

Sedbergh & District

LOOKAROUND

October 2023

Donation £1

Issue 425

Many thanks to our new advertisers, Steve Alderson, Simon Parkin and Cumbria Lime, please use them if you can. And thanks to all event advertisers too - keep

organising and please keep sending us the ads.

Finally, thanks to the Western Dales Bus for the new Wednesday Kendal Service!
Ed.

BARBON AND DISTRICT NORTH WEST CANCER RESEARCH FUND RAISER

In Barbon Village Hall
Fri 20th October at 7.30pm
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Cornerstone Community Church
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S & D Lookaround 72 Main Street, Sedbergh LA10 5AD

Mobile: 07464 - 895425

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Ed Welti

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

**Wed 4th October - Sedbergh W.I.
Wed 11th October - St Andrew's
Wed 18th October - Christian Aid
Wed 25th October - 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.

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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

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editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

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Cheques Payable to :

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Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

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INCLUDE THE INVOICE
NUMBER IN THE
REFERENCE**

ANTONI GOSIEWSKI

Ed Welti

In the carnage of the Second World War the story of Antoni Grosiewski may be only a minor footnote, but it personifies the trauma and tragedy of that conflict, and of war generally. His story spans Europe, from Poland to Portugal, to Scotland, and England, encompassing escape, accusation and tragedy, ending with a solitary death on a lonely fell.

After the invasion of Poland, the Gosiewski family, Antoni, his wife Jadwiga, sons Krzysztof and Michal, fled to France where they lived from September 1939 to June 1940. It's recorded that Antoni then joined the RAF. However, due to accusations levelled at him by two other junior officers about an offence of embezzlement, committed when he was in Poland, and seemingly without any evidence other than the accusations themselves, he was court martialled. Although he was found guilty, a senior Polish Officer, and the Polish Secret Service, disputed the findings. That officer, Major Wladyslaw Zaberowski, of the Bureau of Staff at Polish General



Headquarters, supplied a reference for Grosiewski when he applied to join the Air Transport Auxiliary (ATA), and as his application was successful, either the offence was deemed insignificant, or Zaberowski was believed.

Meanwhile Jadwiga and the children had fled further across Europe. By 1941 they were in Lisbon in Portugal, trying to get to Britain to join Antoni. During August of that year Antoni was recorded as being at a military centre for the Polish Armed

ROYAL BRITISH LEGION SEDBERGH BRANCH

If you have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone) Your local Sedbergh Branch needs new members in order to keep up its good work. You do not need to have served in the Armed Forces to be a member of the Legion. Membership costs £19.00 Call 015396 21358 or email: nigelwhiting306@gmail.com to apply.

For more information, visit our website:

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





ACCOMMODATION NEEDED

Sedbergh resident of 25 years,
perfect rent payment record,
eviction imminent
Seeks new home.

Please contact Robert Powell
Tel: 20482

email: robert@robpowell.co.uk

Forces in the West, at Rothesay in Scotland, possibly working on improving his English.

Antoni joined the ATA the following month, eager to continue the struggle any way he could. The website "Ferry Pilots of the ATA" tells the story of many of the pilots who served in the ATA during the war (including Antoni) and gives the following synopsis of its role :-

"The ATA was formed in 1939 upon the Declaration of War by Great Britain, for the purposes of delivering His Majesty's aircraft to the Royal Air Force, and the Royal Navy, and for Air Transport tasks auxiliary to the War Effort. Without the 'ancient and tattered airmen' of the ATA, the RAF would not have been able to fight the Battle of Britain. By 1942 it was larger than all the U.S. commercial airlines added together."

Antoni's application to the ATA was dated 9th September 1941. Just over a week later Jadwiga and his two children aged 6 and 10 boarded HMS Avoceta in Lisbon, part of a convoy of 25 ships with a destination of Liverpool. 10 days later HMS Avoceta was hit by a torpedo from U023, her

stern sank quickly into the water and her bows swung up into the air. No lifeboats could be launched. 123 people died, including 63 civilians, with 4 children under 1 year old. All of Antoni's family members perished.

On the 17th December, Antoni was at Woodley in Berkshire to transport a Miles Master aeroplane up to the RAF Base at Lossiemouth. It was his third flight transporting aircraft between bases. Lossiemouth was primarily used for bombers during the war, notably those hunting for the Tirpitz were based there, but there was also a flight training school which had been one of the first operational parts of the base in 1939.

The Miles Master was a training plane, built at the Phillips and Powis factory in Reading, and as such had space for two pilots in the cockpit. A few were used in active service, and more were converted to be used as glider 'tugs'. Many were also diverted abroad to be used in the air forces of other countries. It was seen as an excellent aerobatic trainer, and thousands were made, though unfortunately no complete examples survive.

Antoni flew Master W8479 solo up to RAF Shawbury in Shropshire. His next interim destination was Carlisle, but he was delayed by bad weather for a day and a half at Shawbury.

There are a few notes on Antoni's character, the notes in his Training Pool say "An ex-Polish Air Force Officer. A most likeable personality, very keen and anxious to produce results", his cousin spoke of him as a "valuable man" and wanted his memory to be "without shadows".

Another telling report says, "If anything Gosiewski displayed an over anxiety to produce results ... as a result of his keenness he was on one occasion grounded because of his desire to take off in too bad weather conditions." Whether or not he was over eager to fly on this time is not noted.

He took off again from Shawbury on the 19th December. During the war pilots used the Lune Valley up to Tebay to guide them on the route to Carlisle. Weather conditions were once again bad with low cloud hiding the hills. Later that day, after he failed to arrive at Carlisle, he was posted as missing. There were no immediate reports of what had happened to him. It was not until 23rd December when the mist started to clear that the family at Craggstones realised that there was wreckage very near the top of Arant Haw. A group of local people



went up and recovered Antoni's body. The body was bought down and temporarily laid in the Games Pavilion at Sedbergh School over the Christmas period. Parts of the wreckage were also brought down and held, reputedly under the watch of the Home Guard, in Lockbank Farmyard. Later Antoni's body was taken to Maidenhead Cemetery where he was interred.

Last month - Sunday 10th September - a plaque in memory of Antoni Grosiewski was unveiled in the lychgate porch at Sedbergh Cemetery. Members of the Parish Council, Royal British Legion and Sedbergh and District History Society, all of whom contributed to the cost, were there to see Parish Councillor Roger Sedgwick unveil the plaque. It was fitting for Roger to do the unveiling as members of his family took part in the recovery, and his aunt, now aged 94 can remember it happening. And it is very fitting that there is a plaque telling the story not far from the spot where Antoni died.

"I want to work for the war effort. I desire to be useful as a pilot, because I have the knowledge, the flying experience (over 1,000 hrs) and the certainty of my hand." - Antoni Henryk Gosiewski 17/01/1900 - 19/12/1941.

Much of the detail above was sourced from the following websites -

Wikipedia

www.ata-ferry-pilots.org

www.peakdistrictaircrashes.co.uk

www.yorkshire-aircraft.co.uk

The photos come from -

www.ata-ferry-pilots.org

With thanks to John Webster.

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SIGHT ADVICE SOUTH LAKES Sedbergh Branch

Dennis Whicker

The Sedbergh Branch of Sight Advice South Lakes meets in the People's Hall at 2pm on the third Tuesday in the months of September, October & November then January to May and is open to all members of the Sedbergh Community that have a Sight Problem.

We are very sad and sorry with the loss of two of our members with Jenny Joslin and Edward Wood, both of whom were regular attenders at our Meetings. Our thoughts and Prayers go to their families.

Recent Meetings have included presentations from The Sedbergh Songsters, Andy Denton, Sandra Gold-Wood, Colin Cowperthwaite and Ernie Hailwood.

Over the last few years, although there is great support from the Volunteers, numbers of actual members have been dropping and my fear is that if we do not have new members coming, the Group will close, with no facilities for people with sight problems in Sedbergh. If you

want any information or you know of someone that would benefit from this supporting unit with great social benefits, please contact Susan on 20613 or myself.



Sunday 8th October - 2pm
SEDBERGH PEOPLE'S HALL

Howgill Lane, Sedbergh, LA10 5DQ

Tickets - £15 (£13 Concessions)

Tel: 01484 843701 or online at www.mikron.org.uk



SEDBERGH ART SOCIETY

Jenifer Alison

May we first of all offer a big thank you to all of you who visited our 2023 Exhibition! An enormous thank you also goes to Gill Impey our 'Chair', our Committee, and our devoted team of helpers. Our artists worked very hard to produce this wonderful display of varied work.

We always appreciate the fact that we can exhibit in Sedbergh School's beautiful historic library. In fact, in addition to perusing the art work, many visitors are curious to see inside this fascinating building! We cover the bookshelves with specially made



white sheets, over which the pictures are hung. On entering the library one gets a panoramic view of a stunning and colourful display of art work.

We have gained some new members as a result of the exhibition, which is brilliant. We also thank those who left their contact details, so that we can contact them about future events. One visitor wrote the following encouraging message in the visitor's book: -

"Very impressive, beautiful landscapes. I found the artists there on my visit very welcoming and friendly".

We are also very pleased to say that it was a financial success - and

hope those of you who bought framed or mounted pictures, or cards, enjoy your purchases.

If you would like information about our Wednesday afternoon meetings and our future workshops, please do get in touch, by contacting me in any of the following ways:

Email: jen.alison10@gmail.com
Landline: 01539 824666
Mobile: 07785 964008

PEOPLE'S HALL

The Management Committee of Sedbergh People's Hall are looking for help from the community.

Sandra Gold Wood

It is quite hard to believe there is no one out there prepared to come and help run the People's Hall. It must be that they just haven't read the Lookaround. So, if you know anyone you think may like to help, but is not a regular reader of the LA, please draw their attention to this article. The People's Hall has a really bright future, but the day-to-day running is mostly forgotten by those who use this great facility. However, without further support in the shape of more committee members, a Secretary and Treasurer, it all may well come to an end. This is not a threat, we really will be unable to carry on running the hall if no one comes forward.

Drop me an Email: sanddot51k@gmail.com, or go online and drop a line through the website if you prefer. Thank you Sandra Gold-Wood on behalf of the PH committee

APPLE DAY

Ann Parratt

Do you have so many apples you do not know what to do with them?

The COGS (Community Orchard Group - Sedbergh) are holding their 6th Apple Day on Saturday 21st October from 10am until 2pm at The People's Hall (*see ad on page 21*).

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 - find out what type of apples you grow!
- 🍰 Cake stall including jams and chutneys
- 🎵 Live music by Common Ground
- 👶 Activities for children
- ☕ Tea, coffee, biscuits, light lunches, soup and rolls will also be available
- 🌱 Plants for sale

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Sedbergh Swimming Club



SESSIONS & LESSONS FROM 19 SEPTEMBER 2023

Tuesdays, Wednesdays, Thursdays & Saturdays

For more details see our website – www.sedberghswimmingclub.co.uk

or email us – Sedberghswimmingclub@gmail.com

THE ROYAL BRITISH LEGION POPPY APPEAL 2023

David Parratt

The Royal British Legion will launch this year's Poppy Appeal on Thursday 26th October until Sunday 12th November. Every poppy bought makes a difference to the lives of our Armed Forces community, veterans and their families who may need help and support.

The Sedbergh community has generously supported the Poppy Appeal over the years which is always appreciated. The branch also appreciates our Poppy Appeal collectors and the work that they do during the campaign.

As well as poppies and other merchandise being available in shops and various retail outlets in the town, schools and outlying districts, there will be a stall manned by members of the branch committee adjacent to the bus stop in Main Street on Wednesdays and Saturdays and outside Spar on Fridays. In addition, as in previous years, there will be collections at Killington Services during the period. We look forward to your support as always.

LATE NIGHT OPENING 2023

Ed Welti

Planning has started for this year's traditional Sedbergh Late Night Opening. The Committee has been formed and has had its first meeting. Once again, the lead organisers will be the Community Interest Company (who run the Information Centre), with help from representatives from our Sedbergh businesses, and the Parish Council. Many thanks go to them all for helping with the continuation of this special event.

The date for your diary is Wednesday 6th December, a little earlier than last year to ensure that the gifts bought can be packaged in plenty of time for the last post. And we will also be starting earlier in the evening too, at 5:00pm, to make sure all the family can attend.

Stalls and activities will be located in Sedbergh School Library, and St Andrew's Church, Main Street and a marquee in Joss Lane Car Park. The Town Band will be playing, and there are further proposals to include Carol Singing, a Live Nativity, more hot Street Food, with some possibly located in the Churchyard, and



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

2023

Thursday 12th October
Wednesday 15 November



following on from last year's successful Fire Eater (very glad they were successful), street entertainment. Father Christmas will be back in his grotto, from around 5:15 onwards.

Further information will be included in Lookaround November and December editions, on social media and the Visit Sedbergh website (Sedbergh.org.uk).

If you are a local business and would like to be involved (and aren't already), please let us know. If you are a local person and would like to be involved, again, please let us know, the more the merrier (as it's Christmas). Contact details are below.

And events always cost money, so if you are an individual or a business and would like to make a donation, speak to us. Contributing businesses will be mentioned in our literature.

If you would like to help in any way, contact Debbie at the Information Centre, on 015396 20125 or email office@sedbergh.org.uk.

Last Year was dry and cold. Let's hope for something similar again, but above all dry!!

DENT DALE CHRISTIAN FELLOWSHIP FESTIVAL

John & Sarah Woof

(We apologise for the gremlins that got into this article in the September issue)

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 The Meat Hook were delicious. Everyone helped with the meals and the washing up, in fact helped with everything. We were so pleased our Anglican and Methodist friends joined us for the Sunday morning service in the tent along with visitors and stayed for lunch.

There was time to explore the village or sit and chat with friends. Mel and Mike led our worship with their music and singing before retiring to a Dentedale Pod to relax. Christina shared her testimony of how God us supporting her since the passing of her husband. Others stayed in Millbeck caravan and our home.

Next year it will be the 10th Anniversary of our DDCF Festival and prayers and plans are already underway.

