickboard, EV charging points in the

car park and hand dressed retaining walls.

Cricket

The three First Class games scheduled to take place on the School pitch were affected by rain again this year. The Women's Thunder match on 23rd July never had a chance of taking place as very wet and misty rain fell all day. The Cumbria v Lancashire match on 30th July did manage to take place though reduced to 36 overs. It finished in an unusual way. Cumbria chasing Lancashire lost their ninth wicket in the last over, and everyone trooped off the field shaking hands etc at such a close finish. Then someone suddenly realised there was one ball to go in the over – and they all had to



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troop back to finish it off with that ball. And Lancashire got their last wicket, giving them clear victory! The Lancashire v Essex game on 1st August again managed to start on the basis of 36 overs, but although Lancashire completed their innings, Essex never managed to bat and the game had to be abandoned.

Last year's School Captain OS Tom Aspinwell made his first appearance for Lancashire 1st XI on 1st August.

Target shooting

The School were unable to retain their title in the Ashburton Shield competition at Bisley this year but the Old Sedberghians were able to put in three teams in the Veterans'

competition which followed the Ashburton.

OS Daisy Armstrong and OS Sarah Rorison have been selected for the Great Britain U21 Rifle team competing in the World Championships in South Africa in 2024. OS Katherine Fleck is has been included in the National Rifle Association team going to the Channel Islands in 2024

Livi and Tattie went to Canada with the GB U18 Athelings rifle team on tour

Swimming

Archie (Hart House), having set the British record for 50m breaststroke (SB11) (unprecedented in someone of his age, represented the English Schools' Swimming Association at

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the International School Sports Federation Swimming World Series U15 World School Games in Brazil in August

Netball

The School sent 20 players (the U17 and U15 teams) to the World Schools Netball Cup Championships, and were pleased when the U17 won the Plate. The U15 won 5 of their 7 matches.

Annie C is included in the Thunder U15 Long Squad for the School Games at the end of August.

Equestrian

Ten year old Tom rode 100 miles on his 22 year old pony Crystal in the holidays to raise money for Riding for the Disabled

Future Events

The autumn term begins on Sunday 3rd September at 7 pm with the Yr 9 new pupils arriving the previous day. Pre-term rugby and netball teams will have arrived during the previous week for practice.

The 1st XV will play RGS Newcastle at home on 29th August and Christ College at 1 pm on 2nd September. They will play at home Denniston College on 16th September at 14.45 and Dollar Academy on Friday 22nd September

Old Sedberghian Weekend is 30th September/1st October. Michael Raw's Memorial Service will be at 5pm on 30th September in the School chapel

Half term is from 13th October to 29th October.

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Angela Gifford

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DEMENTIA AND SIGHT LOSS

Alzheimers Research UK

A new study published in July 2023 suggests that sight loss in people over 71 years old may be linked to dementia.

The researchers at the University of Michigan in the US analysed data from nearly 3,000 US citizens over 71 years old, who were part of a larger study, the National Health and Aging Trends Study (NHATS). This larger study tested the participants' eyesight and recorded their scores for short-distance vision, long-distance vision and how well they were able to distinguish objects against different backgrounds. They also found out whether the participants had

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dementia from the NHATS study data.

What they found was that participants with sight loss were more likely to have dementia compared to people with no problems with their vision.

Up to 40% of dementia cases could be influenced by 12 risk factors which we may be able to prevent or influence, such as smoking, high blood pressure and hearing loss. Sight loss is not currently one of these 12 important risk factors, but the new evidence published today suggests that there is a link between sight loss and dementia.

Dr Susan Mitchell "This is a crucial time for dementia research, as

evidence builds about how factors such as sight loss are linked to dementia. Studies like this are crucial for identifying possible new dementia risk factors and ultimately working out how to potentially prevent some cases of dementia from happening in the first place.

"This new study provides important new evidence linking sight loss to dementia and ties in with previous studies. But this isn't definitive, and it will be important for future studies to find out precisely what is causing this apparent link, as this will determine what, if any, potential there is for prevention. There are several possibilities – for example, diabetes is a key risk factor for dementia, and

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this condition can also cause vision problems. Or it might be that there are shared pathways in the brain that cause both vision loss and a decline in memory and thinking abilities.

“Some cases of sight loss are preventable, and others can be treated successfully – if this link is confirmed, this could mean people who take steps to minimise sight problems as they get older could also help reduce their risk of conditions like dementia. Regular vision health check ups are key to preventing vision loss.

