

Sedbergh & District

LOOKAROUND

May 2024

Donation £1

Issue 431

Our 431st issue is dedicated to the memory of our founder, the unique Dennis Whicker. The first few pages with photos of Dennis are printed in colour, courtesy of Stramongate, our

long time printers, who knew Dennis very well. There are many memories to read, the first editorial and a history of Lookaround, written by Dennis and Jackie. Enjoy. *Ed.*

WHAT ARE WORDS WORTH? SEDBERGH'S BOOKFEST May 25th – 1st June 2024

Sat May 25th

Book Fair 10-4 PH

Poetry Busking—11-3—Main St

"13 Reasons not to write..." 11.30 & 1.30

Sedbergh Library—Free

Guided walk—Globetrotting— 14.00—TIC—
£5

"Weathering" 7.30pm PH £5

Sun May 26th

"Trial by Jury" 2.30—PH—£5

"The Book of Doors" 7.30—PH—£5

Mon May 27th

"Drink Maps" & craft beer tasting 7.30—
PH—£5

Tues May 28th

"The legacy of Foulstone Manor"

Wed May 29th

Chris' Magic Show 2.30—PH—Free

The World of Old Books 7.30—PH—£5

Thurs May 30th

"The Dales Detective" 2.30—PH—£5

With afternoon tea

Frid May 31st

Alfred Wainwright—his legacy

7.30—PH—£5

Sat June 1st

Exploring the Trail—Cicerone

3.00—PH—£5

"The Price of Life" 7.30—PH—£5



TICKETS on the door OR

<https://www.sedbergh.org.uk/bookfestival>

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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

Wed 1st May - St Andrew's
Wed 8th May - Sedbergh Ladies' N.F.U.
Wed 15th May - Christian Aid
Wed 22nd May - Dementia Awareness
Wed 29th May - St Andrew's

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

ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

Advertising Rates

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

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

EDITORIAL FROM THE FIRST LOOKAROUND—MARCH 1986

DJ Whicker

Well, here we are, the first issue of the newsletter which has been in the darkest depths of my mind for about two years and is now a reality.

I would like to thank everyone for their good wishes and those who have contributed articles and adverts (they bring in the money to finance the paper).

If you have anything that you would like to see in print so that others may benefit, pass on your information to myself at 3 Castlegarth or Miss Southern at Pippin Cottage, Main Street, Sedbergh.

If you have any suggestions about what you would like to see, then let me know. One suggestion already is a Births, Marriages & Deaths section.

There have been a few suggestions for the name of the paper, including Whicker's World, and the winning entry will be used on the next issue. The winner will receive a record token.

I hope that you find something of interest to read in the paper but if you don't, tell me what you would like to see. After all, this is YOUR paper, so help to make it a success by sending in your articles. The last day for submissions for the next issue is 24th March.

I would like to take this opportunity to wish you all a happy Easter.

D J Whicker

DENNIS WHICKER RIP

Angela Jones

When John & I heard the sad news of Dennis's death one incident came into both our minds.

39 years ago we came to Sedbergh when my husband started his job of looking after the CCF at Sedbergh School. His office & the clothing store were above the armoury next to the swimming pool. One evening when he finished work he inadvertently left his office unlocked. When he went in next morning 90% of the combat clothing had "disappeared"! He was mortified & immediately rang Sedbergh Police

Station, yes we had one in those days, & spoke to Dennis our local bobby. Dennis went round to John immediately, took one look & said "leave it with me". Over the next 2/3 weeks bundles were left on the doorstep overnight until virtually every item was returned.

Dennis had his finger on the pulse & knew just where to look. The sign of a true local bobby.

We will miss having a laugh & a joke with him. Sedbergh has lost a unique man.

Stuart Shorty Shaw

One of the best, always had time for us. As we grew up in Sedbergh we had a good few run ins with him though don't get me wrong a true gentleman RIP Dennis John Whicker

Shaun Brooks

Simon Shaw remember racing through Sedbergh hand brake turn up

Dennis Whicker

30th November 1951 – 25th March 2024





Cautley all with Dennis following with blue lights flashing.

Daniel Cressey

Thanks to Dennis a lot of us got to experience something we may never have got to experience and that was a trip to Slovenia in school all sorts of different activities we got up to thanks to all Dennis's hard work and effort getting us twinned with Zrece! A great man who will be missed by a whole community RIP Dennis a true gentleman.

Andrew Holmes

Spent many a day round his gaff playing computer games with John, remember Dennis as a super friendly, firm but fair man. RIP Dennis and thoughts with Dave and John and other family.

Kelly Procter

We had Tottenham Hotspur in common and he would bring old Spurs magazines into the Zero Pantry for me to look at and he was my curry Guinea pig during Lockdown; I'd deliver a new curry and he'd let me know what he thought. Lovely, lovely man

Sarah Natrass-Crouchley

I took him a rhubarb cake during lockdown (sticking with the food theme)

Janey Hassam

He really was a magnificent character, doing so much, for so many people - and always in his unassuming quiet way. From the years of helping Father Christmas, Town Cryer and legend of the Lookaround - we enjoyed him attending Gladstone House regularly for our Community Afternoon teas. He even got his assistant Father Christmas outfit out of retirement one year!



When we were raising money for MacMillan in September 2019, he presented Mary Gladstone with the picture that now hangs at Gladstone House in memory of her late father, and now Mary herself. He also played a significant part of the ribbon cutting at the new Maryfell Playpark in June 2019. I asked Dennis to be part of the ceremony as an adored member of the community - we were delighted that he was able to make it



at the time, as it was during his recovery from treatment at The Christie.

Donna Cowin

Not a brilliant picture but Dennis was the Town Cryer at my wedding and he also said the speech at my wedding reception. I have known Dennis all of my life and he will be missed. God bless you Dennis xx



Carol Champion

When I worked at fine fare in Sedbergh, I watched Charles and Diana's royal wedding with him in the Lookaround headquarters!! He was such a lovely man. XX.

Roger Greenbank

Dennis and my Dad were good friends. For my Mum's funeral, Dennis rolled up in full dress uniform with white gloves. He directed traffic for the hearse to get to church yard, a small thing but a really nice gesture. RIP Dennis

Alison Sumner

A lovely fella, was a privilege to be a young 'un growing up with Dennis as our local 'bobby'. RIP Dennis





Lynne Humphreys

Dennis took us into the cells to frighten us as to where we'd end up if we got into trouble. It worked!!! Lovely gent. I hope everything goes well and he gets the best "send off"

Ena Denny

Must have been common practice because I can remember Geoff Jenkinson and myself being shown the cells and being told that is where we would end up if we didn't stop scrumping. It didn't work though just made us realise that they were telling lies when they said we had been seen so we never admitted anything after that.

Mags Hall

I, along with much of Sedbergh, have a million memories of Dennis. He was one of earth's truly great men. He was my Santa. The one and only real Santa.

Despite going through chemo and being quite unwell, he still made time to come to our home to visit Zak at Christmas, when he was too poorly following spinal surgery.

I believe Zak was one of, if not the last child to benefit from our Santas genuine kindness.

God doesn't make many gentlemen like Dennis. He'll be sorely missed x

Ed Welti

One morning in 2018 I went to see Dennis and find out how he put Lookaround together, the first thing he asked was whether I wanted a pint.... of tea of course. And it was, a full pint, perfectly in scale with Dennis himself.

Last time I saw him we were both in the doctors waiting room. 'How are you doing Dennis?' I asked. 'Very well' - his standard reply. After chatting to me, others he knew came in and he talked to all of them, full of positivity and good humour. We will all miss him.

DENNIS WHICKER

Tony Reed Screen

I am sure that Friday 12 April will be remembered by those present as we said farewell and celebrated the life of this larger than life and much loved man who had been one of the lynchpins of Sedbergh for so many years. I only knew him for a comparatively short time principally through his chairmanship of the

Community Fund Grants Committee and as a committee member of the Sedbergh Branch of the Royal British Legion. But in that time we became friends with a deep respect for each other and in my case awe of someone who was so committed to the community in which he played such an active and influential role. Dennis was a truly remarkable man and the world and Sedbergh in particular is a poorer place without him.

A POEM FOR DENNIS WHICKER

Georgina Devine

I have some nice memories of
Dennis.
He used to do the Sedbergh District
Lookaround
before Ed and Myles and the new
team,
But Dennis used to do it on his own

for years and years.
He used to do lots of nice things -
He always had time for us.
He would help out with a group for
partially sighted people.
He put lots of hard work into
everything he did.
He used to be a policeman.
He was very caring to everybody in
the area.
He was even the town crier!
He would go around the streets
ringing a bell,
And he dressed as Father Christmas
too.
He used to help with the Sedbergh
Gala and the Dent Gala!
He even helped in the pantomime.
His wife Jackie and their two sons will
be very sad.
He still had lots to give to the world.
Everybody in Sedbergh will miss him.
Dennis was brilliant!





DENNIS JOHN WHICKER

Karen Bruce Lockhart

(This article was written in early 2000s as part of a nomination for a National award for Dennis. We subsequently published it in the February 2019 edition when we took over Lookaround from Dennis. Ed.)

Dennis John Whicker first came to Sedbergh in 1982 as the local Policeman. He served in that capacity until his retirement apart from a short period between 1988 and 1990 when he was moved to another district. He soon became involved in local affairs and in particular in raising money for a thirteen year old girl who was dying of leukaemia and the needs of the local public hall. He found trying to gain adverting or other interest for these charitable activities through the Westmorland Gazette (a newspaper published in Kendal) extremely frustrating. In 1984 he happened to go to an awards ceremony at which various organisations were represented, one of which was a locally published newsletter. He thought this a very good idea and, although it took two years to come to fruition, in 1986 he published the first

edition of The Lookaround – a four pages edition printed on plain paper, cut out then placed on a master sheet and photocopied on both sides (not easy on photocopiers at that time). This was a slow and laborious process involving many a night's work. By the 9th edition in October the paper had increased to 16 pages. By issue 13 they were printing on coloured paper to distinguish the various editions. By issue 18 there were 28 pages

In 1987 there was a local fight to keep the Secondary School open and the Lookaround was instrumental in keeping the district informed of the progress of the campaign – which was successful in keeping the school open. In July 1988 the Lookaround won an award in the News & Publications Section of the local Cumbria Village Ventures Competition

Issue 61 in May 1991 saw a full colour cover featuring the visit of HM the Queen to Sedbergh School – an issue of 48 pages with the colour cover. By the 200th Issue it was printed in full colour throughout and the 240th edition was 96 pages. The present editions are in the region of 120 pages.





**Barbon and district
North West Cancer
Research committee
BLUEBELL DAY**

Whelprigg House, Barbon
by kind permission of Mr Henry Boating
Saturday 11th May. 2 to 5pm
£5 entry, children free
**Includes Tea/Coffee with
cake/scone**
**Various stalls—bric a brac, books,
Tombola, wine or water, cakes etc**

In June 2002 a 'Large Print' version of the Lookaround for the partially sighted began free of charge and a 'Talking Lookaround' is also now produced which is also free.

Each edition includes a diary of local events, bus time tables, bed and breakfast information, religious information, regular meetings, personal ads, children's birthdays, commercial ads for local businesses, job vacancies, articles reporting on meetings and lectures, articles contributed by members of the community, information about the happenings in the district including the schools, articles by the town councillors and the local MP, the National Park and so on. It is heavily relied on in the district for information as to what is happening, what has happened, how to find a workman, and where to get information. It is financed by the adverts, the cost of which has not changed since 1999 (a single column 2.56" by 1" costs £7.50, and a small ad £1), and donations suggested at £1 per issue.

Mr Whicker is ably assisted by his wife Jacky, and they do all the work of publishing and printing. They take

no money from the exercise, and any "profit" is given to charity. The Lookaround is published once a month apart from January.

Mr Whicker's involvement in the community is not confined to the Lookaround – he acts as the Town Crier (in full dress) and is Father Christmas during the town's Late Night Shopping. He takes an active interest in the Royal British Legion, and continues to take an active interest in charitable works.

HOWGILL VILLAGE HALL

Lesley Hennedy

Howgill Village Hall has undergone a transformation!

After receiving grants from The Lottery, The Yorkshire Dales National Park, Sedbergh Community Fund, Frieda Scott Charitable Trust and the Hadfield Trust, the hall now has a beautiful new fully equipped kitchen along with an accessible entrance and toilet facilities.



HOWGILL VILLAGE HALL

HOWGILL. LA10 5HZ

Available for hire

Meetings, functions, parties,
classes and more.

For bookings tel:
James 07816105615
Gareth – 07801276233
email:
Gareth4759@gmail.com





We are eager to invite everybody along to see the new improvements at our Official Opening on Monday 27th May 6.30pm followed by a Duck Race and refreshments.

A Defibrillator has also been installed outside the entrance, this has kindly been donated in emory of Tom Allen from funds raised for the North West Ambulance Service. Seven other halls are also to receive defibrillators in Tom's memory.

The Hall is now available for functions, meetings, parties, etc. please see the separate advert for more information.

SPRING SHOW CUPS 2024

Marion Wood/Ed Welti

On a fine Spring day Sedbergh Show once again attracted a good many people eager to see the exhibits, listen to a fine performance by the training part of Sedbergh Town Band, and of course sample the tea and cakes. Cup winners are listed below. There will be a fuller report in June Lookaround.

Handicrafts Cup: Anne Symons

Flowers & Plants Cup: Janet Hornby

Garments Cup: Margaret Townsend

Homemade Produce Cup: Margaret Denton

Art Cup: Angela Dixon

Photography Cup: Chris Wood

Junior Cup: Izaak Mitchell Whiteside

Children's Cup: Lowell-Bear Denton

W. Milburn & Sons Handwriting Cup: Olivia Ford

Cup for Special Effort: Izaak Mitchell-Whiteside

Roger Underwood Cup for most New Entries: Margaret Townsend

Lookaround cup - Best Exhibit

(Adults): Gill Dickinson: Knitted toy

Lookaround cup - Best Exhibit

(Children): Izaak Mitchell-Whiteside:

Photograph of butterfly

WI Cup: Sedbergh

Shield for Overall Winner of Show:

Angela Dixon: Just one point ahead of three other people



For Sale

Sedbergh Post
Office
Penny Black



Please call in to talk to us or contact our Agent:
[Blacksbrokers.com](https://www.blacksbrokers.com)

LETTER FROM THE POST OFFICE

Peter and Gaynor Jackson

It has been several months now since the ITV drama, "Mr Bates vs the Post Office", hit our screens and woke the nation up to the gross injustice that PO Ltd had been inflicting on so many hard-working Postmasters. We consider ourselves very fortunate in that we did not suffer any losses but feel desperately sorry for those Postmasters who are still awaiting exoneration and redress.

We would like to very much thank all our customers for their kind words of encouragement and for all the

support we received, especially regarding the future of our Sorting Office. We can assure everyone that our Post Office branch is secure and thriving and it is through our customers continuing to post items, bank and withdraw cash and return goods via RM or, more recently,

Amazon and DPD, that the vital services we provide continue to flourish.

It is hard to believe, but, Gaynor and I have been running the PO for over 10 years now. In that time, we feel we have become part of the unique community that is Sedbergh and we would like to think we have added something to both the town and the shopping experience for



People's Gym and Fitness Centre Annual General Meeting

7-30pm
Wednesday 22 May
People's Hall
Sedbergh
All members welcome

everyone who lives here. However, we have reached a time in our lives where we would like to retire and enjoy this beautiful part of the country in which we live.

Therefore, our lovely little Post Office is up for sale! We would very much like to see it taken on by someone who can build on what we have started, continuing to serve our community in what we believe is going to be an exciting future for the Post office in Sedbergh. If you or someone you know is interested, please call in and have a chat or contact our agents at [blacksbrokers.com](https://www.blacksbrokers.com). In the meantime, we look forward to serving you very soon.

PEOPLE'S GYM

Martin Lewes

Sedbergh's community gym was the choice place to go for exercise, ranging from body-building to simple jogging on a treadmill, for more than 100 people in the first two weeks of April, analysis shows.

That's around two thirds of the registered membership. They range from young people at the minimum age of 16, to pensioners, men and women, and most will have been in several times to use the wide range of equipment on offer.