HOWGILLS HARMONY SINGING CONTACT DETAILS

David Burbidge

Many of you will have seen the advert and supporting article about the harmony singing group Howgill's Harmony which is open for anyone to join and will be starting on Monday evening October 2 at 7.30pm, round the fire at Smithy Cottage, at Farfield. I'll be teaching a number of songs over the term, all by call and response, by ear, and they will include some folk carols which we can sing at the Dent Folk Carols weekend in December, and also alongside other local choirs including Lakeland Voices which I lead in Kendal.



There's also be a chance to learn some songs from Lucky Moyo and his harmony group from Zimbabwe, Uzambezi - on October 14.

Unfortunately the contact details got left out of last months piece - so here they are - you can ring me David Burbidge, on 015396.21166, or send an email via our website www.lakelandvoice.co.uk where you can see details of several singing events I am running through the autumn. I very much look forward to singing with you and wish you a pleasant autumn . David Burbidge, 015396.21166, Smithy Cottage, Farfield, Sedbergh LA10 5LW

Travel with us on the
Western Dales Bus

AUTUMN 2023 TIMETABLE FROM 2ND OCTOBER

TUESDAY 56
SEDBERGH, KIRKBY STEPHEN,
PENRITH

WEDNESDAY 51 W
DENT, SEDBERGH, KENDAL

THURSDAY 56
SEDBERGH, KIRKBY STEPHEN,
PENRITH

FRIDAY 55
SEDBERGH, KIRKBY STEPHEN,
KENDAL

SATURDAY 51 S
DENT, SEDBERGH, KENDAL

PLEASE SEE OUR WEBSITE FOR
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FIREWORKS SEDBERGH SCHOOL

DJ Harrison, Headmaster

Dear Neighbours,

SUNDAY 5 NOVEMBER 2023 –

FIREWORK DISPLAY

I am pleased to write and invite you to our annual bonfire and fireworks display which will be held on Sunday 5 November in the field below Busk Lane, between School House and Sedgwick House. We are pleased to invite all members of the Sedbergh community to this annual event; spectators are welcome to attend on Busk Lane.

The bonfire will be lit at approximately 6.30pm and fireworks launched at 7.00pm. They are likely to last for 20 minutes.

If you do join us, we would be grateful if you would please avoid parking on Busk Lane.

I am sorry if you find this annual event unwelcome and regret the

disturbance it may cause members of your family and pets. Please bear with us as we seek to balance competing interests.

ANNUAL GENERAL MEETING Sedbergh & District Charitable Incorporated Organisation

Ann Parratt Sec

ALSO KNOWN AS THE SEDBERGH & DISTRICT COMMUNITY TRUST

Notice is given that an Annual General Meeting of the Community Trust will be held on Monday 9 October 2023 commencing at 19.30 in the People's Hall, Sedbergh.

All Members are invited to attend. Non-members may attend as observers, but may not participate.

Anyone wishing to become a Trust member can do so by filling in an application form obtainable from the Information Centre (72 Main Street). There is no membership fee.

FLU & COVID VACCINATIONS

Sedbergh Medical Practice

We are expecting most of our 23/24 seasonal flu and Covid vaccinations to arrive week commencing 18th September. We are therefore planning two booked sessions in September/October (Saturday AM). To be eligible you must fall in to one of the categories listed below and you will qualify for both flu and covid vaccinations. Please check social media, our website, and any messages we send you for more details.

- residents in a care home for older adults
- pregnant ladies
- all adults aged 65 years and over.

- persons aged 6 months to 64 years in a clinical risk group.
- frontline health and social care workers
- persons aged 12 to 64 years who are household contacts, of people with immunosuppression.
- persons aged 16 to 64 years who are carers, and staff working in care homes for older adults.

We will be sending out invitations via text message for you to book your covid vaccination, you will also be offered your flu vaccination at the same time. If you do not have a mobile phone, then the practice staff will contact you to book an appointment. If ringing the surgery about flu/covid vaccinations, please do not ring between 8am – 10.30am

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Cumbria, LA10 5BL.



as this is our busiest time on the phones.

Flu & Covid booster booked clinic's – Anyone aged over 65 or anyone aged over 18 in an at-risk group only (see above).

- Saturday 30th September – 8.30am – 11.30am
- Saturday 7th October – 8.30am – 11.30am

Week commencing 2nd October 2023 – Walk-in service (FLU vaccinations ONLY) - No appointment necessary.

Walk – in service available Monday – Friday (10.30am -6.30pm there could be a short wait if you attend during lunchtime) please note the vaccine may be administered in the waiting room.

Please note that the walk-in service is for FLU vaccinations ONLY. If you would like a COVID vaccination, then you MUST attend one of the clinics above or look online for an alternative clinic www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/find-a-walk-in-covid-19-vaccination-site/ or ring 119.

2- and 3-year-olds.

Children aged 2 and 3 years old as at 31st August 2023 will be invited when we have confirmation of delivery of nasal flu vaccines. Please do not attend any of the Saturday clinics.

Please note clinics are subject to receiving vaccines on the scheduled delivery dates



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SHEEPFEST

Laura Rosenzweig

August Bank Holiday weekend saw Sedbergh heaving with visitors. Several shopkeepers commented that they hadn't seen the town so busy in a long long time. Apart from one sharp shower at lunchtime even the weather cooperated!

It was a real joy to witness so much going on in and around the town. There was a mobile Sheep Show on Lupton Field, a Wool Fair at the People's Hall, the Artisan Market on Main Street, the Art Society's Annual Exhibition at the School Library, the Historical Society's exhibition at St. Andrew's Church, and the Town Band playing outside the TIC. There was plenty of amusement for children big and small: hunting for sheep in the shops and market stalls; badge making in the church; have a go crafts at the People's Hall and Farfield Mill; the

world's smallest sheep breed at the Sheep Show, to name just a few. I'm sure I've not listed everything here but what I'd really like to do through this publication is shout out a huge THANK YOU to the two incredibly hard-working people who orchestrated this year's Sheepfest and who deserve a resounding round of applause.

Sedbergh, like all small towns, thrives when people volunteer their time to make things happen. The unsung heroes of Sheepfest '23 are Shelagh Cobb and Ali Sharman. They spent countless hours over many months organising everything down to the last detail, dealing with all the logistics of renting space, printing posters, organising workshops, finding tutors, providing materials, building websites and social media sites to help promote the events, persuading wool producers to get involved, finding



someone to run the café at the People's Hall, figuring out where people were going to park and how they would get around between different venues, reminding us over and over again to put Sheepfest on the calendar and make a 'sheep'.....the list goes on, and on. Shelagh and Ali made it happen and it was hugely gratifying to see the town coming out in support.

Here I must also add a big thank you to:

- Sedbergh Young Farmers who did a terrific job running the café at the People's Hall and cleaning up at the end of the day;
- Sedbergh School for allowing free parking on Lupton Field;
- Our fantastic volunteer run Western Dales Bus service for shuttling visitors all

day long between the People's Hall, Joss Lane, and Farfield Mill;

- St. Andrew's for kindly allowing 'sheep pens' in the churchyard, children's activities in the Church, and providing refreshments throughout the day;
- Sedbergh TIC for insuring the event, handling the accounts, and managing the 'Find a Sheep' competition;
- Sedbergh Community Trust for providing a grant to support the event;
- All of the volunteers who manned desks, assisted with parking and helped with activities, set up and take down.

Almost every shop in town had a 'sheep' in their window or on the doorstep. Dorothy Hutchinson and I, honoured to be asked to act as co-patrons for this year's Sheepfest, counted over 28 as we did the rounds in the morning trying to judge them. What a tough job that was! There were so many clever sheep – novel in every conceivable way, most of them highly educated by the look of the books they were reading. I think most folks agreed that we picked a worthy 'Best in Show' – the First Responders' Baabaara Black Sheep. If you (or your favourite sheep) didn't win a rosette this time, please try again next time (when both the theme and the judges will be different!) But, seriously, thank you to all of Sedbergh's businesses and families who made the effort to decorate their premises and enter into the spirit of a really wonderful day.

DENT GALA AND CAR BOOT SALE 2023

Barbara Allwright

Saturday

This year we held the Gala on Saturday, and it was a really great day. The usual attractions were there – skittles, pillow fight, tombola, raffle, water, or wine, bat the rat, bouncy castle to name but a few and of course Phil Flip, Children's Entertainer, all accompanied by the Rawthey Rhythm Band. The day finishing with the Egg Throwing.

We held it on the school field (back after Covid) although some activities were on the school yard. The burger bar was under cover because the forecast was not good, but the smell of onions and burgers grilling made it easy to find. Phil Flip was brilliant, with a large crowd of youngsters and an equally big group of adults enjoying and taking part in the action!

There was a morning tea and coffee tent which was followed by the afternoon tea and cake sale in the Hall, provided by Dentdale WI. The bouncy castle was popular, with many tired bouncers then going into the races. Goodness knows where they get their energy! (Possibly from the Ice Creams provided by Howgill Dairies). After prize giving the raffle was drawn, leaving the field for the egg throwing.

Just one question remains: who is Elijah, winner of the skittles competition? He did not collect his prize. Any information? Please send it to me so I can post his prize.

Monday

The Car Boot sale was held on Monday on Millbeck field. A number



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of sellers came with all kinds – old tools, new stuffed toys, books and more – one person's rubbish is another person's treasure. Big Jenga and Connect Four were available by the drinks tent. The weather stayed warm and sunny, so it was easy to browse round the car boots picking up bargains.

The Dentdale Memorial Hall Committee would like to thank all those who helped at both the Gala and Car Boot sale. Special thanks go to Hardy's Play who provided the bouncy castle and games, the WI and the Burger Bar workforce, and to all who gave of their time to run stalls, set up and put away, to those who gave prizes and all those who came to enjoy the days. Special thanks to Geoffrey and Christine Woof for the use of Millbeck field, Mark Woof for all his help and John and Sarah Woof for all their help and expertise.

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LOCAL PHOTOGRAPHIC ARCHIVE

Rosemary Marsden

The photographic records of the Sankey family (based in Barrow in the last century) have been archived and digitalised and now available on this new website launched in September 2023

www.sankeyphotoarchive.uk

The collection includes a number of photographs of Sedbergh and surrounding area, many taken in the 1930s and 1950s including Sedbergh school, St Andrew's church, the Bull and various local views and bridges.



*Copyright : Sankey Family
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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.

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Or John Sykes
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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

NOTES FROM DENT STATION

John Carey

As I write we seem to be enjoying a last appearance of summer with temperatures most uncommon for this time of year. Needless to say, our recent guests were highly delighted. In addition, we have seen a few steam specials passing the front door including the Flying Scotsman. As I have often said, we are fortunate that our guests keep coming for without this income we would have difficulty meeting the heavy burden of the running costs and conservation, the latter of which must remain our primary objective. However, I would much prefer to see station buildings used as 'stations' or for some community purpose but, at Dent, it would be difficult to envisage any other use than as holiday accommodation.

Running the property always throws up the odd challenge, none the least a recent planned power outage affecting properties in the Cowgill area, necessary to replace vital infrastructure. In one way it was good that it occurred as the outgoing



guests were leaving but it certainly made preparing the house for the incoming guests later that day interesting. We managed nevertheless. It does, however, highlight the degree to which we sometimes take these services for granted despite the station being relatively self-sufficient in other respects. Not only did we not have power for the duration, but the water



supply is dependent on electricity to work the pump from the borehole!

A recent notable event was a hurriedly arranged visit from the rail minister, Huw Merriman, who was on a national tour, having first visited volunteers at Ribbleshead Station and then travelling north to visit Dent station with quite an entourage including Northern, Network Rail and of course the Friends. Whilst talking about the recent history of the station I mentioned that, not only is Dent the highest mainline station in England but, by default, it is also the highest bus-rail interchange. To further make the point I pressed a copy of the Western Dales Bus timetable leaflet into his hand! Fortunately, we had managed to forewarn our guests who were kind enough to invite the minister inside for a look around. One assumes that this was a quite unexpected highlight of their holiday and something to tell their friends when they returned! Needless to say, the minister was impressed by all he saw and we were able to present a copy of our booklet covering the conservation project to date. The

party then moved on to Appleby where they were greeted by a rather noisy RMT protest!

Public transport has, without doubt, been dominated by the rail strike and the proposed ticket office closures. Dealing with the latter, it is true that Dent and Garsdale Stations have managed without ticket offices for over 50 years, however, at Settle and Appleby these facilities have come to be relied upon, providing a hub for information and assistance for those with disabilities or mobility problems. Whilst online and ticket machine purchases are inevitably the direction of travel, we are far from that being satisfactory for all but the simplest of transactions as, in this country, we have an outdated, over complicated ticket system originating from Victorian times. The consultation period has recently closed, and it is said that over 600,000 objections were received. Legal challenges have been raised by a number of the metropolitan mayors and it is hoped that the proposal will be moderated or, indeed, withdrawn.



Meanwhile, the industrial action rumbles on and is wearing a bit thin. Perhaps there was some limited sympathy at the start, but such action greatly impacts upon the ability of others to go about their everyday business, perhaps to access work or education. Of course, we should not forget the tourist industry upon which many of the communities along the line depend. Let's hope that commonsense prevails and the dispute is brought to an end as soon as possible. This also has a knock-on effect to volunteer activities supporting the line and indeed the Western Dales Bus which has to maintain the published timetable whether there is a train or not.

We have managed to obtain the December 2023 rail timetable from which it would seem that there are few changes apart from a slightly later Sunday morning service to Carlisle. Rather disappointingly the extra stops requested on the semi fast trains currently running through Dent and some of the intermediate stations without stopping have not materialised and thus the 4-hour

gaps in the afternoon timetable would appear to be there for the foreseeable. There are several possible reasons, but we suspect operational convenience and also the Network Rail reluctance to vary lucrative freight workings. The recent visit of the rail minister presented an excellent opportunity for, as we were talking, the 1213 train for Leeds arrived and departed. Needless to say, I was able to make the point that this would be the last southbound train for four hours!

Moving on to our other, passion, rural bus services, we are aware of some of the issues caused by the loss of the weekday Sedbergh to Kendal service. We sincerely hope that this can be sorted. I have said it before but for a town the size of Sedbergh not to have a regular bus service defies logic. A recent study carried out on behalf of the Yorkshire Dales National Park identified that this was one of the key routes that needed enhancing and yet the reverse appears to have happened. I should mention that the Friends provided financial support to the



Western Dales Bus when the Saturday 564A was withdrawn by Cumbria in 2011 and testimony to that sound judgement, WDB and its volunteers continue to provide a valuable service to this day!