“In the meantime, we can all take action to protect our brain health, from keeping our hearts healthy to enjoying new activities and social interactions. If you want to know more about how your own lifestyle checks out in terms of keeping your brain healthy, you can take Alzheimer’s Research UK’s ‘Think Brain Health check-in’ by visiting <https://www.alzheimersresearchuk.org/brain-health/check-in/>”

ALZHEIMER'S RESEARCH UK FOR A CURE

HEALTHWATCH

Rosemary Marsden

Have your say on accessible communication from GPs, dentists and pharmacists in your area

Healthwatch Westmorland and Furness are carrying out a project looking at the accessibility of information and advice provided by GPs, dentists and pharmacies.

We want to hear your views on accessible information, the advice you received and whether your access needs were met when visiting your doctor, dentist or pharmacist.

The focus of this survey will be to find out how easy and accessible information and advice provision is for people with a range of impairments when communicating with GPs, dentists and pharmacies. We would particularly like to hear the views of those with a disability, their carers, personal assistants, and their parents.

We will be launching this project on Monday 14th August 2023. As well as an opportunity for members of the public to fill out a short online questionnaire, we will also host a range of forums in Kendal, Barrow

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and Penrith. The project will run for several weeks until 7th October 2023. We will publish our findings and ensure that all relevant stakeholders are informed of the outcomes of our research.

For further information or to take part in the project please contact Ollie Flitcroft Engagement officer Project Lead
ollie@healthwatchwesternfurn.co.uk

Lisa Forster Senior Engagement officer
lisa@healthwatchwesternfurn.co.uk
To fill out our questionnaire go to <https://healthwatchwestfurn.co.uk>

SHEERING GAYE VILLAGE

Sandra Gold-Wood

Last month we left the villagers getting over their shared disappointment that they had not appeared on TV after the outside broadcast team had invaded the village. The media were there because of the Roman remains that had been discovered when a WW2 bomb exploded having been tip off by local journalist Dave Walker. A government official, possibly a Junior

Minister, had turned up and put a stop the filming, sending the media people back to London with instructions that this news was off limits. A squad of soldiers were left to guard the site. Daniel had been asked to go with the Minister as it was he who had suggested the site could be Roman. A worried Violet had followed thinking they were just going to Denham but when the Daimler turned onto the road to London her little car could not keep up and so she returned to the village and waited for Daniel to call.

It was a cold night and the fire was dying. Violet went out to the coal bunker to fill up the scuttle and of course that was when the phone rang. Violet dropped the scuttle and almost flew through the scullery and back into the kitchen. Pushing the kitchen door wide in her haste. The door swung back and the handle caught on the pocket of her cardigan pulling her back. Angrily Violet shook the garment off and dashed for the phone, breathlessly answering,

'Hello, is that you Daniel?'

'No, what, err' it's me Jonas here, have you got a moment Violet dear? I just wanted to ask you something, we were chatting in Swan tonight, and it seems none of us have seen Lambert Quinn lately, so we wondered if you knew....,

Beyond disappointment Violet slumped into the fireside armchair and almost screamed down the phone at him as he carried on gossiping and when he mentioned Lambert, she lost her composure altogether and shouted, 'Jonas what makes you think I care where

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Lambert is, oh for heaven's sake get off the line.'

Jonas was quite put out and he said so but Violet had already replaced the receiver. Now she was pacing up and down watching the clock, glaring at the phone and willing it to ring. Midnight came and went and the phone still didn't make a sound. Tired of pacing and exhausted with worrying Violet built up the fire and made herself a hot chocolate. So many confused thoughts ran around her head relentlessly nagging at her. 'What an earth could be happening? Where was Daniel? Yes, the car had headed for London but they may not have actually taken him there, and why, it made no sense?

Earlier that evening Margaret Muffat and Ian Lowe had returned to the Village after their visit to the Majestic cinema in Denham. They went to see the newly released and much acclaimed, Sting with Paul Newman and Robert Redford. On their way home Ian stopped the bike at the bus shelter just outside the village and he and Margaret got off and snuggled together. They embraced, kissed, and giggled happily as they gazed into each other eyes. Ian asked when he could see her again and Margaret answered never if he didn't get her home in the next five minutes. Laughing they got back on the bike and headed to Margaret's home arriving just in time

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to see Les Muffat, Margaret's father standing on the doorstep tapping his wrist watch.

'Come on in for a cuppa lan', said Les asking if they had enjoyed the film guessing that they probably hadn't watched much of it and amused by their youthful blushes.