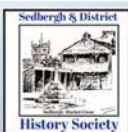
Some would be training for a particular sport, others to keep generally in good shape. You can find more details and register to join at www.sedberghgym.club.

The gym, in an annex to the People's Hall, is managed by a small team of hard-working volunteers and one hard-working part-time membership secretary.

Like most of Sedbergh's voluntary organisations, the committee's constantly looking for gym members to get involved in future development as others, for one reason or another, step aside. For example, one of our members who is a qualified personal trainer is planning to move on later this year.

The gym is effectively a small business, demanding a range of skills from committee members to run successfully, and the annual general meeting at the People's Hall on 22 May 2024 is a chance out more and to find out more and possibly join the management team.





Ask at the
Information Centre
for access to our
History Room
(usually open 10:00
to 16:30 hours)

You can browse our
publications there
and pick up a
Membership Form
with a leaflet on our
talks



Sedbergh & District History Society was founded in 1980 to study, research, publish and stimulate interest in the history of **Sedbergh Dent and Garsdale**, neighbouring parishes, and in history generally. Winter talks are held in **St. Andrew's Church, Sedbergh** or by **Zoom**. Summer outings vary from local walks to full day excursions. Our extensive archives in the Society's **History Room** are open to the public. Four **newsletters** are published each year as well as our annual journal, the **Sedbergh Historian**.

General enquiries:
enquiries@sedberghhistory.org.uk

Zoom invitations:
zoom@sedberghhistory.org.uk

Membership:
membership@sedberghhistory.org.uk

Website: <http://www.sedberghhistory.org.uk/>

Sedbergh & District History Society

The Community Office
72A Main Street Sedbergh
Westmorland & Furness LA10 5AD

**New Website
Now Live!**

LOCAL WILDLIFE EVENTS

Cumbria Wildlife Trust

There are a variety of local wildlife events this spring and summer that you may wish to experience. Pop them in your diary – booking required for all via the Cumbria Wildlife Trust website <https://www.cumbriawildlifetrust.org.uk/>

events

1/ Experience the nationally important hay meadows at Bowber Head on :-

Tues 18th June 10.30 - 12.30

Thursday 20th June 14.00 - 16.30

Tuesday 25th June 10.30 - 12.30

Thursday 27th June 14.00 - 16.30

2/ Conservation and monitoring days at Smardale nature reserve on -

Saturday 11th May 10.30 – 15.30

Tuesday 11th June 10.30 – 15.30

Booking required via Cumbria Wildlife website

3/ Conservation and monitoring days at Bowber Head on -

Saturday June 15th 10.00 - 15.30

4/ Night time wildlife adventure at Brown Robin Nature Reserve, Grange over sands on

Friday 28th June 19.30 – 22.30

5/ Wonderful woodlands walk in Staveley woodlands nature reserve on

Sunday 30th June 11.00 – 16.00

6/ Explore Barbondale on

Wednesday 22nd May 17.30 – 19.30



Sedbergh Parish Council would like to invite you to the

Annual Parish (Electors) Meeting 2024

To be held at the Committee Room, The People's Hall,
Howgill Lane, Sedbergh on **Thursday 16 May 2024 at 7.00pm**

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

Hear about future Parish Council projects, including the new playground proposals at the playing field, Howgill Lane.

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

N.H.S. APP DROP IN AND SUPPORT

Sedbergh Health Centre

Sessions -

*Wednesday 15th May 2024 - 10am
to 12pm*

*Wednesday 19th June 2024 -
10am to 12pm*

*Wednesday 17th July 2024 - 10am
to 12pm*

Location: Sedbergh Medical
Practice waiting room

Discover the Benefits of the NHS App! Get hands-on help to register and use the NHS app with Sheldon Kent our PCN Digital Development lead.

Learn to -

Book appointments, order repeat prescriptions, and seek medical advice with ease, bring your ID on the day.

Empower Your Health Journey with Technology! Open to All.

FRIENDS OF THE DALES Summer Programme

Victoria Benn

Yorkshire Dales environmental campaigning charity, Friends of the Dales launches its summer programme on 1 May with a seven-mile easy-moderate walk from Long Preston railway station to Settle station as part of the popular ride2stride Settle-Carlisle walking and music festival programme. With further guided walks offered throughout May to August in Wensleydale, Smardale, Grassington and the Howgills, there is something for everyone.

The charity is also hosting its first all-terrain wheelchair guided walk in collaboration with the charity, Access the Dales and walking company Where2Walk. Early bookers can also secure the use of an all-terrain Trampler or Terrain Hopper wheelchair for this event. For full details and booking links for all these free events visit:

www.friendsofthedales.org.uk.

Why not sign up from Friends of the Dales free e news on its homepage to receive news and events information direct to your inbox!

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KILLINGTON SAILING ASSOCIATION OPEN DAY

Myles Ripley



Killington Sailing Association are very pleased to invite you to visit them at their Open Day on Saturday May 18th from 11am to 3pm. Opportunities will be available to have taster sessions in dinghy sailing, windsurfing, canoeing, kayaking, stand up paddleboarding and possibly wingfoiling. While the day is "free" we would love you to make a donation to Bendrigg Trust to support their work with disabled people.

If you would like to register your interest in taking part, please contact us on committeeksa7@gmail.com and we will send you a booking form.

DEFIBRILLATORS FOR THE COMMUNITY

Lesley Hennedy

Thanks to funds raised in memory of Tom Allan for the North West Ambulance Service, around 8 defibrillators have been provided and installed in local communities including Killington, Howgill and Grayrigg and more are being planned.

In excess of £15,000 has been raised from Gary running the Great North Run and the Tom Allan Tractor Run which was organised by Sedbergh Y.F.C and took place in October '23.

As a family, Gary, Jane and Abbie would like to say thank you and are so grateful for all the charity donations and support they've received which has enabled this to happen in Tom's memory.



HARDSHIP AND EXHIBITION FUNDS

John Sykes

Hardship Fund:

If you are in financial need or have a real need for an item which you do not have the wherewithal to buy, then the Sedbergh United Charities may be able to help you. Or, if a friend or neighbour is in need of financial help then please let them know about us. The Charities also have an

Exhibition Fund:

For under 25-year-olds for help with educational or training needs. To apply for help from, or should you wish to make a donation to, the Charities then please contact:

Tony Reed Screen
(a865@btinternet.com or 015396 21081)

or John Sykes
(jmsykes100@gmail.com or 07786 384 917).

Any application will be treated in confidence. Sedbergh United Charities and Widow's Hospital - Registered Charity No. 231058

THE HEROES JOURNEY

Camilla Lanata

The Heroes Journey supports Sedbergh School's Wilson Run - the oldest and toughest school run in Britain.

On 19th March 2024, The Heroes Journey supported a school in Cumbria with their annual Ten Mile Run. The fast-growing business will be supplying Sedbergh School with a selection of their new snack products, these were given to each runner who competed on the day. The famous



event takes place in Sedbergh and the fells around it.

The Wilson Run is a huge part of the school's history and tradition, since 1881 it has been raced over almost the same route and has only been cancelled on four occasions. All pupils in the sixth form are given chances to qualify between February half term and race day. The day itself is a huge event in Sedbergh's calendar, with a dinner the night before, lunch on the day, a concert, and the run itself, vast numbers of Old Sedberghians and parents attend The Wilson. Medals are given to the top 6 girls and boys and all runners are invited on stage at The Wilson Run Concert to be congratulated.

Charlie Simpson-Daniel who created The Heroes Journey, was once a pupil at Sedbergh School, along with other members of The



Heroes Journey. He stated: "We are absolutely delighted to be sponsoring the Wilson Run which is very much an iconic event for the school, a place that did so much for my family. It requires incredible dedication and character from those competing and we feel privileged to be able to play a very small part in helping to fuel their journey on race day through our drinks and snacks!"

There are currently 9 former Sedberghians working within or as part of The Heroes Journey ventures and so the unique culture cultivated at Sedbergh is very much alive and well within The Heroes Journey. They hope that any Sedberghians running The Wilson Run who are looking for work experience or considering



careers in the food industry once they depart the school consider reaching out to The Heroes Journey!

Maddy who was also at Sedbergh and now works at The Heroes Journey added; "It is great to see and be involved with The Heroes Journey sponsoring The Wilson Run. I ran the Ten Mile a couple years ago now, and it is really special to see and work in this partnership".

Sedbergh's Director of Sport, Stuart Oliver said; "It is an absolute pleasure to have The Heroes Journey sponsor the Wilson run this year. I taught and coached Charlie when he was at Sedbergh all those years ago and it's great he is now back and supporting his old school. This is an excellent company and very much aligned with our values."

Dan Harrison the Headmaster at Sedbergh also said; "We are very proud of all that Charlie has achieved since leaving here, and we are delighted to be associated with The Heroes Journey, and all of their continued success."

For more information about The Heroes Journey, visit: www.theheroesjourney.com

**Sedbergh Primary
P.T.F.A.**

Promise Auction

**Friday 17th May
7.00 pm**

**Lots of great
promises to bid for**

**Free entry
with table nibbles**

Bar

SEDBERGH MITSURU KARATE CLUB

Sharon Healey

Sedbergh Mitsuru Karate Club is a member of 'Mark Holding Mitsuru Karate Clubs' with further clubs in Penrith, Appleby, Keswick, Shap, Dalston and Carlisle. The clubs are designed to teach both traditional Wado Ryu Karate as well as sports competition. Clubs are affiliated to Yanagi Kai Karate Do who are members of the English Karate Federation, the main governing body for karate in England.

Wado Ryu is a fast fighting, scientific system founded by Grandmaster Hironori Otsuka in 1934.

The classes are designed to develop students through a progressive and dynamic syllabus designed to teach self-defence using advanced karate, improving self-control and concentration as well as developing and maintaining good physical fitness. This is done in a positive and interesting way to ensure each, and every student, child, teen or adult enjoys their journey. Classes are for age 6 and above.

The founder of the clubs is Mark Holding 6th Dan, current Regional English Karate Federation Kumite Coach and Coach of the Year 2022 in the Cumbria Sports Awards.

Head Instructor at Sedbergh Mitsuru Karate Club is Sharon Healey, 4th Dan who also runs the well-established club in Appleby. Sharon has over 30 years'



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experience with many successes in the competition side of karate both nationally and internationally. Assisting Sharon is her son, Reece Healey, 1st Dan who is also an English Karate Federation Coach and competition kata medallist.

All instructors are first aid trained and Enhanced DBS checked.

As well as learning through a progressive syllabus format, there are developmental opportunities throughout the year, for example, kumite (fighting) classes and kata courses. Seminars by visiting instructors and access to local, regional, national, and international competitions.



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Westmorland Step
and Garland Dancers

Practice night Mondays 8.15.-10.00pm

The Beck Community Centre
Esthwaite Avenue, Kendal LA9 7NZ

Sedbergh Mitsuru Karate Club is approaching its first anniversary with a solid class base and a great atmosphere where students have thrived and progressed considerably. Training at the Hirst Centre, Sedbergh School is a perfect base with a vast space and ideal environment to expand the club. Current club members range from age 6 to 73 with a large proportion being children.

Currently one class is held at Sedbergh following a grading syllabus with belt progression although the possibility of running adult only with emphasis on karate fitness is an option if there is interest within the community.

DO SOMETHING BRILLIANT TODAY"

Join Upper Eden U3A

Alan Barr

Upper Eden u3a has a monthly meeting in Kirkby Stephen and group activities happening across the Upper Eden area. Let me explain why we use the strapline: 'Do something Brilliant Today' and why you might enjoy getting involved.

What is the u3a?

We are a nationwide network of local groups encouraging people no longer in fulltime work, to share knowledge, skills and interests in a friendly environment. If that sounds a bit serious don't be misled, it's



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learning for fun, not with the aim of gaining qualifications.

There are 430,000 members across the UK. The range of activity groups is huge - arts and crafts, languages, literature, music, dancing, outdoor activities, games and many more.

How does it work?

All u3a groups are entirely voluntary. Members elect a committee to steer the group, but the activity groups are led by members for other members. Sometimes a group convenor is an expert but often members simply have an interest in common and learn from one another. An expert convenor in one group may participate as a complete beginner in another.

Depending on the type of activity groups may meet in a hall, a café, members' homes or in the open air. There is a small annual membership fee, and some groups may need to

charge a small amount, for example for room hire. But costs are kept to a minimum.

The joy of u3a is both sharing knowledge and skills with others and doing things that we may never have done before. And in the process having fun and making new friends – as u3a posters say: “learn, laugh, live”.

Upper Eden u3a

The Upper Eden u3a was established a year ago. It is one of the newest but already has over 100 members and 17 active groups. Our monthly meeting enables all members can get together, usually to hear a speaker, exchange information about what activity groups are up to and simply meet friends old and new.

The meetings are on the second Tuesday of each month, 10am at the Masonic Hall in Kirkby Stephen. Over the last year we have had stimulating

speakers, mostly from local groups or our own members. Topics have included: Mountain Rescue services, mature driver assessments, guide dogs, Paralympics, Voluntary Service Overseas, volunteering on St Kilda. At some meetings we also have discussions, for example about the Upper Eden u3a and how it is developing.

Current active groups are; Bridge for Beginners/Improvers, Creative Textiles, Crochet for Beginners and Improvers, Cycling, Dry-stone Walling, Enjoying German, French conversation, Functions and Trips, Guitar Tuition, IT/Computers, Longer Walks, Pickleball, Poetry Reading, Scottish Country Dancing, Scrabble, Vernacular History, Watercolour Painting for Beginners, Wood Carving.

There is plenty of scope for new groups. Suggestions have included: dominoes, sketching, Italian conversation, arts appreciation, and genealogy. If you have an interest, it is probable that there may be like-minded people who would like to share it with you, so new suggestions are always welcome and u3a can help new groups to get started.

If this has whetted your appetite you can find out more from our website: <https://upperedenu3a.org/> And you can contact us by email at upperedenu3a@gmail.com or call or text on 073967 36625. Or just come as a guest to a monthly meeting at the Masonic Hall. We would love to see or hear from you.



CHARITY CEILIDH

Jane Fisher

We would all like to shout-out an enormous, huge, heartfelt, thankyou to everyone who contributed to the Ceilidh at the Peoples Hall on the 19th April.

To the amazing Striding Edge Ceilidh Band who played and called out all the steps for the dancers all evening long.

To the Sedbergh businesses who so generously donated prizes to the raffle - The Bath House, The Black Bull, The Dalesman, The Flower Shop, The Green Door, Jessica Amy, Morphets Garage, Powells fruit and veg, Rycrofts, Sedbergh Golf Club and Sedbergh Soap Company

To the Meat Hook who provided the delicious pies delivered hot to the hall in time for supper (at a discount too!)

To D.Bryne and Co. Fine Wines who gave us a generous discount on the wine.

To Emma Packham who kindly helped set up and worked on the bar all evening.

To all those who 'mucked in' helping with the washing and clearing up!

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To all of you who joined us and so enthusiastically danced the night away. What a lot of energy and warmth there was in the hall that friday night!

To those who couldn't attend but donated so generously to our proceeds – you know who you are.

We could not have done it without every one of you!

All proceeds will be divided between Kendal Cancercare and St Johns Hospice Lancaster, we haven't quite got all the invoices and payments in yet so I will confirm the exact amount later but its looking as though you have helped us raise around an amazing £2000!

We are completely blown away - what a wonderful community we live in...

Thank you.

Anne, Caroline, Carole, Elaine, Heather D, Heather P, Jackie, Jane, Lynn, Nichola and Trish.

SEDBERGH ECONOMIC PARTNERSHIP

Joanne Golton

On Wed 27 March, Sedbergh Economic Partnership (SEP) held a local business information event. It was a good turnout, with over 25 businesses attending the evening at the White Hart Sports and Social Club.

SEP's Joanne Golton provided an overview of current priorities for the Partnership and increased business engagement. Sam Butcher from Westmorland & Furness Council's Economic Development Team provided an overview of the types of business advice, support and grants that are available to businesses, here in Sedbergh. Local businessman, John Barraclough, gave an update from the Economic Partnership on the feedback received as part of the ongoing Main Street survey work.