The Friends currently support a number of bus services including the Saturday 563 from Kirkby Stephen Station to Penrith. Whilst this is somewhat distant from Sedbergh it is interesting that a number of parish councils and organisations pooled resources to provide the Saturday service with a full-sized bus and multiple journey opportunities. It is doubtful as to whether the commercial sector alone would have done this. And yet with current passenger numbers, the service is

only marginally below what would be considered 'commercially viable'. Hopefully, in a few more months the service will be sustainable.

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. 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 Carlisle? This would involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back

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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 Fridays. Please check www.westerndalesbus.co.uk for bus running and times. (Ed – please note the changed Western Dales bus Services from 2nd Oct including the change from Wednesday to Friday for the S5 and the new Wednesday Kendal S1 service)

There is no better time to get out and use the services we have, including both bus and rail. 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.



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50 YEARS AGO

Colin Cowperthwaite

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

Sedbergh Bright Hour

The opening meeting of the winter session was held in the Methodist schoolroom last Thursday afternoon, when 44 members were present. The programmed speaker was unable to appear, and the president, Mrs H.S. Hills, showed a film on Scripture. Pianist was Mrs J. Bainbridge.

Harvest Festival Services

Harvest Thanksgiving services were held at St Andrew's Parish Church on Sunday. At the morning service, conducted by the vicar, Canon D.A. Rogers, the children brought their gifts and the choir sang an anthem. The evening service was conducted by the curate, the Rev. G.D. Rhodes, and the preacher was Canon A.C.P. Ward, vicar of High Bentham. Organist at both services was Mr W.L. Smith. Part of the gifts were later distributed locally and the remainder auctioned, proceeds being for Christian Aid.

Harvest festival services were held at Howgill Church, when the preacher at both services was the Rev. G.D. Rhodes. During the evening service the children presented baskets of fruit which have been sent to the handicapped children at Sandgate School. They also sang two pieces. On Monday evening the gifts of flowers, fruit and vegetables were auctioned by Mr T. Sedgwick in the schoolroom, where supper was also provided. Proceeds amounted to 20

pounds for Christian Aid and the Church Missionary Society.

St Andrews Harvest Festival at Dent was combined with a special weekend for the Church Missionary Society. Mr J.J. Hillman, the Africa Secretary of the society, had come up to spend the weekend partly in Sedbergh and partly in Dent. At the harvest supper in Dent on Saturday, 80 people attended a hot-pot supper cooked by the ladies of the parish. As the main guest of the evening, and out of his "on-the-spot" experience for the last 25 years in Africa, Mr Hillman spoke of the present state of the large part of the continent he has travelled so much. On the Sunday morning the Vicar, the Rev. A.J.W. Barker conducted and preached at

the harvest family service. Mr Hillman was the preacher at Dent at the evening service. On Monday evening the harvest sale was in the hands of Mr R.W. Ellison. The sale raised over 60 pounds and the total gifts of the weekend amounted to 154 pounds.

At Beckfoot Chapel, the first of the harvest thanksgiving services the speaker was Mr T.P. Metcalfe of Bentham, and the soloist was Mrs A. Duncan, also of Bentham. On Tuesday evening last week Pastor Wilson and his wife conducted the service. Mr R. Harper of Sedbergh auctioned the gifts. All proceeds were for trust funds.

Thanksgiving services were held at Sedbergh Methodist Church on Sunday. The preacher for both

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services was the Rev. W. Llewellyn Jones, Superintendent minister of the Settle circuit. The children took their gifts to the morning service, and in the evening following the service, members of the church under the direction of Mr R. Harper, led the community hymn singing programme at Gladstone House centre for old folk. Organist for both services was Mrs G. Spencer. On Monday evening a service was conducted by the Rev. H.S. Hills, and the gifts were auctioned in aid of Trust Funds.

Harvest Thanksgiving services were held at Garsdale Foot Chapel on Sunday, when the preacher was the Rev. D. Noble Robinson of Hawes. Organist was Mrs A. Akrigg. At a meeting on Tuesday the chairman was Mr T.R. Harper, and the speaker Mr Chris Pratt. The proceeds were auctioned, proceeds going to Trust Funds.

Harvest Festival services were held at Cautley Methodist Chapel last Sunday, when the preacher was Mr J. Pratt of Milnthorpe. A service and meeting on Monday evening was conducted by Mr and Mrs James Law of Ravenstonedale, and the gifts were auctioned by Mr T.R. Harper.

The late Mrs F. M. Sowerby

The funeral took place last Saturday of Mrs Frances Mary Sowerby, of 13 Thornsbank. The service was conducted at the Methodist church by the Rev H.S. Hills, with Miss E. Middleton at the organ. Interment was at Sedbergh cemetery. Mrs Sowerby, who died at the home of her daughter with whom she had lived for many years, had been an invalid and in indifferent health for a long time. She was 83. Born at Frostrow, she moved with her parents to Millthorp as a small child and had lived in the Sedbergh area all her life. After local schooling, she was employed at Dover's Mill at Millthorp until her marriage to the late Mr H Sowerby who died 16 years ago.

'Golden Day' at Sedbergh

A well-known farming couple in Sedbergh celebrated their golden

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wedding on Wednesday. They are Mr and Mrs Matt Dinsdale of Brigflatts Farm, Sedbergh. Mr Dinsdale is a well-known farmer and cattle dealer throughout the North West. Now living in retirement, he still takes a very keen interest in all farming matters and in the business, which is now managed by his younger son. It was on October 17th 1923 at Cowgill Parish Church that Miss Olive Fawcett of Spicegill, Cowgill, married Matt, then of Gaudy, Hawes, before a visiting clergyman, their own vicar having been married himself the day before. After five years at Gaudy, they moved to Brigflatts where they have lived ever since, and raised their family of four daughters and two sons. The couple enjoy general good health, although Mr Dinsdale is now very lame. Proud of his World War 1 service, Matt saw action in France and Belgium with the West Yorkshire Regiment, being wounded twice and gassed once. He is a member of the British Legion, and Mrs Dinsdale is a committee member of the Women's Section, as well as being a long-standing member of Sedbergh Over-60's Club. With his love of horses, Mr Dinsdale was a natural to be the first president of the Sedbergh Sports

Committee, and is interested in harness racing. Mrs Dinsdale enjoys her garden. They celebrated the occasion with a small family reunion.

The late Mrs B.E. Cowperthwaite

The funeral took place at Garsdale Parish Church last week of Mrs Betsy Ellen Cowperthwaite, of Slack Cottage, Garsdale. Mrs Cowperthwaite died suddenly at her home at the age of 78. A native of the district, she was born at Knudmaning, and in her earlier years had lived and worked in Liverpool. During the First World War she married the late Mr Richard Wilson Cowperthwaite of Tebay, and after the war they farmed at Riggs House, near Aysgarth for some years, before returning to Garsdale to farm Lindsay Fold. After several years here they moved to Thwaite Head, which they farmed for 16 years until retirement to Slack Cottage in 1955. Mrs Cowperthwaite died in 1960. She is survived by three sons and eight grandchildren. The service was conducted by the vicar, Canon D.A. Rogers, and the Rev H.S. Hills, superintendent Methodist minister. The organist was Mrs Mason, and interment was at Garsdale Churchyard.



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IRON AGE EARTHWORKS Sedbergh History Society

Barbara Hartley

A walk along the base of Holme Fell above the River Lune will reward you with a visit to one of the best early archaeological sites in our area. There are actually three sites, one on the north side of the road from the golf course just as it meets Jordans Lane, a second site further west back along Jordans Lane and at the base of the fell and a third above Rash bridge. The site above Rash Bridge is difficult to see being within the walled fields at the base of the fell. The first two however are easily seen from a walk along the road especially in winter, spring or early summer before the bracken hides some of the earthworks. The second site is best

seen from above, higher up the fell, where the outlines of the hut circles, ditches and embankments can be clearly identified.

The enclosures on Holme Fell have not been excavated but were examined between 1992 and 1994 by the Royal Commission on Historical Monuments of England (RCHME). The survey was based on examining aerial photographs, followed by detailed surveys which identified hut circles and enclosures considered to be late prehistoric in date. Such settlements were generally small, non-defensive, enclosed homesteads or farms. These homesteads are common throughout the uplands where they frequently survive as well-preserved earthworks. Although the reasons are not really known these

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early homesteads were likely abandoned sometime during or just after the retreat of the Romans from this part of Britain. Many of these early homesteads are thought to have been reoccupied when the Norse people came over from Ireland in the C10th eventually becoming the locations for the medieval farm houses whose current occupants still farm the land today.

The next SDHS event is the AGM to be held by zoom on the 4th October 2023. There will be a short talk by Professor Robert Fox, the Societies president, as well as the formal meeting procedures

The first talk in the 2023/24 winter series will be at St Andrews Church on the 18th October 2023 (starting at 7.30pm). The subject will be on the incidence of illegitimacy in the C18 and C19 in Cumberland given by speaker Lydia Gray.

Everyone – both members and non-members are welcome at the talks.

JOCK CAMPBELL V.C.

Karen Bruce Lockhart

Major General John Charles Campbell, VC, DSO and Bar, MC, was born in Thurso on 10th January 1894 and attended Sedbergh School from 1907 to 1912 and was in Evans House

At the beginning of the First World War he joined up immediately and after graduating from the Royal Military Academy Woolwich was commissioned into the Royal Horse artillery. He was wounded twice, won the Military Cross and ended the war as a Captain. Between the Wars he became a first class horseman both in polo and hunting.

At the beginning of the Second World War he was 45 and a major commanding a battery in Egypt. He gave his name to flying columns (“Jock Columns”) harassing the Italian troupes which greatly outnumbered the British. By the time of the battle of Sidi Rezegh he had already gained two awards of the Distinguished Service Order.

In September 1942 he was an acting Brigadier defending Sidi Rezegh airfield (where another Sedberghian also gain a Victoria Cross). His small force was repeatedly attacked and wherever the fighting was fiercest he was to be seen either in his open car, or on foot, or hanging onto a tank. Alan Morehead (war correspondent) said of him:

“They say Campbell won the VC half a dozen times that day. The men loved his Elizabethan figure. He was the reality of all the pirate yarns and tales of high adventure, and in the

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extremes of fear and courage during the battle he had only courage. He went laughing into the fighting"

The next day he was again at the forefront, personally directing the fire of his batteries, and twice manned a gun himself to replace casualties. Though wounded in the arm he refused to be evacuated during the German final attack and continued to maintain the fighting spirit of his men. He even acted as loader for one of the guns. He was to be seen standing up in his car with its blue flag personally forming up tanks under close and intense enemy fire from all sorts of weapons. A captured German General is said to have written to him expressing his greatest admiration.

In February 1942 he was promoted Major-General. His VC was gazetted on 30th January 1942 and he was presented with the ribbon by General Auchinleck, but three weeks later he was killed somewhat ingloriously when his jeep overturned on a newly laid clay road. The other passengers, though knocked unconscious, survived. He was buried in Cairo War Memorial Cemetery with full military honours

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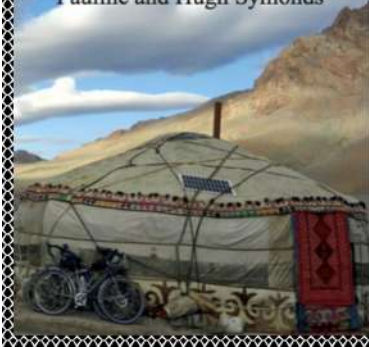
Colin Cowperthwaite

The late David Bracken from Garsdale carried out extensive research into many of the old houses and farmsteads in the dale. David was born and brought up in this house, the former vicarage now named East Paradise, which lies high up on the slopes of Baugh Fell, around 6.5 miles east of Sedbergh. It is approached by crossing Ben Bridge. This is David's account of the early history of the house.

The original part of the house dates back at least to the early 1600's, and recent alterations revealed an ancient glassless window from that era. Originally the property belonged to the monks of St Agatha at Easby near Richmond, and it could date back to the thirteenth century, with the land claimed by Henry VIII in 1535 when the abbey of St Agatha was dissolved. In 1585,

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cordilleras of Colombia.

Tickets £5 at the door.

William Nelson lived here with his sons John and Richard, and in 1600 Robert Nelson lived here.

In 1621 Gilbert and James Nelson, Richard Garthwaite, John Guy and Richard Hobson bought Paradise as part of the Manor of Garsdale from Henry VIII. In 1624, William Raw farmed here, but that year the property on the east side (East Paradise house and one field) was sold by the owners (Roger Otway, Gilbert Nelson, Richard Garthwaite, John Guy and Richard Hobson) for 46 pounds to Isabell Garthwaite, widow of Hugh. She then gave the house and farmland to the church, and it became part of the Coverham Abbey estate.

Early references do not distinguish between East and West, but in 1661 Richard and Agnes Nelson probably lived here; in 1691 James and Ann Mason lived at Paradise with son Robert (probably East because of a

link with an Anthony Nelson); and in 1706 Abraham Mason lived here when his son John was born. In 1730, a son Anthony was born to Richard Nelson of Paradise.

The first clergyman to live here might have been Richard Nelson who was curate of Garsdale from 1763 to 1802, although Edward and Sarah Nelson lived at Paradise before 1784, and the Chapel Clerk, Joseph Shaw lived here in 1761 before moving to Smorthwaite, then to Roger Pot. There were many local Nelson families, and it is not clear which family the curate belonged to, but his son Robert who died in 1789, and his grandson Richard Frobeshier who died in 1800, are buried in the family grave at St John's Church.

The vicar of Garsdale from 1805 to 1837 was Revd. Thomas Blades, who lived here with his wife Mary and children John, Elizabeth (who died aged 19 in 1832), Agnes, Thomas,

Mary Ann and James. It is known that he was very competent with a shotgun, so it is believed that he was the clergyman in the shooting party when the Duke of Cambridge, son of George III, was staying at Dandra Garth. "He happened to be a crack shot and a good whist player, and the duke found him a congenial spirit".