Ian answered that he would like to but had to be back at the barracks. Margaret's mother joined the gathering at the front door and asked Ian if he would like to come to dinner on Sunday. Margaret couldn't believe her mother had gone and asked him that, what would he think? And flushing red with embarrassment she kept her eyes on the floor. But Ian said he would like that very much and

a delighted Margaret, raised her head and smiled at him.

'Right, that's settled, said Jean, we'll see you Sunday about twelve then, mind how you go on that bike'. They all waved Ian off and then hurried indoors away from the chill of the night.

At the Swan, Dora and Roger had finished clearing up and they chatted contentedly over their bedtime coco. Roger brought up the matter of Lambert Quinn saying,

'You know Dora, it's a bit odd, I have never known him go off like this, what do you think love?'

'I have always thought Lambert more than a bit odd and liable to do anything, did you hear about him

getting Violet under the mistletoe after the school's Christmas play?'

Roger hadn't heard this but did not think Lambert was the type to get embarrassed about his behaviour and he couldn't see that such a bit of silliness would have anything to do with Lambert disappearing. Just before Christmas Dora had put the Post Office up for sale so she could work with Roger fulltime. As they readied themselves for bed they shared their hopes that a buyer would come along soon.

Over at the Vicarage Shelia Grey found her husband Donald, pacing up and down the in the sitting room. She asked him if he was coming to bed and chided him for not eating much at their evening meal.

'What are you worrying about Donald? You are going to make yourself ill dear, shall I make you a sandwich?'

'No, no, Shelia, you go on up I'll be there shortly', answered Rev Grey looking into the fire and wondering if he was he over reacting? Could he hope to hide his past.? What if the media found out? Of course Shelia knew but Ivy and Clifford did not. These thoughts swam around his head and he wondered if he could perhaps find an overseas mission. Shelia, he reasoned wouldn't mind, but the twins, they were likely to make a fuss as teenagers are apt to do. How he wished he could put his worries out of his mind for if his secret came out he would become a figure of derision and he did not think he could cope with the shame. Rev Grey bowed his head and prayed quietly and then went to bed.

It was almost dawn when a nondescript black saloon pulled up outside Stanley Hall. In an instant it sped away silently leaving Daniel on the road side. Making his way around the Hall to the back door he trod softly not wishing to disturb Violet thinking she would be in bed. In the kitchen by the embers of the dying fire light he saw Violet sleeping soundly in the fireside armchair, a blanket pulled up to her chin. How lovely she is he thought. Kneeling beside the chair he kissed her gently and then he lifted her into his arms. As he did this Violet opened her eyes and sighed still half asleep.

'Are you ok my darling?' whispered Daniel.

'Oh, it's you, your back thank heaven why were you so long? I have been worried sick and you didn't phone and I've been sat here half the night, oh Daniel.'

'Glad you missed me Violet, lets' forget about all the questions shall we? We can talk about everything in the morning, there's nothing to worry about, honest.'

Too exhausted to argue Violet let herself drift back to sleep as Daniel carried her up the wide staircase to her room. Daniel laid her gently on her bed and kissed her cheek before going to his room, where he began to think what exactly he could tell Violet. Yes, he wanted to tell her everything he had learned while in London, but he hardly knew where to start. It seemed his mother Millicent had more secrets than M16. In the bathroom he splashed his face with water and tried to order his thoughts. The things he'd been told must be

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true? Was he being used? The answer came back to him as yes, on both counts. 'Enough', he told himself as he stripped off his grubby clothes, fell into bed and was quickly asleep.

It was gone ten when Daniel woke to find Violet standing by his bed holding a tray with a carafe of freshly brewed coffee and buttered toast for them to share.

'Violet, you're an angel.'

'Yes, I think I might be,' she said smiling at him.

Once the coffee pot was empty and the toast scoffed Violet looked at him with an expectant expression on her face. Daniel sighed and began his story. First, he told her about the Roman site and its true significance.

Apparently, it wasn't all it appeared to be. Going on to explain what the government were about to do with it. Before finally, getting to his mother Millicent's involvement in espionage.

'I might have known she would have something to do with all this, Millicent was always full of surprises, most of them good in my experience, added Violet wondering what was coming next.

Daniel went on to explained that the Roman site wasn't Roman it just appeared to be. The bones were from a nearby plague pit and it was all a smoke screen to conceal the entrance to an underground bunker where many sensitive documents were held along with communication equipment. Plus, the bomb had deliberately been placed there! Violet was aghast and went to say so but Daniel held up his hand indicating there was more to tell.