The evening provided a good opportunity for business owners to enjoy a catch up with fellow Sedbergh businesses and all agreed that a new business network, running regular events like this one, would be welcomed in the community.

For more information, please contact Joanne Golton on 07989 355441 or sedbergheconomicpartnership@outlook.com



DENTDALE, HEAD TO FOOT Tales From The Dales

Andrew Povey on behalf of DDHF

Local author Diane Allen gave a very entertaining talk on her life in the Dales and her experience as an author.

Her parents came from Dent, and she spent some of her childhood here. She worked for many years for a publishing company and about 15yrs ago decided to write a book, entitled 'for the sake of the family'. Once started Diane has continued to write and has now published 16 books with more on their way later this year.

She outlined the work involved (budding authors note!). 3000 words a day is her target and each book is 85-100 thousand words in total. Diane researches the background to

her books very thoroughly. This can take many weeks.

Clearly, she enjoys writing and her books are popular with Dent people. Lots of questions were followed by tea and biscuits with plenty of time for Diane to chat with the very appreciative audience.

Our next meeting is on 3rd May at 2pm in the Sedgwick Room in Dent. The speaker will be Prof Angus Winchester and his talk will be on 'Dry Stone Walls and Landscape History'.

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: Andrew Povey; 07881655166; poveya@btinternet.com

ARTISAN MARKET

Main Street, Sedbergh



May 25th	9:30 to 3:00pm
June 29th	9:30 to 3:00pm
July 27th	9:30 to 3:00pm
August 24th	9:30 to 3:00pm
September 21st	9:30 to 3:00pm

www.sedbergh.org.uk

Local Crafts & Food

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POLICE REPORT

PC Mandy Coleman

Logs of note for the area of Sedbergh are:

5/4 – The Spar reported a shoplifting from a known offender. The shop does have CCTV and does aid us in how we carry out our enquiries.

The next Police drop in will be **Wednesday the 8th of May 10am-1pm**, in our Community Office above the TI. Please come along and voice any concerns you have.

Cold Callers

Not Sure.... Don't open the door!
A Cumbria Police Community

Guide

Before you open your door, follow the three steps.

STOP

Before you answer the door, stop and think if you are expecting anyone. Make sure your back door and any other doors leading outside are locked before you go to the front door.

Some Criminals use a technique where one distracts you at the front door while another enters our property through another unlocked door/window. If you feel uncomfortable don't answer the door and lock it.

CHAIN

Open the door with the chain or door bar in place. These act as a barrier when talking to unexpected callers. Talk through a window if you can.

CHECK

Always ask for ID. Genuine callers will always have identification. If you are still uncertain, phone the



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organisation and confirm the person's identity. Genuine callers will be happy to wait.

Never agree to have any work done by a cold caller. Cold calling is 'unsolicited visit or phone call in an attempt to sell/buy goods or services' and that you should always be wary of people calling this way. They have chosen you, not the other way around.

If the caller claims to be from a company you know of, you can check by calling the company from a number on line/phone book. **DO NOT USE** a number that the caller gives you. Close the door and lock it whilst you check.



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

2024

Thursday 16th May
Wednesday 19th June
Thursday 11th July



If the person calling has an appointment with you, still check their ID.

Don't leave any doorstep callers unattended with your door open or unlocked.

Bogus callers can be smartly dressed and claim to be from the police, council, or utility companies. If you have not a pre-arranged appointment with them, do not let them in.

A good response to bogus callers would be "I will find your details in the phone book and make an appointment for another time"

People can turn up on your doorstep claiming to be builders or gardeners and can talk you into them doing unnecessary work.

Always get at least two quotes and ask a family member or friend to help you.

A good response to a persistent doorstep seller is; "I have a family member or friend that helps me with these types of things".

PCSO 5244 Mandy Coleman

Amanda.coleman@cumbria.police.
uk

CHRISTIAN AID WEEK

Rev Anne Pitt

*On behalf of the Christian Aid
Committee in Sedbergh and District*

It doesn't seem long since our Coffee Morning in March and our national Christian Aid Week is starting soon running from Sunday the 12th to Saturday 18th May inclusive. Locally we intend to once again have a coffee morning in St Andrew's Church Room on Wed 15th from 9.30am where there will be a cake stall and raffle and also envelopes for donations will be circulated. Many will be delivered through letterboxes but if you don't receive one and would like to donate then envelopes will be available in our local churches. As in the past year or two, as it is a challenge to go round house to house to collect them and it is often not appropriate, please just drop the envelopes off back in the churches or at the TIC, 72 Main St, or, if you know them to your local distributor. They can also be handed in at the Coffee Morning.

Each year Christian Aid brings a particular area of work to focus on during the Christian Aid week. This time it is in a country I saw across Lake Tanganyika when I was working in the Democratic Republic of Congo when it was known as Zaire. Living conditions were very similar – extremely basic and arduous. The country is Burundi in central Africa and the work is one that has greatly impacted the living conditions of a woman called Aline.

In Burundi, malnourishment and poverty affect more than 70% of the population, making survival a daily

struggle. Jobs and food are hard to come by, and those who have homes often have no electricity or running water.

For Aline, life was a constant struggle. She was married young and gave birth to her eldest son, Fisto, when she was just 14 years old. Aline experienced constant abuse at the hands of her violent husband.

A few years later, Aline faced even more devastation. Her husband married another woman, forcing Aline to flee. He prevented her from taking their children with her, and in a further act of cruelty, told the local community that Aline was mentally ill and unable to care for her children.

Aline's story is one I'm sure that will resonate with our incoming Chair of Christian Aid - we've recently heard that The Rt Revd and Rt Hon Dame Sarah Mullally DBE, the Bishop of London, will be the next Chair of Christian Aid. This is a welcome appointment as she has great experience in caring for others. Bishop Sarah has served as the 133rd Bishop of London since 2018 and is the first woman to hold the position. She sits in the House of Lords as one of the Lords Spiritual.

Bishop Sarah has been outspoken on issues of poverty and justice in London, the UK and globally for many years. She has recently highlighted the dramatic increase in numbers of newly recognised refugees to the UK experiencing homelessness and the role played by church communities across London in supporting them. In recent debates on the UK Government's Safety of Rwanda (Asylum and Immigration)

Bill, she argued in favour of asylum seekers' rights and of the need for the UK to maintain its long-standing leadership in the international development community.

Bishop Sarah also chaired the UK Commission on Bereavement, set up in response to the Covid-19 pandemic's profound impact on those who faced bereavement and experienced loss. In 2022, she led the Health Inequalities Action Group, which published a series of recommendations exploring London's health inequalities and how faith groups can, and do, contribute to the health of their communities.

Bishop Sarah was sworn in as a member of the Privy Council on 14th March 2018 and became Dean of HM's Chapels Royal on 11th July 2019.

In her early career, Bishop Sarah was a nurse at St Thomas' Hospital, and the Royal Marsden Hospital in London and held several leadership roles in health before becoming Chief Nursing Officer for England in the Department of Health. She left this role in 2004 to pursue full-time ministry in the Church of England, serving her first curacy in South London.

In her own words she has said:

'I have long admired Christian Aid and its steadfast commitment to combating poverty and injustice and campaigning for change.

This work has never been more vital than now, as the climate crisis forces us to face questions about our stewardship of creation, and violence and conflict around the world acutely

undermine God's agenda of justice and peace.

Speaking on her appointment Christian Aid's CEO Patrick Watt said:

'Throughout her church ministry and her nursing career, Bishop Sarah has been committed to our goal of ending the injustice of extreme poverty. She has been a powerful advocate for women's rights and for dignity and equality for all people. She shares our vision of working in partnership with others to create a just and peaceful world.

'Her faith, leadership, and breadth of experience will be invaluable in helping to guide Christian Aid as we navigate a fast-changing NGO landscape, in which our work is as urgent as it's ever been.'

It's really good to have such a well-grounded individual heading up the organization in such a crisis ridden world.

Returning to Aline Nibogora in Burundi – she said of her lowest point: "I wandered the streets, asking anyone for a place to sleep. Those who showed me kindness would let me stay for two or three days, but it was difficult. People would insult me

and treat me with contempt. They forgot I was a human being. It filled me with sorrow."

Hungry, scorned and alone, Aline took her first step towards her new life. She started by participating in a transformative three-day community workshop, funded by Christian Aid.

'I came out with amazing knowledge and skills. The trainer restored a sense of hope and energy in me,' says Aline.

She was taught how to form a Village Savings and Loans Association (VSLA) and establish a steady income. VSLAs mean people can save for their future and borrow money to kickstart small rural businesses. With all she had learned, Aline's dream of getting her children back finally felt possible.

With a small start-up loan, Aline started trading avocados and peanuts locally. With her profits, she bought a bicycle so she could transport greater quantities of goods to markets further afield. Eventually, her hard work had finally paid off, and she had earned the money she needed to rent a house.

Once Aline secured a home for herself, her three eldest sons were



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able to escape their father and join her. They told Aline that their father had abused them and sent their three young siblings to live with different members of his family.

Aline still hopes that she'll be reunited with her youngest children in time.

Today, Aline lives peacefully on her own plot of land in a remote village in the Kayogoro

Commune in Makamba Province. She's baked her own bricks and is building a strong home for her and her children in every sense.

Now Aline can afford food, clothes and essential healthcare for her family. She's also purchased solar panels so her children can do their evening homework by electric light.

Of course, Burundi continues to be one of the toughest places on earth to live. The future is uncertain, and challenges wait for families like Aline's around every corner.

When a ferocious storm destroyed Aline's home, almost killing her and her children, she was able to recover by selling the cows she'd been keeping. Now when crisis threatens her family's survival, Aline has options.

Even a small business can provide just enough resilience to weather the most brutal of storms here in Burundi.

Aline can not only look ahead to her children's future now, but her own too. Naturally, Aline wants security as she ages.

SORRY



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In the next five years she hopes to expand her current wholesale business by selling a range of goods, so that one day she can buy a mill. This will provide a source of income without the need to transport heavy goods over long distances.

Aline told us: 'This is not a dream. It is a plan, and I will do it. I am a woman who is an achiever.'

Aline's long and difficult journey out of extreme poverty began with a little support, knowledge and faith from Christian Aid supporters like you.

'When we see Christian Aid, we feel comforted; we feel we are not alone. You helped us to change our poor living conditions. I really thank you from the very bottom of my heart.'

No one should have to live on the brink of survival. During Christian Aid Week 2023, supporters including us in Sedbergh and District raised £5 million to help transform lives just like Aline's.

This year, we can help Christian Aid to support even more people living in poverty and help them to work a way out of its grip.

We look forward to your backing in our local efforts.

Matthew Cook

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BOOK TOWN QUIZ

Gerry Cotter

A monthly quiz to test your knowledge of the world of books. If you enjoy buying books a programme of fairs run by North West Book Fairs is available from the Howgills Bookshop at 72 Main Street, Sedbergh.

1. Who wrote the Regeneration trilogy – Regeneration (1991), The Eye in the Door (1993) and The Ghost Road (1995) – that looks at trauma and its aftermath in the First World War?

2. Which playwright's works include Tamburlaine the Great, The Jew of Malta and The Tragical History of Dr Faustus?

3. What is the name of the private detective in the books by J K Rowling writing as Robert Galbraith?

4. Shakespeare, The Tempest, Act 5: 'How beauteous mankind is. O ---- -- that has such people in it.' The missing three words were taken as a title for a well-known novel published in 1932. What is the title and who wrote it?

5. Whose works include The Prince and the Pauper, A Connecticut Yankee in King Arthur's Court and Pudd'nhead Wilson?

6. Which Japanese-born author, who moved to the UK aged five, won the Nobel prize for Literature in 2017?

7. In which well-known children's fantasy novel is one of the characters in the title named Aslan?

8. Name the English writer, born in 1941, whose books include Food For Free, Flora Britannica, Nature Cure,



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Beechcombings and The Cabaret of Plants.

9. Name the Roman poet, who lived from 43BC to 17AD, whose magnum opus is The Metamorphoses. In 1997 Ted Hughes published his version of part of it under the title of Tales from ----.

10. In which novel does Dr Pangloss maintain, despite much evidence to the contrary, that 'All is for the best in this best of all possible worlds'? And who wrote it?

NOTES FROM DENT STATION

John Carey

Spring is well and truly here confirmed by a magnificent array of daffodils out in front of the station, perhaps a little later than elsewhere in Dentdale. Afterall, we are located at 1150ft above sea level! However, it is now we start to think about the next phase of vital conservation work starting in May when, once again, the building will be shrouded in scaffolding for a while. It is probably counter-intuitive to anybody in the hospitality industry to close in May and June, however, we have little alternative but to make full use of the (usually) fine weather. As always, we will be using the excellent local tradesmen. Works include continuation of the repointing, started last year and improvements to the drainage. We'll also take advantage of the shutdown to attend to as many routine maintenance matters as possible.

On the railway, March has been one of the best months in quite a while with fewer cancellations and late trains. The commuter experience has improved with the first trains of the day in each direction running without mishap. However, the spectre of industrial action continues and indeed we lost a day of services in March and a further day in April. At the time of writing no further dates have been announced.

Whilst we engage in regular meetings with rail operator on performance issues, we shortly have an opportunity to talk to Network Rail who control the track and railway infrastructure. One of the problems of

our line is that it runs through some dramatic and yet quite remote scenery, of course, one of its main attractions. In the recent past there have been a number of weather events which have disrupted services, Eden Brows landslip being perhaps the most notable. Whilst maintenance is always going to be a challenging task we do need to explore contingency measures in the event of a failure. On occasions it is necessary to bring pumps or temporary generators to the scene with equipment and staff located some distance away. Could this be improved? Future resilience of the railway is important, such as making sure that culverts are unblocked before the inevitable occurs.

We would also like to see improvements in the passenger train frequency and better use for freight, necessary if we are to remove heavy goods vehicles from our roads. As I have probably explained before, the railway is restricted by the loading gauge which, whilst suitable for bulk loads such as stone and cement, cannot accept container traffic. This was not a concept in the days when the line was built and the cost of altering tunnels and bridges would be prohibitive. We also need to seek improvements in signalling and line speed, which will, in turn, increase capacity. With the move towards decarbonisation, it is almost inevitable that electrification will need to be considered at some point.

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On the local buses the new 563 service has recently started running between Penrith and Kendal via Sedbergh, recreating the trunk route which existed up until 2014 when council subsidy was withdrawn. Whilst excellent news, it is but the first step towards providing the additional journeys, suitable for work and education. Hopefully, these will come in the not-too-distant future. The benefits of efficient and low-cost public transport in rural areas are now well established, not only to improve the economic, education and welfare opportunities of the residents but, also, to allow the visitor economy to thrive. Nowhere more so than at Dent Station where, without the Western Dales Bus, it would be otherwise impossible to reach Sedbergh (and get back).

Without doubt, bus services were in a precarious state as we came out of Covid, but the truth is that many rural services were struggling even before. However, the government took the bold move to introduce the £2 fare cap which has proved to be popular, particularly for those areas which already enjoyed bus services, dramatically increasing ridership. Arguably it has done little to create new services, but then, that was not

its intended purpose. Whilst the scheme has been extended to the end of December 2024 there are various commentators on public transport who speculate as to what will happen should it come to a sudden end. Hopefully, that will not be the case and a future strategy will evolve beyond December.

As I have done on many occasions, it is worth reminding that the Dales Railcard is available to local residents within the qualifying postcodes. For a modest outlay, currently £10, this gives a 1/3 discount from a ticket purchased on the day to Leeds, Bradford, Carlisle, or Lancaster (via Hellifield) and any station in between. These can be obtained via the Settle Carlisle Railway Development Company website or in person at Skipton, Settle, Appleby, or Carlisle Stations with proof of residency. Rather frustratingly, the pre-0815 restriction still applies despite our best efforts, although there are other ticket options which may be worth exploring for such journeys.

It is indeed a good time to consider using the public transport services we have, including both bus and rail. Indeed, for an excellent day out, why not take the S1 Saturday bus to reach Carlisle 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 to Sedbergh. Please check www.westerndalesbus.co.uk for bus running and times.