He was followed by Revd. James Boustead for a short time, then by Revd. Henry Thompson and his wife Elizabeth. They employed Eleanor Metcalfe to help in the house. Henry was obviously keen on building: in 1839 he added four new rooms to the vicarage using a grant from the Governors of Queen Ann'e Bounty; in 1841 he organised the building of a new school; and in 1861 he raised funds to build a new church, donating fifty pounds himself. In 1846 Jane Stephenson was probably employed here when she married Christopher Cowper of Dandra Garth.

This is all the information I have from David Bracken's research, but I do know that David's paternal grandparents, Rowland and Mary Jane Bracken, lived at East Paradise from the latter years of the 19th century. They brought up thirteen children, the descendants of many of which still reside in the Sedbergh area. Two daughters unfortunately died in infancy, and one son (Thomas) was killed in action during the First World War. Mrs Bracken said that she had not really to work very hard, as "T'bigger children helped wi't' younger end". She made all her children's clothes, packed dinners for those going to school, made butter, and in haytime, after a

day's work out of doors, thought nothing of baking all night ready for the next day ! (Thanks to the late Freda Trott for this information, having interviewed Mrs Bracken in 1953). Mr Bracken died in 1945 and Mrs Bracken in 1960 at the age of 92, after which time one of her sons Robert and his wife Agnes (parents of David) continued to live and work at East Paradise until the early 1970's, when they bought and moved into Garsdale's later vicarage, The Firs, half a mile down the road.



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VISIT TO RIBCHESTER Sedbergh History Society

Karen Bruce Lockhart

On a very hot day a small group from the History Society were shown round this charming village, which is built on the same footprint as the vicus or roman civilian village, and nestles against the remains of the large military fort, then known as Bremetennacum Veteranorum. It was mainly garrisoned by troops from Spain and Eastern Europe. Prior to the Romans it would seem there were settlements in the area. In later times the importance of the town continued because of its situation on a network of roman roads. Little is known of the town in the centuries

after the Romans left but there was an inscription on a wall in Rome "Ribchester was as rich as any town in Christendom" In about the eighteenth century it was a weavers' town and many of the houses in the main street were built for weavers working at home. The town fell on hard time once weaving was industrialised.

The extremely good small modern museum stands roughly where the principia stood. It contains a replica of the bronze Ribchester parade helmet, which rivals the more famous Sutton Hoo helmet, and which is in the British Museum. It is beautifully decorated and was probably originally gilded with the mask silver-

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plated. It was found by a boy in a hollow ten feet below ground level.

Another interesting relic set in a Millenium garden is the remains of a pillar about 5 feet high, which is decorated in the manner of Trajan's column in Rome with sculptures winding their way up the column.

Not very much remains of the fort. The outline is clear to be seen from the mounds left where the walls were and the towers in the corners. One of these towers was the subject of the second programme ever done by TimeTeam. The present church and the surrounding large graveyard occupy most of the area of the fort, which makes excavation difficult. The two granaries have been excavated and can be seen several feet below the present ground level. When the fort was in use the Ribble ran along the far side of the valley but over the years has changed course and has taken away about a sixth of the fort's

area in the north west corner. Another excavation has been done of the Baths, which lie outside the area of the fort to the southwest.

We were then taken about half a mile to the south west of the village to the small hamlet of Stydd to see some rather unusual almshouses. Originally built at the beginning of the eighteenth century for five poor persons, they now have been converted to house two. They stand on two floors with a wide sweeping outside staircase leading up to a second floor arcade. A little further on is the 8th century church at one time belonging the Knights Hospitallers. It was particularly charmingly decorated with flowers round the entrance and on the screen as there had been a wedding there that day.

Those who came would highly recommend that those who did not (and anyone else) should pay this village a visit.

LOCAL WALKS

Colin Cowperthwaite

Published in a local guide dated 1962, this is how a few walks in the Sedbergh area were described just over 60 years ago. Not a great deal has changed during the intervening years, and I'm sure that these instructions could still be followed successfully today.

1. Howgill Lane

This begins from the Market Place and makes a pleasant morning walk as far as Height of Winder, a farm about one and a half miles away. A further mile leads to Howgill Church, a squat little building of 19th century taste and architecture on the left, resting peacefully by the waters of Chapel Beck. This beck, on the right, may be explored, then return by the fells, climbing Swarth Greaves, Arant Haw (commonly called Higher Winder), and Winder.

2. Slacks Lane

Follow Howgill Lane to the first milestone, then take the turning on the left, coming into the Kendal Road near the Vale of Lune Church, then turning to the left to Sedbergh. A very pleasant and easy walk.

3. Fox's Pulpit

Another relic of the visit of George Fox, where here on a wild spot on the Firbank Fells he addressed a crowd of more than a thousand people for three hours, with the best of results. The Parish Church of Firbank, a little lonely edifice, used to stand here, and the graveyard still remains; and hard by is the rock where Fox preached, on which a commemorative tablet has been placed. Pass Sedbergh Station and

the pretty little Vale of Lune Church and cross Lincoln's Inn Bridge over the Lune. A hundred yards or so on, look for a path across the fields to the right - this will save a long bit of road walking. Cross the next road, and make for the patch of wood to the northwest, and the path leading through it, and up the slope of a steepish hill. Arriving at the top of the wood, bear to the left until a roughish road is struck, and follow this until the graveyard is reached. Some fine views may be obtained by striking east from here; notice the black horse on Howgill Fells on Bushaw ("Busha" locally) Fell; and after going over the top of Firbank Knott, drop down to the Lowgill road close by Firbank Church, a tiny building which has, within the last hundred years, replaced the old church on the fell. Follow the Firbank Road north to Beckfoot, then turn to the right under the eleven arches railway viaduct. Return to Sedbergh by Howgill Lane.

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4. The Killington Hills

This district has a blend of luxuriant wildness and fertility more characteristic of the South of England, and in striking contrast to the bleak magnificence of the high fells. Follow the Sedbergh-Kendal Road to between the fourth and fifth milestone where the old Drove Road from Scotland (by way of Grayrigg) crosses at right angles heading due south. The surface has been improved and is no longer as attractive to walkers as it used to be. Passing between Lylmere and Killington Reservoir, the lane reaches Three Mile House. Here, a turning sharp to the left leads in about a mile to Killington village, with its medieval church and hall. It may be preferable, however, to take an inferior lane, which turns left just beyond Three Mile House, and approach Killington by a farm called Aikrigg. Or take a turning right from this lane on to the wild and broken ground that stretches southward towards Rigmaden. Here is an interesting tract of wild woodland called Greaves Wood. The lane keeps above it and reaches a farm called Harprigg, whence a turning left will lead back to Killington by way of Becksides. From Killington the return to Sedbergh can be made by a choice of lanes: (a) a cart track from Killington Hall which leads by a circuitous route to Cowby Wood and Grassrigg, hence by path to the Kendal Road on Scots Jean's Hill; (b) by a lane past Broad Raine Mill to Killington Bridge over the Lune. From here, a track follows the left bank of the river above rocks and pools and then diverges across a field near

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High Oaks, falling into a narrow lane. This skirts Ingmire Park and comes out on the Sedbergh-Kendal Road at Vale of Lune Church.

5. Ten Mile Course

This is the famous "Long Run" of Sedbergh School and forms a delightful walk. Follow the Cautley road past Pedgecroft and take the second lane on the left, then follow this for about four miles, passing Thrush Gill on the way; then cross the Rawthey by the first stone bridge past Cautley Church, go up the lane and cross the Cautley road to Taythes Gill, Hebblethwaite Gill, Dovecote Gill to Danny Bridge and up on to Langstone Fell, returning to Sedbergh by the Garsdale road.

SEDBERGH COMMUNITY SWIFTS

Tanya Hoare

When we started writing this column in 2014 we gave the decline in the UK swift population as over 40%. Since then records show that the decline is now 60% over the past 25 years and swifts have sadly been red-listed. Unless we put up swift boxes and nest bricks we could be in danger of losing these iconic birds altogether. Swifts are almost entirely dependent on buildings for nest site and it is the demolition of old buildings and renovations that block the holes to swift nests that is the major factor in the problem.

There is good news to report in Sedbergh. The new 50-house development on Station Rd is incorporating swift bricks into the houses. Sedbergh Community Swifts had made a submission to the YDNP planning authority, and obtained a planning Condition that swift nest bricks were to be installed in the properties. Fifty are being incorporated in accordance with best-practice at a 1:1 ratio which is excellent. They will be in clusters of 2 or 3, rather than one per house, as



swifts are colonial breeders. Bat boxes will also be installed.

We also obtained a planning Condition for swift boxes at the URC re-development in Sedbergh. As the roof was not being replaced it was only appropriate for boxes to be installed rather than integral nest bricks. If you look at the east gable facing Joss Lane car park there are 3 boxes, at the apex and alongside the fascia boards next to purlins. They have been painted black so are not that easy to see.

The very first swift bricks that we organised were in the end gable of the gym extension of the People's Hall. We were very grateful to the late Dr Gina Barney who was very helpful in overseeing the project. Four bricks were installed, as well as attraction callers, and all have been occupied.

Another superb idea was created in the gable of a house on Guldrey Lane during the winter. The stonework of the wall was hollowed out in 2 places, each making a small cavity just big enough to create a nest site. For the front we supplied entrance pieces that were then pointed in - see picture overleaf - so

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new sites had been made very similar to natural cavities. It's very exciting to learn that one of the new sites has been occupied by swifts this year, a great success. And just to show patience, the house at the opposite side of the alley had 3 boxes put up in 2016 and now all 3 are occupied by swifts.

You may have seen reports in the press in September about swift bricks. The installation of swift bricks in new houses was debated in the House of Lords. Lord (Zac) Goldsmith presented an amendment to the Levelling Up and Regeneration Bill. It received enthusiastic cross party support, and as a result discussions are planned between Lord Goldsmith and Michael Gove, Secretary of State for Levelling Up, Housing and Communities. Although incorporation of swift bricks in new builds is some way from becoming law, a momentum is building.

Next spring we will need as many eyes as possible to keep watch at Station Rd and the URC to see if those nests become occupied. Please help!

RATTY MAKES A WELCOME RETURN TO CUMBRIA'S RIVERBANKS

RSPB

Once a common sight in our rivers, water voles have vanished from the Lake District. In a bid to re-establish this small, yet vital part of the ecosystem, environmental organisations and landowners have joined forces to create the habitat conditions needed to bring back this much-loved creature to Cumbria. This week, their hard work has been rewarded as the last of 365 water voles were released into their new homes.

Nationally, water voles are Britain's fastest declining mammal. Over the last century they've gone from an



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estimated population of eight million to around 132,000. In that time, they have disappeared from 94% of sites where they once lived, including the Lake District.

204 water voles were released at Haweswater, taking place not long after 161 water voles were rehomed on the Lowther Estate. It marked the end of the initial phase of the first re-introduction programme to take place in the National Park since they were virtually wiped out - mainly due to habitat loss, pollution and the devastation caused by the rapid spread of the water vole's nemesis; invasive, non-native American mink. Defenceless against the mink, whole colonies were swiftly decimated.

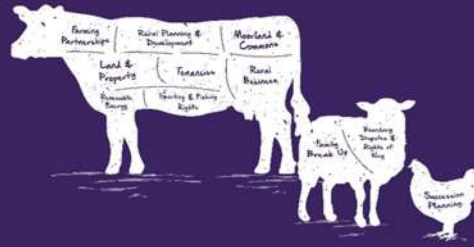
These threats had to be addressed before any animals could be reintroduced.

River conservation charity, Eden Rivers Trust (ERT) was awarded money from the Environment Agency's Water Environment Improvement Fund (WEIF), The Moorhouse Fund (Cumbria Community Foundation) and Ernest Cook Trust to work with landowners and volunteers to find suitable sites, make necessary improvements to habitats and take steps to control non-native predators ahead of this summer's re-introduction.

The successful release of the water voles is a result of a partnership project between Eden

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Rivers Trust, The Environment Agency and the Cumbria Connect programme.

As a result of their efforts, water voles are now settling into their new homes on the Lowther Estate and at Haweswater, managed by the RSPB and United Utilities.

Dave Greaves, Species and Habitat Officer at Eden Rivers Trust explains why now is the right time to reintroduce water voles:

“The conditions must be right to successfully re-introduce water voles and a wide range of partners have worked closely with us to get to this point. Firstly, Lowther Estates and the RSPB/United Utilities’ commitment to landscape-scale river restoration and

habitat improvement projects has created the variety of river and wetland habitats needed for water voles to thrive.

“Secondly, control of invasive, non-native American mink had to be in place as they kill water voles and other native wildlife. Water voles didn’t co-evolve with American mink, and so lack strategies to avoid predation. We now have a more effective and efficient way of controlling mink - working with landowners and the local community so that the water voles stand a better chance of survival.

“Finally, more funding is now becoming available as nature recovery rises up the agenda of

government and nature-friendly farming and land management is adopted.”

To ensure a successful release, Eden Rivers Trust has worked with water vole ecology specialists, Derek Gow Consultancy to find suitable sites and supply captive-bred voles that are closer to the genetic make-up of voles that would have once been more widespread in this part of Cumbria.

Bill Kenmir, Conservation Manager at Cumbria Connect, added:

“This reintroduction of water voles to Cumbria marks a significant step forward in nature restoration of our landscape. Recognised as a keystone species due to their pivotal role, these charming creatures wield significant influence in delicately balanced ecosystems by engineering new habitats and increasing plant diversity along waterways.

“By adopting a landscape-scale approach and with further releases planned across the area, we hope to create a network of interconnected populations across restored floodplains. This will allow the water voles to disperse across more dynamic habitats, including alongside

beaver at Lowther, allowing them to thrive.”

Jim Bliss, Lowther Estate said:

“Lowther is very excited to be part of a project that is reintroducing this adorable and much-loved species back to our northern landscape. For the first time in around 400 years, beavers and water voles can begin to live alongside each other in Cumbria.

“Beavers and water voles co-exist happily. The more dams created by beavers, the higher the water table. This in turn gives voles greater access to wider feeding areas. For their part, the voles, alongside their burrows, help the growth of a variety of wetland plant species – species that have previously been out-competed by monoculture. All this helps to create a diversity of soil structures which in turn brings in more diversity.”