'The worst of it is that they want me to work for them, they know that I'm well-travelled, speak a variety of languages and I've a doctorate in Archaeology and they know everything about me, I'm sorry Violet but I have to tell you, I've been in a few scrapes of the years and I have worked for people who, you could say operated outside the law, so I think my goose is cooked and I don't see how I can out of it.'

'Can't we run away, change our names, leave today?' gabbled Violet in desperation.

'Oh Violet would you do that for me? Daniel kissed her, you really are the best, but let's think about it. For one thing they have my passport, so I don't think running is an option, also

they have tentacles everywhere, we'd never be free we'd always be on the run, what I intend to do, is to try and broker a deal, I'll tell them I want a deadline on working for them after which and I hope they will agree, to leave us alone.'

While Violet and Daniel were discussing their future the peace of Sheering Gaye Village was once again disrupted. A number of army trucks and lorries arrived and lined up on the edge of what had been the wood where villagers walked their dogs and village children played, until the bomb had destroyed most of it. With speed and efficiency, the squaddies unloaded wire fencing and not just any wire fencing this stuff was built to keep everything but small birds out.

Villagers came out to watch but could get no closer than a ten feet from the parked vehicles as soldiers had formed a cordon. All the villagers saw was the equipment being unloaded. Soon becoming bored most shuffled off to their homes or to the Swan.

With practices speed the squaddies dug a trench, filled it with concrete and embedded the wire fencing in place. They erected a number of shed like buildings at intervals in the fencing. The exposed stone remains were now filled in with rubble which was levelled off on top. However, there was a ladder leading down into the pit around which a brick building was being constructed. Of course the villagers were not aware of this or its significance.

Dave Walker, was soundly cursing his luck. Just when he had a great

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front page story it had all turned to dust and instead of hundreds he had been paid a poultry eighty-five quid. Oh yes, it was not to be sniffed at but where was he to go from here. That was when he remembered Millicent Hart and her very colourful life. Of course, he reminded himself, that was the reason he had come to Sheering Gaye to write her Biograph. Upstairs he dug out the report of her funeral and the photos that young Billy had taken of the famous faces who'd turned up on the day. The next step would be to interview Daniel. Violet hadn't yielded much when he'd spoken to her before, but things change. Picking up his note pad he begun to write a list of possible questions when the thought stuck him that tomorrow was New Year's Eve and like everyone else in the village he would be at the party in the back room of the Swan. Dave was certain that Daniel and Violet would be at the party and that would be the best place to ask his questions. People were always more open with a little alcoholic lubrication. That's when he thought of Lambert. Here he was in Lambert's house and the man

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had not been seen for over a week. Part of him agreed with what the regular customers at the Swan had concluded, that Lambert was a grown man and he could do as he wished. Still he had his doubts, he was sure that Lambert would have told him if he was planning a trip. Mind you, he said to himself, 'On Wednesday next the kids would be back at school and Lambert was bound to turn up then.' Downstairs he noticed a letter on the mat, it had a muddy foot print on it and her realised he must have stepped on in when he came in. Picking it up he saw it had a Denham post mark. Quickly he opened it and at once recognised the hand writing to be that of his erstwhile Editor Ken Forman. The letter was blunt and to the point. It just said that the Rev Grey was worth investigating and to give him a call. 'What on earth', said Dave intrigued. Then gathering up some small change and went to the phone box to call Ken.

It was New Year's Eve and Roger and Dora had called for assistance with the decorating of the back room of the Swan in readiness for the party. Silvia, Margaret and John

Muffat were there, with Robert Tozer and Billy Raymond; they were all lending a hand and Margaret, being the oldest was in charge. Also Billy's little sister Wendy had tagged along and he was desperate to get away from her. The boys were blowing up balloons which amused the five-year-old Wendy especially when Robert let go of one. The little girl chased the balloon laughing as it whizzed around the room till it deflated. Wendy, picked up the empty balloon and put it in the bag she had brought with her. Billy told her to sit still and stay out of the way while they got on with the job. At that moment John burst a balloon right behind her making her cry. Both Billy and John laughed and called her a cry baby. Margaret stepped up, telling the boys they should be ashamed of themselves and if they didn't behave she would send them home. The boys went back to blowing up balloons grumbling that girls were such sissies. Margaret sat down beside Wendy and looked to see if she had a hankie in her bag to wipe her tears. What Margaret found in the little girl's bag surprised her.

'Wendy, where did all this money come from?

'Oh I found it, look said the little girl as she fished deeper into her bag, it was all in this purse like thing.' With this Wendy pulled a brown wallet out of the bag and handed it to Margaret. 'You can have it if you want' smiled Wendy.

Margaret looked inside and read the name, Lambert Quinn.