From 5th May the 830 Northern DalesBus will provide a Sunday



service from Ribbleshead Station to Richmond via Hawes including the spectacular run over Buttertubs Pass. The bus will depart Ribbleshead at 1045 or Hawes at 1105. From 21st April, the 857 will provide a Sunday service from Garsdale Station to Castle Bolton departing at 1055. 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 also give details of any potential disruption. If I can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and I would be delighted to help.

Friends of the Settle Carlisle Line

FIFTY YEARS AGO

Colin Cowperthwaite

A selection of items taken from local newspapers dating from May 1974.

Farmer lays up his Vehicle until the Visitors have Flown

A Sedbergh farmer's Land-Rover will be out of action for the next couple of weeks, until five blackbird's eggs, laid in a wheel-arch nest, hatch out. The nest was discovered when Mr Thomas Todd of Holme Farm, Sedbergh, took the Land-Rover to Mounseys Motors in Sedbergh for a service. When Mr George Mounsey jacked the vehicle up he found the nest, eggs and all, perched on top of a support bracket inside the rear offside wheel arch. Mr Todd had been

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using the Land-Rover every day, and when he heard of the discovery he said "If I had known I would have left it in the yard. Now I'm going to leave it there until the eggs have hatched". He was worried that the blackbird might abandon the nest while the Land-Rover was at the garage, but his fears were unfounded. When the Land-Rover was photographed the blackbird had just flown from its mobile home. Mr Mounsey said the nest was all the more remarkable for the fact that the Land-Rover had been in daily use since he had cleaned it underneath on its last visit to the garage a fortnight ago.

Mothers' Union

Sedbergh Mothers' Union met at Settlebeck School on Friday evening when the leader, Mrs Joan Rogers, introduced the headmaster, Mr Peter Roberts, who showed slides of past vacations and the Sedbergh Gala. Refreshments followed.

Empire Line for Sedbergh bride

The wedding of Mr Thomas Longhurst and Miss Rosemary Park took place on Saturday at the Methodist Church, Sedbergh. The bride is the younger daughter of Mr and Mrs J.J. Park of West Rackenthwaite, Garsdale, and works as a dietician at the General Hospital in Newcastle. Given away by her father, she wore an empire line dress in satin with a laced coat and train and carried a white Bible and pink roses. She was attended by her twin sister, Miss Margaret Park, and Miss Pamela Longhurst, sister of the groom. Master David Longhurst, brother of the groom, was a page boy. The groom is the elder son of Mr

T. Longhurst of Gateshead and is in a bakery business with his father. Mr Raymond Trench was best man, and Messrs. Brian Park and Brian Longhurst were groomsmen. After a service conducted by the Rev. Harrison, a reception was held at the People's Hall, Sedbergh. The couple left for a honeymoon in Scotland, and on their return, they plan to live in Newcastle-upon-Tyne.

Church Anniversary Services

Church anniversary services were held at Salem United Reformed Church, Sedbergh last Sunday, when the minister for both afternoon and evening services was the Rev. G.P. Smailes of Ravenstonedale. Mrs Potter was organist in the afternoon, and in the evening local worshippers were joined by the choir of Zion UR Church, Kendal, and a party of the Zion congregation. Anniversary services were also held last weekend at Millthorpe Methodist Chapel. On Sunday the preacher was Mr W. Robinson of Crosby Garrett, and the organist was Mrs Jenny Kiddle. On Monday evening Mr R. Sanderson of Dent was in the chair, and the Garsdale Gospel Singers gave a programme of vocal items and recitations.

The late Mr L.D. Burton

The funeral took place at Sedbergh Parish Church last week of Mr Leslie Douglas Burton, of 11 New Street, Sedbergh. He was 71. A native of Sedbergh, where his father had been a postman for many years, he had lived here all his life, and after leaving school he entered the motor industry as an apprentice mechanic. He served his time with the late Alf

Braithwaite. Virtually the whole of his working life was spent as a mechanic at the one place, for after Mr Braithwaite's death he remained with the new owners of the garage business until his retirement. The service was conducted by the vicar, Canon D.A. Rogers, and interment was at Sedbergh Cemetery.

Coffee Evening

A coffee evening with bring and buy stall was held by the Sedbergh Conservative Association last Friday at Lunecroft, the home of Mr and Mrs Norris Chamley. The event, which was in aid of association funds, raised 29 pounds and 12 pence. The function was attended by Mr G. Burnaby Drayson, MP for the Skipton division, and Mrs Drayson.

Big Crowds and Fine Weather at Sedbergh Gala

Blessed with fine weather, the eleventh annual Sedbergh Gala, held on Saturday at Howgill Lane Playing Field, was another success. Although the gate was marginally less than last year, a crowd of approximately 3,500 enjoyed all the fun of a country fair. Led by Sgt. J. Robertshaw of the Cumbria Constabulary, the Gala Parade marched through the town to the field, accompanied by the music of the regimental band of the 2nd battalion of the Royal Regiment of Fusiliers. The reigning Gala Queen, Miss Susan Harper, arrived on horse back, attended by Miss Lynne Howarth and Miss Jacqueline Hall, and declared the Gala open.



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Highlight of the afternoon's entertainment was a spectacular high diving act into a tank of water, by Mr Don Lindbergh. At one stage in the preparation for the Gala, the possibility of this act taking place was in jeopardy due to the current water shortage, but the Milk Marketing Board came to the rescue, sending a tanker load of imported water which saved the day. Cody and Oran performed some spectacular rope spinning, sharp-shooting and knife throwing acts, in old-time Wild West tradition, and grace and elegance were provided with the nimble and supple skill of the Primrose Hill Gymnastic Team, who have appeared on TV's "Opportunity

Knocks". Always a big draw with the crowd is the senior fell race, from the Gala ground to the summit of 1,551ft Winder Fell and back to the field, a gruelling race won this year by F.L. Reeves (Coniston). Last year's winner, Tom Sedgwick of New Hutton, came second, and third was C. Hartley (Broughton-in-Furness), fourth was S. Carr (Kendal). The Tug of War event was won by the Sedbergh British Legion Club team, with Crook Young Farmers Club second. In the Cumberland and Westmorland style wrestling contests, the under 18-year-olds world championship was won by W. Brocklebank, second A. Southward, and third S. Mossop.

SEDBERGH HISTORY SOCIETY Borderlands

Karen Bruce Lockhart

On 20th March the Society had an interesting talk from Christine Craghill on the history of the Border area of England and Scotland, ranging from Roman times to the present day.

She started with the area between Hadrian's Wall and the Antonine Wall and moving on to when the area became part of Strathclyde, followed by Northumbria, then the Danelaw and finally occupied by the Norse Irish from the west. Each of these had left their mark, not least in the place names. A climate warming era known as the Medieval Warm Period started in about 900 AD which affected the type of farming practiced.

Finally the Normans arrived and when King Richard 1 ("Rufus") defeated the Scots in 1092 a large part of what had been Strathclyde became part of England and eventually most of Cumbria. It was divided in the feudal system into large baronial estates and a parochial system divided into manors, such as Bewcaster parish which had five manors. In addition there was the Church system such as Lanercost Priory, and Holm Cultran Abbey which was a daughter house of Melrose Abbey.

In 1237 a proper border was established in an attempt to bring order to the area, and an area just north of Carlisle was known as the Debatable Land where either side could graze their cattle during the day. In 1249 a set of laws was established with Wardens to keep order, with Truce Days for sorting out

problems – which were held right on the Border with the Scots on one side of the border and the English on the other at Kirkoswald.

Problems really came when Edward I took exception to the "Auld Alliance" between Scotland and France and invaded Scotland in 1296. He died in 1207 after setting out for Scotland from Lanercost (which he nearly bankrupted by his stay). Following the defeat of the England at Bannockburn the Borders became a very unstable place with fighting and guerilla type tactics. This was when the Piel towers were built – some were built as garrisons, some added to existing houses and others had houses added later. They existed as far south as Arnside.

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Then at the beginning of the 14th century the weather worsened, crops failed, cattle plague flourished and people starved, culminating in the Black Death in mid-century. This really brought about the end of the feudal system and the rise of the clans and reiving. Raiding was really the only way of making a living on both sides of the border. It was during this period that the Bastle houses were built – solidly built rectangular houses with cattle beneath and living space above – often later with outside stone stairs but probably in early time with just ladders which could be pulled up. There are many of these south of the Border but not quite so many north of it, though areas such as Tweeddale have many.

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During the 15th century there was a period of comparative quiet ruled by 13 articles – particularly when the Duke of Gloucester (Richard III) was Lord Warden of the six marches. He achieved returning Berwick upon Tweed, which had a history of being in one or other country, to England permanently. Punishments in terms of the articles were harsh, many offences carrying the death penalty, and fugitives were returned across the Border. Even marrying across the Border could carry the death penalty – but in fact was quite often done.

In the 16th century order broke down. The border clans such as the Scotts, Armstrongs and Graham became powerful. The border hills were good places for hiding cattle. On one occasion a Scottish leader, Kinmont Willie (an Armstrong) was captured by the English and confined in Carlisle Castle, and Scott of Buccleugh rescued him to the fury of the English.

James VII and I decided to pacify the area after the joining of the Crowns, and for a week the area exploded and the rules were in abeyance. Terror tactics and exile to Ireland were used to suppress the area. Many of the men of the Border families such as Grahams and Armstrongs died in exile in Ireland, but in the end their widows were allowed back.

By the 19th century all was quiet and Walter Scott romanticised the Border tales and the reivers. The meeting place at Kirkoswald was run through by a railway and little remains of it.

THE NINE STANDARDS

Karen Bruce Lockhart

The Nine Standard are drystone cairns up to 10 feet high, and possibly as much as 14 feet earlier, standing on the top of Hartley Fell, though not at the summit. They stand at 2136 feet, about a quarter of a mile from the actual summit but only about 12 feet below the summit. They have been carefully placed to get the best all round view and to be best seen from the surrounding valleys. Cross Fell, Great Dun Fell, Wild Boar Fell, the Howgills, High Street, Great Stunner Fell and Roger's Seat, and the rivers of the Greta, the Swale, the Lune and the Eden can all be seen.

When they were first built has been an intriguing mystery. Various

theories have been offered including the Romans building them to look from a distance like an invading army – or was in medieval times to keep out the Scots? Or perhaps they mark an ancient battle? The most favoured theory has been that they simply mark the boundary between Westmorland and Swaledale. Rather vague references to them on maps and documents can be traced back to the 16th century, but at least one reference is possibly very much earlier than that. There is an Old Welsh document about events in the 6th century describing a crucial defeat of the invading Saxons by Britons in the mountains northwest of York at a place called “toothed mountain”, quite possibly a vivid

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description of the Nine Standards. And then why nine? Nine is said to be a magic number in ancient folklore – see the following quotation from MacBeth:

“The weird sisters, hand in hand,
Posters of the sea and land,
Thus do go about, about:
Thrice to thine and thrice to mine
And thrice again, to make up nine”

But recently modern investigation by the Friends of the Nine Standards, including examination of photographs both aerial and low lying, lidar and such modern equipment as magnetometry has revealed that the number of cairns (or stones) has varied over the years, and the modern cairns we see today have been rebuilt continually over the centuries, most recently in 2005, and aerial photos since 1947 show they have varied in number from seven to 12 or 13.. There is a long ridge of loose material on top of which the modern cairns are. Their positions on the ridge have also changed over time, and the original, possibly Bronze Age, cairns are now only visible – at the northern end – as grassed-over low circular mounds, and at least one of these mounds now has no cairn on top. Recent photographs have identified a circular enclosure with the Nine Standards lying diagonally across it. Two large rectangular excavations filled with materials such as boulder clay have been found there in recent archaeological investigations. These might be burials.

It is clear that the Nine Standards have a much more complicated and ancient history than had been thought.

LOCAL NEWS FROM 1916

Colin Cowperthwaite

The following newspaper reports both date from December 1916, and are from the archives of the late David Bracken of Garsdale.

A Sedbergh Man's "Rest Day"

At the Sedbergh Wesley Guild on Monday evening, a paper received from Pte. Arthur Edmondson, R.A.M.C., at the front, on "a rest day after a month's stretcher bearing" was read. The only pleasant thing he had seen in the trenches, he said, was the string of German prisoners they met as they went towards the firing line. He then gave a description of how he and his chum spent the day. The inevitable "washing day" was not the least important, as after being on fatigue duty for an hour, he returned to find his chum struggling over a very feeble, sickly-looking fire, and he remarked that he was going to do some washing if the water ever boiled. After their scrubbing exertions



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they both looked like that useful vegetable, the beet. Dinner consisted of the usual stew, which, like the poor, was always with them, and after a short snooze they were awakened by the melodious voice of one of their commanders crying "Now you chaps, shake a leg, you are going to be pushed for parade". After the welcome words "Parade dismiss", they had a bath, or wrote home to friends. Then came tea, consisting of cake (real good, sent from home), bread, butter, jam, and tea strongly flavoured with the everlasting stew ! They had got used to it, and would quite miss that particular flavour when it was absent. After tea they had a look round the village, and called at the Y.M.C.A. tent, which he

could assure them was of the utmost benefit to the Tommies. On their return they decided to have chips for supper, which they prepared for themselves, after which came the "tidy up" and the getting a supply of water for the morrow's dip. At 9pm, a party having got together, a lively debate on some knotty problem took place, and twenty minutes later they turn in with the remark - not such a bad day for active service anyhow. He wished the guild and all the members the best of good wishes for the season.

British Farmers Red Cross Sale

On Wednesday at the Auction Mart there was a large gathering of buyers, when Mr R. Harper offered for sale cattle, sheep, fowls,




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vegetables, walking sticks, and numerous other articles given chiefly by the farmers of Sedbergh, Dent, Garsdale, Killington and Firbank. Spirited bidding was the order of the day, the witty quips and jests of the auctioneer, causing roars of laughter, kept the assembly in extra good humour, which together with the excellence of the object, produced keen competition and good prices. The sale was opened by Mr S. Poyntz Wright, of Thorns Hall, who presented for sale a cheese, the gift of Mr W. Clayton of Frostron. Mr Wright knocked it down to himself at 36s, and presented it to the auctioneer for resale, when it was sold again three times over to the Auctioneer, Mr H.A. Edmondson, and Mr M. Haygarth being the final purchaser, the total proceeds realised 6 pounds 9 shillings. A sheep from Grisedale was knocked down at one pound to Mr W. Goth, Dent, and was re-sold 15 times and finally reached 16 pounds 10 shillings. A sheep given by Mr M. Haygarth, Dent, was sold four times, netting 5 pounds 8 shillings. The greatest excitement prevailed over the sale of a small blackfaced hogg given by Mr M.

Thompson of Dent. It started off at 10s, Mr J. Dent of Uldale being the purchaser. It was re-sold 89 times at prices varying from 11s down to 2s 6d., the total amount being 21 pounds and 15 shillings. A heifer presented by Mr T. Cloughton was bought by Mr W. Raw of Garsdale for 20 pounds. The Auctioneer remarked that this was the second occasion on which Mr Cloughton had given a cow for war funds. A heifer given by Mr W. Lancaster, Fell Gate, made 15 pounds, Mr E.P. Knowles being the purchaser. A pet rabbit was handed in by a little girl, and was sold to Mr R. Winn for one pound. He presented it for re-sale, and ultimately it realised 2 pounds 4s and sixpence, after being sold 11 times. The list of donors was too numerous to be individualised. The following farmers had officiated as collectors: Messrs. W. Aikrigg, G. Kayley of Garsdale; W. Thwaite of Grisedale; R. Burton and F. Allen of Cautley; J.H. Robinson of Soolbank; W. Clayton of Frostron; T. Ward and G. Capstick of Howgill; P. Cummings of Firbank; T. Gott and M. Capstick of Killington; Jas. Dinsdale, J.E. Goad and G. Moffat of Dent. Messrs. R. Harper, auctioneer, W. Batty, clerk, and G. Pickthall, bill poster, gave their services, and Messrs. Jackson and Son and M. Turner did the necessary printing free of charge. The Auctioneer, on behalf of the Society, wished to thank all who had contributed in any way to the success of the sale, which realised, along with subscriptions, 231 pounds 16 shillings and threepence.