“Lowther’s wider plan is to eradicate non-native invasive species and implement nature recovery across the estate. The water vole project is a key part of this strategy.”

David Morris, RSPB Area Manager for Cumbria, added:

“We are thrilled to witness the water voles’ return to Haweswater, a testament to 12 years of dedicated landscape recovery in collaboration with our partner, United Utilities. Haweswater’s role in the esteemed Cumbrian River Restoration Programme, earning the European Riverprize 2022, reflects our commitment to reinstating natural river processes. Now, working more widely with our neighbours the Lowther Estate, we have created an environment where we can support

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the revival of this endangered species, establishing a population that can disperse across the wider landscape, contributing to a resilient ecosystem that benefits both nature and people.”

John Gorst, Catchment Partnership Officer for United Utilities, said:

“We’re proud to be part of the reintroduction of water voles at Haweswater. They will play their part in continuing to improve the biodiversity around the estate and build on the good work that our partnership with the RSPB has done.”

Find out more about the re-introduction of water voles to the Lake District at <https://edenrivertrust.org.uk>

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Victoria Benn

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Digital Talk: In Your Words – Words from the Dales

Wednesday 11 October, 4.30pm

Dr Fiona Douglas, project lead for The Dialect and Heritage Project based at the University of Leeds will bring to life some of the key insights and discoveries uncovered through its recent work with the Yorkshire Dales Countryside Museum and Ryedale Folklife Museum. Fiona will share snippets of rare audio interviews gathered by researchers in the 1950s alongside newer oral histories to illustrate how, and explore whether, the Yorkshire language and dialect has changed and developed over the last 75 years.

Digital Talk: Beneath the Cracks – the Hidden World of Limestone Pavements

Wednesday 8 November, 4.30pm

Following on from her feature in the summer 2023 issue of Yorkshire Dales Review, Carly Stevens, Professor of Plant Ecology and Soil Biogeochemistry at the University of Lancaster, will draw on six years of research to illuminate these complex and often biodiverse rich ecosystems which typify much of the Yorkshire Dales. She will also highlight the impact of climate breakdown, farming

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practice and other threats affecting these precious habitats.

Digital Talk: Funding for Sustainable Business & Community Projects in the Dales
Wednesday 6 December – slightly later at 5.00pm

This talk is pitched at businesses, community groups and individuals wanting to find out more about how the Yorkshire Dales National Park's Sustainable Development Fund can support projects that aim to promote a more sustainable way of living in, working in, or visiting the National Park. Meet Andrea Burden, Sustainable Development Officer for the Park who will introduce the scheme, the funding available and how to apply. Edward Sexton of Clapham based Glencroft will then reveal how the fund helped kick-start his company's now successful 'farm to yarn' project – Clapdale Wool – buying fleeces from farms within a 5-mile radius and transforming them into Yorkshire-made hand-knit yarn.



FAMILY MUSINGS

Sarah Woolf

What an exhausting and brilliant summer, yes, OK it rained, a lot, but still we enjoyed some lovely weather. Had lots of fun outside in the garden both with grandchildren and actually gardening. Den building continued and one wall of willow started to sprout so now I have a willow wall, awesome.

Two very busy but enjoyable weekends in August with friends staying and a lot going on, the Christian Festival and the Gala, lovely to see all the children enjoying being together at the first and bashing each other at the 2nd on the pillow fight!

Moving all the 'Hall' stuff out of the old Piggery building where some has rested since the 1960's was quite a job and hubby rose to the occasion magnificently. Trailer loads of old mattresses etc passing through the village raised the curiosity of visitors, had the 'hillbillies' come to town .. ? I guess you have to be of a certain age to understand that! It all got moved out . That old rusty building, which might be an eyesore to some but to others is part of their lives, was

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apparently a courting place for some, a very useful temporary storage place for Chapel pews when the new floor went in, and obviously a needed storage place not only for Gala, but the old Dent Festival and even older Dent Fair. Many thanks to its owners for many years of storage

Hubby and I certainly picked the right week for our annual hols, heading to Scarborough at same time as the heatwave. Lazy 'watching the world go by' days, hiring deckchairs to sit in on the beach and even a paddle in the sea . Finding quirky interesting shops, charity shops and eating places with outside seating and views. A trip on the train to Hull to catch up with friends, and then the weekend in Glasgow at a Christian conference, and home again where I realised I had to start planning and cooking meals again.. oh bother!

Now autumn beckons with crisp leaves and fruit in abundance, we noticed the trees were changing colour as we came home from holidays, it gets darker sooner, soon be bonfire night .. and Pumpkin time. And on we go, take care folks, keep on keeping on.

TREES AND LIVESTOCK

Adam Day

"Trees and Livestock can complement each other on the farm"!

There is currently much talk about tree planting on farmland, and many funded schemes available to help farmers looking to add more trees to those already established on farm. These can range from commercial planting opportunities to laying hedges and single trees within pastures.

The Farmer Network proudly tries to help farmers look at all potential opportunities for their businesses, promoting best practice and new thinking.

With funding from The Soil Association, the Yorkshire Dales Farmer Network recently held a "trees with livestock" event at Chapel Le Dale, by permission of Sandra Ireton.

In glorious conditions, Sandra gave a superb farm tour looking at buffer strips, hedge planting and shelter belts. These schemes fully compliment livestock grazing on the farm, adding to the biodiversity and habitat of the farm and at the same



time providing essential shelter and shade for cattle and sheep.

Sandra together with Mike Appleton from the Yorkshire Dales Millenium Trust discussed various funding and grant schemes to help farmers create and establish new tree planting opportunities on the farm, with an aim to compliment the farm business rather than having an either/or choice.

Farmer Network Coordinator Carol Moffat who organised the event said, "We were delighted with this event and the enthusiasm generated amongst the farmers who attended. There was lots of discussion, comment and sharing of ideas and experiences. Farmers always work best when they work together"!

Farmers wanting more information about the themes discussed within the "Trees and Livestock" event should contact Carol Moffat on 01768 868615 or carol@thefarmernetwork.co.uk

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AUGUST WEATHER

B Wright

Generally a reasonable month except we had one day when 30mm (1.2") of rain fell during daylight hours. We had 105mm (4.1") rainfall in total. Again many days started very still until the sun rose and often a breeze developed. Temperatures were marginally above average on the whole. Occasional days being very hot.

A pleasant month in which grass continued to grow for us making feeding sheep easier. A downside of this is that the fresh grass caused many to scour!

Again no slugs were seen which is good for young plants. I still haven't seen any bats again.

The dry weather has seen many small apples fall from the trees. Some of these small fruits have been eaten by some animal capable of biting into fairly hard fruit. Another sign of the drier weather is that leaves are starting to fall already.

SEDBERGH LADIES NFU

Caroline Sandys-Clarke

On 19th September 13 members met on a very wild, wet night. Unfortunately our scheduled speaker Sandra Gold-Wood could not join us as she was feeling unwell following a hospital visit. However Marilyn Leckie had prepared a quiz for us which was much enjoyed, as well as having a chat and catch up after the summer break.

A short meeting followed. Our coffee morning on 22nd November is in aid of DEMENTIA UK.



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**DENTDALE, HEAD TO FOOT
A Trip to the Cinema at Kendal
Brewery Arts Centre**

Andrew Povey on behalf of DDHF

The September meeting of Head to Foot was another trip out! This time to the Brewery Arts Centre in Kendal. The choice of film that everyone wanted to see was unanimous; 'Oppenheimer', the story of his role in the development of the atomic bomb at Los Alamos. It is a captivating film and you do not realise that it is 3hrs long! The seats are very comfortable and the matinee performance at £6.50 per person is a very reasonable price.

The restaurant and bar at the Arts Centre was available after the

performance with a special offer of pizza at £5 before 5pm. It was a good day out, enjoyed by all.

Our next event is on 6th October at 2pm in the Memorial Hall in Dent. This will be a talk by Mike Steele, our chairman, on the Northern Lights. The lights show up at night and are described as 'a celestial ballet of light dancing across the night sky.'

Look for us on Facebook 'Dentdale Head to Foot' and via the Dent with Cowgill Community Forum page. Please follow us and 'like' our page. For further information please call or e-mail:

Andrew Povey on behalf of DDHF:
07881655166;
poveya@btinternet.com

HOWGILL AND FIRBANK W.I.
A catch up on our last two meetings.

Audrey Hoggarth

At the August meeting, we welcomed Doreen Cameron who is an expert in the business of the eventful field of judging at local shows and WI events, what the judge is looking for when judging cakes and preserves and the importance of presentation. She told us about the famous marmalade festival held in May each year at Dalemain historic house near Penrith.

This attracts visitors from around the world with their exhibits. Doreen had the honour of a no expenses spared stay at the famous Ritz hotel and to enjoy what London has to offer. Thanks were expressed for the advice and tips on how to make our cakes and preserves perfect to catch the judge's eye. Sarah's greengage jam passed the taste test and was the Competition winner.

Doreen was thanked for giving us a insight In to the job of a W.I. Judge. The evening was brought to a close with refreshments and a get together.

We met at Firbank Church Hall on September 7th. Sarah opened the meeting by welcoming members and our speaker who was ready to present her talk. Now Daisy Rocke is a very super talented florist and award winner. She was born and bred in Kirkby Stephen and her shop, Rocke n Roses is in main street and well worth a look in. We were given hints and tips on how to make the most out of our flowers how to blow roses to open them up to make them

look better. Arrangements made by Daisy were admired and later raffled.

The competition for a beaded necklace was won by Dylis Mcaffrey.

Thanks for a lovely evening was expressed to Daisy and refreshments were served.

Moving on to the business part of the meeting, we are now in the autumn /Winter season of federation events. We are disappointed as it appears there are no evening venues close to us to attend the annual federation quiz. Sarah and Audrey are to attend the looking after your W.I day in November to share experiences with other committee members.

We meet again on October 5th. for the A.G.M.

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

Wendy Fraser-Urquhart

As I write this, the leaves are already beginning to turn, and the bracken on the fells is a burnished gold. By the time you read this we shall be rejoicing fully in the "Season of mists and mellow fruitfulness". I love the autumn. For so many of us it is a season of change; new school, new friends, new teacher, new college, new job. We send our good wishes to all those moving on.

WI meetings everywhere are very varied, with speakers and demonstrators dealing with a wide variety of subjects. One is never quite sure what to expect. The title of our today's guest, Jan Berry, was, "Making Sugar Flowers". Jan had had a varied career starting as a chef including working at the renowned, "Le Manoir aux Quatre Saisons" under the famous Raymond Blanc. Eventually she moved on to cakes, and decorating them with sugar flowers.

Today our table was decorated with lots of those 'sugar flowers', though they looked so beautiful and real that it was hard to believe that they were made from a paste containing sugar. The material from which they were composed is called 'platinum paste', which is made 90% of sugar. This was made malleable by the addition of a small percentage of tragacanth, a gum produced by plants from the Middle East. This paste was cleverly attached to fine wires which were then manipulated into various lifelike plant shapes. The first technique

which Jan demonstrated was called "twiddling"! Other methods we watched were splatting, veining, snipping, using a Dresden tool, making a Mexican Hat with a 'pig's nipple'. She produced two types of life-like grass; Grassius Roadsidius, and Grassius Carparkius!! You may gather that it was an amusing as well as skilful and impressive presentation. Warm and admiring thanks were proffered to Jan for her presentation.

Tea time followed, certainly up to WI standards in food, drink and company. Birthday wishes, before our next meeting, were for Barbara Kooper, and to former member Elspeth Griffiths who has the prospect of a 70th celebration. Go

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easy on the cake, the pair of you. The competition for 'a picture of a flower' was won by me! (sorry Joan..) and somebody won the raffle! (sorry somebody—brain fade). Lots of complicated WI business followed. We looked at what Federation and other WI activities were on offer. Maggie and Pat will be going to the Literary Lunch at The Belsfield Hotel, so will be sure of a super time, but there are currently no volunteers to go down to London (or more correctly up to London} for the 2024 National WI AGM.

However, I know that there will be a total volunteer force from all our members to attend our own next meeting on Tuesday 10th October 2023, at 2-00pm, at the People's Hall. Our speaker will be Marjorie Bidgway who will tell us about, "The Journey of the Humble Sewing Needle". You would be most welcome to join us.

theWI
INSPIRING WOMEN

SEDBERGH W.I.

Moira Folks

Once again, the walking group benefited from bright fine weather for their August walk, which started in Lowther Castle car park, taking inspiration from our previous week's main meeting when we heard about the 'Yellow Ear' of Lowther. The route led down into the valley going south from the Castle to Whale, then across the river and up through Helton onto the fell side, where a sunny spot overlooking the valley made a pleasant outlook for a coffee stop. The group continued upwards to the high ground where the Cop Stone is located. Slightly further on, the stone circle near the shake holes along Askham Fell provided a convenient spot for a lunch break. After continuing along the fell, a track branched down to Askham and then to the bridge before ascending to the Castle grounds and the café. A distance of about seven easy-going miles was walked with a total ascent of about 670 ft in all.

We were very pleased to welcome back local artists Stuart Gray and Ruth Clayton to give us a practical session at our meeting on September 13th. When they have visited us previously, Stuart has demonstrated using coloured paints but this time he used black ink diluted with water in varied proportions on a beige-coloured paper which gives good mid-tones and allows a white chalk to show up when required - to paint a house in a landscape, for example, or create highlights when needed. Providing each of us with a photocopy of a simple landscape to

copy onto our beige paper, and brushes, ink, water and fine ink pen for details, enabled us to fill in the sky and hills with a brush using various dilutions of ink and water; we also used a small sponge dipped in ink to create a relaxed feel to foliage and grasses in the foreground. Both Stuart and Ruth walked round as we worked, giving us suggestions and words of advice and encouragement. We all enjoyed the evening very much and were quite surprised at our relative success at this first attempt at painting with ink. If you are not familiar with Stuart and Ruth's artwork, I do encourage you to visit their studio at Farfield Mill and see fine examples of their art and crafts,

including greetings cards based on their work.