To be continued.....

PERSONAL MESSAGES

DORIS HAWORTH.

Following my accident eight weeks ago, I would sincerely like to thank my family and many friends in Sedbergh, Garsdale and Dent whose generosity and kindness is hugely appreciated. In times of need and adversity the country people Neil and I have shared our lives with throughout the past 50 plus years consider ourselves very fortunate. Pleased to say I am now making a slow recovery.

=====

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Small plot of land, woodland or rough ground wanted for livestock. Preferably as close to Sedbergh as possible. Willing to buy or rent. Please call 07989 564837 if you have anything available.

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FOR RENT

5ft ramp for rent – suitable for wheelchair access inside or outside, loading, unloading etc Contact Emma for more information: 07837278820

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

PEOPLES' HALL HIRE RATES

Main Hall

Session	7-9am	9am-1pm	1-5pm	5-7pm	7pm-1am
Local Hirers	£12.00	£24.00	£24.00	£18.00	£45.00
Other Hirers	£18.00	£36.00	£36.00	£27.00	£67.50
Commercial	£24.00	£48.00	£48.00	£36.00	£90.00

Committee Room

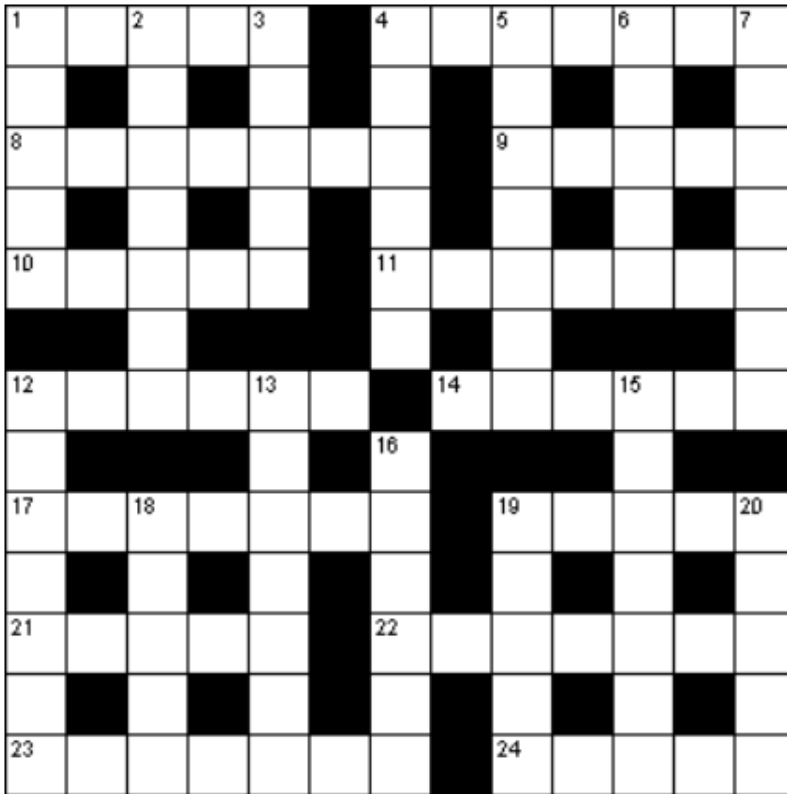
Local Hirers		£18.00	£18.00	£12.00	£18.00
Other Hirers		£27.00	£27.00	£18.00	£27.00
Commercial		£36.00	£36.00	£24.00	£36.00

PUZZLE 1 (SOLUTION ON PAGE 80)

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

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

PUZZLE 2 (SOLUTION ON PAGE 80)



Across

- 1 Dock (5)
- 4 Sore (7)
- 8 Rubbish (7)
- 9 Sacred song (5)
- 10 Boulders (5)
- 11 Sincere (7)
- 12 Real (6)
- 14 Blemished (6)
- 17 Ancient Japanese warrior (7)
- 19 Concur (5)
- 21 Ashen (5)
- 22 Before (7)
- 23 Least difficult (7)
- 24 Viper (5)

Down

- 1 Bet (5)
- 2 Fruit (7)
- 3 Emblems (5)
- 4 Fragments (6)
- 5 Endanger (7)
- 6 Fire (5)
- 7 Restricted (7)
- 12 Relieve of blame (7)
- 13 Abbreviate (7)
- 15 Concerned (7)
- 16 Straightforward (6)
- 18 Relocates (5)
- 19 Main artery (5)
- 20 Mistake (5)

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 07/07/2024
 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.