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SEDBERGH COMMUNITY SWIFTS

Tanya Hoare

The swifts are back!
They slice the air,
They're back! They're back!
From God knows where,
Navigating mile on mile,
To the very roof,
To the very tile.

This lovely poem by the renowned Pam Ayers in a few brief words captures the excitement of the swifts return from their long migration. It also emphasises the faithfulness of swifts to their nests. While they are away in Africa they rely upon us to make sure they have a nest to return to - that we have not destroyed it in their absence.

Let us know when you see your first swift! This is generally from the first week of May onwards but last

year we had our earliest ever arrivals at Lowgill on April 28th.

Hearing their screaming calls is a real herald of spring and a sign that summer is not far away. It is often their calls, making us look upwards, that first alert us to their return. The first swifts to arrive are the breeding birds, which go straight back to the exact same site that they occupied for previous years.

Towards the end of May is when we see boisterous screaming parties of swifts, flying close to buildings and rooftops. Let us know when you see any as they are an indication that swifts are nesting nearby. We suspect that it is a bonding activity as swifts are colonial birds, encouraging others to join them.

One of the most incredible facts about breeding pairs, which has been established by the use of tiny geolocators, is that although swift



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pairs are faithful to their nest sites and form faithful breeding pairs, they do not migrate together nor do they spend the winter together in Africa. Just how they can live separate lives for the 9 months of each year that they are away, including the travelling to and from Africa, yet return to their same nest site over here, remains a mystery.

What happens if one of a pair dies or doesn't make it back on migration? Its mate waits for a while, going out feeding in the day and returning to the nest at night. Eventually it tries to draw in a replacement, either a similarly bereaved bird, or a youngster that is just ready to breed. They then become a new breeding pair, continuing to be faithful to that nest site and each other. So a nest site by our front door that has had swifts in for the last 23 years will not have had the same two birds all that time, but a rolling turnover is very likely to have happened.

At the end of May we will be going to the 7th International Common Swift conference in Trieste, Italy. We'll be presenting a lecture on 'Swifts – sleeping on the wing', looking at the mystery of how a bird can remain airborne for 9 months of the year. How might they sleep? What do we mean by sleep? Why do animals sleep? Do all animals sleep? The whole subject of sleep in living beings is a matter of great fascination and complexity.

Many people are unaware of the swifts around them – oblivious of the swifts and screaming parties swooping right above their heads. So look up as you walk around town, and encourage others to do so too.

As always, it's never too late to put up boxes so do get in touch for any help or advice. Remember that swifts are not messy!

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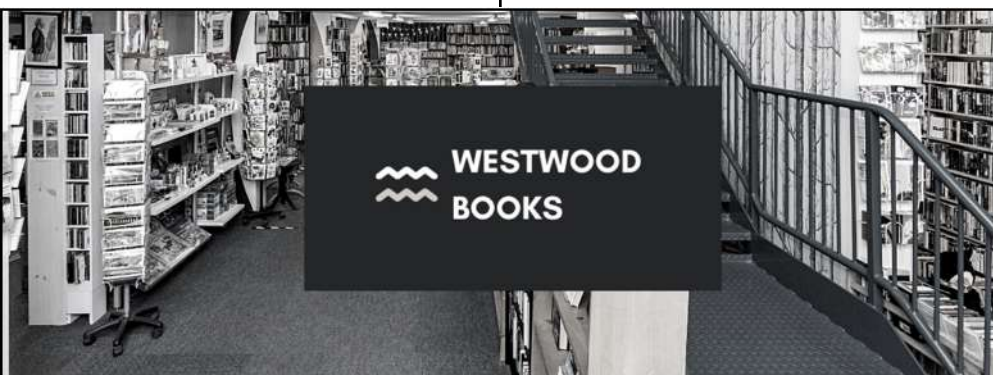
This last month has been very different to any other in my life, so many meetings and making plans and then Pow Wow hubby and I in business together. Farming. And straight into Lambing.

Also been a time of thinking about "what if" in relation to where lived and what done, and being glad we loved where we live. And intend to do so for many years to come! A bit like a riddle really except we live the reality, and if we could have dry weather then we would be very grateful. All the rain and soggy ground and mud is difficult to cope with day after day, how much worse must be for arable farmers.

As we all remember Denis Whicker I must say how keen he was to include Family Musings in Lookaround, then he wasn't - but ladies accosted him in the street so it was reinstated! A right grand fella. I have a lovely photo of he and me in the rain at Dent Gala, me dressed in black bin bags while he was under a big umbrella in his Town Crier outfit. As many before him he will be much missed.

Today part of the day was dry and sunny and how we appreciated it, the dogs could be outside without returning all soggy and smudgey. Maybe I have made that word up?!

One of our little grandsons has talked me through how to help lamb a sheep, very graphic directions which



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have not yet been required much to his disappointment.

As the Easter holidays close, school restarts and life gets busy with committees and events, let's be glad we are as well as we are to do all these things. If you aren't then please know you are in our thoughts and we pray for a soon recovery or things sort out for you. Don't forget to 'May Goslings' someone by noon on May 1st.

MARCH WEATHER

B Wright

Another wet month with 155mm (6") of rain. Temperatures were at or just above normal though we did have a couple of frosty nights, Winds were generally from the usual north westerly and around the average strength though we did have the odd blow.

This month continued the recent wet weather we have been having so everywhere is truly saturated. I find it increasingly difficult to take any vehicle onto the field so it generally ends up with me having to pull my cart, food and water for the sheep across manually. I have literally got bogged down on several occasions!

Signs are progressing with the snowdrops in January, what few crocuses we have left after the sparrows pulled them up in February and now the blackthorn blossom and daffodils bursting. We also have a few blackbirds singing for their mates! Spring is progressing!



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SEDBERGH LADIES N.F.U.

Caroline Sandys-Clarke

For our meeting on the 19th of March we had an absolutely fascinating talk by Jean Scott Smith entitled 'Mardale a lost Lakeland'. This was about the loss of the communities of the villages of Mardale Green and Measand and the surrounding farms, to create Haweswater Reservoir in the 1930's. Jean accompanied her talk with a great many old and interesting photographs of the church, houses, cottages, farms and the Dun Bull Inn along with the people who lived there. The villages and land except for two private properties and the church, had been owned by Lowther Estates who sold it to Manchester Corporation (now United Utilities) when the need for more water for Manchester and the Northwest was identified. Most of the farmers and a lot of the people living in the villages

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were relocated by Lowther, but there was a lot of opposition at the time and great sadness at the loss of the communities. Most of the families had been there for generations and many of the dwellings had been built by the Holme family, including the church, who had been associated with the area since 1209. The firstborn son of the family was always called King until the line died out in 1885.

Everything that could possibly be salvaged and recycled was, doors, windows, slates, timber and stone. Some of the stone from the church was used for the tower on the end of the dam. The bodies of those buried in the churchyard were relocated to Shap. The water supply was turned on in 1941 and over the years since the building of the dam there have been droughts which have exposed the 'bones' of the dwellings once more.

'The Ladies NFU Spring Coffee Morning is on Wednesday 8th May at St Andrews Church starting at 9.30 in aid of the NW Air Ambulance, please come along and support us.

HOWGILL/FIRBANK W.I.

Audrey Hoggarth

We met at Firbank Church Hall on April 4th. A cold wet night. Indoors we were given a warm welcome by our President Sarah. We were delighted to welcome our speaker Joan Bentley who is an expert at arranging flowers for all occasions. Springtime was the theme for this evening's demonstration. She cast her magic to create a succession of arrangements using spring flowers. Joan is busy throughout the year decorating churches for festivals. Tanya thanked Joan for a great evening. Five happy members went home with an arrangement being winners from the raffled flowers.

Jacky Robinson was the competition winner for a poem "Why I like Springtime". Refreshments were served.

We continued with the business part of the meeting and were reminded of forthcoming events in the Federation calendar such as the

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annual council meeting with some excellent speakers – a great day out in the company of friends. In May we are invited to a celebration for Olive to celebrate her lifetime devotion to WI. We are reminded photographs are needed for the 2025 calendar.

We understand that Kirkby Lonsdale will not be hosting the 2024 group meeting. As we are next in line, it was suggested and we agreed we would make arrangements to host the meeting later in the year.

Bridget, our outing organiser, suggested an afternoon tea at a venue in the lakes. We agreed. It will be something to look forward to.

Do join us on May 2nd when Isabella Lefri-Simpson will give a talk on pottery at Howgill Village Hall. New members and visitors welcome.

KILLINGTON W.I.

The afternoon W.I. for the entire district

Christine Drury

Margaret Denton, our vice president, opened our April meeting with a warm welcome to our members. She extended an especially warm welcome to our guest speaker, Nicola Crawford, who entitled her talk "Support for unpaid carers". Then followed a thoroughly engrossing half hour. Nicola proved to be a very engaging speaker. She pointed out that while we may be aware of the work of paid carers, the needs of unpaid carers are often overlooked and neglected.

The reason for her talk, said Nicola, was to familiarise people with the work of "Carer Support South

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Lakes," which is an independent charity that provides care for unpaid carers. She illustrated her talk with a video which included interviews with unpaid carers and also featured Tim Farron MP who endorsed the charity. In South Lakes along, there are over 12 and a half thousand unpaid carers of all ages. Many are young carers aged between four and twenty who are caring for a parent and somehow fit caring around school attendance.

"Carer Support South Lakes" survives on grants and the good will of volunteers. It identifies the needs of unpaid carers and provides quality services, support and advocacy to promote their health and wellbeing. Confidential counselling, or talking therapy, one to one, can help carers

feel less isolated and overwhelmed by their circumstances. A volunteer telephone service offers a friendly voice to help carers deal with the challenges they face. A sitting service provides company for the person being cared for while the unpaid carer has a short period of respite from the demands of caring.

Several questions and the discussion that followed were stimulated by Nicola's talk. Being a volunteer for just a few hours a month with one of the support services would surely be worthwhile and rewarding. In thanking Nicola, Dilys expressed the admiration I think we all felt at the work of this charity and the its excellent spokesperson.

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Following afternoon tea, we proceeded to our regular meeting. Margaret alerted members to the invitation from Sedbergh WI to attend their open meeting on April 10th to hear Abnbi Lawson talk about hedgerow baking. We now look forward to our May meeting when one of our members, Barbara Hartley will speak about "A decade in Arabia".

SEDBERGH W.I. REPORT

Moirra Folks

'Hedgerow Baking' was the subject of our Open Meeting in the main hall of the People's Hall on 10th April when Abbi Lawson, whom many people had seen as a contestant in the 2023 TV series of the Great British Bake-Off, came to talk to us

about her experience of taking part in the show and the firm friendships formed with the other participants, even though she was voted off relatively early in the series. She was able to show us photos on screen of quite a few of her very ambitious cakes – our favourite was the Herdwick cake! - and explained how she liked to use seasonal ingredients she could forage from the hedgerows. She does grow her own fruit and vegetables as well in a polytunnel and has challenged herself to bake a different cake each month in 2024 from fruit and vegetables in season. She regularly uses dandelions, nettles, hazelnuts, berries, wild garlic and gorse-blossom amongst other things in her

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baking. Our new Treasurer, Christine Chamberlain, summed up the evening in this email to our members the next day:

'The 17 members who were able to attend last night's meeting know how successful it was as an 'Open Meeting', with 24 guests. Abbi was an enthusiastic, inspiring and entertaining speaker, whose vibrant personality created a good atmosphere in the People's Hall. Thank you to everyone who contributed to the array of delicious cakes, also complimented by Abbi, and to all those who served the refreshments and washed up. Thank you also to those who helped to set out and clear the tables and chairs. A further thank you to everyone who donated raffle prizes. My personal



Abbi.

thanks to Sandra Kemp (retiring Treasurer) for being my 'assistant' last night, providing the float and dealing with the raffle. Finally, 'Well done' to Louise Atkinson, our new President, who had a rather daunting first meeting, in front of 41 assembled people. It won't be like that again until our next Open Meeting, when the new committee members and officers will be well bedded in!

Now, after bringing you right up to date with our most important meeting of the past month, I'm skipping back to some of our smaller group activities. On March 21st, writes Anne Pitt, 'The walking group did a circular walk of around six miles, starting from opposite the Traddock Hotel in Austwick. Rain was expected but happily it held off until after the walk and the group were rounding off the outing with beverages and cake at Country Harvest, when the heavens opened with a substantial downpour! There had been an interesting diversion at the start of the walk when, before leaving Austwick village, the Embroiderer's Shop was found to be open, enticing the group to enter and view the owner at work creating her wonderful textile art. The walk then followed a route mainly of lanes and tracks avoiding waterlogged ground, apart from the odd muddier path, which has been a challenge these past months, but one which our respective walk leaders have successfully met!' Thank you, Anne, for your report.

On March 28th the Lunch Club met (for the first time, I think) at the Red Well Country Inn at Arkholme: a very enjoyable occasion!

The Craft and Chat group met at Valerie's home on April 4th when Valerie showed us some ambitious ideas for upcycling old CDs into tea-light surrounds by adding various decorations. The CD would provide a reflective surface for the candle flame and look very pretty, as Marjorie and Valerie's efforts would testify. Valerie's Easter chocolate rocky-road treats and tea wound up a very pleasant and chatty afternoon. Thank you, Val!

The book club met at a new venue on April 11th: Anne Symons' home at Docker Park Farm near Arkholme. For two of our newest members, Karen and Heather, the drive out there was a revelation as they were introduced to the pretty, gentler countryside than they are used to around Sedbergh. We are so lucky to have several quite different – but all beautiful! - types of landscape within a 30-mile radius of Sedbergh! The book we discussed at Anne's house

did not meet with the same high favour as our local landscape, however! 'With These Hands' by Pam Ayres is a collection of her poems, first published in 1997 and re-issued in a Classic Collection in 2021. Many of the poems are introduced by an anecdote explaining how she came to write them. There is also an interesting autobiographical introduction about Pam's early life and career. Most of us were introduced to Pam's poems through her appearances on 'That's Life!' the documentary series chaired by Esther Rantzen between 1973 and 1994. The book of poems falls rather flat in comparison with Pam Ayres' cheeky, dimpled, smiling rendition of her poems in a glorious country accent on TV. Our average score of 4.7 reflects this dissatisfaction, though the spread of scores between 3 and 8 shows that the book spoke more to some members than others, often because of personal memories that the situations evoked.

Our next WI meeting will be held in the committee room of the People's Hall on May 8th at 7.30pm. Two Advisors from the Cumbria-Westmorland WI Federation will be introducing us to this year's WI Resolutions for discussion to be voted on by our local representative at the Annual National Federation Meeting in the summer so we can make more informed decisions in our WI.

Visitors and new members are always welcome. For further details, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Valerie Welti, on 07969 376649.

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The last week of the Lent term was as usual dominated by the Wilson Run. Two of the Qualifiers had been run in truly appalling conditions, and as the actual day approached the weather did not look promising. However, although muddy under foot the day itself was fair. It was a slow race (no one reached the Gold Standard time), but the winner, Dan Dean, came in four minutes ahead of G Dodgson in second place. Hannah Francis was the girls' winner coming in 21st over all. Evans House won the House Trophy for the third year running. Parents were able to follow their runners as each pupil wore a tracker, and the race was followed on

uTube. An Old Sedberghian dinner was held in Powell Hall the night before, and large numbers of parents and Old Sedberghians were given lunch in Queen's Hall before the race, and tea in the Houses after the race. In the evening the traditional concert took place followed by all those who completed the race (189) being clapped up onto the stage.

Representatives from Sedbergh Vietnam were shown round the School.

The School held a Pathways Fair on 14th March when pupils in years 11 and 12 were able to meet with representatives from Universities and Employers to gain insight into future possibilities when they left school.

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Year 9 welcomed Mowden Hall, St Mary's and the Prep to their CSI Science Competition on 14th March as part of British Science week. And Year 9 geographers made a hurried one day trip to Edinburgh to see round Dynamic Earth

Years 9 to 11 took part in the Four Mile race over the fells on 21st March. The House Cups were won by School House and Lupton.

The Sedbergh CS quartet won the Rotary BAE Systems Technology Tournament.

