

Sedbergh & District

# LOOKAROUND

June 2024

Donation £1

Issue 432

After the Book Festival at the end of May this month it is the turn of the Music Festival, see the advert below, or the listing on page 20. The festival encompasses local and international

artists, jazz, choral, orchestral, individuals, duos, quintets and more! If you haven't already done so have a look through the schedule and see what you would like to attend. *Ed.*

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**Lunds**

*Colin Cowperthwaite*

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## Weekly Coffee Morning St Andrews Church

**Every Wednesday 9:30am to 11:30am**

**Wed 5th June - Garsdale Church**

**Wed 12th June - St Andrew's**

**Wed 19th June - St Andrew's**

**Wed 26th June - Killington W.I.**

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

# ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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Double Column 5.2" x 4"	=£30.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

## CONTACT INFORMATION

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**editor@sedberghlookaround.org.uk**

*Phone:*

**07464 895425**

*Address:*

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

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

## PAYMENT INFORMATION

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*Reference:*

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**SEDBERGH PARISH COUNCIL –  
CHAIRMAN’S REPORT**

*Kevin J. Lancaster,*

The last year has seen the construction of the first sizeable housing estate in Sedbergh for over ten years. We have supported this new development from long before its inception as a contribution to much needed housing stock but the forty nine houses exceeds the planned development for the whole of the Yorkshire Dales for one year. However, we are concerned that the centre of the town’s development has drifted westwards in recent years with little new housing on the east side.



The parish remains committed to improved parking in the historic core of the town. Ample parking for those who are passing though is a pre-requisite for encouraging them to stay for a couple of hours and spend some money. To this end we have

been pushing for parking for buses to be allowed at New Bridge and all the changes that needs. This will free up space on Joss Lane.

We have made several large investments in improving the parish and have serious plans to continue to do so in the future. The footpath around the playing field is now bedded in and has greatly improved the walk from Havera into

**Join us for a special Sunday service...**



***Songs of Praise***



**10.30am, Sunday, 23 June 2024**

**St Andrew’s Church, Sedbergh**

*A special celebration for Sedbergh Music Festival*

Enjoy singing some favourite hymns,  
with special guests Amabile Choir  
and Sedbergh School Choir

town. We recognise how well used our play equipment and play area is and are making plans for rebuilding and relocating it within the field as the present equipment comes to the end of its life. This will free up an area for a much needed expansion of the car parking at the People's Hall.

The two car parks which the parish runs continue to make a positive contribution to our finances.

However, the net profit is much less than most people imagine. We have sought out and secured outside funding for electrical charging facilities on both car parks for both visitors and residents alike and we remain committed to general improvements, especially on Joss Lane.

The relationship between the parish and the Sedbergh Economic Partnership has rarely been warm and this year we decided to suspend attending their meetings.

We were disappointed by the first tranches of the Levelling Up monies awarded indirectly by the new Westmorland and Furness Council. We believe a modest share of the money given to Kendal Town Centre would have been much more

effectively spent in peripheral market towns such as ourselves.

The parish continues to support the Town Twinning Group and there was a student visit from Zreče to Sedbergh in October. A visit the other way planned for February did not happen but it is important that it goes ahead in 2025.

All the street lighting owned and run by the council has been modernised and replaced with newer and better designed LEDs at very little cost to residents. For this we have had considerable support from the Friends of the Lake District. This is very much in line with the Yorkshire Dales Dark Skies Policy.

The parish remains frustrated with the unitary council's Highways Department whether it is signs welcoming visitors which have swung at unwelcoming angles; endless cones and traffic lights on bridges or a failure to install double yellow lines.

I remain proud of the community in which we live and the parish council which I chair. We are well served by our current members, our clerk, staff and contractors. I thank my vice-chairman for standing in for me during my absence earlier in the year. Compared with neighbouring parishes few are as active as we are and none raises as much funding from sources beyond the pockets of council tax payers.

Thank you for allowing me to serve as your parish chairman, it has been a real privilege.

Kevin J. Lancaster,  
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**CHARITY CEILIDH**

*Jane Fisher*

Just a quick update about our charity event at the Peoples Hall on 19/04/2024.

Now all the sums have been done I can confirm it made a whopping £2276.32, more than we could ever have anticipated! This has now been divided equally and sent to St Johns Hospice in Lancaster and Cancercare Kendal.

Again, an enormous thank you to everyone who contributed in so many different ways, you are all brilliant!

Thank you.

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

**BOWLING INVITATION**

*Philip Johns*

Do you fancy trying your hand at Crown Green Bowling?

If so, Sedbergh Bowling Club will be hosting 'Open Mornings' for anyone who wishes to give it a go. The club is situated behind Queens Gardens and has it's own car park via Queens Drive accessible between the last two houses on the right.

Bowling will start at 10.00 am and finish around 12.00pm every Saturday morning through June, July and August. All equipment will be provided and members will be there to show you 'the ropes'. No special clothing is needed, only flat shoes/trainers etc but no 'open toe' footwear.

Bowling is a fun, social game and enjoyed by people of any age and ability, not just 'Old Foggies'. It provides gentle exercise in plenty of fresh air amongst the beautiful surroundings of The Howgills.

So, come along, if you fancy it, we'll even provide you with tea and biscuits, and, what's more, it's totally free! See you there.

For more details, contact me, the secretary, Phil Johns, on 07807 909860 or ps.johns@btinternet.com

**CROOK MORRIS TEAM**

*Peter Apps*

Crook Morris team will be dancing traditional Morris dances at the Black Bull, Sedbergh on Monday 8th July between 7.45pm and 10pm. Crook is a well known Morris dancing side from Kendal.



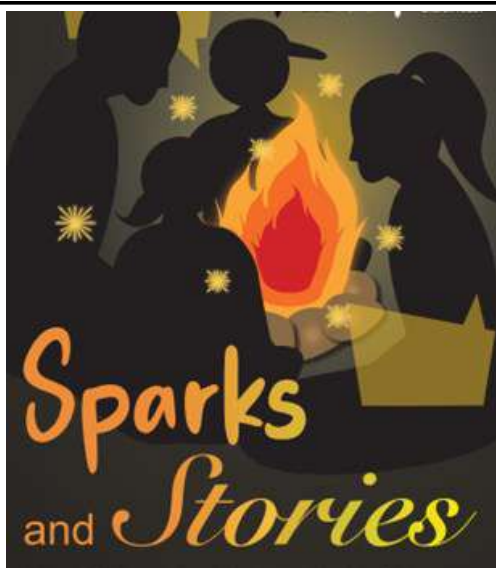
## BLACK HORSE FLOWER Farm Open Day 8th June

*Jude Aston*

“It’s BritishFlowersWeek 2024”  
from the 3rd-9th June, 2024 and we’re thrilled to be taking part by opening our fields for the day on the 8th June. Now in its 11th year, this annual celebration founded by ‘New Covent Garden Flower Market’ has been handed over to ‘Flowers From The Farm’ and as a member we’re looking forward to seeing what the next few years bring!

Come and look around and see how we grow our flowers, and watch florist, Jessica of Darcey Styling, demonstrate how to create a beautiful sustainable arrangement using our flowers. Jessica and I can provide advice on different options on how you can arrange your flowers sustainably at home. Entry is strictly by prebooked tickets, due to parking restrictions, in allocated time slots. These can be booked via trybooking (<https://www.trybooking.com/uk/DLSC>).

There is an entry fee of £5, which will be donated to charity, and refreshments will be provided. Should you wish you can preorder a small bunch of flowers, the ingredients of which you can select, and if you like you could bring a small vase and arrange the flowers directly into it.



## CHILDREN’S HOLIDAY CLUB

*Ben Maunder*

The annual children’s holiday club will be taking place at The People’s Hall from 22nd – 26th July, 10am -12 noon daily, with a special service for family and friends on Sunday 28th at 10.30am.

This year’s theme is Sparks and Stories. Gather round the campfire to share some of the stories Jesus told, the stories of his life, and how our story fits into God’s big story. With games, crafts, songs and videos each day it’s sure to be a week filled with fun and learning about Jesus!

The club is open to all children aged 4-11. Prior booking is essential. Please register at [www.westerndales.org.uk](http://www.westerndales.org.uk) from 13th June.

We look forward to seeing you there!





Grace Elizabeth

*Beauty*

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Grace Elizabeth

*Beauty*

### GETTING TOGETHER

*Sarah Wooff*

This group wound up a couple of months ago to take a breath and is now coming back in a rather different way. Previously we met in the Methodist Church in Dentdale on a Wednesday morning from 9.30 to 11.30am, with toys and games, a space to chat and refreshments.

Our first session will be on Wed June 19th, and we will meet at "Rhumes", Dent at 10am. If it's a dry day we will go off and explore somewhere, if it's wet there will be indoor activities in the house, or if lots of participants we will go to the Methodist Church. We will finish just before noon.

ALL AGES are welcome, but children must be accompanied. There will be a snack included. Want to know more? Just ask!

Sarah 015396 25212.

### 80TH ANNIVERSARY OF D-DAY

*David Parratt*

It is intended to hold a brief outdoor service at the town memorial in St Andrews churchyard to commemorate the 80th Anniversary of D-Day on Saturday 8th June. Codenamed 'Operation Neptune', the Normandy landings in June 1944 was the largest seaborne invasion in history. It resulted in the liberation of France and the rest of Western Europe and laid the foundations of the Allied victory on the Western Front.

The service will start at 1100 with prayers, followed by a two-minute silence and the laying of wreaths. Members of the Sedbergh School Pipe & Drums CCF Band will be present to play 'The Last Post' and 'Reveille'. A Lament will be played during the laying of wreaths. The service will be conducted by reverend Ashley Henderson.

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### COMMUNITY CORNER

*Sarah Woof*

This well supported weekly group meets every Wednesday from 2pm to 3.30pm in the Methodist Church in Dentdale.

There's always a jigsaw on the go, a game or two of dominoes and tea and cake. New people are always welcome.

On June 12th we are going green, at least we hope we are! Wear or carry something green and bring a plant/plants or jigsaws to swop with someone else.

Never been ? Don't worry you will be made very welcome, and we look forward to seeing you.