SEPTEMBER 2023

01	Dentdale Head to Foot Cinema outing	TBA
01	Community exhibition (Jul)	FM
05	1000 Needle Felted Landscape (19)	Chapel Gal
06	930 Walking pilgrims	Sed Library
06	1400 Community Corner (Apr)	DMC
07	1330 Poetry Club (22)	RR
10	Environment Day (Jul)	Skipton To
10	1600 Messy Church	CCCN
11	1930 Howgills Harmony begins (15)	FM
12	1400 WIK - Making Sugar Flowers (47)	PH
12	1915 Dent Choir practice begins (13)	TBA
12	1930 Domino Drive	FCH
13	1400 Community Corner (Apr)	DMC
13	1915 Dentdale WI open meeting	DMH
13	1930 WIS - A Little Bit of Art (43)	PH
14	1300 Medical Centre training afternoon	MC
16	900 Artisan Market (16)	main st
16	1000 Dentdale Methodist Coffee morning	DMC
19	1000 Garden Inspired Rag Rug (19)	Chapel Gal
19	1930 Ladies NFU - Canary Girls (Jul)	PH
20	1400 Community Corner (Apr)	DMC
21	1330 Poetry Club (22)	RR
22	1900 Zero Waste ladies clothes swap (Aug)	CCCN
23	1930 Harvest Festival (Jun)	Hawes Jnct
23	1930 In Search of Truth (21)	Thornley S
25	1900 Robin Ince (1)	Westwood B
26	900 Photography (19)	Chapel Gal
27	1400 Community Corner (Apr)	DMC

OCTOBER 2023

04	930 Walking Pilgrims	Sed Library
04	1400 Community Corner (Apr)	DMC
05	1200 Macmillan Coffee Morning (8)	GH
05	1330 poetry club (22)	RR
06	1400 Dentdale Head to Foot	DMH
08	1400 A Force to be Reckoned with (28,29)	PH
08	1600 Messy Church	CCCN
10	1400 Killington WI	PH
10	1930 Domino Drive	FCH
11	1000 Monolith - Gina Tawn	FM
11	1400 Community Corner (Apr)	DMC
11	1915 Dentdale WI over the counter	DMH
11	1930 Firbank Parish AGM	FCH
11	1930 Sedbergh WI Pendle Witches	PH
12	1300 Medical Centre training afternoon	MC
14	Repair café (Aug)	TBA
18	930 Christian Aid Coffee Morning	StAS
18	1400 Community Corner (Apr)	DMC
19	1330 Poetry club (22)	RR
20	1930 Bingo and Tattie Pie	FCH
21	COGS Apple Day (11)	PH

21	1000 Dentdale Methodist Coffee morning	DMC
23	1930 Beetle Drive	GVH
25	1400 Community Corner (Apr)	DMC

NOVEMBER 2023

01	1400 Community Corner (Apr)	DMC
02	930 Walking Pilgrims	Sed Library
02	1330 Poetry club (22)	RR
03	1400 Dentdale Head to Foot YDNP	QG
04	1900 Bonfire and Fireworks	GVH
08	1400 Community Corner (Apr)	DMC
08	1915 Dentdale WI AGM	DMH
12	1600 Messy Church	CCCN
12	1930 Sedbergh WI Xmas Cards	PH
14	1400 Killington WI AGM	PH
14	1930 Domino Drive	FCH
15	1300 Medical centre training afternoon	MC
15	1400 Community Corner (Apr)	DMC
16	1330 Poetry Club (22)	RR
18	1000 Dentdale Methodist Coffee morning	DMC
20	1930 Dominoes	GVH
22	1400 Community Corner (Apr)	DMC
25	1900 75th Ann. party Barbon Sheep show	BVH
29	1400 Community Corner (Apr)	DMC
30	1330 Poetry club (Aug)	RR

DECEMBER 2023

01	Dentdale Head to Foot jacobs join	TBA
01	1930 Cycling through the Cordilleras (32)	PH
06	930 Walking pilgrims	Sed Library
06	1400 Community Corner (Apr)	DMC
07	1330 Poetry Club (22)	RR
10	1600 Messy Church	CCCN
12	1930 Domino Drive and Mince Pies	FCH
13	Dentdale WI	tbc
13	Sedbergh WI Xmas Dinner	TBA
13	1400 Community Corner (Apr)	DMC
16	1000 Dentdale Methodist coffee morning	DMC
17	1430 Carols Candlelight (Jun)	Hawes Jnct
20	Monolith - Gina Tawn	FM
20	1400 Community Corner (Apr)	DMC
27	1400 Community Corner (Apr)	DMC

JANUARY 2024

09	1930 Domino Drive	FCH
10	1000 Called to Water - Nancy Gray	FM
10	1000 Shifting Borders	FM
10	1000 Water - Jo Garlick and Lynn Ward	FM
10	1930 Sedbergh WI Button History	PH
14	1600 Messy Church	CCCN

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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Pleasant café in Main Street serving coffee and cakes, with a couple of outdoor tables if the weather is good.