At the end of term the Prep had a five day sports tour to Northern Ireland

At the Prep 98% Distinction was achieved in the latest LAMDA assessments.

During the Easter holidays the School ran courses: rugby 9-11, performance rugby U15 and U16, cricket 9-15, stage school 8-15, hockey 9-15 and pony camp 6-13. Sedbergh welcomed 200 children to try the experience of Sedbergh.

Director of Hockey, Nick Davey, intends to run in the London Marathon despite injury to raise money for Team Sports Aid.

Sedbergh School features on the new Monopoly Board launched by the Yorkshire Dales National Park. You might, for instance, pick up a community chest card which tells you "You completed the Wilson Run at Sedbergh School Collect AA25".

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The House singing competitions were held at the end of term. Lupton won the solo and Carus the Part-Song and overall title.

On the last night of term the pupils and staff joined singers from the Town for the Choral Society's performance of Carmina Burana.

Rugby

Sixteen schools took part in the Sedbergh Naational Tens tournament after the end of term. The weather was a perfect Sedbergh day on the Sunday but rain turned the fields into thick mud on the second day. Sedbergh made it to their eighth final in a row, and their first win for five years (partly due to covid) despite a loss to Ipswich. They won despite being reduced to 9 men with a try in the last minute , heartbreaking for Brighton College who had played brilliantly throughout.

The U16 team won the U16 Howden Rosslyn Park tournament winning 38-12 against Trinity College in the final, and the U14 took the Plate at their level against Ipswich School 19-17.

Future Events

1st XI home fixtures in May: St Peter's York 27 April, 11.30 am; Shrewsbury 8 May 11 am; Cumbria Academy 10 May 5 pm;

The "Sedbergh 3rd XI" home fixtures in May are: Appleby CC 5th May 2 pm; Lancaster RGS 15 May 2pm.

There will be one exeunt weekend in the summer term 4th – 6th May

There will be a Sixth Form Open Morning on 11th May.

There will be performances of Bugsy Malone in the Arden Theatre

on 15th May 7.30-9.30 pm and 16th May 7.30 - 9.30 pm..

The House Garden Parties will take place on Saturday 19th May 1pm – 5pm

There will be a whole school barbecue on Powell pitch on 23rd May 6pm - 8 pm

There will be an Old Sedberghian Touch Rugby tournament at 9 am on 24th May

Half term will be 24th May to 2nd June.

Terms ends on 29th June which will be Speech Day.

The two First Class cricket games this year are Thunder Cricket v Southern Vipers on 14th July 2024 and Metro Bank One Day Cup on 24th July 2024.



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NEW CASTERTON SCHOOL SOCIETY

Katy de la Rivière

Last year generations of Castertonians came together to celebrate 200 years of Casterton School. As we danced the night away with old friends on the Saturday, and sang our school song on the Sunday, we remembered the importance of our old and lifelong friendships, and the heritage of an ancient institution of which we are a part.

The Castertonian Society has been formed to celebrate the friendships formed at Casterton School through special events, newsletters sharing stories from the Casterton community, and extending a warm invitation to visit the school. The Castertonian Society is open to all Old Girls and former staff of

Casterton School as well as family members of former alumnae and staff.

This is both a personal invitation and a request. You are warmly invited to join the Castertonian Society and in doing so to be kept up to date about upcoming events and news from the community. As we don't have full records of past pupils we cannot contact everyone to extend this invitation. Please pass on news of the society to your Castertonian friends.

If you would like to join the Society please email castertoniansociety@sedberghprep.org or write to Castertonian Society Secretary, Casterton, Sedbergh Preparatory School, Casterton, Kirkby Lonsdale, Cumbria, LA6 2SG.

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SEDBERGH PARISH COUNCIL

*Janey Hassam - Clerk to the
Council*

The Council held its meeting at
7.30pm on Thursday 11 April 2024, in
the Committee Room, Sedbergh
People's Hall, Howgill Lane,
Sedbergh.

The next meetings scheduled are
the Annual Parish Meeting (see
separate notice), the Annual Meeting
of the Parish Council and the normal
monthly meeting, all commencing
from 7.00pm on Thursday 16 May
2024 in the Committee Room,
Sedbergh People's Hall, Howgill
Lane, Sedbergh. It is envisaged that
the Annual Meeting of the Parish
Council will start approx. 7.30pm and

the normal monthly meeting approx.
8.00pm.

Projects

Members are pleased to report that
the Electric Vehicle charging bays, at
Joss Lane car park and Loftus Hill
car park, are all now in operation. A
further report will follow with full
details of the install, including thanks
to all those that financially supported
the project. Members were also
advised that an initial meeting had
taken place to discuss potential
concepts for the future development
of the playground at Howgill Lane.

Other matters

Highways matters were discussed,
with some updated information still
outstanding from W&F Council.



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Planning matters were also discussed, along with various other items of correspondence. Including Borrett Gate Toll Board (on loan to Kendal Museum) the Lune Gorge Project (M6 motorway), Lune Rivers Trust and receipt of an official portrait of His Majesty King Charles III. Members hope to donate to the portrait to People's Hall for public display.

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 FARRON'S COLUMN

Tim Farron MP

The past month has been rather agriculturally focused for me. Early on I took up the problems many farmers have when applying for Universal Credit with the Work and Pensions Minister, Mel Stride. Hill farmers have seen their incomes drop by over 40% over the past 4 years. Not that their incomes were particularly high before this fall. We have a welfare state in this country that is meant to provide some protection for those people on low incomes to help them and their families through periods of difficulty. The problem with the system is that it really does not align with the incomes of farmers which are, in the nature of things, "lumpy". Months can pass with no income at all which means that they fall below the minimum income needed to access Universal Credit. As a result, I have heard of farmers being called in by DWP Work Coaches to discuss them getting new jobs because they earn so little. Something needs to be done urgently or we will simply not have any farmers left on our hills. In Parliament the minister told me he was "looking

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closely" at the issues. Sadly, I won't be holding my breath.

I welcomed the launch of DEFRA's Agricultural Landlord and Tenant Code of Practice which aims at building positive relationships between farm tenants and their landlords. But it needs to go much further. A code of practice is nothing more than guidance. I think we also need a Tenant Farmer Commissioner who can be called in when the relationships between tenants and landlords break down. I wrote in Lookaround last month about farmers having their tenancies terminated when landlords decide they can make more money by taking advantage of the Government's new environmental schemes. As I said in my letter to the DEFRA Secretary, Steve Barclay, introducing a commissioner, it would really help in sorting this issue.

But farming isn't everything. I have also been raising issues like the difficulty of filling social care jobs, the need for radiotherapy treatment at our hospital in Kendal and the discharge of sewage into our lakes and rivers. The list goes on.

Finally, if you are reading your copy of Lookaround before 10.00pm on Thursday 2nd May, please can I urge you to trot down to your polling station and vote in the election for Cumbria's Police, Crime and Fire Service Commissioner. I was rather shocked to discover the other day that Cumbria currently has one of the smallest rural crime teams of any police force in the country. It is astonishing given our size and very rural nature, that only five officers are assigned to deal with rural crime across the entire county.

This when, according to NFU Mutual, the cost of rural crime in Cumbria rose by over 12% in 2022. Given the number of officers dealing with this type of crime in Cumbria, I am only surprised that the increase isn't larger. It seems to me that electing a commissioner who will focus on this will go a big way to addressing the problem.

As ever, if there is anything you would like me to deal with then please do drop us an email at tim@timfarron.co.uk or give us a call on 01539 723403.

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NATIONAL MINIMUM WAGE

South Lakes Citizens Advice

I heard that pay was going up this April, but my employer says he can't afford to pay me any more money. How can I find out what I'm entitled to?

Most people over 16 who work, including casual workers, are entitled to get paid at least the National Minimum Wage. There are some exceptions – call the Acas helpline (0300 123 1100) to check.

The hourly rates went up on 1 April 2024 as follows:

- Workers aged 21 and over (down from age 23) - increase from £10.42 to £11.44. (This is called the National Living Wage)

- Workers aged 18 - 20 - increase from £7.49 to £8.60
- Workers aged 16 -17 - increase from £5.28 to £6.40
- Apprentices - increase from £5.28 to £6.40

Get advice if you're not paid for travelling between appointments, training, or being 'on call', or if your employer takes money from your wages for accommodation.

If you're not being paid the minimum wage when you are entitled to it, speak to your employer.

If you're not getting anywhere, contact Acas to help you work out your options. Acas is an organisation that provides independent support to help sort out employment disputes. If you need more help at any point, you can get advice from South Lakes Citizens Advice.

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

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



WHAT THE EC.....?

Martin Dodds

It is no coincidence that the words Economy, Ecumenism and Ecology all begin with the same two letters.

The original word from which these two letters arise is Greek. The word oikos relates to matters of house and home. [In our alphabet the 'oiko' bit becomes either 'eco' or 'ecu'.]

Economy is originally about the material aspects of household management. Ecumenism is originally about how we share our homes and lives with one another. Ecology is originally about understanding the relationships which enable the very existence of a household in which to practice the first two.

Today we tend to think of 'The Economy' principally in terms of national wealth and prosperity, and in commercial, business and financial terms. We are also familiar with such phrases as 'the local economy', and 'the world economy'. Sometimes politicians give the impression that they think they have control of the national economy, and like to take credit for changes which they consider positive.

Ecumenism in our day is generally thought of as the management of good relations between different strands of Christianity. [That is, within the 'Christian world-family'.] Currently therefore it tends to have a low profile outside the churches.

Ecology has become fashionable as we begin to notice the decline in



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species and plants that is taking place both locally and internationally, and experts try to understand and explain why these things are happening.

It seems to me that these three uses of these words, though functional, are too limited. The common linguistic root should alert us to recognise that they all point towards a single integrated, intricate and indivisible but gloriously and richly diverse whole, which is our planetary homeland, the whole earth.

The material aspects of the 'World Economy' are not a free-standing system, and if they are treated as if they were, and as if they are naturally pre-eminent in the scheme of things, the overall 'balance' of the World becomes warped.

Ecumenism has a wider potential significance than encouraging Christians to love one another, important though that may be. At its fullest meaning, ecumenism is not something just related to Christianity but would embrace inter-faith relations, inter-cultural relations, and world justice for all people, since we are all part of the same human household living on the same earthly home.

Ecology is sometimes mistakenly equated with a sentimental interest in flora and fauna, as a kind of luxury minority hobby on the periphery of the main business of living. Yet ecology is the foundation without which neither living itself, nor the topics included within the other two 'Ec' words, could exist.

The generally limited interpretation and use of these three words seems

to reflect a failure by humanity as a species to understand their essential inter-relatedness. This too often leads to abuse by humanity, not only of natural resources, but of each other.

Abuse perpetrated through human economic activity includes not only recognised criminal activity, but also: institutional abuses such as historic slavery; deeply unfair modern world trading patterns and assumptions; reckless destruction of the environment on which we depend; desertification and other climate change damage to essential agricultural and related land uses, as well as disrespectful damage to the integrity of the other components of the biosphere.

Abuse from our failure to be truly ecumenical in the broader sense, includes not only historic quarrels and persecution of other sects within the Christian tradition [of which sadly some quite active traces still survive], but all kinds of xenophobic behaviour: religious intolerance within and between major faiths; political and religious persecution; racism; cultural prejudice; territorial aggression; war; terrorism; homelessness; refugee crises; and failure to care for disadvantaged groups and individuals, whether in our own communities, countries or internationally.

Many of the current world crises mentioned, can ultimately be traced back to failure to take account of the broader and deeper truths that lie behind the three 'Ec' words, and to the self-centred exploitation, by those with the power and ability, pursuing



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their own interests at the expense of others and to the detriment of the very ground of our existence as reflected in the biosphere.

Failure to consider and accept the fundamentally ecological and inter-related nature of the basis for all life on earth leads not only to the kinds of abuses perpetrated in the name of economics, and by our failures in universal ecumenical awareness and responsibilities, but may also encourage an inflated sense of our own worth and importance as a species.

This human-centred, blinkered arrogance becomes the driver in a vicious circle of increasing damage.

Pride comes before a fall.

A FEW THINGS THAT AREN'T TRUE ABOUT PRIVACY

Helpful Book Company

Privacy is big news – and for good reason.

It's amazing how much information some organisations collect about you – and it's not even only when you're online.

From websites that track what you do to show you adverts – and then you see the adverts on different websites, which is a bit spooky... or even on different devices...

From tablets, phones or computers that might have the microphone set to on – listening all the time for particular words (I know it sounds a bit paranoid, but it's true of many devices – and it's not even the ones that have been hacked)

From hackers using the webcams built into most modern tablets, phones or laptops...

To crooks using Social Media sites that store too much info to find out enough about you to pretend to be you... and then to contact organisations like banks, the DVLA or so on and pretend they are you.

To the huge amounts of very private information the government

collects about everyone (and whether you trust them or not, they've shown time and time again that they can't be trusted to keep it safe from others).

So privacy is a genuine issue – but it's not helped by some of the media spreading stories that simply aren't true. And it can be hard to tell them apart.

So here are some of the scare stories you shouldn't believe... because they're not true.

Scare Story no 1: "Facebook/Google/Microsoft sell your data to advertisers"

I hear this one a lot. You know how it happens – you look for something on the web, say new watches. Then later you're browsing, reading the news or checking Facebook and suddenly there are dozens of adverts for watches.

It's reasonable to think that Google or whoever have sold your data to the advertisers, who now know who you are and that you might want a watch.

But that's not what happens.

What happens is Facebook, Google and the rest run adverts on webpages. Google in particular run adverts on webpages they don't even own – for example online newspapers often have adverts that are actually run by Google.

So in this case, Google know you've been searching for watches (because you used their search engine to search for them – typing "watches" into Google).

So when you're on a site that has Google's adverts on it (say you're reading the Telegraph), then Google show you adverts for watches instead

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of for something random like vacuum cleaners.

But the Telegraph never find out anything about you from that – and nor do the watch companies.

So it's not true to say that Google have sold your data to the watch company, or to the Telegraph – they've used it themselves to choose which advert to show you.

Whether you're happy with that is another matter. You might prefer it because you get adverts about things you're more likely to be interested in or you might just find it too creepy. If you aren't happy about it, there are things you can do about it – but at least you know what's actually happening.

Scare Story no 2: "Google/Microsoft/Yahoo! read all my emails"

If you have an email account with Google, Microsoft, Yahoo or even one of the others you might hear people say that that company is reading your emails.

Sometimes they'll put it that they have computers reading your emails – which is nearer the truth.

But what's actually happening is that if you use the webmail system for reading your emails, when you go

into it, the computer looks at the words in the emails and uses them to show you adverts that are more relevant. It's much the same process that happens on webpages – that's why if you're on a webpage about hats, you're more likely to see adverts about hats.

They really don't have teams of people reading your emails and saying "Bob's got an email about going on holiday – let's show him an advert about holiday insurance".

If you're worried about their computers "reading" your emails, that's one thing, but remember it's exactly the same kind of process they use to spot emails that look like spam and get rid of them so you don't have hundreds of emails trying to con you everyday.

Again, you might not like the fact that they have computers scanning your emails for words related to things to show you adverts about – but don't be led to believe it's real people.

On the other hand it is often surprisingly easy to hack someone's emails so you can read them... and not only that change emails to and

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from them, which is far more worrying.

Scare Story no 3: "Facebook are changing privacy settings so everything you've ever done on it will be completely public"

This one does the rounds on Facebook every so often – a message saying that Facebook are changing their settings and everything you've ever done on Facebook, even if you made it private, will now be completely public to everyone using Facebook, unless you put a note in a box saying you don't accept that.

Or sometimes it'll say they're going to use all your holiday snaps (and whatever else you've shared, including photos of relatives, grandchildren or whatever) in their public marketing materials.

This one is simply rubbish – it's just not true at all. In Facebook, you control how private (or not) each thing you post is. It's definitely worth knowing about (as a simple example, if you're about to go on holiday for a month, you only want friends knowing that – you don't want it visible to the local burglars...)

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Scare Story no 4: "Samsung have put a spy chip in their latest phones – in the battery"

This is another one that's just rubbish – there's no basis for it at all.

It all started when someone open their phone and spotted a "hidden" coil of wire on the battery. And assumed it was a way of Samsung spying on them.