For more information or directions give me a call. Sarah. 015396 25212

### DENTDALE CHRISTIAN FELLOWSHIP PASSOVER

*J and SE Woof*

For the first of our sessions, "Eating thru the Bible", we held a Passover Celebration in the Haygarth Room in Dent.

We were a mixed age group, and the outdoor area came in useful for the youngsters to 'let of steam'.

We read the Biblical account of the Israelite people preparing to leave Egypt, enjoyed a scrumptious meal and a great catch up. A great night.

The next event is the annual Festival in Dent in August to which all are welcome.



## SEDBERGH AND DISTRICT COMMUNITY TRUST

*Tony Reed Screen*

The Charity Shops have had another busy year. Despite rising costs of overheads and at times a lack of volunteers to man the shops and sort out donations in the cramped conditions of the cellar of 86 Main Street they have made a handsome profit for the Grants Committee to make awards to the community. This year the Committee made awards to fifteen organisations totalling £21,045.93.

By the time you read this the Committee will have considered five applications for the 2024/5 financial year and we look forward to receiving many more.

The majority of applications are now made electronically, and we have created a new email address on the Application Form [cfgc@sedbergh.org.uk](mailto:cfgc@sedbergh.org.uk) to meet GDPR requirements and ease of administration.

## 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](mailto:a865@btinternet.com) or 015396 21081) or John Sykes  
([jmsykes100@gmail.com](mailto: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



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## POLICE REPORT

*PCSO Mandy Coleman*

Logs of note

On the 24/4 suspicious vehicles were reported in the area smelling of Cannabis. Registrations were given. These vehicles were not from the area, but all registrations have been tagged for intelligence. Please do continue to report any vehicle that you don't think "looks right" you as locals will be 9 times out of 10 correct!

Parking at Settlebeck and Sedbergh Primary is being monitored by PC Adam Roberts, he will be looking at parents parking on ZigZags and generally those who park inappropriately. We do this at all schools in the area and we are not here to cause any parent any distress or to ticket, but to educate and to look after your children to keep them safe to and from school. We only issue a ticket when we must.

Crime Prevention Advice for this time of year is "Lock it, or Lose it"

We are reminding homeowners to lock it or lose it over the coming



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[www.thecustomcushioncompany.co.uk](http://www.thecustomcushioncompany.co.uk)

months. The warm weather means more people are out in their gardens. Make sure all windows/doors and locked and secured when you are not in the house. When you are out in the garden, you cannot hear who could be walking through your door. Don't leave valuables on show, keys, handbags, phones. It takes less than a minute to lock your doors but can take weeks to deal with the aftermath of a Burglary.

We are a farming community and as we all know one of the busiest times is here, please think twice as to where you leave your Quad, Trailers, Farm machinery etc when working from field to field.

The next Police drop in will be May 16th, now should an incident occur and we are not there then you can contact myself on

[Amanda.coleman@cumbria.police.uk](mailto:Amanda.coleman@cumbria.police.uk)

Thank you.

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Tom Wilson  
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## **ELECTRIC VEHICLE CHARGERS**

*Janey Hassam*

In 2022 Sedbergh Parish Council began to investigate the introduction of Electric Vehicle (EV) Chargers into the town, for use by those living in and visiting the town. The Council wanted to be resilient to climate change by allowing residents and visitors the opportunity to charge an electric vehicle. They also wanted to help promote tourism and the local economy by providing EV chargers. Ultimately, this would underline the Council's desire to give alternative options and help reduce carbon emissions. Recognising that many streets in Sedbergh do not have suitable off-street parking for safe charging, and that there were no public chargers in the area, they began to look at potential funding to support a future project. At the time, there was no support available from the local authority, so the Council began to research their own potential options. Aiming, ultimately, to install EV chargers at Loftus Hill car park and Joss Lane car park – with both public car parks being leased by the Parish Council.

The Council were successful in acquiring substantial funding for the project over several months, with 60% contribution coming from the Government's On-Street Residential Charge point Scheme, with support from Office for Zero Emission Vehicles and administered by The Energy Saving Trust. In addition, critical further grants were also secured from Yorkshire Dales National Park Authority's Sustainable Development Fund, Cumbria Action



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***Sedbergh Lookaround***

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for Sustainability, part of the Zero Carbon Cumbria Partnership's ambitious emission reduction programme to make Cumbria carbon neutral by 2037. Community Energy Cumbria (CEC) Community Benefit Fund (Sedbergh) and Sedbergh & District Community Trust were also secured, with final contribution from Sedbergh Parish Council.

After the Council were successful in their fund raising, Electricity North West was engaged to complete the connections required to support the new EV chargers (each location also requiring full road closures for the install). And, ultimately - Eon Drive were awarded the contract to install the charging infrastructure. Four fast (22kWh) chargers have now been installed, two located at each car park, and are now operational and included on Zap Map and the National Charge point Registry. They are fully contactless, with no mandatory requirement for an App, to allow them to be easily accessible by residents and visitors.

The Council have seen many cars using the charges, by residents, and visitors, being the first publicly available chargers in Sedbergh. The installation of the chargers also supports Westmorland and Furness Council, and Yorkshire Dales National Park policies for the future of EV charging infrastructure.

The Council will continue to monitor the ongoing campaign, by Fair Charge, to reduce the mandatory VAT charged at public chargers (currently 20%) to 5%, in line with home charging.

## SEDBERGH DEMENTIA COFFEE MORNING

*Myles Ripley*

Thank you to all of you who came to our coffee morning " Time for a Cuppa " just after Dementia Action Week. AND to all those who helped run the coffee morning. We raised just over £180 for the Dementia UK and hopefully were able to give people some useful information about this increasingly prevalent disease.

A dementia diagnosis is vital  
Diagnosis is vital to give people access to the care, treatment and support they desperately need. Yet, incredibly, 1 in 3 people with dementia do not have a diagnosis.

If you're worried about yourself, or someone close to you, get help describing your symptoms to a GP by filling in our symptoms checklist

This checklist contains 20 questions about possible symptoms or behaviours relating to dementia. You will need to think about the symptoms, how long they have been happening and how much they are affecting daily life. If you do not wish to answer a question, just move on to the next one. This is not a diagnosis but may help you discuss your concerns with a GP.



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<https://www.alzheimers.org.uk/form/checklist-for-dementia-symptoms>

ALYSON

People walk on by me, they talk  
amongst themselves.  
If they paused or look into my eyes,  
they'd see I'm still myself.  
In my head I feel able bodied just like  
you.  
But my muscles they won't let me -  
they won't let me move.  
My limbs - I can feel them. I feel from  
head to toe.  
But they don't understand me, I no  
longer have control.  
Although my mouth may open the  
words just won't come out.  
My voice has been stolen. I cannot  
scream or shout.  
My eyes they see clearly as the world  
passes me by.  
I watch, stuck in my body whilst I  
wither away inside.  
My heart is still open - my feelings  
still the same.  
But how can I express them trapped  
inside this brain?  
Another day, I try to be happy  
because I'm still here and I'm still  
Ally!

**A DARK SKY OVER SEDBERGH**  
**Sedbergh Environmental**  
**Network**

*Barbara Hartley*

During April this year the skies  
above Sedbergh have got a lot  
darker.

Helped by Jack Ellerby, the Dark  
Sky Officer at the Friends of the Lake  
District organisation, Sedbergh  
Parish Council have successfully  
upgraded their lighting and achieved  
both energy savings and reductions  
in light pollution They changed twenty  
-two streetlights to modern energy  
efficient LEDs compliant with  
guidance from Dark Sky  
International.

The County Council changed their  
lights several years ago and with the  
Parish Council lights now also  
changed we have an almost dark sky  
over Sedbergh.

Sedbergh is the largest town within  
the Yorkshire Dales National Park  
which was designated as an  
International Dark Sky Reserve in  
December 2020. The skies within the  
core of the National Park are  
considered some of the darkest in the  
world.

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The sky above Sedbergh has been polluted by light or a sky glow for many decades. But now the glow has almost gone. Instead of throwing light up into the sky these new lights throw light where it is needed onto the pavement, or the road and light pollution has been considerably reduced. Looking down from Garsdale it is noticeable that the glow above the town has almost disappeared.

It would be great if the remaining lights in private grounds could also follow the Parish and County Councils lead and review their lighting to help reduce light pollution even more.

Each one of us can help and when it's time to change our fittings we can make sure the bulbs are no more than 500 lumens with a colour rating of no more than 2700K. The lights should be shielded to ensure that light is sent where it is needed rather than up into our sky or into our neighbour's window and if possible be on a dimmable switch.

We would then have a truly dark sky over our town where we could easily see the milky way on a clear night. .

## **LIGHTING THE WAY Sedbergh Parish Installs Dark Sky Friendly Lights**

*Janey Hassam*

Twenty-two new environmentally and dark sky friendly lights are benefitting nature and people in the town of Sedbergh.

The project, supported by landscape charity the Friends of the Lake District and the Yorkshire Dales National Park Authority, is helping Sedbergh Parish Council reduce the town's light pollution, carbon emissions and energy costs.

As Friends of the Lake District's Dark Skies Officer, Jack Ellerby, explained:

"The new lights are modern energy efficient LEDs, with four heritage style versions on brackets in the town centre. And similar to schemes in Lorton and Patterdale in the Lake District, and Dent in the Yorkshire Dales.

"The Parish Council, concerned at the rising cost of running and repairing its footway lights, worked with us and Westmorland and Furness Council's lighting officers, to assess and identify some new lighting. An important consideration is that the Yorkshire Dales area of Cumbria is also designated an international dark sky reserve.

"The design of the new lights means their beam throws light onto path and road surfaces, rather than up into the sky. They are a warmer colour too, which is gentler on our eyes and better for wildlife that's active overnight. Plus, the lights dim

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by 50% after 9pm, and go off between 12pm to 6am,” added Jack.

Steven Longlands, from Sedbergh Parish Council who helped with the project, said: “Working together made this happen and cut our electricity costs by 78%. Special thanks to our Clerk, the Friends of the Lake District, and the Council’s Lighting Team. We are also grateful for funding from Yorkshire Dales National Park Authority’s Sustainable Development Fund and Cumbria Action for Sustainability’s Community Climate Grant. Funded by the National Lottery Community Fund, part of the Zero Carbon Cumbria Partnership’s ambitious emission reduction programme to make Cumbria carbon neutral by 2037.