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
 Community Orchard, Vicarage Lane
 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's 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

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: alibramall@protonmail.com	20360
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) 1T(ES), 1D(ES) NS, CH, L e-mail: crosskeyscautley@outlook.com	20284
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: Daleslea@outlook.com	21789

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	TBA
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Mrs Handley - 015396 20540
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Mr Johns - 015396 22170
Bridge Club -----	Mr Alison - 015398 24666
British Legion -----	TBA
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Cornerstone Community Church -----	William Allen - 015396 20194
Crickets Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 015396 25446
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill – Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	TBA
First Responders - Dent -----	See Public Information
First Responders - Sedbergh -----	See Public Information
Football Club Junior - Sedbergh -----	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
Football Club Senior - Sedbergh -----	Mr Parkin - 015396 20585
Friends of Farfield Mill -----	friends@farfieldmill.org
Friends of Settle and Carlisle Line -----	john.carey@settle-carlisle.com
Garsdale Village Hall -----	Mrs Labbate - 015396 22114/07814 378758 / rhlabbate@gmail.com
Golf Club -----	Mr Gardner - 015396 21551
Good Companions - Dent -----	Sarah Woof - 015396 25212
Grief Share -----	Duty Team Member - 07498 870267
History Society -----	Karen Bruce Lockhart - 015396 34603
Howgill Harriers -----	admin@howgillharriers.co.uk
Howgill Village Hall -----	TBA
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Mrs Askew - 015396 25465
Killington Parish Hall -----	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk

GROUPS AND ORGANISATIONS (CONT)

Lunesdale Archaeology Society -----	lunesdale.archaeology@gmail.com
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Susan Raw - 015396 20542
Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Over 50's Swimming Group -----	Rachael Mellor - 07969 663881
Parent Support Group -----	Mrs Goad - 015396 20402
Parish Council - Dent -----	Scott Thornley - 07368 455353
Parish Council - Garsdale -----	Mr Johns - 015396 22170
Parish Council - Sedbergh -----	Miss Hassam - 07966 134554
People's Gym -----	membership@sedberghgym.club
People's Hall -----	Steve Longlands - 01536 20885
Pepperpot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Miss Hassam - 015396 20125
Playgroup - Sedbergh -----	Mrs Kitchen - 07785 743837
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
Poetry Club* -----	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Schools - Dent Primary -----	015396 25259
Schools - Dent Primary - Friends of -----	015396 25259
Schools - Sedbergh Primary -----	015396 20510
Schools - Sedbergh School -----	015396 20303
Schools - Settlebeck -----	015396 20383
Scouts -----	Bill Mawdsley - 07989 201481
Scouts - Beavers -----	Bill Mawdsley - 07989 201481
Scouts - Cubs -----	Bill Mawdsley - 07989 201481
Sedbergh Book Town -----	booktown@sedbergh.org.uk
Sedbergh Environmental Group -----	sedberghecomarket@greencobweb.co.uk
Sedbergh Songsters -----	TBA
Sedbergh United Charities -----	Mr Sykes - 07786 384917
Senior Golfers -----	Mr Braddon - 0330 1138850
Shooting Club - Sedbergh -----	Richard Martin - 07884 559829
Sight Advice South Lakeland -----	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale) -----	Anastasia Micklethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 07877 301088
Swimming Club -----	Sedberghswimmingclub@gmail.com
Tennis Club -----	Mr Lewes - 015396 20052
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 /
vcssedbergh@gmail.com	
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Megan Taylor - taylor71@hotmail.co.uk
Young Farmers - Sedbergh -----	Club Secretary - sedberghyfc@hotmail.com

Groups are currently being updated—TBAs will be removed in the coming editions.

If you would like to add or update your group please let us know.
New groups are marked with an asterisk *.