'The Other Half of Augusta Hope' by Joanna Glen – her first novel, published in 2019 - was discussed by the book group, meeting at Christine's home on September 14th. It's the tale of non-identical twins, the angelic blonde and conforming Julia and the dark-haired, academic and rebellious Augusta Hope and their relationship with their parents in the first instance and later with their neighbours and friends. A family holiday in Spain proves to be a turning point in all their lives. Interleaved in their story is that of Parfait, a young migrant from a war-torn French-speaking country in Africa who has made his home in



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Spain. We all loved this book and highly recommend it, even if it does stretch our credulity at times though in an amusing way! The author's ability to deal with questions of parental expectations, race and disabilities, as well as her empathetic treatment of tragedy and loss, are excellent. Average score 8/10.

'The Pendle Witches' is the subject of our next meeting on Wednesday 11th October at 7.30pm in the People's Hall committee room and our speaker will be Terry Bond. We welcome new members and guests.

Before that, on Wednesday 4th October, everyone is invited to our Coffee Morning from 9.30 to 11.30am in the Church Room at St Andrew's Church in Sedbergh. The proceeds will be shared between Sedbergh WI and the international Rural Women in Action Fund, a charity promoted by the National WI. We do hope to see you there!

LOCAL YOUNG PEOPLE'S FUND

Karen Bruce Lockhart, Chair

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

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary school aged child who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8 might need violin lessons, but later in his or her career may wish to purchase an expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

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

1. Grants for laptops at university and for A Level courses
2. Grants for university textbooks
3. Grants for overseas educational travel
4. A grant for a residential field trip
5. A grant towards a gap year placement abroad
6. A grant to assist with fees for an extra-curricular language course



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7. A grant to assist with the cost of books, equipment and uniform for a vocational course

8. Grants towards the cost of musical instruments

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

know what other steps the young person has taken to raise funds.

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

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



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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

School was pleased with the A Level results this year – it being the year that have not previously sat outside exams due to Covid. An outstanding result was Joseph Noland with four A*s – he will go on to study physics at Imperial College. 91% received offers to their first or insurance choice university and 81% achieved A*-C. Again they were pleased with the excellent GCSE results which were well above the benchmark 2019 pre-Covid results with 36.45% A-A* and 90.96% A*-C

The Prep School was pleased to be nominated as a finalist in the

School House Magazine Awards 2003 as a finalist in the Kindness category

The School is a finalist for Independent School of the Year for sporting achievement, the results of which will be announced in October

The School is updating its IT and will in future use HPE Greenlake's flexible hybrid cloud strategy.

Year 9 pupils arrived the day before term officially started, and began their career at Sedbergh in the traditional way by climbing Winder on a glorious afternoon. It was the biggest intake of Year 9 in the School's history



Year 11 pupils went on a trip to the battlefields of France and Belgium at the beginning of term.

The lane to the Hirst Centre and the new all weather pitches has been tarmacked but not unfortunately as far as Sid's Barn to put a final end to the huge puddle, although it has been filled in

The School has auditioned for Grease which will be performed later December

The Conservation team started their year by removing branches from a ghyll to prevent flooding.

Tom Ogden OS cycled from London to Rome to raise funds for Cancer Research UK

At the end of the first week the Houses Year 9 put on small

performances of plays in the Arden theatre

Music

By the time this is published the Two Hands Two Pianos recital by Peter Noke and Julian Hellaby will have taken place in the Thornely Studio

Cricket

Sixth Form pupil (17) Mahika Gaur (a six foot plus left arm medium swing bowler) gained her first three International wickets playing for England against Sri Lanka in a One Day International and her first cap for England, which was presented to her by Kate Cross. She was named player of the match and took three wickets for 26 runs in 6.2 overs

OS cricketer Harry Brook was given the Freedom of Bradford. He made 67 runs off 36 balls against New Zealand at Old Trafford on 1st September. Much indignation that he was omitted from the World Cup Squad. But he only made 2 in a more recent match!

Nineteen year old OS Tom Aspinwall took 4 wickets for 54 in Lancashire's match against Middlesex at Lords on 20th August with two wickets in the final over for one run, enabling Lancashire to win by 10 runs

OS Matty Revis scored his second First Class century on 5th September against Derbyshire

The U15 side lost their semifinal to Trent College at the ESCA T20 national schools' finals day at Arundel on 3rd September

Swimming

14 year old Archie (Hart House) won Gold in the 50 metre

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breaststroke and Bronze in the 50 metre backstroke in Rio at the U15 World School Games during the summer holidays, after having broken the adult British 50 metre blind breaststroke record earlier in the summer

Rugby

The 1st XV played a pre-season match against Christ College on 2nd September. They played Whitgift in London and won on 9th September 47-20 despite having been 13-5 down at halftime.

OS Ben Redshaw was drafted in to train with England's Rugby World Cup squad

Hockey

More pre-season games were played against Christ College on 2nd September, using the new hockey pitches beyond the Hirst Centre for the first time, the first team winning 11-0. They lost honourably to Durham University. The First XI also took part in the Cumbria Cup, coming second.

Athletics

OS Fraser Sproull made his Bronco Sport debut in San Francisco at the end of August

Future Events

There will be a Year 9 Open Morning on Saturday 7th October 9.30 to 12.30, and Prep School Open mornings on Friday and Saturday 28th and 29th September

A Night at the Musicals will be at 7.30 on 6th October. Tickets £12/£9 from trybooking.co.uk/CMYP.

Old Sedberghian Weekend is 30th September to 1st October

The Parent & Pupil Winter Ball (Year 12) is on Saturday 7th October at 6 pm-10.30

Half term is from 13th to 29th October. Exeat Weekend is 17-19th November. The end of term is 14th December

The First XV play St Petere's York at home on Saturday 7th October at 2.30 pm – there are 10 games between the schools this afternoon, six at home and four away. The First XV also play Blackrock College, Dublin, at home on Saturday 14th October

The School Choir will perform Faure's Requiem on 12th November at 2.30 pm in the School Chapel

The School will perform Grease in the Brewery Arts Centre on 30th November (matinee and evening) and 1st December

The Year 9 Parent and Pupil Ball will be on 2nd December

The Chapel Choir with Annakate Pearson, Harpist, will perform Benjamin Britten's A Ceremony of Carols on 8th December at 7.30 pm in the School Chapel. Tickets from TryBooking

The Guest Carol Service will be on 10th December in the School Chapel at 5 pm

SEDBERGH PARISH COUNCIL

Janey Hassan

The Council held its meeting at 7.30pm on Thursday 14th September 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 12th October 2023 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh

Electric Vehicle Charging

Phase one of the initial installation is complete. Please continue to accept apologies for any disruption on the car parks during the ongoing work, including future associated

street works (required for the new connections) at both locations.

Other matters

Various other matters, including Finance, ongoing Parish Street light project (upgrade to LED) and ongoing maintenance work required to trees at Queen's Garden and New Bridge. Planning matters, which included comments/feedback in respect of the Community Use Scheme for Newfield Hockey Centre and an update on the Section 106 Agreement for the housing development off Station Road. Also, general correspondence and highways matters were discussed along with the Sedbergh Economic Partnership. A request for a mobile pizza van to visit the town and, finally,



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Members were delighted that the memorial plaque, for Antoni Gosiewski (see separate article on page 5) at the lych-gate at Sedbergh Cemetery, had been installed.

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

TIM'S COLUMN

Tim Farron MP

As I write this Parliament has been back at work for a couple of weeks. So, as ministers are back in the House of Commons from whichever beach they have been sitting on, I have been taking advantage of their presence to raise as many of the issues that you raised with me during my Summer Tour.

Housing, or more accurately the lack of any housing that is affordable to people who actually work here, came up in a lot of the discussions I had in places like Sedbergh and Dent. So, I took the opportunity of a ministerial question session to suggest to the Government that they give local planning authorities like ours the power to only approve developments which are 100% affordable. To help them I even suggested that if they weren't sure about this idea, they could use our area to test it. As could be predicted the minister involved didn't immediately agree to pursue the idea but this is such a big problem around here, I simply have to keep pushing on it at every opportunity and something has to be done about it.

During the Tour a lot of people told me how alarmed they were at the plans to close ticket offices at our local train stations and asked me to do what I could to stop them. As a result, I have been running a petition calling for the plans to be abandoned and for our ticket offices to be saved. Over 3000 of you signed the petition and I presented it to the House of Commons this week. I know you are

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not alone in your concerns about this issue so let's see what happens.

For reasons completely incomprehensible to me the Government chose to exclude B4RN, the providers of "the World's fastest rural broadband, from their "Project Gigabit", with the result that parts of Sedbergh and other villages in our area will have to wait longer than they should to get the benefit of a faster broadband connection. I took advantage of a Parliamentary debate to challenge ministers to review this decision. Let's see what happens.

Back home I had a great couple of days at the County Show. We were blessed with rather good weather, and everyone seemed to really enjoy

themselves. Thank you to everyone who took a few minutes to stop by our stand for a quick chat.

Finally, I took part in the Great North Run, raising money for Carers Support South Lakes. This is a brilliant charity who provide support to all those people who provide unpaid care for their loved ones. You can still sponsor me if you want to, simply go to the AJ Bell Great North Run Enthuse website and search on Farron.

As ever if there is anything I can do to help please drop me a line at tim@timfarron.co.uk or give us a call on 01539 723403.

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BALANCE

Martin Dodds

A good friend told me a story recently about a young person who had both the conviction and the courage to stand up to authority [his headmaster], because he believed that the values of the school as reflected in some of the notices on the school notice board demonstrated a significant lack of 'balance' in terms of the values and opinions they reflected and promoted.

That young man's recognition of the importance of 'balance' seems to me to be relevant to the whole of life.

The idea of balance is the weighing of one thing against another to

achieve equilibrium, and is probably most familiar in the weighing of goods for sale in the market. When the old grocer's scales were level on the basis of his weights on one side and the goods on the other, the 'fair price' could be established. Of course, this depended on the grocer having 'honest' weights.

In purely mechanical terms of course, a 'balance' can be achieved anywhere on the scale above the point at which the weight on one side lifts the other off the base. This would not suit either buyer or seller in the shop situation, but may be worth bearing in mind in looking at other circumstances.

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The mechanical concept of 'balance', has been borrowed and applied as a simile or metaphor to aspects of life beyond the physical. This is an important distinction. In physical mechanics, the relative weights on both sides of the scale can be accurately calculated. In other branches of life, agreeing the relative weight to be given to different considerations may not be so straightforward.

Even in the shop situation, while the scales could demonstrate the physical balance and therefore the real weight of the goods sold, the scales themselves did not determine the price/cost per kilo/lb that was appropriate for that weight of that

class of goods. Modern electronic scales often short-cut this two-stage process, and indicate the price for the goods directly on the scale.

This is achieved of course by external programming of the scales. The potential for doing this is also very relevant to assessing the way other 'balances' are considered. In weighing up life's values, who does the programming? Who decides the relative weights to be given to different values?

Despite the efforts of some economists, not all values can be converted into money terms. The range of values that have to be considered in life is huge, and diverse to the point at which direct

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comparisons and weightings are probably not objectively possible. Judgements and decisions have to be made, on a subjective basis, especially about values and notions which are of an abstract nature.

It appears that the nature of abstract ideas makes them difficult to quantify and pin down. In some areas of life, such as party politics, morality and religion, [there must be others] this gives both potential flexibility and ultimate uncertainty about the existence of an absolute value 'level'.

Some people who are committed to a political, moral or religious ideal can find this hard to accept. They want to be certain they are right in their convictions and in the

assessment of the values they hold, and seek to resist the idea that other ideals may also be valid. Sometimes this develops into forms of rigid extremism driven by fear of admitting that other values may be legitimate, or driven by an arrogant-seeming self-belief in one's own rightness.

Depending on our own individual preconceptions, we may be able to identify in our minds, groups or individuals who we think fit into one of these types of extremism. Unfortunately, the development of extreme views at one end of a spectrum of value types may set up an equally extreme contrary view at the other end of the spectrum.

So, as we smugly identify the extremists with whom we do not agree, do we need to look in the mirror to check for an extremism or bias in ourselves of which we may have been unconscious, but which may seem to be quite obvious to those we have just categorised??

Extremism and fundamentalism may sometimes assert that the ideals they stand for are completely objective, appealing to sources of authority such as tradition, common sense or religious texts and personal experience.

This is the kind of thing that annoys scientific thinkers like Richard Dawkins, for whom truth can only be established on the basis of independently verifiable and repeatable experiment. While I have great respect for Richard Dawkins as a practising scientist, it seems to me that this attitude risks setting up a type of scientific fundamentalism which is nearly as subjective and biased as the views he dismisses. He is by no means unique in this. But many of his critics can be equally unaware of their own prejudices.

Extremism on either side of the value scales in any field will tend to create imbalance, and this may well have damaging effects on the degree of respect for the core values included within the disputed range.

So who sets the values that relate to the less tangible aspects of life? Historically, attempts have been and still continue to be made by governments, and religious authorities, to do this. Others see or experience the media as setting the parameters. Some like to leave it to 'market forces'.

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Today it seems that the climate of values in which we are living is increasingly dominated by the incoherencies of social media and the internet and their manipulation by the powerful, the criminal, the determined campaigner, the self-promoting populist, the conspiracy theorist and others.

From this murky, anarchic, electronic porridge emerge modern influences and influencers who [deliberately or otherwise] begin to set the tone for the age.

This produces a very mixed bag of unrefined and undiscerning value-assumptions, which can then be band-waggoned into places for which they were not intended, such as political correctness, single-issue movements, climate change deniers, and some forms of blinkered environmentalism, as well as racism, bigotry and hate.....

This tendency may get reflected in well-intentioned but subliminally biased ideas and opinions and peer-pressures.

Some of which can end up on school notice boards.

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WORRIED ABOUT YOUR ENERGY BILLS?

Citizens Advice

Citizens Advice says it's helping record numbers of people with energy debts before winter has even begun - and the size of the debts people face is rising. New research from the national charity shows almost eight million people had to borrow money to pay their energy bills in the first half of 2023, a number it forecasts will rise over the coming months. 1 in 4 people say their energy bill is the essential cost they're most worried about. Disabled people, single parents and low-income families will be hardest hit this winter.