Friends of the Lake District’s Dark Skies Officer, Jack Ellerby, said: “Sedbergh Council have been a delight to work with. With public finances decreasing and electricity energy prices going up councils are looking at these types of lights to reduce resource consumption.

Although there is no legal public duty to provide lighting, well placed lights help to give us a sense of safety on paths and ginnels after dark. We hope it inspires other communities to act, and that other lights installed in the town are equally sympathetic.”

The new Dark Sky Certified lights were supplied by lighting manufacturers Thorn Lighting UK and Urbis Schreder.

For more information about Friends of the Lake District’s Dark Skies project please visit the charity’s website <https://www.friendsofthelakedistrict.org.uk/>

## SEDBERGH PEPPERPOT CLUB

*Nicola Cann*

Musical instruments available to borrow!

Sedbergh Pepperpot Club was founded by Donald and Shirley Smith in 1997 and is a charity that exists to encourage and support anyone in the Sedbergh area who wishes to take up an orchestral musical instrument and widen their musical horizons.

One of the core ways in which we seek to meet these aims is through our collection of musical instruments that are available to borrow - many of which have been kindly donated to the charity. For many years these have been housed by club members.

The committee is currently reviewing the collection and considering various options. As well as looking at alternative storage options, we are discussing selling surplus instruments. Before we start this process, we are keen to make sure that no one has a claim to any of the instruments currently in our



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possession. If you, or anyone you know, has donated an instrument to the charity in the past please do get in touch if you wish to take part in this discussion and help inform how the collection is managed.

More generally - do please keep in mind that this collection exists! We have violins and cellos of all sizes as well as most wind instruments. Borrowers (children or adults) can use these instruments in return for paying the annual insurance premium which is generally less than £10 per year.

Alongside the Sedbergh Pepperpot Club (which also supports Sedbergh Orchestra), the Trott Musical Foundation offers grants for children taking lessons on musical instruments (not just orchestral instruments, and singing lessons are also included). Sedbergh is very lucky to have this level of support - please bear both charities in mind if ever you hear a young person express an interest in music - it needn't be as expensive as you fear!

To find out more, contact Nicola Cann ([drnicolacann@outlook.com](mailto:drnicolacann@outlook.com))

Secretary, Sedbergh Pepperpot Club and Chair, Trott Musical Foundation

## **YOTO/CARNEGIE BOOKTOWN TAKEOVER**

*Carol Nelson*

On 23rd April Sedbergh and Dent Primary Schools, Casterton School and lots of other primary schools from around and about took part in a fantastic day of fun and children's books.

You'll have heard of Carnegie Libraries? Andrew Carnegie, who died in 1919, was a Scottish American steel baron and probably not the nicest man, but at one time he was 'the richest man in the world'.

Well, all these years later in the UK we are awarding Carnegie Medals for Children's Literature every year, the junior category is for fully illustrated children's books (up to about 11 years max) and the second category for fiction and non-fiction for young people. The awards are run by CILIP which is the professional organisation for Librarians. "This is just about the most important thing that happens in children's books", and Sedbergh Booktown was really rather chuffed to persuade the Carnegie Team to come here. One of the most exciting things about the Carnegies is the Shadowing Programme; this is when schools sign up to follow the nominated books with on-line programmes in school which teach the children all sorts of useful things about drawing and writing, criticism and thinking and...allow the children to vote for their favourite book at the end. We really are hoping that all the schools that were introduced to the Carnegies this year will sign up to Shadow (sounds exciting doesn't it) next year, and the Booktown and Casterton School who hosted the

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**2024**

Wednesday 19th June

Thursday 11th July

Wednesday 11th Sept



whole day, are hoping that a bigger and better Carnegie event will happen next year for more youngsters to enjoy.

As always these lovely things don't happen without the help of all of you folk in Sedbergh, Dent and Garsdale and our funders:

Yorkshire Dales Millennium Fund  
Sedbergh and District Community Fund

Westmorland and Furness District Council

Sedbergh and Casterton Schools

### **FUND OPEN FOR EVENT AND FESTIVAL GRANT APPLICATIONS**

*Westmorland and Furness Council*

Groups organising festivals and events in Westmorland and Furness can now apply for grants of between £1,000 and £10,000 from a £100,000 fund. Westmorland and Furness Council's grant scheme is aimed at supporting organisers improve their events or festivals, as well as promoting community, place and the environment. Voluntary and community-led businesses, social enterprises, charities, town and parish councils and other constituted groups can apply to the fund for

established or new events or festivals. Applications with match funding of at least 25 per cent will be preferred, but this is not a requirement. The deadline for applications is 26 June and grants must be spent by March 2025. The grants are aimed at improving events and festivals' functionality, sustainability and accessibility and applicants must demonstrate that grants will lead to improved numbers and engagement, as well as new volunteering opportunities. The council's Events and Festivals Grants scheme is one of 22 projects sharing £8.1 million from the government's UK Shared Prosperity Fund (UKSPF) and Rural England Prosperity Fund (REPF), allocated by Westmorland and Furness Council. Councillor Virginia Taylor, Westmorland and Furness Council's Cabinet member for Sustainable Communities and Localities, said: "There are too many festivals, shows, and events in Westmorland and Furness to get to – often organised by and for local people and celebrating an enormous breadth of interests, skills, traditions; and sometimes just for fun. I really admire people's imagination, know-how and energy as they put in the hard work making things happen in the place they live. It's really great that these events bring people together, sharing skills, getting to know each other better, and pooling resources to prepare and run the project – and that's not including the people who'll enjoy the day. Local events really do embody the 'Sustainable Communities and Localities' that are the name of my



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

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

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

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

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

portfolio. "The Events and Festivals Grants scheme will go some way to helping organisers and volunteers to making great things happen in, with, and for their community, and I would urge anybody organising a community festival or event to have a look at the criteria – I do hope that your project can take advantage of the scheme." Find out more and apply at [https://](https://www.westmorlandandfurness.gov.uk/business-and-licensing/business-support/uk-shared-prosperity-fund-and-rural-england-prosperity-fund)

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Westmorland  
& Furness  
Council

### SEDBERGH MUSIC FESTIVAL

*Ed Welti*

The full schedule is noted below. Unless otherwise stated all performances are in St Andrew's Church Sedbergh. For more details see the Festival Brochure (available in the Information Centre), [sedberghmusicfestival.com](http://sedberghmusicfestival.com), or the Town Website.

**COME AND SING** (Free) Sunday  
16th June 2024 at 2:00 pm

Your chance to participate in a performance (at 5:00pm) of Karl Jenkins' 'The Armed Man'.

**SEDBERGH SONGSTERS** (Free)  
Monday 17th June 2024 at 1:00 pm

The Sedbergh Songsters will do a range of popular tunes from a variety of genres.

## **SEDBERGH SCHOOL**

**MUSICIANS** (Free) Tuesday 18th June 2024 at 1:00 pm

Sedbergh School has a thriving music department. A selection of their talented and enthusiastic performers are looking forward to welcoming you for what will be primarily a solo recital.

**JULIAN CANN STRING QUINTET** (£10) Tuesday 18th June 2024 at 7:30 pm

Sedbergh resident violinist Julian Cann has formed this quintet specially for the festival.

**NICK HURNDALL SMITH** (£10) Wednesday 19th June 2024 at 1:00 pm

Tenor Nick Hurndall Smith performs a recital of German and English Folk Songs, accompanied by pianist Jen Hartley.

**4 HANDS 1 PIANO** (£10) Thursday 20th June 2024 at 1:00 pm

Piano Duo Jen Hartley and Peter Noke return to Sedbergh Music Festival.

**SEDBERGH ORCHESTRA** (£10) Thursday 20th June 2024 at 7:30 pm

Our own orchestra are planning a lively programme for this years festival.

**JOHN ROBINSON** (£10) Friday 21st June 2024 at 1:00 pm

With many recorded works organist John Robinson has also performed across the US and Europe, winning 'Editors Choice' in the Gramophone Magazine Awards for his recording 'Laus Deo'.

**SEDBERGH TOWN BAND** (£10) Friday 21st June 2024 at 7:30 pm

The Town Band, like our Orchestra, need little introduction for readers of Lookaround.

## **COTTON TOWN CHORUS** (£15)

Saturday 22nd June 2024 at 7:30 pm

Cotton Town Chorus return again to Sedbergh. They come from Bolton and are one of the UK's leading Barbershop groups having won numerous awards.

## **AMABILE GIRLS' CHOIR** (£10)

Sunday 23rd June 2024 at 2:30 pm

Amabile are based in Kendal and draw their membership from local schools with an age range of 12 to 18.

## **CLAIRE COPE QUINTET** (£15)

Sunday 23rd June 2024 at 7:30 pm in the Thornely Studio

The Quintet are a newly established contemporary Jazz ensemble, inspired by such artists as Brad Mehidau, Babelfish and Kenny Wheeler.

## **KENNETH WILSON HIGHWAY**

**CELLO** (£10) Monday 24th June 2024 at 1:00 pm

Kenneth Wilson has an interesting story to tell, and will also play a wide variety of cello music ranging from Bach to Irish Airs.

## **THE CHEQUERED ACAPELLAS**

(£10) Monday 24th June 2024 at 7:30 pm

The local a cappella group, inspired by 'The Spooky Men's Chorale', are back! Don't miss them.

## **CHEETHAM'S SCHOOL OF**

**MUSIC** (£10) Tuesday 25th June 2024 at 1:00 pm

Cheetham's, based in Manchester, is the largest specialist music school in the UK.

## **JESS GILLAM AND ROYAL**

**NORTHERN SINFONIA** (£20)

Tuesday 25th June 2024 at 7:30 pm in Powell Hall

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**STYLE 85** (£10) Wednesday 26th June 2024 at 1:00 pm

Professional harpists AnnaKate and Gwen are another Sedbergh Music Festival favourite.

**FAKIR TRIO** (£15) Wednesday 26th June 2024 at 7:30 pm in the Thornely Studio

Fakir Trio were born from a triangle of theoretically opposing worlds - oriental, classical and Jazz.

**BBC SINGERS** (£20) Thursday 27th June 2024 at 7:30 pm in Sedbergh School Chapel

The only full-time, professional British choir, the singers feature in live concerts, radio transmissions, and education workshops.