Actually it's a part of the phone – called a Near Field Communications antenna. It's similar to the technology contactless credit cards use (and works over much the same distances). The idea is you can put your phone next to another and transfer photos or whatever. Or if you have certain apps, actually use your phone to pay for things in shops.

But since it has a range of a few centimetres, it wouldn't make a very good spying device unless the spies are very close indeed to you...

Besides, if Samsung (or anyone else) wanted to spy on you, most phones nowadays have internet connections. That'd be a much easier way to do it. (And in fact I was gobsmacked last time I went on holiday when I discovered that Google knew exactly where I'd been, what route I took, what time I arrived, when we went to the pub for tea and so on... but it is possible to turn that feature off.)

Phew – as I said at the start, I'm not trying to make out that you should never worry about privacy at all. There are genuine issues. Not least crooks being able to find out enough about you to pretend to be you. But at least now you know some of the things you don't need to worry about.

HI MUM MESSAGES

The Helpful Book Company

The other day, my mum received a WhatsApp message from a number she didn't recognise that said "Hi mum, I broke my phone earlier so I'm going to be using this number until I hopefully fix it. Please save it x". Now, at face value, this doesn't sound too alarming, does it?

However, neither my sister nor I had broken our phones or sent her this message – this was from some nasty scammer, who would have pretended to be her child, and then asked her to send them money to "fix" their supposedly broken phone. Or sometimes they're a little cleverer, and they say that they're currently borrowing a friend's phone which is low on battery, and they include a replacement number to contact them with instead.

Now, if you aren't a mum, then this scam probably won't work on you, but there are plenty of people who would drop everything to help out their kid when they're in a pickle. And if you did go ahead and save their number without thinking about it, you're far more likely to believe them when they then ask you to send some money or hand over your card details.

Thankfully, my mum did exactly the right thing when she got this message – she didn't respond to it, and she ignored the instruction to save the number. Instead, she texted me and my sister on the numbers that she already had saved to ask us about it.

So if you ever get a message like this, try your best not to panic, and

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make sure that you check in with that person using the number you already have for them. If that doesn't work, try asking them to prove that it's really them, by asking a question that only they would know the answer to i.e. something that a scammer couldn't easily guess.

Keeping your software up-to-date

Another way to protect yourself against scammers like the one I've mentioned above is to make sure that the software running your device is kept as up-to-date as possible. Apple, Android and Microsoft will regularly issue software updates to fix any bugs or problems that have been found, and to maintain the security of your device.

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For example, Apple recently issued iOS 17.4, which had a fix for some rare (but still possible) security risks that had been found in iOS 17.3. So if you get the option to install this update, I would recommend doing it when you get a spare minute.

Now, I don't want anyone to be too worried about this – if you can't get iOS 17, or Android 14, that doesn't mean that your device is at risk. You just need to make sure that you check for updates on a regular basis.

To check for a software update, you need to open your Settings app (the one with a cog icon). Sometimes there'll be a "Software update" category, or sometimes it'll be in the "General" category, but if you're struggling you can always search for "Software update" to help find it.

It'll then tell you if there's an update waiting, with an option to install it if there's one available, or it'll tell you that your device is up-to-date.



WALKING AND DEMENTIA

Getting active with dementia

Ramblers Association

Is it safe to walk with dementia?

Keeping active is recommended by healthcare professionals and walking is one of the safest ways for people living with dementia to get moving. The nature of the condition does mean more consideration needs to be given to things like the route, terrain and proximity to busy roads. And it's important people with a dementia diagnosis are accompanied on their walks.

Dementia and the benefits of walking

Beyond the physical benefits of getting more active, such as warding off other serious illnesses, and supporting strength and mobility, walking may slow mental decline in people living with dementia, and support memory retention. And walking with a group offers the chance for social interaction, to ward off feelings of isolation and boost wellbeing.

Getting started with walking for people living with dementia

There's a lot to think about, but the Ramblers Wellbeing Walks can make it easier to get walking safely, and they're free to join. All our walks are over easy terrain and routes are accessible to all, including people with a dementia diagnosis. And they're all at a steady pace to suit everyone. Some Wellbeing Walks schemes run walks that are shorter or a slower pace too. There is a Westmorland and Furness Ramblers wellbeing group 07825 823443.

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A number of Ramblers Wellbeing Walks schemes run dementia-friendly walks. These walks support the needs of people living with dementia and will:

- Have more volunteers per walker than other walks, to make sure everyone can walk at their own pace and always be accompanied
- Often be supported by volunteers with dementia awareness training
- Start from an easily accessible location
- Be over flat terrain with accessible footpaths, and always away from busy roads

• Include a sensory aspect and time for walkers to pause to take in their surroundings

• Be developed in partnership with local organisations with expertise in supporting people living with dementia, and their carers

Whether a dementia-friendly walk or regular health walk, trained walk leaders are on hand for support. Many people prefer to speak to their local Ramblers Wellbeing Walks co-ordinator before joining to make sure the walk meets their needs, and to discuss any particular requirements.



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TALES OF SHEERING GAYE

Sandra Gold-Wood

Opportunities.

Last month we left Sheering Gaye village with Les Muffat safely returned to 7 Green Edge after his heart operation. His daughter's Margaret and Silvia were each dealing with boyfriend problems.

The banter amongst the patrons at the Swan was all about the planned new estate and the possible affects it would have on the village.

Violet was helping out at evening classes rather than waiting in for Daniel to call as it had been a couple of weeks since she'd heard from him. During the evening Violet notices that head teacher Corner Fitzgerald, and

her good friend Carole Wheeler seem to be suddenly very close. Violet's brother Norman finally plucks up the courage to ask student teacher Donna, out and gets a surprise. And later that evening Daniel surprises Violet by returning to Sheering Gaye village.

Read on

The last bus from Denham pulled up and Siliva Muffat got off and crosses the road to her home. Siliva had been in London with Adam Wheeler. Adam was pursuing a career in pop music; he would busk on the streets of Soho in the hope of being talent spotted and Siliva would be there to support him as often as she could. But this evening she had

finally realized that Adam didn't care for her. Nevertheless, the night had ended in an unexpected way presenting Silvia with an undreamt-of opportunity and she couldn't wait to tell her sister Margaret. Slipping quietly in the back door of her home Silvia tiptoed up the stairs to the room she shared with her sister.

'Where the hell of you been?' Questioned Margaret 'Keep your voice down Margaret and I might tell you.'

Margaret switched on the bed side light and looked at her sister. Just then their mother Jean put her head round the bedroom door saying; 'What time do you call this Silvia my girl? You've school in the morning.' Silvia was ready to give an

explanation, but her mother held up her hand and whispered that she did not want to disturb their dad, adding that she would deal with her in the morning.

Once the door was closed Margaret took a good look at her sister and noticed that she looked a little sad. Prompted by Margaret's concern, Silvia admitted 'Oh, Mags you were right about Adam.' She went on to tell Margaret how she'd left him in the 2i's coffee bar and how he hadn't even noticed. Margaret sympathized and tried not to think of her own situation with her boyfriend Ian. 'Well, Sylvie he's the loser, most of the boys at Denham High would give half an arm for the chance of going out with you.'

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Siliva, laughed and told her sister not to be daft. But Margaret got out of bed and pulled Siliva from hers. Then in front of the wardrobe mirror she drew attention to Siliva's good looks.

'Look at yourself, I mean how tall are you at least five nine, lovely skin, disgustingly beautiful strawberry blonde hair half way down your back and even if you wore a sack, you'd look good.' Siliva dissolved into tears and telling her sister how much she loved her and then she passed the business card Andrea Scott had given her. 'Gosh, Sylvie is this for real.' 'I think so Mags, I mean she was right nice and she wants to come and see Mum and Dad, says she's going to write.' 'Oh, my goodness, this is wonderful Sylvie, I'm so

pleased for you.' The girls talked on into the night too excited for sleep.

Over at Stanley Hall, Violet was happily surprised when she returned from helping at evening classes to find Daniel sitting in the kitchen armchair. All she wanted to do was to kiss him and all he wanted to do was hold her. Violet had been so pleased and relived to see Daniel that she had forgotten all the heartache of waiting for letters or phone calls. And for his part Daniel had felt a wave of love hit him as soon as he had set eyes on Violet again. Although both of them had important issues to talk about for the time being they kept them to themselves thinking that tomorrow would do. They happily reassured each other of their feelings and now they were peacefully asleep with their arms around each other.

It was past 1.am and yet Donna and Norman were still together sitting by a dying fire in Norman's cottage and sharing their thoughts on life in general and music in particular.

Just a mile up the road, at Sheering Fare, Conner Fitzgerald and Carole Wheeler were sitting at her kitchen table each with a half-drunk cup of coffee in front of them which had long since gone cold. Conner got up to leave and Carole put her hand on his arm. The movement was almost unconscious on her part, but she couldn't take it away. Conner covered it with his.

Earlier that night at the vicarage, Rev Donald Grey had written a birthday card for his wife, Shelia. The next day was her birthday and he wanted to make it special for her. Smiling broadly Rev Grey, couldn't




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help but congratulate himself on having chosen such a good woman. Then he popped out the back and retrieved a bunch of mixed roses from the shed where he had hidden them that afternoon. Arranging them into a vase he put them on the breakfast table with his card and the ones the twins, Ivy and Clifford had left. Then he went cheerfully up to bed while thinking about his plans for the day ahead.

At 3 am if you could have looked through the windows of the houses in Sheering Gaye village, you would have seen that all was quiet. Most people were asleep and yet in the flat above the Post Office Ingrid was in the kitchen busy mixing pancake batter. Ingrid's face wore a big smile as her fingers settled around the little bottle in her apron pocket. Carefully she unscrewed the top and removed the dropper, while wondering if she should put 3 drops or 4 drops in? 'Who cares', she said to the room as the sound of Batholomew snoring drifted up the hallway. Gritting her teeth she put 6 drops in the pancake mix swished it about with a spoon and then placed the bowl in the fridge. Back in her bedroom Ingrid checked her bag to make sure she had everything she needed. Zipping the bag shut she took a moment to enjoy the satisfying rasp the zipper made. Sitting down in front of her dressings table she began her transformation. Ingrid pulled off the woolie hat that she used to disguise her shoulder length ash blonde hair. Pleased with how it looked she smiled into the mirror and began to apply her make-up. This was

something she hadn't done for some time, and she'd almost forgotten what fun it was. With her face perfectly made up and her hair brushed into style she dressed in the new clothes she'd recently bought finishing her smart look with a glamorous pair of red high heels. Going quietly down to the post office she emptied the safe and stuffed the money into the red handbag she carried which perfectly matched her shoes. Taking a last look around Ingrid left by the back door, she turned and locked it from the outside and then tossed the keys into the bushes around the Green. Headlights heralded the arrival of a car. It stopped and Ingrid got in. No one saw her leave and in truth no one would have recognized her.

Morning arrived and at 5.30 am JJ Jones delivered the milk around the village and then went back to Sheering Faye to have his breakfast before changing into his bus driver overalls ready to take the bus out.

At 6 am Batholomew Osborne got up and dressed quickly in jogging bottoms, slippers and an old jumper before going down to retrieve the morning papers from the porch where they'd been dropped off. Shuffling



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through to the shop he spread the papers on the counter, fetched the order book and started to mark them up for delivery. Billy Raymond and John Muffat turned up at 7

am ready to do their paper-rounds. Batholomew waved them off giving them a bar of chocolate each. They were good lads, he thought as he locked up again. 'Time for a wash and shave' he said to no-one. Freshly washed and wearing a clean shirt, tie, pressed trousers and shiny shoes Batholomew went into the kitchen thinking how very hungry he felt. Then it stuck him that Ingrid wasn't about, shrugging to himself and admitting he was happy to be out of her sight and guessing she was probably having a lay in. Opening the fridge, he was pleased to see that Ingrid had made up the pancake batter. Telling himself he would thank her later he put the frying pan on the gas and whistled while it was heating. Pouring in the batter he tilted the pan this way and that then flipped the pancake over with an expert twist of the wrist. Just as they were ready, he heard a loud rapping on the back door. The mail had turned up early. Swearing under his breath

Batholomew went down to open the back door. As the key wasn't in its usual place Batholomew had to rummage around under the P/O counter to find another.

Consequently, when he got back upstairs his pancakes were cold. Plenty more batter he reminded himself and set about making some more. Keeping an eye on the clock as he usually opened at 8 am. Sitting down to a fresh plate of pancakes, Batholomew squeezed lemon juice over them and sprinkled on sugar, he licked his lips and took up a fork full. He hadn't eaten but a couple of mouthfuls when the phone downstairs began to ring. It made him jump and guiltily he hoped it wouldn't wake Ingrid as he set off downstairs to answer it. As he descended to the shop, he promised himself that he'd take the old girl a cup of tea before he opened. Just as he got to the phone it stopped ringing. 'Well wouldn't you just know it,' said Batholomew as he climbed the stairs and promising himself that he would eat his pancakes cold or not.

Margaret, Silvia and their mother Jean were chatting at the kitchen table. Jean was a little sceptical about Andrea Scott's offer, telling her daughter she would think about it. Silvia went off to catch JJ's bus into Denham and school. Margaret went off to work at the Post Office Store.

Jean prepared a breakfast tray for Les and took it up to him. It was lovely to have him back and she kissed him as she placed his breakfast tray on the bed. Les smiled at his wife and asked her if she was alright. Jean showed him Andrea

Scrap Collected
Ring Kev
07812194311



Scotts' business card and explained about the model agency. 'Well, I never, what do you think Jean?' 'I don't know what to think, I mean she's only 15, and she is doing well at school.' 'Yeah, but Jean, even I can see she's model material, and she

always was photogenic, even as a little one.' 'But Les, what sort of work is it for a young girl?' 'Let's just see what this Andrea Scott has to say shall we.' This agreed they settled down for the day. Les, to his physio exercises and Jean off to work in the school canteen.

When Margaret arrived at the P/O she found the bags used for the paper rounds dumped on the step and door locked, all of which was unusual as the shop usually opened at 8.am and it was now 9 am, her starting time. Looking in through the window, all seemed quiet. Margaret checked around the back and found the back door locked too. Waiting by the shop door she wondered what to do. When she spotted postman George Billings, walking across the Green, she waved to him indicating that he should hurry. 'What's the matter with you girl, shouldn't you be inside?' asked George. 'I can't get in George.' George tried the door and cupped his hands around his eyes to peer in through the window, exclaiming, 'There's no lights on!' and asking Margaret if she checked the back door which she had.

They spotted PC Terry Alders across the Green and called out to him. 'I'm betting they've overslept, said Terry cheerfully, right Margaret, before I start forcing any doors get

yourself to phone box and ring the P/O, that should wake them up.'

Margaret ran over to the red phone box while George and Terry chatted. The phone rang on and, on but no one answered it. PC Alders began to get a little concerned. Surely one of them would hear it. Using his staff he forced the door, and they all went in. Terry told George and Margaret to stay downstairs and he went up trying to think of a likely scenario when he spotted a pair of feet sticking out of the kitchen into the hall and there was Batholomew laying on the kitchen floor.

To be continued.....

BOOK TOWN QUIZ ANSWERS

1. Pat Barker
2. Christopher Marlowe's
3. Cormoran Strike
4. Brave New World – Aldous Huxley
5. Mark Twain's
6. Kazuo Ishiguro
7. The Lion, the Witch and the Wardrobe (Aslan is the Lion)
8. Richard Mabey
9. Ovid
10. Candide - Voltaire

LOOKAROUND DIARY

Please send us any dates for the diary, for real or virtual events or meetings You do not need to place an advert or article for dates to appear.

HISTORY OF LOOKAROUND

Dennis and Jackie Whicker

The first issue consisted of 4 pages. The quality is poor by today's standards as we had to print it out onto plain paper, cut it out then place it on a Master Sheet. The sections were then stuck down and the whole lot photocopied on both sides. In the early days, photocopiers did not like copying on both sides and many sheets either crumpled or got stuck in the machine. This added many hours work to the already lengthy process and many nights were spent producing the Newsletter this way.

Issue 2 consisted of 8 pages and Personal Ads were 25 pence.