Despite the fall in the energy price cap, the average household will probably pay slightly more in the coming winter than they did between January and March 2023. Starting the winter in debt means that people have to pay back arrears on top of the costs of increasing energy use in the colder months.

Disabled people and families with young children, particularly single parents, are more likely to have very

high levels of energy debt, and high monthly shortfalls too. This can lead to stress and anxiety for people who already suffer higher levels of anxiety compared to the general population, but they are also more likely to be eligible for assistance with costs.

If you are worried about energy bills, advice and help is available on the Citizens Advice website: <https://www.citizensadvice.org.uk> There is information on saving energy where possible to reduce costs. In addition, there are details of grants or benefits to help with energy bills, and how to check your eligibility. Contact your energy provider as well, as many can offer help to people who are struggling to pay bills and may let you reschedule your payments.

Borrowing money at high rates from doorstep lenders is not the solution, as it just increases your debt burden. If you are already worried about your debts, contact South Lakes Citizens Advice for help.

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

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



UNPAID CARERS IN DEMENTIA

Alzheimer's Society

4 out of 5 unpaid dementia carers take on the bulk of caring responsibilities. Our latest survey puts the spotlight on unpaid carers, with 80% taking on the majority of caring responsibilities for loved ones living with dementia.

An Alzheimer's Society survey of over 1,000 unpaid current and former carers of people with dementia shows that family and friends are the backbone of support.

The survey revealed that 4 out of 5 of those classed as primary carers take on the majority of caring responsibilities (80%) for their loved one.

For those spending on average four working days a week (28.5 hours) providing essential practical and emotional support, the impact of unpaid caring duties comes at a price, with a quarter going as far to say they feel they have lost their identity (26%).

Our survey also highlights the isolation felt by unpaid carers of people living with dementia, as a quarter revealed they lost friends (24%) and lacked frequent social contact with others (27%).

3 in 10 also said they didn't have anyone they felt they could go to for help (29%).

While around half (47%) surveyed have had to juggle caring duties with working full time and over two-fifths said their caring duties put a strain on their relationship (43%).

1 in 10 provide unpaid care

Currently, 1 in 10 of the population are providing unpaid care. With 1 in 3 people born today going on to develop dementia in their lifetime, we are concerned that the overwhelming impact of caring for someone with dementia will only be exacerbated without urgent action.

We are encouraging people to sign up to a Memory Walk, which sees thousands of people walk for, or in memory of a loved one with dementia.

Funds raised will go towards vital campaigning efforts and support services desperately needed by people who have been devastated by dementia, including carers.

Carers desperately need support

Helen Pike, 58, cares for her husband Geoff, 60, who is living with frontotemporal dementia and primary progressive aphasia.



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She said: "You shift from husband and wife to cared for and carer. We have no social life, no outings, no free time, no planning or chatting.

"It's already having an impact on me – it's no wonder that carers who have these responsibilities for months or years on end so desperately need support."

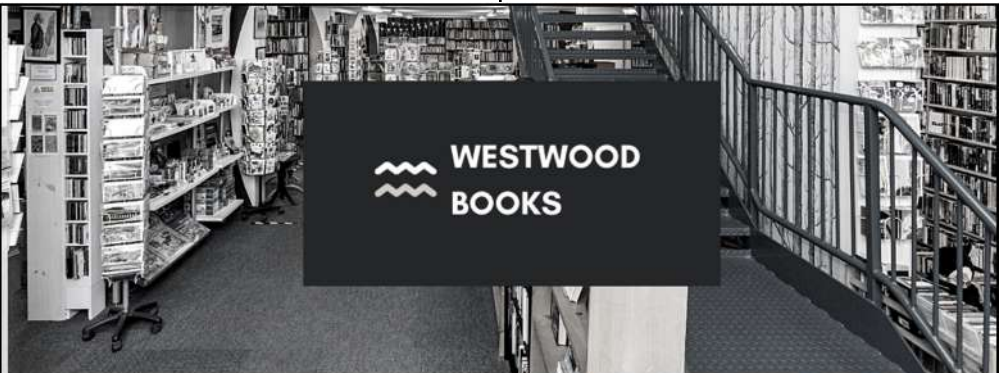
Supporting the findings, actor Anne-Marie Duff added: "Unpaid carers exemplify what it means to be kind and compassionate - quite simply, unpaid carers are heroes."

Alzheimer's Society CEO, Kate Lee, said: "This vital care can be incredibly rewarding but comes at a cost – often coping with changes to behaviour and carrying out daily tasks many of us take for granted.

"By signing up to one of our Memory Walks, we can continue to provide help and hope to everyone who has been devastated by dementia.

"We see thousands of people, all connected by similar experiences, coming together, which is always incredible to witness. From the buzz of the crowd to the hug of a stranger who gets it - whatever you feel on the day, you won't be alone."

Our sponsored Memory Walks are free to sign up for and will be taking place across 24 locations this September and October. There is a local Memory walk in Manchester on October 8th. Sign up for it on the Alzheimer's website.



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SHEERING GAYE VILLAGE

Sandra Gold-Wood

Last month we left Sheering Gaye villagers preparing for a New Year party at the Swan. Daniel is being pressed to work for the Government secret gatherers at M15. Violet is fearful of the danger Daniel might be in, while seeking to understand what this work would entail. The Rev Grey is unsettled and afraid of his past being revealed because of the recent media interest in the village. Dave Walker, having had a tip off regarding the Rev from his erstwhile editor was on his way to look through the Denham Cornicle's archives to see what he could turn up. Margaret Muffat who works for Dora Rowe at the Post Office and also at the Swan has been put in charge of the youngsters who are preparing the back room of the Swan ready for the forthcoming party. Billy Raymond's little sister had tagged along and the boys teased her and made her cry, which, in turn, lead Margaret to find a wallet in Wendy's bag with the name Lambert Quinn clearly written inside. Lambert has not been seen since Christmas day; now read on.

PC Terry Alders picked up his fiancé, Dorothy from the nurse's home at Denham and, on the drive back to Sheering Gaye, he brought her up to date with all the happening in the village. They were both looking forward to the New Year's party at the Swan, and chatted together as Dorothy laid the table for their evening meal. Terry presented the Shepherd's pie that he had left to cook, whilst popping out to pick Dorothy up. They'd barely started their meal when the front door knocker rattled.

'Go and answer it, I'll put this back in the oven,' smiled Dorothy as she kissed Terry on the cheek.

At the door of the house stood seventeen-year-old Margaret Muffat and five-year-old Wendy Raymond.

'I beg your pardon, Mr Alders, but Mrs Rowe sent me. We were doing the decorations for tonight's party and, well, the boys, upset Wendy here, and when I looked in her bag for a hankie, this is what I found, so I thought you might want to talk to her.' Feeling very important Margaret handed over the wallet with the name

of Lambert Quinn clearly written inside.

'You'd better come in,' invited PC Alders.

Margaret lead little Wendy in, reassuring her that she had done nothing wrong. Dorothy made the girls feel at home giving Wendy some milk and Margaret a cup pf tea. Terry got his note book out and they all sat round the table. 'So where did you get the wallet Wendy?'

With a little encouragement from Margaret, Wendy said that she had found it in the front garden of her house, just by the wall. Terry asked what had been inside the wallet and Margaret handed over a pound note and some loose change. Terry made a thorough search of the grubby wallet and found nothing else inside. With a kindly smile he thanked Wendy and asked her if she would mind if he hung on to it. Wendy looked at Margaret to see if that was alright. Margaret nodded.

'Margaret, tell Mr Raymond I'll be by tomorrow to have a look round the garden, too dark now,' said PC Alders as he showed the girls out.

In the Denham archives Dave Walker was viewing old copies of

popular Daily's. To say he was surprised by what he found was an understatement and yet his conscience was troubling him. Dave had no thoughts one way or another on the religious front, and he guessed he was an agnostic, or, he asked himself, is that better described as sitting on the fence. Drawing his mind back to the job at hand, he printed out all the material he could find on the Rev Grey. There was no one else in the archive, and so he spread out the printed sheets on a table and compared the various, and some frankly ludicrous, pieces of copy. Having weeded out the fact-less padding from the assorted articles, Dave gathered up the papers, turned off the viewer and made his way upstairs to Ken's office. The editor sat behind a desk loaded with files, loose papers, a half buried, once white, telephone, a number of tea mugs and a full ashtray. As Dave walked in Ken was lighting up, inhaling and then coughing. Looking at him Dave, instead of lighting up himself, began to think that giving up smoking might well be a worthwhile new year resolution.

'Tea?' asked Ken then shouted to his secretary, 'Carole, two teas in here chop, chop.'

Carole dumped the teas on the desk and handed Ken an envelope.

'What's this?'

'It's my resignation', Ken was about to speak but Carole held up her hand, 'No Dad, I'm serious, I am not putting up with your bullying any longer'. With this she slipped on her coat and was gone, slamming the

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door hard as she went out. Dave looked at Ken a question on his lips.

'It's alright Dave, I don't like her new boyfriend, she wanted to go with him up London to some swanky party tonight and I put my foot down, I mean she's only been out with him a couple of times, he's got a sports car and it's fair turned her head, the wife's dead worried too. Anyway that's enough of my domestic bliss, what do you reckon on the Rev Grey story?'

'You know Ken it's a bit of dirty trick to play on a man of God, the sins of the father and all that.'

'Have you gone soft, thought you were a reporter, the truth will out if we're talking clichés.'

The men argued for a while and then agreed to sleep on it. Dave packed up the papers and shoved them in a file box and left Ken, the office, and Denham. On the drive back to Sheering Gaye he too began to question himself. Had he lost that killer instinct for a story no matter what the fall out?

The St Elizabeth's Church clock stuck 7pm and in each house, flat and cottage around Sheering Gaye, villagers were dressing up for the New Year party. Even in the hamlet of Sheering Fair, the two families who lived there, the Blade's and the Wheelers were putting on their glad rags ready for the party.

At Stanley Hall Violet and Daniel had also decided to sleep on their present predicament. Daniel knew he had no choice but to agree to work for the government. However, he was concerned not to drag Violet into it. Violet was worried about the school.



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With veteran teacher Mr Perry deceased, Lambert heaven knows where, and student teacher Janice Lovett off on a different placement, how on earth could Violet leave the village now? Without the full complement of teachers, the education authority was bound to close the school, and if that happened it probably would not open again. So many community schools had been closed down and so why not Sheering Gaye?

At the vicarage Shelia Grey was doing her daughter Ivy's hair for her in the new blow dry style. Ivy had made herself a fashionable maxi-dress in baby blue velvet which she wore with a long white crochet waistcoat. Even her twin Clifford told her she looked smashing. Rev Grey had put his concerns about his past away for the night and was beaming with pride in his two children. Drawing Shelia close to him he kissed her cheek and told her that she too looked lovely. Each of them had a small glass of sherry, and they drunk a toast to the coming New Year before setting out in the cold night across the village green to the Swan.

J.J Jones drove his bus into Sheering Gaye bringing the Wheelers and the Blades to the annual shindig. J.J himself had made a bit of an effort with his appearance. Instead of his usual navy overalls he wore a creased and crumpled brown three-piece suit, but his shirt at least looked clean. After securing the bus he joined the throng heading for the Swan. People chatted amiably, all thankful that the promised rain had held off.

Daniel had on a crisp white shirt, a navy velvet jacket and grey flares. Happy with his appearance he walked across the landing into Violet's room; what he saw took his breath away; he'd always thought she was lovely, with her golden blonde hair, her enchanting grey eyes and warm smile, but tonight she looked beautiful. The maxi dress she wore was of dark green crepe and it cling in all the right places. Taking a deep breath, he told her how gorgeous she looked and asked if she really wanted to go to the party as he advanced toward her, his arms inviting. Violet held her hands up laughing and telling him that if they didn't go there would soon be villagers knocking at the door to ask why.

Earlier Dave Walker had wandered across to the Swan and positioned himself at the bar where he could watch folk arrive. People watching had always fascinated him; knowing from many years of experience just how much people give away about themselves without speaking. Perhaps, he wondered to himself, he should have become a policeman like his Dad.

At the Muffat household, Silvia had done Margaret's hair in a fashionable up style, and now Margaret was returning the favour. Fourteen-year-old Silvia was complaining that she wasn't allowed to wear the outfit she had wanted to and Margaret was trying to soothe her sister. Silvia had showed off all day because her mother had confiscated the micro mini dress she had chosen to wear. Margaret wore a parsley maxi dress

and she had lent Silvia a pretty pink top and a pair of mauve flares, and she had to admit the outfit looked better on her sister than they did on her. Meanwhile younger brother John was protesting at having to take the dog out. Jean Muffat was pleased with her appearance, and Les was blessing his stars that he'd married her instead of Dora. Les Muffat and Dora Rowe, or Jones as she had been before she married Colin Rowe, had been an item all through school. When at seventeen Les joined the Navy Dora got fed up with waiting and Colin Rowe stepped in. Colin's family owned and ran a successful haulage business out of Denham and Colin always had money and he liked to splash it. Trouble was he liked to gamble, he did win but of course the losses always outweighed the wins. Like all gamblers Colin always expected the next wager to bring him that pot of gold. Les felt sorry for Dora because she was such a hard worker and she had tried hard with Colin. Jean looked up at him and offered him a penny for his thoughts.

'Jean dear, I was just thinking what a lucky man I am.'

'Glad you realise', laughed Jean popping her lipstick and tissues into her hand bag.

The crashing of the back door let them know that John had returned and Les called down to tell him to come up to wash and change. John grumbled asking why he had to go at all.

At the Raymond household Billy was also trying to get out of going to the party. Billy's Dad, Eddy was wise to Billy's tricks and was having none

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of it. Billy's Mum Pauline, was fussing over little Wendy putting ribbons in her hair and talking to her husband about the little girl finding Lambert's wallet.

'Funny thing that Eddy, how'd you think it got there?'

'Probably just dropped out of his pocket. Terry Alders is coming over tomorrow to have a look round, doubt he'll find anything, mind you it is a bit of a mystery.'