**WORKSHOP WITH BBC SINGERS** Friday 28th June 2024 at 10:00 am in the Hirst Centre

## SEDBERGH SCHOOL QUINCENTENARY

*DJ Harrison, Headmaster*

Sedbergh Launches  
Quincentenary Events: A Year-Long  
Celebration of Legacy and Unity

As Sedbergh School prepares to mark its illustrious 500-year history, it is with great excitement that we announce the launch of our Quincentenary Events, a year-long celebration of academic excellence, community spirit, and enduring values.

Throughout 2025, Sedbergh will play host to a series of captivating events designed to honour our shared legacy and bring together generations of Sedberghians. Each event will serve as a testament to the strength and resilience of the Sedbergh community.

The festivities will kick off with a grand concert at the prestigious Bridgewater Hall in Manchester, setting the tone for a year of jubilation and reflection. Tickets for this unforgettable evening are now available for purchase via the Bridgewater Hall website: <https://www.bridgewater-hall.co.uk/sedbergh-school-bridgewater-hall-concert/>

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"We are thrilled to embark on this journey of celebration and remembrance as we commemorate 500 years of Sedbergh School," said Dan Harrison, Headmaster of Sedbergh School. "The Quincentenary Events are a testament to the enduring legacy of our institution and the remarkable individuals who have passed through our doors. We look forward to welcoming the entire Sedbergh community as we honour our past, celebrate our present, and embrace our future."



## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

The school returned on 14th April to soggy cricket pitches and little sign of a "summer" term. For the first two weeks there was little improvement in the weather, though the match against St Peter's York did manage to take place on 27th April after a short dry but chilly period

The Headmaster announced that it had been decided to change the School motto – Dura virum nutrit, stern nurse of men – as it was felt to be out of step with the modern ethos of the School. After much thought a shortened phrase from The Long Run, the School song about the Wilson Run, was chosen: Never Strive in Vain. Inevitably there has

been some protest, partly about any change at all and partly because it could be seen as ambiguous. After a considerable amount of protest it has been decided that from 2025 the School motto will be Never Shall You Strive in Vain which is the actual wording in the song.

Meanwhile, the plans for next year's 500th Year Celebrations have been confirmed, and will kick off with a Concert in the Bridgewater Hall in Manchester on Monday 3rd February, for which tickets can be purchased on the Bridgewater Hall site. The main celebrations will take place on a Gala Weekend from 2nd to 4th May, and on Monday 8th December the School Carol Service will take place in York Minster. The School hopes that the whole community of

Sedbergh will join together to celebrate their Quincentenary. The School is sad to announce that Peter Marshall, who has served the School, first as Bursar and then as Chief Operating Officer, for sixteen and half years, will be retiring in April 2025. He will not, however, be leaving Sedbergh, and will continue to serve and take an interest in the School in many ways.

On the first weekend of term the Prep School Senior Choir went on a short tour, singing first in St Mary's Kirkby Lonsdale, then the next day in the Metropolitan Cathedral in Liverpool, and finally at St John's Hospice.

Also at the Prep on the second weekend the Friends of Sedbergh Prep School held their spring Fair



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with bouncy castles, sponge throwing, guess the weight of two sheep and so on. This was accompanied by a barbecue.

The School partnered with SOS Kit Aid, donating rugby kit and equipment which is then distributed to disadvantaged children around the world

A confirmation service was held on 29th April in the School chapel presided over by the Bishop of Penrith

An OS soldier whose 1st World War death was previously unknown to the School has been discovered. He was Rifleman George Windram. He was at Sedbergh from 1895 to 1898. He served in the 4th Btn, 3rd New Zealand Rifle Brigade and was

shot by a sniper in France on 12th September 1918

Old Sedberghians, David Hall and James Blackwell, joined "Driving Ukraine" and delivered essential medical supplies to Dnipro and to the 79th Mechanised Brigade on the front line

Casterton held a second Founder's Day of recent years, specifically for those who had been unable to attend the 200th celebrations last year, and about 30 former Casterton girls attended a day which included a special service in Holy Trinity Church

By the time this goes to press the junior dramatists in the upper school will have performed two performances of Bugsy Malone in the Arden theatre And on 19th May



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Sports Day will have taken place and the Houses will have given their garden parties for the parents. – weather permitting!

Luke in Year 7 at the Prep brought home a gold medal over the exeat weekend from the IAPS Judo competition

With the outbreak of the long awaited summer on the weekend of 11th/12th May there was much swimming in the Rawthey.

Several pupils and staff attended the broadcast of Any Questions? In St Andrew's Church on 10th May – and submitted questions

### **Running**

On 27th April the Prep held their Epic run, the Prep School equivalent of the Wilson Run, when years 7 and

8 run 6.9 miles (including 1250 feet of ascent) over Brownthwaite Fell. They were joined by pupils from the senior school including the Boy and Girl Wilson Run winners, staff, and parents

Mr Wells and Mr Davey both ran in the London Marathon. As part of the 500 year celebrations it is hoped to get 50 pupils, staff, and Old Sedberghians (and anyone else who would like to join in) to complete the course next year.

On 28th June 8 pupils will run the 50 miles of the Three Peaks and back to Sedbergh in aid of Save Children UK.

### **Cricket**

The 1st XI games against Kirkham, Myerscroft and QEGS Wakefield in

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the first week were all cancelled. The match against the MCC on 25th April had to be cancelled. The 1st XI managed to play a T20 against Cumbria CCC when Cumbria made 176/7 and Sedbergh 67/9. They were also able to play St Peter's York on Saturday 27th April at home and lost by 8 wickets. On the evening of 10th May they played Cumbria U18 T20 and lost by 6 wickets. and lost by 101 runs to St Peter's York on 11th May

OS Harry Brook has been named as one of the five Wisden Cricketers of the Year. He made a good start for Yorkshire this year with a 69 ball century in Yorkshire's opening match of the year. OS Tom Aspinwall made his debut for Lancashire on 6th April.

Over the exeat weekend the Prep U13 cricketers went on tour to the East Midlands, playing Oakham School and Spratton Hall at Rugby

A third Lancashire match to be played on the School cricket pitch has been added to the summer events – against Durham

#### Future Events

Cricket: Lancaster Royal Grammar Schol: 8th June, 11 am

Cricket: ARCS Capetown 18th June 11 am

Sedbergh Music Festival: Musicians of Sedbergh School 18th June 1 pm in St Andrew's Church

Sedbergh Music Festival: The Julian Cann Quartet 18th June 7.30 pm St Andrew's Church

Cricket: Myerscough 19th June

Sedbergh Music Festival: Four Hands One Piano - Peter Noke and Jen Hartley 20th June 1 pm St Andrew's Church

Cricket: Yorkshire U16 21st June 11 am

Sedbergh Music Festival: The Clare Cope Quintet, Thornely Studio 7.30 pm

Cricket: Durham Academy 25th June 11 am

Sedbergh Music Festival: Jess Gillam & The Royal Northern Sinfonia, Powell Hall 7.30 pm

Cricket: Lancashire Academy 26th June 11 am

Sedbergh Music Festival: Fakir Trio Thornely Studio 7.30

Sedbergh Music Festival: The BBC Singers 27th June 7.30 pm School Chapel 7.20 pm

Speech Day and Prize Giving 29th June 2 pm 29th June Hirst Centre Leavers' Ball and fireworks 29th June 10 pm

Cricket: Brighton College 1st July 11 am

Cricket: Oakham School 2nd July 11 am

Cricket: Wellington College 3rd July 10.30 am

Cricket: Lancashire Cricket Club matches:

The Rachel Hayhoe-Flint Trophy Women's Match 14th July 10 am Lancashire Cricket Club v Cumbria (friendly) 21st July 10.30 am

Lancashire Cricket's Metro Bank one day cup fixture against Durham 24th July at 11.00 am

OS Arnhem Tour: From 3rd-8th September – contact Ben Collins [bpc@sedberghschool.org](mailto:bpc@sedberghschool.org).

## TIM'S COLUMN

*Tim Farron MP*

I worry I am beginning to sound a bit like a stuck record, albeit one that, I hope you think, contains some rather fine tracks. Anyway, I started my column, last month, in Lookaround by saying that that month had been a bit focused on farming. Well, the same is true for this month as well. Not that any of us should be that surprised given how important farming is to our area, not just in terms of providing work but also because of the work that farmers put into keeping our fells and dales looking the way they do.

Last month I wrote that I felt that tenant farmers need a Tenant Farmer's Commissioner to step in

## Garsdale Design

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and help resolve the many issues I have heard about, arising between farmers and their landlords. Well, I could see that the Government weren't going to do much about this and even if they did, given the speed they tend to work at, I was far from confident that anything would happen in my lifetime, let alone in time to resolve some of the issues that tenant farmers are bringing to me now.

So, I have taken matters into my own hands and presented a bill to parliament that, if passed, would create a Commissioner. The NFU and the Tenant Farmer's Association both support the bill. It will have its second reading later in June so we

will see if the Government is supporting it soon.

I have found through rather bitter experience, that the only way to get this Government to do anything is to keep on at them. So I know it's not enough to support farmers with bills in Parliament, I have also been challenging ministers to do something. A couple of times over the past month I have pushed ministers to be more supportive of farmers in particular by sorting out the mess of the agricultural payments scheme which actively discourages many farmers from actually doing any farming and causes many of the issues between tenant farmers and their landlords. Again, let's see what they do.

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Beyond farming I was really angry to hear the news that, at only 12 hours' notice, our hospital trust has decided to close the maternity unit at Kendal hospital for 6 months whilst they sort out staffing issues. As you would expect, I worry that this is yet another attempt by the trust to close our local maternity services and force those of you lucky enough to be pregnant to drive either to Lancaster or Barrow when you feel your contractions start. Google Maps tells me that it takes about 40 minutes to travel from Sedbergh to the hospital in Lancaster. That is far too long, not just for any mother in labour but also for any family member who wants to visit (not that you are left in long enough to get visitors these days).

If you want to support our campaign to get the unit re-opened and properly supported then please go to my website ([timfarron.co.uk](http://timfarron.co.uk)) and search on Helme Chase. That should take you to my petition.

As ever if I can help you with these or any other issues then please do get in touch. You can email us at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or call us on 01539 723403.