Issue 4 grew to 12 pages. Personal Ads increased to 50 pence.

Issue 8 in October was 16 pages.

Issue 9 included page numbers because with 16 pages, we were becoming confused - not very difficult at the time. The details of local Children's Birthdays up to the age of 11 appeared.

Issue 10 had the Issue number on the front page.

From Issue 13, which celebrated our First Birthday, we printed on coloured paper to differentiate between each issue.

Issue 14 went to 20 pages, Issue 17 to 24, Issue 18 to 28.

In June 1987, I was interviewed by the local TV station Border TV about our Newsletter which was becoming famous locally.

Issue 22 in December 1987 saw a change in format. Coloured ink on white paper. Again, this was to differentiate easily between issues.

Issue 25 featured the local fight to keep the Secondary School open in the light of educational cuts. The Lookaround was instrumental in keeping everyone informed of the progress. Because of the local support given to the school (95% of the letters sent the Education Department were for Settlebeck). It remained open.

Issue 27 in May 1988 was to be our last as work moved us away from Sedbergh.

Issue 28 was produced by 'The Lookaround Support Group' who kept it going. The Group did a very good job and put their own personalities into each production. The Team was Michael Rutter, (Editor); Kath Hetherington (Treasurer); Joy Rutter, Dorothy Blair, Angela Jones & Trevor Martin (Production Team) and David Lord & Susie Thurlby (Distribution).

In July 1988, The Lookaround won a Top Award in the News & Publications Section of the local Cumbria Village Ventures Competition.

Issue 45 reached a massive 40 pages.

The Lookaround Support Group kept Lookaround going and in February 1990, we were invited back into the driving seat and produced Issue 46 which was 32 pages.

Issue 61 in May 1991 saw a full colour cover which featured the visit of Her Majesty The Queen and His Royal Highness The Duke of Edinburgh to Sedbergh to present a new Coat of Arms to Sedbergh School. This issue was 48 pages plus the colour cover.

Another Milestone was in August 1994 when we celebrated the 100th Issue with a full colour cover.

The Advertising Rates were updated in August 1999 and have stayed the same till this day (January 2019).

The next Milestone was the 200th Issue when we were in Full Colour throughout.

June 2002, We began to produce a 'Large Print' version of the Lookaround for the partially sighted in the area and appears in A4 size. This is available to anyone and is free of charge. A Donation may be made if you wish.

Under the leadership of Jennifer Levitt, an Audio version Lookaround called 'Talking Lookaround' was produced which is an abridged version of some of the articles which is recorded onto Memory Sticks to be played on special USB Speakers and distributed to the Visually Impaired members of our community. This is also a free service

Issue 240 in December 2006 saw 96 pages, the biggest issue ever to date.

Issue 251 in December 2007 consisted of 104 pages which was the largest ever and printed in Full Colour.

Issue 266 in April 2009 saw the transformation of the presentation of every copy being 'Perfect Bound' with a colour picture cover.

Issue 267 in May 2009, we included a regular full colour photograph on the cover. This issue also saw the introduction of the details of individuals in the

community who have attained 90 years of age.

Issue 268 in June saw the cost of Lookaround being increased from 50 to 70 pence, the first increase since March 2001 then increased to £1 from issue 273 in December 2009. This is still maintained.

Issue 328 in December 2014/ January 2015, another record of 120 Pages.

Issue 334 in August 2015. The Lookaround Office took up residence in Sedbergh Information Centre at 72 Main Street.

Issue 347 in September 2016. Due to the increase in size and therefore the weight of each issue and the increase in Postage, Postal Charges were increased.

Issue 350 in December 2016. We announced that we would retire as Editors of the Lookaround in December 2018 and invited new Editors to come forward to continue Lookaround. A new 'Team' was been developed and trained ready to take over at the beginning of 2019.

Issue 372 December 2018 was the last issue produced by Dennis & Jacky Whicker.

Issue 373 February 2019 was the first issue of the new Team.

PERSONAL MESSAGES

FOR SALE

Circular Pine Table - £30.00 Diameter 100cm; height 85cm.
4 wheel wooden dropleaf serving trolley (70x75x50cm) £20
Phone 07946 015195
015396 20436

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

Items for the 'Lookaround' should be emailed to:

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

DIARY OF EVENTS

Dates are held up to 10/12/2024
 Dates in **BOLD** are start & finish events.
 Numbers in Brackets indicate Advert/Article on a Page.
 Month in Bracket relates to issue that details last
 appeared.

MAY 2024

02	1115	PMR/GCA Support Group FM	FM
02	1400	Community Afternoon Tea	GH
02	1930	WIHF - Pottery Talk (49)	HVH
03	1400	Dentdale Head to Foot (25)	DMH
08	930	Sedbergh Ladies NFU coffee morning	STAS
08	1915	Dentdale WI Offshore Wind	DMH
08	1930	Sedbergh WI Resolutions meeting (52)	PH
10	1430	Dementia wildlife event (Apr)	Plumgarths
10	1900	British Legion Annual Dinner (Apr)	GC
11	1400	Bluebell Day (11)	Whelprigg
11	1400	Jumble sale Air Ambulance (Apr)	PH
11	1800	Native Cult	TR
12		Christian Aid Week (27)	Sedbergh
12	1400	Chapel Anniversary	Low Smithy
12	1600	Messy Church	TBA
13	1930	Orton Male Choir	Low Smithy
14		Dementia Action Week (Feb)	TBA
14	1400	Killington WI	PH
14	1930	Domino Drive	FCH
15	930	Christian Aid Coffee morning	STAS
15	1000	NHS App drop in support (16)	MC
15	1900	Kirkby Stephen 10K Howgill Harriers	KS
16	1000	Police drop in	RR
16	1400	Community Afternoon Tea	GH
16	1900	Annual Parish Meeting (59,16)	PH
16	1930	Parish Council Annual Meeting (59)	PH
17	1900	Sedbergh Primary Promise Auction (19)	SPS
18		Christian Aid Week (27)	Sedbergh
18	1100	Killington sailing Open Day (17)	Killington
20		Dementia Action Week (Feb)	TBA
21	1400	Sight Advice	TBA
22	1930	People's Gym AGM (14,14)	PH
24		School Half Term Holiday (Apr)	SS
24	1845	BBQ	FCH
24	1930	K shoes Male Choir concert	STAS
25		What Are Words Worth? (1)	PH + Other
25	930	Artisan Market (25)	Main St
27	1830	Opening and duck race (11,11)	HVH
30	1400	Community Afternoon Tea	GH
30	1800	Killington Sports (30)	Beckside F

JUNE 2024

01		What Are Words Worth? (1)	PH + Other
01		Country Fest	county sho
02		Country Fest	county sho
02		School Half Term Holiday (Apr)	SS
06	1400	Community Afternoon Tea	GH
09	1600	Messy Church	CCCN
11	1400	Killington WI	PH
11	1400	Killington WI	PH
11	1930	Domino Drive	FCH
12		Dentdale WI summer outing	TBA

12		Sedbergh WI summer outing	TBA
14	1430	Dementia wildlife event (Apr)	Plumgarths
15	1830	Rob Young	TR
16	1300	MF - Sedbergh Songsters	STAS
16	1300	Sedbergh Music Festival Begins (46)	STAS
16	1430	Songs of praise	Hawes Jnct
18	1930	MF - Julian Cann Quintet	STAS
19	1000	NHS App drop in support (16)	MC
19	1300	MF - Nick Humdall Smith	STAS
20	1300	MF - Sedbergh School Musicians	STAS
20	1400	Community Afternoon Tea	GH
20	1930	MF - Sedbergh Orchestra	STAS
21	1300	MF - John Robinson	STAS
21	1930	MF - Sedbergh Town Band	STAS
22	1300	MF - 4 Hands 1 Piano	STAS
22	1930	MF - Cotton Town Chorus	STAS
23	1200	MF - Amabile Girls' Choir	STAS
23	1930	MF - Claire Cope Quintet	STAS
25	1300	MF - Cheetham's School of Music	STAS
25	1930	MF - Jess Gillam and the RNS	TBA
26		MF - Fakir Trio	STAS
26	930	Killington WI Coffee Morning	STAS
26	1300	MF - Harp Duo	STAS
27		Sedbergh Music Festival Ends (46)	STAS
27	1930	MF - BBC Singers	STAS
29		School Term Ends (55)	SS
29	930	Artisan Market (25)	Main St

JULY 2024

04	1400	Community Afternoon Tea	GH
09	1400	Killington WI	PH
09	1930	Domino Drive	FCH
10	1915	Dentdale WI Guide Dogs	DMH
10	1930	Sedbergh WI Glass fusion pendant	PH
11		Killington WI Summer Outing	Orton
14		Cricket Thunder v Southern	SS
14		Cricket v Southern Vipers (Feb)	SS
14		Cricket v Southern Vipers (Apr)	SS
17	1000	NHS App Drop in support (16)	MC
18	1400	Community Afternoon Tea	GH
20		Finkle Street party	STAS
21	1430	Songs of Praise	Hawes Jnct
24		Cricket - Metro Bank One Day Cup (Feb)	SS
24		Cricket - Metro Bank One Day Cup (Apr)	SS
24		Cricket Metro one day cup	SS
27	930	Artisan Market (25)	Main St

AUGUST 2024

01	1400	Community Afternoon Tea	GH
09		Hells Fells Begins	Birks
11		Hells Fells Ends	Birks

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 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

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 - rosemaryahandley@hotmail.co.uk
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
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 Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
Cornerstone Community Church -----	William Allen - 015396 20194
Cricket 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
Gladstone Community Group -----	Janey Hassam - 07966 134554
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 -----	Gareth Marshall - 07801 276233
Howgill's Harmony -----	Mr Burbidge - 015396 21166
Ignite Youth Club -----	Joe Gorst - 07964 830473 / joe.gorst24@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
Lunesdale Archaeology Society -----	lunesdale.archaeology@gmail.com
Meals On Wheels -----	Colin Cowperthwaite - 07961 925003

GROUPS AND ORGANISATIONS (CONT)

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 -----	Janey Hassam - 07966 134554
People's Gym -----	membership@sedberghgym.club
People's Hall -----	Steve Longlands - 01536 20885
Pepperpot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Janey Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
PMR/GCA support Group -----	0300 111 5090 / kendal@pmrgca.org.uk
Poetry Club* -----	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Royal British Legion -----	Nigel Whiting - 015396 21358 / nigelwhiting306@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 Ladies Friendship Group -----	Jo Birkbeck - 07769 908663
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 Mickethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 07877 301088
Swimming Club -----	Sedberghswimmingclub@gmail.com
Tennis Club -----	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 / vscssedbergh@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 *.*

BUS SERVICES

Stagecoach
563 Monday-Friday - Kendal - Penrith
Kendal - Sedbergh - Appleby - Penrith

From 25th March 2024

	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Kendal Bus Station stand D	0830	1100	-	1305
Oxenholme Railway Station	0841	1111	-	1316
A684 Motorway Bridge	0851	1121	-	1326
Sedbergh Post Office	0904	1134	-	1339
Cautley The Cross Keys Hotel	0914	-	-	1349
The Fat Lamb Inn	0923	-	-	1358
Kirkby Stephen Pennine Hotel arrive	0935	-	-	1410
Kirkby Stephen Pennine Hotel depart	0937	-	-	1412
Brough Clock	0950	-	-	1425
Warcop	0959	-	-	1434
Appleby Moot Hall	-	-	1128	-
Appleby The Sands Church	1009	-	1130	1444
Kirkby Thore Sanderson's Croft	1021	-	1142	1456
Temple Sowerby	1028	-	1149	1503
Penrith Sainsbury's	1041	-	1202	1515
Penrith Railway Station	1047	-	1208	-
Penrith Railway Station	0845	1050	-	1305
Penrith Bus Station stand 2 arrive	0850	1055	-	1310
Penrith Bus Station stand 2 depart	0853	1058	-	1313
Penrith Health Centre	0856	1101	-	1316
Temple Sowerby Post Office	0907	1112	-	1327
Kirkby Thore A66	0911	1116	-	1331
Kirkby Thore Sanderson's Croft	-	-	-	1334
Appleby The Sands Church	0920	1125	-	1345
Appleby Moot Hall	-	1127	-	..
Warcop	0932	-	-	1357
Brough Clock	0940	-	-	1405
Kirkby Stephen Costa Coffee arrive	0950	-	-	1415
Kirkby Stephen Costa Coffee depart	0952	-	-	1417
The Fat Lamb Inn	1003	-	-	1428
Cautley The Cross Keys Hotel	1012	-	-	1437
Sedbergh Library	1022	-	1135	1447
A684 Motorway Bridge	1035	-	1148	1500
Oxenholme Railway Station	1045	-	1158	1510
Kendal Bus Station stand D	1056	-	1209	1522

BUS SERVICES

Western Dales Bus S1 Wednesdays - Kendal Shuttle 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	..

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

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

Trains to Carlisle	..	1048	1815
Trains to Leeds	..	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	..
Trains to Carlisle	1048	1815	..
Trains to Leeds	1041	1732	..

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

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	It could be you!	

Editorial Team members annotated with (T) are also Trustees.

Jackie Whicker is Life Time President but is no longer involved in compilation.

Religious Services in Sedbergh

CHURCH OF ENGLAND

The Benefice of the Western Dales

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

andy.burgess@westerndales.org.uk

Licensed clergy:

**Rev'd Christine Brown 25418
Rev'd Lindsay Gray**

Churchwardens:

**St Andrew's, Sedbergh
Tony Reed Screen 21081
Susan Sharrocks 20754**

churchwardens.sedbergh@westerndales.org.uk

St Andrew's, Dent

David Wright

churchwardens.dent@westerndales.org.uk

St John the Baptist's, Garsdale

Bill Mawdsley and Rosemary Lord
churchwardens.garsdale@westerndales.org.uk

St Mark's, Cautley

Judith Bush and Maureen Hinch
churchwardens.cautley@westerndales.org.uk

St John the Evangelist's, Cowgill

Janice Moorby and Heather Fraser
churchwardens.cowgill@westerndales.org.uk

Holy Trinity, Howgill

**Pauline Marshall and Helen
Hoggarth**

churchwardens.howgill@westerndales.org.uk

St John the Evangelist's, Firbank

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

All Saints', Killington

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

ROMAN CATHOLIC

St. Andrew's Parish Church

Sunday 12.00

Parish Priest Kendal

Tel: 015397 20063

SOCIETY OF FRIENDS - QUAKERS

Brigflatts

Sunday 10.30

Janet Chetwood (Comms Clerk)

Tel: 21715

Sally Ingham (Business Clerk)

Tel: 07939 569559

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ

Every 4th Sunday 1900

Sarah Woof Tel: 25212

METHODIST CHURCH 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

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
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ST JOHN THE EVANGELIST'S CHURCH, FIRBANK

2nd Sunday	2.30pm, Holy Communion
------------	------------------------

ALL SAINTS' CHURCH, KILLINGTON

1st Sunday	2.30pm, Afternoon Service
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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
May 2024***

	Time	5 th	12 th	19 th	26 th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	<u>HC-BCP</u>	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC	Joint Pentecost Service	HC 4pm Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Morning Service 4pm- Messy Church		Morning Service
St. Mark's, Cautley LA10 5LZ		2.30pm EP			
St. John's, Garsdale LA10	10am	HC			
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Chapel Anniversary		HC
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service			
Holy Trinity Howgill LA10 5JD	9.30am		Lambing Service		
St. John's Firbank LA10 5EF	2.30pm		Lambing Service		
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC
St. John's, Cowgill LA10 5RJ		2.30pm Lambing Service			
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service			
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	All Age Breakfast Meeting for Worship Kendal MH 8:30am Contact below. 10.30am Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	7th			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	Wednesday	1st	8th	15th	22nd/29th
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00				29 th Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer)			MP- Morning 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, Millthorpe

*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

Email: 101@cumbria.police.uk
Crimestoppers 0800 555 111

Community Officer

Mandy Colman - 07773 181425
Amanda.coleman@cumbria.police.uk

DENTAL SURGERY

Main Street 015396 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street

015396 13150

[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 - 015396 20406

MARKET DAY

Wednesday

Last Page Update:

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