Over at the Swan, landlord Roger Croft had set up the disco and checked that the balloon net release was well out of reach. He knew it was just the sort of stunt Billy and his mates were likely to pull. Roger could see his regulars had taken up their places in the bar and he popped by to say hello to them. Then he thanked George Billings, postman and village hall caretaker, for helping on the bar. Margaret Muffat was helping too, as Ian, her soldier boyfriend could not get out of barracks that night. Margaret didn't mind as she knew she'd see him on Sunday.

The back room soon filled up and the chattering was deafening, as



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people raised their voices over the music. Roger and Dora instigated some party games, and everyone was happy to take part. Adam Wheeler played and sung a couple of popular songs and teenage Silvia Muffat was smitten. While in the corner, Billy, John and Robert were plotting. John produced a pea shooter and plenty of ammo; the boys laughed. John took aim at the back of Dave Walker's neck and hit his target. Dave looked round as he rubbed his neck wondering what had happened. Billy hit George on the cheek which almost made him drop the pint he was pouring. Billy's Dad, and Roger had their eyes on the boys, and when the third pea hit

Dora, the game was up. The boys were separated and put to work clearing glasses and washing up, each of them under close watch.

Dave Walker seeing Rev Grey sitting on his own went over to him. Dave had made his decision and he knew it was the right one. Keeping his voice low, he explained to Rev Grey what was on his mind. Grey was taken aback and made to get up. Dave laid a hand on his sleeve;

'Look, Rev I am not going to do anything with this information, I'm sure you must have suffered enough, I am turning over a new leaf, no more reporting for me, I've lost the feeling for it and, if you don't mind me saying Rev, I've a suggestion that may well settle the matter.'

The two men moved out into the snug where there was less noise and Dave put his idea to the Rev. It turned out that Rev Grey had come to the same conclusion and so they shook hands and walked back into the party. After a quick word with his wife Rev Grey stepped up on the small stage and Shelia went and stood with the twins. Rev Grey asked Roger to turn the music off for a moment. Then he turned to the gathered villagers and began his tale.

The villagers listened with open mouths and gasps as the tale unfolded. It transpired that Rev Grey's father had been a bad lot in and out of prison and when Grey was in his teens he'd been hanged for murder. In the silence after this revelation Sheila stepped up beside her husband and took his hand. J.J. was the first to speak,

'Well now then Rev, we've, had our fallings out you an' I, but I'm thinking you're a brave man to stand up and say. It can't have been easy to live with.'

'You're not to blame Rev, said Les Muffat.

This statement was followed by chorus of, 'That's right', and 'Here here' which spilled out around the room followed by spontaneous applause. Twins, Clifford and Ivy although astonished by their father's revelation, could see no reason for him to be blamed. Everyone was offering their support to Rev Grey and he was close to tears at the kindness of the villagers. Dave Walker felt better than he had felt for years and knew absolutely he had done the right thing. 1974 was going to be a new start for him too.

As the old year drew to a close and the countdown began everyone assembled in the middle of the room and prepared to link arms and sing Auld Lang Syne. Calling out the count down, five, four, three, two, one! A chorus of hooray's rung out and the singing began as the balloons came down. Then, glasses were handed round and a toast to the New Year was cheered by all. The cheers were heard by the soldiers who were guarding the area where the bomb had exploded. They also wished each other a happy New Year and looked forward to their sentry duty finishing.

People began to drift back to their homes calling goodnight and happy New Year to friends and neighbours. Daniel and Violet almost ran back to the Stanley hall wanting to be alone.

Sedbergh and District Lookaround

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J.J. revved up the bus and shouted for his passengers to get a move on. Margaret was in the hallway of the Swan speaking to Ian who had phoned from the barracks. Eddy Raymond carried Wendy home, followed by his wife and son Billy. Silvia hung back waiting for her sister Margaret, wishing she had a boyfriend, and wanting it to be Adam Wheeler, but he'd hardly looked at her all night.

With everyone gone Dora and Roger danced together to their favourite song and looked forward to their wedding day.

Everyone slept well that night and not a soul remembered Lambert Quinn.

PERSONAL MESSAGES

THANK YOU

A big THANK YOU to the men who picked me up off the road when I fell over – and to Marie for getting the ambulance. A big thank you for the lovely cards, flowers, goodies and all the get well wishes from family and friends – all very much appreciated.
Heather Capstick

=====

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PUZZLE (SOLUTION ON PAGE 84)

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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.

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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.

OCTOBER 2023

02	1030	Walk in Flu Vaccinations Begin (15)	MC
02	1930	Howjills Harmony begins (13)	Smithy Cot
04	930	Walking Pilgrims	Sedbergh Library
04	930	WIS Coffee Morning (50)	StAS
04	1400	Community Corner (Apr)	DMC
05	1200	Macmillan Coffee Morning	GH
05	1330	poetry club (Aug)	RR
05	1400	Community Tea	GH
05	1930	WIHF AGM (48)	WIHF
06	1400	Dentdale Head to Foot (47)	DMH
07	830	Flu and Covid Vaccinations	MC
07	1930	Big Quiz Night (1)	CCCN
08	1400	A Force to be Reckoned with - Play (Sep)	PH
08	1600	Messy Church	CCCN
08	1600	Tabernacles Celebrations (1)	Rhumes
09	1930	AGM Community Trust (14)	PH
10	1400	Killington WI (49)	PH
10	1930	Domino Drive	FCH
11	1000	Monolith - Gina Tawn	FM
11	1400	Community Corner (Apr)	DMC
11	1630	Friends of dales digital talk	online
11	1915	Dentdale WI over the counter	DMH
11	1930	Firbank Parish AGM	FCH
11	1930	Sedbergh WI Pendle Witches (50)	PH
12	1300	Medical Centre training afternoon	MC
14		Repair café (Aug)	TBA
17	1400	Sight Advice	PH
18	930	Christian Aid Coffee Morning	StAS
18	1400	Community Corner (Apr)	DMC
19	1330	Poetry club (Aug)	RR
19	1400	Community Tea	GH
20	1930	Barbon Cancer fund raiser (1)	BVH
20	1930	Bingo and Tattie Pie	FCH
21		COGS Apple Day (10,21)	PH
21	1000	Apple Day	PH
21	1000	Dentdale Methodist Coffee morning	DMC
23	1930	Beetle Drive	GVH
25	1400	Community Corner (Apr)	DMC
26		Poppy Appeal Begins (11)	TBA
28	1000	Ecomarket (28)	StAS
31	1630	Pumpkin Party (31)	Rhumes

NOVEMBER 2023

01	1400	Community Corner (Apr)	DMC
02	930	Walking Pilgrims	Sedbergh Library
02	1330	Poetry club (Aug)	RR
02	1400	Community Te	GH
03	1400	Dentdale Head to Foot YDNP	QG
04	1900	Bonfire and Fireworks	GVH
05	1830	Fireworks Sedbergh School (14)	Busk Lane
08	1400	Community Corner (Apr)	DMC

08	1630	Friends of Dales digital talk	online
08	1915	Dentdale WI AGM	DMH
11	1400	Jumble Sale (42)	PH
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 (Aug)	RR
16	1400	Community Tea	GH
18	1000	Dentdale Methodist Coffee morning	DMC
20	1930	Dominoes	GVH
21	1400	Sight Advice	PH
22	930	Coffee Morn Dementia Ladies NFU (46)	StAS
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
30	1400	Community Tea	GH

DECEMBER 2023

01		Dentdale Head to Foot jacobs join	TBA
01	1930	Cycling through the Cordilleras (Sep)	PH
06	930	Walking pilgrims	Sedbergh I
06	1400	Community Corner (Apr)	DMC
06	1700	Friends of Dales digital talk	online
06	1700	Late Night Opening (11)	Sedbergh
07	1330	Poetry Club (Aug)	RR
08	1930	Ceremony of Carols (54)	SS
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
14	1400	Community Tea	GH
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
28	1400	Community Tea	GH

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
11	1400	community tea	GH
14	1600	Messy Church	CCCN
16	1400	Sight Advice	PH
25	1400	Community tea	GH

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

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

EAT AND DRINK IN SEDBERGH

BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

THE GUNDOG COFFEE SHOP

Pleasant café in Main Street serving coffee, sandwiches, cakes etc, 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) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- stay@drawellcottage.co.uk	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: alibramall@protonmail.com	20360
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) <i>1T(ES), 1D(ES) NS, CH, L</i> 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
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 -----	Rosemary 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 -----	Joe Gorst - 07964 830473 / oe.gorsty24@gmail.com
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
Peppercot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Miss Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
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 -----	sedberghcomarket@greencobweb.co.uk
Sedbergh Songsters -----	TBA
Sedbergh United Charities -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
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 SOLUTION

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

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

DENT RAILWAY STATION TIMETABLE

Valid from January 2022

(N) Through train to Leeds, Sheffield and Nottingham

*Cancellations are always 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

BUS SERVICES

S1 Wednesdays - Kendal Shuttle
Western Dales Bus
Dent - Sedbergh - Oxenholme - Kendal
From 2nd October 2023

Dent Village	..	1010	..	1430
Sedbergh Maryfell	..	1025	1200	1445
Sedbergh Library	..	1027	1202	1447
Sedbergh opp. Morphets	..	1028	1203	1448
Killington M6 Bridge	..	1037	1212	1457
Oxenholme Station	..	1047	1222	1507
Kendal K Village	..	1052	1227	1512
Kendal Bus Station	..	1058	1233	1518
Kendal Morrisons	..	1103	1238	1523

Kendal Morrisons	..	1113	1328	1533
Kendal Bus Station	..	1118	1333	1338
Kendal K Village	..	1123	1338	1543
Oxenholme Station	..	1128	1343	1548
Killington M6 Bridge	..	1138	1353	1558
Sedbergh Spar	..	1147	1402	1607
Sedbergh Post Office	..	1148	1403	1608
Sedbergh Maryfell	945	1150	1405	1438
Dent Village	1000	..	1420	..

LOOKAROUND

Would like to thank the

Western Dales Bus

**For the S1 Wednesday Service to
 Kendal and back.
 Starting 4th October.**

BUS SERVICES

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

From 2nd October 2023

<i>Trains to Carlisle</i>	..	1048	1815
<i>Trains to Leeds</i>	..	1041	1733
Dent Station	..	1053	1737
Dent Village	..	1108	..	1505	1752
Sedbergh Maryfell	0835	1123	1315	1520	1807
Sedbergh Library	0837	1125	1317	1522	1809
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	..
Sedbergh Maryfell	1000	1300	1440	1645	..
Dent Village	1015	..	1455	1700	..
Dent Station	1030	1715	..
<i>Trains to Carlisle</i>	1048	1815	..
<i>Trains to Leeds</i>	1041	1732	..

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

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

From 2nd October 2023

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>	0934	1106	1501
<i>Trains to Leeds</i>	0920	1146	1455
Ravenstonedale Kings Head	0947	1151	1440
Newbiggin on Lune	0950	1254	1443
Tebay Roundabout	0958	1202	1451
Killington M6 bridge	1008	1212	1501
Kendal Castle Green	1017	1221	1510
Kendal Bus Station	1022	1226	1515
Kendal Morrisons	1027	1231	1520
Kendal Morrisons	1037	1326	1530
Kendal Blackhall Road	1042	1331	1535
Kendal Castle Green	1047	1336	1540
Killington M6 Bridge	1056	1345	1549
Tebay Roundabout	1106	1355	1659
Newbiggin on Lune	1114	1403	1607
Ravenstonedale Kings Head	1117	1406	1610
Kirkby Stephen Station entrance	1123	1412	1616
<i>Trains to Carlisle</i>	1106	1501	1703
<i>Trains to Leeds</i>	1146	1455	1717
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**

From 2nd October 2023

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

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.

Religious Services in Sedbergh

CHURCH OF ENGLAND

The Benefice of the Western Dales

**Vicar: Rev'd Andy Burgess
20018**

andy.burgess@westerndales.org.uk

Pioneer Minister

Becca Gilbert

Email:

becca.gilbert@westerndales.org.uk

(currently on sabbatical)

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

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**

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 IN THE WESTERN DALES

Cornerstone Community Church, New
Street; Dent;

Garsdale Low Smithy; Hawes Junction

Rev'd Andy Burgess 20018

andy.burgess@westerndales.org.uk

Pioneer Minister

Becca Gilbert

Email:

becca.gilbert@westerndales.org.uk

(currently on sabbatical)

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 8.30am, BCP Holy Communion
10.30am, Holy Communion
4th Sunday 4.00pm Teatime Church
Mondays 9.30am, Morning Prayer
Wednesdays 11.30am, BCP Holy Communion

ST ANDREW'S CHURCH, DENT

2nd and 4th Sunday 10.30am, Holy Communion
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 10.00am, Holy Communion
3rd Sunday 10.00am, Morning Prayer
5th Sunday 10.00am, 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

ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday 2.30pm, Holy Communion

ALL SAINTS' CHURCH, KILLINGTON

1st Sunday 2.30pm, Afternoon Service

Methodist Service Times

CORNERSTONE - Sunday 10.30am
DENTDALE - 1st and 3rd Sunday 10.30pm
GARSDALE - 2nd and 4th Sunday 2pm.

**Combined plans for Western Dales Mission Community
October 2023**

	Time	1 st	8 th	15 th	22 nd	29 th
	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30am	Morning Service	Harvest Festival 6pm- Choral Evensong		HC 4pm- Teatime Church	Joint Service with HC
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect@ Cornerstone	Morning Service 4pm Messy Church	Chapel Anniversary	HC	
St. Mark's, Cautley LA10 5LZ		2.30pm HC		9.30am MP		2.30pm Taize Service
St. John's, Garsdale LA10	10am	Harvest Festival		MP		MP
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Harvest Festival		Afternoon Service	
All Saints, Killington LA6 2HA	2.30pm	Harvest Festival				
Holy Trinity Howgill LA10 5JD	9.30am		Harvest Festival			
St. John's Firbank LA10 5EF	2.30pm		HC			
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC	
St. John's, Cowgill LA10 5RJ	2.30pm		All-Age Harvest Service	HC		
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		HC		Morning Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	Tuesday	3rd				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	Wednesday	4th	11th	18th	25th	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19.30	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening Prayer			
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

Telephone Box, Millthorp

*Access Codes to the Defibs 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 - Myles Ripley 07880 161648

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,
Anna Kayani and Dawn Douglass

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:

October 2023