### SEDBERGH PARISH COUNCIL

*Janey Hassam - Clerk to the Council*

The Council held its Annual Parish Meeting and the Annual Meeting of the Parish Council on 16th May 2024, due to timings, information from these will be included in the July Lookaround. However, the Chairman's report for 2023/2024, from the meeting, is included in this edition on page 5.

The next meeting of the Parish Council, will be their normal monthly meeting, commencing 7.30pm on Thursday 13 June 2024 in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Sedbergh Parish Council are, however, pleased to include two articles relating to projects they have recently completed in the town. These relate to the installation of new environmentally and dark sky friendly lights for the remaining streetlights owned by the Parish Council. And to the installation of four Electric Vehicle Charger points, two each at Loftus Hill car park and Joss Lane car park. Thank you again, for everyone's

patience during these installations, particularly in respect of the road closures that were required at both locations.

Overall costs for these projects were circa £54,150. However, with significant fund raising by the Council, 87% of the costs will be covered by grants. For the EV chargers, these included the Government's On Street Residential Charge point Scheme (ORCS) Office for Zero Emission Vehicles (OZEV) administered by the Energy Saving Trust. Cumbria Action for Sustainability's National Lottery Community Fund, part of the Zero Carbon Cumbria Partnership's ambitious emission reduction program to make Cumbria carbon

neutral by 2037. Along with, Yorkshire Dales National Park Authority's Sustainable Development Fund, Sedbergh Community Trust, and Community Energy Cumbria (CEC) Community Benefit Fund (Sedbergh). And for the street lighting, Yorkshire Dales National Park Authority's Sustainable Development Fund along with Cumbria Action for Sustainability, funded by the National Lottery Community Fund, part of the Zero Carbon Cumbria Partnership (as above).

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

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Parish Council and raise queries/questions at Public Participation.

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

## FOLLOW MY LEADER?

*Martin Dodds*

Admittedly, times have changed and circumstances have altered, but it seems to me that over the past several decades the concept of leadership has become diluted. Just now for obvious reasons I have in mind political leadership here in UK, but I suspect it also affects other spheres of life.

I seem to remember a time when leadership primarily was about building a set of coherent principles and values in which a given party

believed, and then promoting this 'platform' with the intention of persuading the electorate to support it on the basis of agreeing to those principles.

Naturally, different parties had different 'platforms', but choices were essentially offered between them on the basis of accepting or rejecting the 'vision' they outlined.

Party leaders were not 'celebrities', and not always charismatic personalities either. What mattered was the vision, as reflected in the policies and programme.

I can't help thinking that the rise of radio and television news, then of political commentating, and 'opinion' programmes has contributed to the demise of value and principle led leadership.

Maybe at first this was an unanticipated consequence, but quite soon some professional broadcasters and editors seem to have spotted the potential for them personally or institutionally to influence public and political opinion through the sheer power of outreach to millions of listeners, without being credibly answerable to anyone but themselves.

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Some there may be who had and have no such intention, but these days this appears to me to be a wilful blindness to an uncomfortable reality.

The press argument may be that they have duty 'to hold politicians to account'. Who gave them that task? It may be a useful function, but as far as I know it is a self-appointed one. The press has become a kind of unofficial but immensely powerful, non-accountable third arm of national politics.

Of course, thank goodness, there are still notable reporters and commentators who are persons of integrity and who are as objective as is humanly possible, but this does not seem to be universal, and the antics of the rest leads either to a distorted

truth being unwittingly accepted, or to a general distrust of the media, or both.

In practice, even in countries taking pride in their free press, 'holding politicians to account' often seems to have evolved from a straight-forward interviewing process, including legitimate challenging questions, to a battle of wits between the interviewer and the politician in which the interviewer's prime objective is to 'win' the encounter, rather than arrive at the truth.

Politicians themselves have not helped the situation. The clever ones have learned how to cope with aggressive and challenging interviews, but in so doing they have in fact accepted the assumptions of

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the interviewers, that 'getting the best of the encounter', is more important than rational discussion of the issue at stake. Of course that may be boring, but politics is not supposed to be an entertainment industry.

The arrival of radio and TV in the House of Commons has also either revealed, or possibly reinforced, the yah-boo circus antics of PMQs, and disguised the serious and conscientious work, including co-operation between politicians of different parties, which is where much of the constructive work of our parliamentary democracy happens.

The TV, in particular, also reveals the startlingly low attendance of MPs in the chamber even during serious business, at most other times.

As a result, a possibly unfair perspective of the nature of national politics has become common, and the yah-boo approach to politics is assumed to be normal, and is taken up elsewhere.

The 'confrontational' model of dealing with disagreement seems to be embedded in the way we handle issues in the public sphere. This seems in many ways rather a childish mode of behaviour. Where this inevitably spills over into wider social interactions outside formal politics, it demeans the human capacity for rationality and decency, and encourages extremism rather than meaningful communication and the possibility of reaching respectful mutual understanding and solutions.

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The cult of the individual is so much easier to portray than the complex realities of politics and party. This does a disservice, not only to the individual politicians and their parties, but also to the electorate.

Successful 'public relations' often seems to have replaced coherent and meaningful discussion, and to have replaced integrity.

At the same time, the presentation and interpretation of politics in the media frequently seems simplistic. A vote for my local candidate is interpreted as a vote for his or her national 'party leader'. A vote in a non-parliamentary election is likewise interpreted as a comment on the National Government, thereby misrepresenting, undermining and

devaluing the role and relevance of local administrations and the real purpose of the local elections.

Of course, given the media methodology, and the distortions it introduces, indeed this sad picture may have become true of voter behaviour, but that does not make it a good tendency.

With all this, it is perhaps no surprise that the rapid rise of social media and related platforms has been taken up as a way for malign or deluded 'influencers' to promote non-accountable 'yah-boo' opinions and attitudes at a scale previously unimaginable.

It is not only members of the press who have understood the power of the media of course. The presence of



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a so-called 'free press' does assist in preventing the institutionalised subversion of political truth by a dictatorial government-controlled media such as we are increasingly witnessing in too many countries around the world. We can look at today's Russia, China, N Korea, Myanmar, and even India, among many.

But even in so called 'free' countries, individual groups and personalities have shown considerable ability to 'harness' like-minded press organisations to promote their own take on 'false news' etc. We are familiar with how this manipulation of information through the media can lead to the expression of disagreement by opponents of the regime being designated as illegal, criminal or treasonable.

It has been a shock to see this now happening in our so called 'free

country' as a British Government uses an Act of Parliament apparently to make its opinion on Rwanda a legally enforceable 'fact'. Probably behind this aberration, lies the increasing power of populist opinion, ramped up and distorted by unregulated social media platforms, and which the government feels obliged to 'follow' in its policy generation process.

Populism is not honest or genuine democracy. It is rooted in biased, self-interested demagoguery. It rarely makes allowances for the rights and legitimate interest of minority groups, who are also part of the democratic constituency, often contributing enriching diversity and interest to society and culture, and who deserve the respect of the majority. Populism exploits and plays on the often-unfounded prejudices and fears of sections of the electorate, to create an irrational bulldozer of opinion which is difficult to stand against.

It seems to me that political leadership today has largely become the servant and follower of pollsters and so-called 'public opinion'. Instead of asking themselves, 'How can we persuade the electors to accept the vision of the party for the benefit of the country?', the question now is, 'What popular notions and prejudices from the polls and the media should we accept and promote so we can win, or stay in, office?'

"Follow My Leader", instead of being a statement reflecting an informed choice of leadership, has become rather, an instruction to any would be Leader to Follow the latest most popular political fads and

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prejudices, stoked by both traditional and social media interests, however justifiable or otherwise. It is a step towards 'bread and circuses', rather than an encouragement to govern on the basis of genuinely held values and principles.

The Prime Minister has recently forecast a time of extreme danger for the nation over the next few years. Extreme danger is often an excuse for a clamp down on dissenting opinion. Yet some of the extreme dangers we face may be the very erosion of true democratic principles, and of government based on conviction, value and principled action, respectful of all.

Regrettably, I think most political parties have become susceptible to the cancer of populism in recent years. Perhaps the forthcoming election process offers each of us an opportunity to challenge them all, before we vote.

## BOOK TOWN BOOK 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. What name did Mary Norton give to the tiny people who live beneath the floor of a large house when she wrote about their adventures?
2. Which poem ends with the line 'In hearts at peace, under an English heaven', and who wrote it?
3. Who wrote the 1930 novel *The Maltese Falcon* and what is the name of the private detective who is the main character?
4. 'But be not afraid of greatness: some men are born great, some achieve greatness, and some have greatness thrust upon them.' Which Shakespearean character reads this in a letter and believes the woman he wants to marry loves him? And in which play?
5. Which English footballer's autobiography opens with the words 'Was it a goal?'. He became a national hero after one particularly important match.
6. The Bible, Genesis chapter 4: 'And Cain went out from the presence of the Lord, and dwelt in the land of Nod, on the -----' The missing three words were taken as the title of a novel published in 1952, part of which was made into a film of the same name three years later.

What is the title of the novel and who wrote it?

7. The French writer Antoine de Saint-Exupéry is best known for his story *The Little Prince*, but most of his other books, such as *Wind, Sand and Stars*, are inspired by his professional experiences as what?

8. Which ancient Greek dramatist's plays include *Oedipus Rex*, *Antigone* and *Electra*?

9. And who wrote a trilogy of novels about the Roman orator and statesman Marcus Tullius Cicero: *Imperium* (2006), *Lustrum* (2009) and *Dictator* (2015)?

10. Whose *Thesaurus* was first published in 1852?

11. In which classic 19th century novel is Mrs Proudie a major character?

12. Which famous author, creator of an immortal character, lost the use of his left hand when fighting at the naval battle of Lepanto in 1571?

*Answers on page 69.*

## NOTES FROM DENT STATION

*John Carey*

Recent visitors to Dent Station will have noticed that the scaffolding is back up and the next phase of the lime pointing is now well underway using the excellent Dent tradesmen. We are hopeful that this will be the last of the substantial works required to maintain the exterior of the building, but we have allowed for a period next year just in case. As responsible custodians of the building, we anticipate that some element of external maintenance will be an annual event!