PUZZLE SOLUTIONS 1 & 2

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

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

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

BUS SERVICES

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*

Trains to Carlisle	..	1048	1815	1944*
Trains to Leeds	..	1041	1733	1938*
Dent Station	..	1053	1737	1947*
Dent Village	..	1108	..	1505	1752	2002*
Sedbergh Maryfell	0835	1123	1315	1520	1807	2017*
Sedbergh Library	0837	1125	1317	1522	1809	2019*
Sedbergh opp. Morphets	0839	1127	1319	1524
Killington M6 Bridge	0847	1135	1327	1532
Oxenholme Station	0857	1145	1337	1542
Kendal K Village	0902	1150	1342	1547
Kendal Bus Station	0908	1156	1348	1553
Kendal Morrisons	0913	1201	1353	1558
Kendal Morrisons	0923	1223	1403	1608
Kendal Bus Station	0928	1228	1408	1613
Kendal K Village	0933	1233	1413	1618
Oxenholme Station	0938	1238	1418	1623
Killington M6 Bridge	0948	1248	1428	1633
Sedbergh Spar	0956	1256	1436	1641
Sedbergh Post Office	0958	1258	1438	1643	1855	..
Sedbergh Maryfell	1000	1300	1440	1645	1857	..
Dent Village	1015	..	1455	1700	1912	..
Dent Station	1030	1715	1927	..
Trains to Carlisle	1048	1815	1944	..
Trains to Leeds	1041	1733	1938	..

LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman	Jane Fisher (T)	Proofreading
Frances Haigh (T)	Treasurer	Katie Wood	Proofreading
Philip Johns (T)	Secretary	Ed Welti (T)	Compilation and Vice Chairman
Elsbeth Griffiths	Proofreading	Valerie Welti (T)	Advertising Administration
Karen Bruce Lockhart	Proofreading		

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

BUS SERVICES

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

Revised timetable while Apperset Bridge is closed 18th Aug 2023 to approx. end Sept

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 Market Place	..	1032	1236	1515
Hawes Creamery	..	1034	1238	1517
Hawes Market Place	..	1044	1323	1527
Hawes Creamery	..	1046	1325	1529
Moorcock Inn	..	1058	1337	1531
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 1st 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

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
06.48	07.55	10.34	07.03	09.08	10.40
09.16	09.16	14.01	09.38	10.42	13.38
10.47	10.47	15.53	12.13	12.13	16.33 (N)
12.17	12.17	17.48	16.05	16.05	18.41
14.45	14.45	20.20	17.33	17.33	20.26
16.46	16.46	..	19.38	19.38	..
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**

ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Parish Priest Kendal

Tel: 015397 20063

SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

Janet Chetwood (Comms Clerk)

Tel: 21715

Sally Ingham (Business Clerk)

Tel:07939 569559

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

Sarah Woof Tel: 25212

METHODIST CHURCH

Cornerstone Community Church, New
Street; Dent;

Garsdale Low Smithy; Hawes Junction

Rev'd Andy Burgess 20018

andy.burgess@westerndales.org.uk

PIONEER MINISTER TO THE WESTERN DALES COMMUNITY

Becca Gilbert

Email: becgilb@gmail.com

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Amanda Reynolds Tel: 07545 375721

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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Methodist Service Times

CORNERSTONE - Sunday 10.30am
DENTDALE - Sunday 6.30pm (2pm in winter)
GARSDALE - 2nd and 4th Sunday 2pm.

*Combined plans for Western Dales Mission Community
September 2023*

	Time	3 rd	10 th	10 th	17 th	24 th
St. Andrew's, Sedbergh LA10 5BZ	8am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Service	HC	HC	Joint Service	HC 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	CW	Service 4pm Messy Church	Service 4pm Messy Church		HC
St. Mark's, Cautley LA10 5LZ		2.30pm HC			2.30pm Harvest Festival	
St. John's, Garsdale LA10	10am	HC			MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Service	Service		Service
All Saints, Killington LA6 2HA	2.30pm	Service				
Holy Trinity Howgill LA10 5JD	9.30am		HC	HC		
St. John's Firbank LA10 5EF	2.30pm		Harvest Festival	Harvest Festival		
St. Andrew's, Dent LA10 5QL	10.30am		HC			Harvest Festival
St. John's, Cowgill LA10 5RJ	2.30pm	Back to School Service			HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	Service			Harvest Festival	
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 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	Service
	Tuesday	5th				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	Wednesday	6th	13th	13th	20th	27th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	7.30pm	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer MP-NC- Morning Prayer Northern Community CW- Contemporary Service			BCP- Book of Common Prayer EP- Evening Prayer SW- Service of the word			
Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063						

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

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*

First Responders

**IN EMERGENCIES CONTACT THE
EMERGENCY SERVICES**

The numbers below are for information on
volunteering only

Sedbergh - Mr Cobb 015396 22541
Dent - Wendy Pontefract 015396 25253

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

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

September 2023