In the last article I was able to report that rail services were largely improving. However, perhaps this was a little premature as, at the start of May, we experienced a number of problems including a signal failure outside Carlisle, train crew shortages, and a train fault together with further industrial action on 9th May. In addition, a number of services have been shortformed which we understand to be as a result of ongoing maintenance issues. It may seem strange that with so much spent on our railways we are so reliant on aged and even leased stock!

We were pleased to hear of the efforts of the local community in Dent to acquire the Sun Inn. Whilst this will undoubtedly present some challenges it is important for the village to retain such a valuable community asset and, hopefully, secure for future posterity. There are several examples of successful community buy-outs and, not so far distant, the small village of Muker is

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well on its way to securing the Farmers Arms. So, good luck to all involved with this venture!

The existence of both public houses and tea rooms in Dent are vital to the visitor economy and, in turn, help to support other businesses and employment. Meanwhile, many of the visitors arriving by train and making the journey to the village, whether on foot or using the Western Dales Bus, would not do so but for the existence of such amenities in the village. It should also be said that visitor traffic is vital to the future viability of the station and so, everything goes hand in hand.

Of course, it something of an anachronism in this day and age that Dent even still has a station! Historically, the station was built by the Midland Railway as a railhead for coal, goods and livestock and, by all

accounts, served very few passengers in its time. Closure came in the 1970s, following which, most onlookers would have considered there to be little prospect of ever reopening – indeed the prospects for the line were not great. But reopen it did with the reintroduction of the DalesRail services and then the regular stopping service in 1989. However, we are conscious of potential risks ahead including the existence of the foot crossing, disliked by Network Rail, and the desire in some quarters to increase the speed of services, missing out some of the smaller intermediate stations. There is no room for complacency and threats come in other forms these days! It is therefore vital that we sustain and increase passenger numbers to secure the long-term future of the station.



We have for some time urged that the railway should be incorporated in any rural transport strategy for the area integrated with local bus services. Many of our stations are remote which, after all, is part of the charm. This would provide travel opportunities to local residents and visitors alike, but we also see a massive benefit to the visitor economy. Indeed, viable public transport should not be regarded as essential if we are to entice visitors away from the private car with the environmental benefits that would bring to sensitive areas such as the Dales. A visit to popular destinations such as Malham on a fine day will surely illustrate the mayhem cars can cause, ironically destroying the very

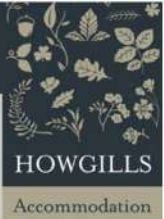
characteristics of the Dales visitors have come to enjoy! We were delighted to be able to take part in consultations with both Westmorland and Furness and North Yorkshire councils. However, it remains to be seen whether any of our suggestions will be taken on board!

It is indeed a good time to consider using the public transport services we have, including both bus and rail. I mentioned before that we have successfully negotiated an additional Sunday stopping service towards Carlisle which, as from 2nd June, will call at Dent (12.39) and Garsdale (12.44) as well as the other smaller intermediate stations. Apart from this there are no other relevant changes in the summer rail timetable.

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However, we still have some work to do on the other non-stopping services and to alleviate the current 4-hour gaps.

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-08.15 restriction still applies despite our best efforts, although there are other

ticket options which may be worth exploring for such journeys.

The Saturday S1 Western DalesBus continues to provide an important link from Dent Station to Dent village Sedbergh and Kendal, the first service meeting the 10.48 northbound train to Carlisle in the morning and returning for the 17.32 train in the late afternoon. Unfortunately, there is no later evening service this year. Nevertheless, this gives a fantastic opportunity for a day out in Carlisle departing at 09.58 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.



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Also worthy of mention are two relatively local DalesBus services. The 830 Northern DalesBus provides a Sunday service from Ribbleshead Station to Richmond via Hawes, including the spectacular run over Buttertubs Pass. This was once featured on the BBC4 TV programme 'All Aboard the Country Bus'. The bus will depart Ribbleshead at 10.45 or Hawes at 11.05. Meanwhile, the 857 Wensleydale Explorer will provide a Sunday service from Garsdale Station to Hawes and Castle Bolton departing at Garsdale Station at 10.55. The government sponsored £2 single fare cap applies to all bus journeys.

The portal for most bus journeys in the Yorkshire Dales can be found at [www.dalesbus.org](http://www.dalesbus.org). For rail journeys please consult [www.northernrailway.co.uk](http://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](mailto:john.carey@settle-carlisle.com) and I would be delighted to help.

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## 50 YEARS AGO

*Colin Cowperthwaite*

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

### **Historic Peal of Sedbergh Bells -**

The Sedbergh School Bellringers rang a full peal of 5,040 changes of Plain Bob Minor at Sedbergh Parish Church - possibly the first time at the church by a Sedbergh band since 1909. The peal lasted for three hours and four minutes. It was a notable achievement for several reasons, the main one being that it was a "first peal" for the entire band - a very rare occurrence in bellringing circles. There are about 5,000 peals rung each year up and down the country - a peal in which every ringer scores his "first" occurs about once in every two years. The band had rung several quarter peals, but they achieved the full peal at the first attempt. It was the first peal on the Sedbergh bells for 14 years and, if the peal-boards in the belfry are reliable, was the first peal by a Sedbergh band since 1909 when the late G.F. Woodhouse, a nationally known ringer, was tower captain. The ringers were: 1. Richard A. Matthews, 2. Brian G. Sedgwick, 3. Ian M. Craven, 4. Robin E. Hildrew, 5. John E. Buckley, and 6. Anthony F. Thomas (conductor).

### **The late Mr. J.A. Metcalfe -**

The death occurred last week of Mr John Allen Metcalfe of Dene Cottage, Dent, aged 63. He was a native of Hawes but had spent most of his life in Dent, working as a builder and contractor. He is survived by his wife and son. The funeral service at St

Andrew's Church, Dent on Saturday was conducted by the vicar, the Rev. A.J.W. Barker.

### **Sedbergh Rider in the TT -**

Mr Robin Udall, an antique restorer of Sedbergh, was riding sidecar in his 12th TT at the Isle of Man last week. Rider of the Suzuki was Mr V. Hudson of Canada, formerly of Windermere, who returned to the UK to compete in the race. Mr Udall finished in both 500 and 750cc events. At Ramsey, he was lying 23rd in a field of 75 competitors.

### **Secondary School –**

A party of 34 children, accompanied by Mrs B. Steele, Mrs C. Williams, Mr B. Hinton and Mr and Mrs P. Roberts, recently spent a seven-day holiday in Brittany. Travelling by way of Southampton and Cherbourg, the group made their base at St Lunaire, and enjoyed excellent weather.

### **Annual Open-Air Service at Fox's Pulpit -**

The Salvation Army Band provided the music for the united open-air service held at Fox's Pulpit at Firbank on Sunday afternoon. Prayers were offered by the Rev G.D. Rhodes, and the lessons were read by the Rev B. Capstick. The address and blessing were by the Rev D. Southward, vicar of Crosby Ravensworth. Despite a changeable day, a good crowd attended this annual service.

### **Fell Rescue -**

The new Land-Rover ambulance, which the Cumbria authorities have stationed at Sedbergh, has already proved its worth and versatility in two recent incidents on the fells. Soon after its arrival it was used to pick up

two youths who had tumbled on Cautley Craggs, and last week it clocked a further eight miles on the fells, going to the assistance of a woman fell-walker who had fallen and broken a leg. She was Mrs June Gwendoline Mills of Newby, Scarborough, who is staying at Grisedale, and was walking on the fells with her husband and child when the accident occurred.

### **Methodists -**

Sunday School anniversary services were held at Sedbergh Methodist Church when children took part in the morning family service, and in the evening two young people, Peter Gorst and Dorothy Hunter, read the lessons. Both services were conducted by Mr R. Carter. Mrs G.

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Spencer was the organist at the morning service, and Mrs T. Gorst in the evening. On Saturday, over 30 Sunday School scholars, accompanied by their teachers, enjoyed an outing to Mutton

Hall, Killington, where they had a picnic tea in the barn, and games were organised.

#### **The late Mrs R. Farrow –**

The funeral took place last week at Sedbergh Parish Church of Mrs Rene Farrow of 38 Loftus Hill, Sedbergh. Mrs Farrow, who had been in failing health for some years, died at her home at the age of 59. Born at Keswick, she was the eldest daughter of the late Mr and Mrs J. Hindmarsh, and went into domestic service after leaving school. In 1938 she came to School House, Sedbergh School, but was subsequently employed by the late Dr Rothwell, until her marriage in 1940 to Mr R.J. Farrow of Sedbergh. Mrs Farrow is survived by her husband, a son and a daughter. The service was conducted by the vicar, Canon D.A. Rogers, and the organist was Mr W.L. Smith. Interment was at Sedbergh Cemetery.

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## **THE LAST WITCH TRIAL 1944**

*Karen Bruce Lockhart*

Helen MacFarlane or Duncan was born on 25th November 1897 in Callender, Scotland. At school she apparently alarmed her school mates with her dire prophecies and hysterical behaviour. She married Henry Duncan and had six children. Her husband supported her in her supposed paranormal talents.

In 1926 she moved on from being a clairvoyant to offering seances at which she purported to make deceased persons materialise through ectoplasm pouring from her mouth. Various investigations were made of her claims and the "ectoplasm" was shown to be at various times cheesecloth and/or paper mixed with white of egg. It seems she was able to swallow this and regurgitate it. In 1933 she was prosecuted for fraud and fined £10.

She attracted notoriety by "helping" the distressed relatives of soldiers who had died in the First World War, of whom there was a rich source of credible people. When the Second World War came she continued her practice.

However, she perhaps overstepped the mark in November 1941 when she held a séance in Portsmouth and claimed that the materialisation of a sailor told her that HMS Barham had been sunk. This brought her to the attention of the Royal Navy as there was no way she should have known.

HMS Barnham was torpedoed off the coast of Egypt on 25th November 1941 with loss of 861 dead. Her

sinking had been kept under wraps in order to try to maintain moral and deceive the Germans. Only next of kin of those who died had been informed and that under strict orders to say nothing to anyone else. The sinking was not revealed to the public until late January 1942. In fact as there would have been several thousand next of kin and family members who did know, it is not at all impossible that she should have picked up this information in a naval town such as Portsmouth.

In January 1944 she conducted another séance at which there were two naval lieutenants. One was not impressed when his thoroughly alive aunt was supposedly manifested, as was his sister who also appeared. He reported Duncan to the police. At another séance in January undercover police attended and arrested her when a white shrouded manifestation appeared which proved to be Duncan herself. She was arrested under the Vagrancy Act 1824.

However, the authorities took the matter more seriously – maybe because of worries that shortly before D-Day she might reveal information from whatever her sources were. There were also concerns about her exploiting the recently bereaved. She was eventually convicted under Section 4 of the Witchcraft Act 1735, which had not been used for about 100 years, and which dealt with fraudulent spiritual activity. She was imprisoned for nine months. On release she promised to stop conducting seances, but in fact

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continued to do so until her death – and was even arrested again shortly before her death in 1956.

It is interesting to note that although she has the reputation of the last witch to be prosecuted, she was in fact convicted of a form of fraud, i.e. that she was not a witch and did not have the powers she purported to have. Also although she was the last woman to be jailed under the Witchcraft Act she was not the last to be so prosecuted – this was a lady called Jane Rebecca Yorke also in 1944 – she was dealt with by a fine. The Act was repealed in 1951 and replaced by the Fraudulent Mediums Act.

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## SEDBERGH RURAL DISTRICT COUNCIL GUIDE 1962

*Colin Cowperthwaite*

In my articles over the past few years I have included extracts from my copy of this guide, a first edition published by Sedbergh RDC (we were of course still in the West Riding of Yorkshire in those days), which was printed by Titus Wilson and Son Ltd., Kendal. The guide includes many advertisements for local businesses and also provides much information about clubs, activities and recreation in the district, as indeed the Lookaround has been doing over the past 38 years!

The 1962 guide states that the area of the rural district (which also

included Dent and Garsdale) was 52,674 acres, and that the estimated population of the three parishes was 3,700. The three officials for the RDC were D. Waring Esq (Clerk and Chief Financial Officer), F.J. Lawson Esq (Public Health Inspector and Surveyor), and S. Haygarth Esq (Housing Manager and Collector). A Magistrates Court was held once a month in the Council Offices on Highfield Road, the Clerk to the Court being solicitor G.R. Hague Esq.

At that time Sedbergh had no less than four banks: District, Martins, Midland, and Yorkshire Penny Bank, the latter only open on Wednesdays. Golf was available on the 9-hole course at The Riggs (above

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Millthorp), the terms being 2/6d. per day. Fishing rights in the Rivers Lune, Rawthey and Dee were controlled by Sedbergh and District Angling Association, at a cost of one pound per week. The British Legion had a club for men in Bull Yard, also one for women in Kings Yard. There was a large free car park at the easterly end of Main Street, with a new car park in Mortar Pits (Loftus Hill) due to open in the Spring of 1963.

Express coaches provided a daily service through Sedbergh to Blackpool and Newcastle, also daily services to Middlesbrough during the Summer. Local bus companies ran frequent services to Kendal, with a daily service to Kirkby Lonsdale and

Dent. Thrice weekly services operated to Hawes and to Kirkby Stephen.

Sedbergh had two chemist shops, E. Powell at 49/51 Main Street, and J.P. Lewis at 41 Main Street. Accommodation was available at the Golden Lion Inn (proprietor Harry Irving); the White Hart Hotel (proprietor James Baker); and at the Bull Hotel, which offered single bedrooms from 25/6d. per day, doubles from 50/-; breakfast costing 6 shillings, lunch 8/6d., tea 3 shillings, and dinner 10/6d. For the motorist, Sedbergh Motor Company (John Douglass) was the dealer for Morris vehicles, and R.S. Morphet

were distributors of Land Rover, Hillman, Commer and David Brown.

Here is a brief extract from the guide:

Sedbergh is the market town and centre of administration for a large agricultural area, and this shows itself on Market Day when the streets of the town are busy with shoppers. The hotel accommodation is excellent and there is a wide range of social activities. The Rural District Council has provided water mains and sewers for the centres of population, and refuse is collected in all the parishes. A progressive housing policy has resulted in 233 dwellings having been erected for the Council, 156 since 1950. Recently the policy has been to provide small flats and bungalows for the elderly, and to give improvement grants for the modernisation of well-built houses lacking modern amenities. Fire, Police and Ambulance services are available, and the County Council provides a library and a child clinic in Sedbergh, with a travelling library visiting the Dales. All the Rural District is within the Yorkshire Dales National Park, so special care is taken to protect the beauty of the area from the risk of unsightly buildings. Electricity poles however have to be erected to carry a supply to remote farms, but care is taken not to spoil the landscape. Gas is provided in Sedbergh town. Caravanners have the choice of two licenced sites, both with modern sanitation and piped water: Ingmire, Sedbergh, 9 caravans; and Pinfold, Sedbergh, 30 caravans.

## SEDBERGH COMMUNITY SWIFTS

*Tanya & Edmund Hoare*

Some swifts arrived early again this year: Between the 1st and 6th May we heard from readers that swifts had been seen at Ingmire, Havera, Queen's Drive, Winfield Rd. At Lowgill we again had record early arrivals on April 28th but as I write on 15th May, we are still waiting for quite a few to come back and can only hope they make it safely. The fine weather last weekend brought wonderful viewings of swifts swooping over the Sedbergh school





playing fields and the nearby houses. June is a good month for seeing swifts in action as by the beginning of the month the breeding swifts will be joined by the arrival of younger swifts, the non-breeders – immature birds aged 2 - 4 years old. They migrate here each year until they themselves are mature enough to breed. These are the birds who we hope will find a partner and new nest site for life and the ones you hope to attract to your boxes. Eggs are generally laid about 10 days after a breeding pair is re-united in the nest. They are incubated by both parents and hatch after 20 days, which is usually mid to late June. While swifts are away in Africa they rely upon us to make sure they have a nest to return to. As swifts are nest site faithful it is tragic to see them trying to get into their holes if they have been blocked up. Be aware that it is a criminal offence to interfere with nesting birds under the Countryside and Wildlife Act 1981. We want to thank the people who love watching swifts and stepped up to our request to host nest boxes on their houses, near to where a colony has been lost. The boxes were put up as a mitigation project, in the hope that the displaced birds might seek a new nest site. We are immensely grateful to a company called Ozone Paragliders and Kites [www.flyozone.com](http://www.flyozone.com), who funded the project, for materials and labour. It was founded by paraglider pilots with roots in the UK, providing paragliders that can carry people great distances, even in the Alps, South America and the Himalayas. They said -

“ The incredible brave journey of the swift has always been an inspiration to us here at Ozone and we even named one of our favourite wings after this intrepid bird. We’re grateful to be able to support this project as part of our ongoing efforts to preserve the wild spaces we live and work in. Like the swift, we trust our wings to carry us great distances.” The pictures show some of these new boxes:

Finally, as part of the UK Swift Awareness Week (29th June – 7th July), we will be having an Open Morning of panoramic swift watching at Lowgill on Friday 5th July, with viewing via our cameras too. Booking is essential. Email for more details.

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!

Also, do have a look (and like and comment) at our Sedbergh Community Swifts Facebook page.

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



## COMMONS STORIES

*Andrew Fagg*

Written and photographic portraits of the farmers, gamekeepers and conservationists who work on Ingleborough Common, Grassington Common and Brant Fell Common near Sedbergh are being exhibited at the Dales Countryside Museum in Hawes.

'Labour of Love' is a new exhibition by photographer Rob Fraser and writer Harriet Fraser. They run an environmental art and research practice from near Kendal.

The exhibition presents stories they have gathered during two years of meeting people who farm and manage commons in the Yorkshire Dales National Park, Dartmoor, the Lake District and the Shropshire Hills.

'Labour of Love' at the Dales Countryside Museum (open daily, 10-5pm) will run until 8 September. It is being staged as part of 'Our Common Cause: Our Upland Commons', a three-year project led by the charity, Foundation for Common Land. As well as Rob and Harriet Fraser's work, there are wild boar bones from



*Shepherds meeting on the summit of Ingleborough at the start of a sheep gather in November, by Rob Fraser*

Ingleborough and items from the museum's permanent collection to see.

During a lecture at the museum in April, organised by Friends of the Dales Countryside Museum, Harriet and Rob revealed their approach to their 'Commons Stories'/'Labour of Love' project. Harriet Fraser said: "For commoners there is a lot of uncertainty and threats to this way of life – and we've been cataloguing that.

"At the heart of our work is meeting people and listening to people. So I'm out and about with my microphone, Rob with his camera. And we learn from everyone we meet, whether we're on a peat bog, or on the fell looking at dung beetles, or talking about management of the sheep, or talking to somebody from the National Trust about how to deal with the challenges we are facing. And we always have a bit of laugh. You're never far away from a chuckle when you're out with farmers.

"Although the areas are geographically spread across England, a lot of the farmers know each other from the auction marts, from sheep and sharing bloodlines."

Two of the standout stories presented at the exhibition are that of George Hare, gamekeeper on Grassington Moor, and of Adrian Shepherd, head of land management at the Yorkshire Dales National Park Authority.

In the lecture, Rob Fraser said of his photographic technique: "I enjoy making people feel comfortable in their own space, standing where they feel like they are part of that



*Harriet Fraser, Rob Fraser and Friends of DCM Chair Martin Garside at the opening of Labour of Love on 19 April 2024*

landscape – and then press the button. It's normally about a half a second exposure on my large format plate camera. Just for that fleeting moment they look into the camera, they look at you, from where they are.

"We keep using the word privilege. But it has felt like a privilege to spend time with people who have got this much attachment to these spaces."

---

### **THIRTY DAYS WILD 10th Anniversary**

*Cumbria Wildlife Trust*

Millions of participants have benefited from countless acts of wildness over the past decade

This year we're celebrating a decade of 30 Days Wild © Tom and Evie Photography

This year marks a milestone for 30 Days Wild which celebrates its 10th anniversary in June. The Wildlife Trusts' nature challenge has grown from 12,000 participants in its first year to over half a million last year alone. 30 Days Wild has helped

people to get outside, enjoy and connect with nature as part of their every-day lives.

This June promises to be a bumper 30 Days Wild – people of all ages and abilities are urged to participate and we're offering free herb seeds and inspirational guide to everyone who signs-up to do a small, wild thing every day during June.

Iolo Williams, wildlife presenter and ambassador of The Wildlife Trusts, says:

"Embrace the outdoors with The Wildlife Trusts' 30 Days Wild challenge! Imagine a month dedicated to exploring the wonders of nature, from the majestic red kites soaring above to the humble bees buzzing in our gardens. Let's make every day an adventure, be it birdwatching with a slice of bara brith in hand or planting wildflowers to support our native wildlife. This June, step outside, breathe in the fresh air, and go WILD!"

Supported by players of People's Postcode Lottery, 30 Days Wild encourages individuals, families, schools, and businesses to connect with nature on a daily basis during what many argue is the best month for wildlife spotting. It could be going on a snail safari, eating your breakfast outdoors or closing your eyes to listen for bird song, to more adventurous endeavours such as outdoor yoga or forest bathing. This year's participants will receive a special 10th anniversary pack, designed to make their 30 days even more fun.

Research has consistently highlighted the positive impact of



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## FAMILY MUSINGS

*Sarah Woof*

Having two energetic dogs about the place means there isn't much time to rest during the day, first the morning walk, then the afternoon walk or race around the lawn, one chasing a rope toy and the other chasing her, then the late afternoon walk and before you know it the evening walk! A friend gave me a thin high-vis jkt just in time as the weather warmed up. When Pip goes farming then I just have one dog to exercise which is a little easier. She will happily hurtle around the garden after nothing in particular as long as I am in sight. Lovely.

The grandchildren are also energetic and enthusiastic but are happy playing inside or outside or raiding the biscuit tins. They love the dogs, especially Tilly who tolerates strokes and pats but draws the line at having a car run up and down her back.

One day I was half asleep on the sofa with Tilly in behind me when a friend rang the musical doorbell. OH what a racket! Tilly was almost airborne in her haste to do her welcoming greetings, Pip joined in and telling the news as hubby opened the door. No one can creep up on us, that's for sure.

On our early morning walks we have seen thrushes nesting and seen the babies. Mrs Thrush is often up a high tree singing her heart out, a truly wonderful sight. Then the bunnies, quite a lot to be seen popping in and out in the fields, and in a certain garden compost pile!

nature on well-being. A study found a significant increase in people's health, happiness, and connection to nature through participating in 30 Days Wild. People reported feeling more relaxed, reduced stress levels, and a greater motivation to protect wildlife which lasted long after the campaign ended.

Click here to get your "Thirty Days Wild" pack and embark on a journey that promises not just a month, but a lifetime, of wildness! <https://www.wildlifetrusts.org/30dayswild>

Look out for our 30 Days Wild events in Cumbria this June - keep an eye on our Events page! <https://www.cumbriawildlifetrust.org.uk/events>

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Turning from the road onto the lane to our farm buildings a stoat, or similar, ran across in front of us. And there has been a mouse nest in the greenhouse judging by the mess and perfectly formed abode.

Our hens keep laying, nothing quite like a freshly laid egg! As someone commented recently, 'yours is like animal farm', maybe so. But ours don't talk! They, like me, really enjoy the dry sunny weather. and Tilly being the sociable dog she is accompanies me just about everywhere.

Enjoy summer. x



### **DENTDALE, HEAD TO FOOT Dry Stone Walls & Landscaping History**

*Andrew Povey on behalf of DDHF*

*07881655166*

*poveya@btinternet.com*

Professor Angus Winchester gave a fascinating talk on dry stone walls-covering their history, different styles and special features.

They do not just exist in Northern England; they can be found all over the world where there is stone readily available.

He described 'standard stone walls' these would be a double layer at the base with an infill of small stones, the two parts leaning into one another.



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These were seen from the 18th century.

If the walls were built to contain deer, they would be built much higher (7/8ft tall), some examples from the 15th century were cited. In the 16th century many manors instructed their tenants to build walls, a set length each year. Boundary walls were created to define specific areas and keep out animals.

Much land higher up the hills was divided up by acts of parliament in the century from 1750 to 1850, these were called parliamentary enclosures. Some special features to look out for include initials carved in the stone and hogg holes (usually at

the base to allow water to get through).

I think everyone will look at stone walls more carefully in future!

Our next meeting is on Friday 7th June, this will be a day trip to Skipton. Meet at 10am at Dent car park to get the minibus (£10), return will be at 4pm. Please let us know if you would like to come and book a seat via 07813806209 or email: [dentdaleheadtofoot@btinternet.com](mailto:dentdaleheadtofoot@btinternet.com)

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.

## **SEDBERGH LADIES N.F.U.**

*Caroline Sandys-Clarke*

Our speaker for our April meeting was very successful Dent born author Diane Allen, now living in Settle, who came to talk to us about how she became an author.

Diane's mother was a Sedgwick from Dent, and Diane spent most of her early life on farms in and around Dentdale. Always interested in books, Diane's first job was sticking labels into library books, from there she progressed to Book reading, and ended up running Magna who are library suppliers of Large Print Books. Just after Foot and Mouth she wanted to put down her thoughts on farming and government and wrote her first book "For the Sake of her Family" which was published by PanMacmillan. A lot of Diane's 14 books are set in Dent and the surrounding area and she has a great local following. She finds she writes best at night with the morning best for editing, and is under pressure from her publisher to bring out a book every 6 months! Diane does have a say on the cover picture. She also writes under the name of Gracie Hart. Her tips for would be writers is to have a good beginning, middle and end to keep readers hooked, and not to expect to make a fortune! You do get paid a small amount each time one of your books is taken out of the library though, and many of her books are on Audio tape.

Diane is president of the Romantic Novelist Association. It was a most interesting evening and members took advantage of being able to buy some of her books after the meeting.

New members would be most welcome to join our group, you don't have to be a farmer or farmer's wife! Guests are always welcome to come to our meetings which, after a summer break, will resume on the third Tuesday of the month in The People's Hall committee room at 7.30 pm. The talk on the 17th September is about St John's Hospice, on the 15th October we have a talk about Dry Stone Walls and Landscape History by Professor Angus Winchester, and the 19th November our subject is Jewellery Making with Adele Bowker.

Our coffee morning on the 8th May was very well supported and we made a wonderful total of £438 for the NW Air Ambulance.

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*Christine Drury*

"A decade in Arabia" was the tantalising title of a most engrossing talk by one of our members Barbara Hartley. After Susan, our president, had welcomed members we began our May meeting with Barbara's talk.

Barbara began with personal and poignant details of her experience in Kuwait when in August 1990 Saddam Hussein invaded the country. Her husband and her son were taken hostage for five months. With no electricity and phone lines cut, Barbara had no contact with them yet, in spite of the harrowing and dramatic experiences of this, she has

accumulated much happier memories of Kuwait.

Barbara said she absolutely loved her five years in Kuwait particularly the mix of different nationalities and the kindness of the local people. Until oil was discovered, Kuwait had been a poor desert country. Most Europeans there could afford air conditioning, a necessity given the temperature is 50°C for three months of the year. She enjoyed seeing the Kuwaiti women in their beautifully embroidered clothes ornamented with gold and silver. [She loved being part of a traditional five day wedding celebration. She brought to our meeting the magnificent wedding outfit that had been given to her. We

*Sedbergh and District Lookaround*

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could only marvel at the exquisite workmanship.

After five years in Kuwait, Barbara and her husband moved to Oman where she remained for another five years. To accompany this part of her talk Barbara showed a video of the extraordinary desert scenery of Oman. It's one of the gulf states and was a very mediaeval country until recently. Barbara's time there was before the onset of mass tourism. The Sultan at that time was an anglophile who had been educated in England. He ruled as a benevolent dictator.

Barbara described the consternation she felt at having to employ a maid in common with all Europeans in Oman at that time. Her maid was a young woman from Sri Lanka who insisted that Barbara was doing her a service rather than the other way round since without work she would be forced to leave Oman. It was interesting to hear from Barbara of the convictions held by the Omani people that various Old Testament figures such as Noah came from the land now recognised as today's Oman. This country had been known as an Oasis of peace in

the Middle East but today protests are occurring mostly by disaffected young people.

After a thoroughly absorbing talk with fascinating insights into countries that most, if not all, of us would have difficulty locating on a map when they expressed our appreciation to Barbara.

Following afternoon tea we dealt with the business of the meeting. We were reminded of forthcoming events in the Federation calendar. Wendy spoke about the resolutions which led to a unanimous vote in support of dental health. Pat will take our verdict to the NFWI annual meeting from the 4th to the 6th of June. Margaret, our treasurer, reported that 23 members have rejoined this year, down from 25 last year. She noted also that our finances are in a healthy state. The president reminded us of our WI coffee morning in Saint Andrews church on the 26th of June when we will need baking and raffle prizes.

Our next meeting will be on the 11th of June when the talk will be on plant propagation in the committee room of the people's hall do come and join us if you can.



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## SEDBERGH W.I .

*Moira Folks*

Our walking group headed northwest on April 18th, driving to St Catherine's Church at Crook for the start. For the most part, the weather held up but after lunch the rain set in. Happily, the bulk of the walk had been completed mainly on lanes heading across from the Crook Road towards Crosthwaite, then circling round up and over the fellside and back via the old church tower to the starting point. There were some excellent views towards the Lake District fells, down to Morecambe Bay and across to the Pennines on the way. Many thanks to Anne Pitt for her report.

The Sedbergh Spring Show on Sunday 21st April was a focal point in the month. Many individual members had entered art and craft items for display and Sedbergh WI were again in charge of refreshments in the committee room, ably led by Lynda Briggs and Lesley McCrirrie. We were thrilled to win the WI Cup again, based on points for the number of entries and prize points won in individual groups, divided by each WI's total membership to give an

average score. Special congratulations go to Angela Dixon for winning the Hartley Art Cup (again!) as well as the Shield for Sedbergh Show Overall Winner (she received just one point more than each of the 3 runners-up); to Anne Symons (Handicrafts Cup); Janet Hornby (Flowers and Plants Cup); and Jean Jones for Cup for Best Effort – at nearly 97!

We had two speakers from the Cumbria-Westmorland WI Federation at our main meeting on May 8th: Lin Stretton (Federation Membership Chair) and Sarah Middleton (Federation Treasurer), both from Nateby and Wharton WI. They gave us a power-point presentation on this year's National Resolution campaign – Dental Health Matters, which was put forward by Staveley WI - to be discussed and voted on by the National WI Annual Meeting in June at the Royal Albert Hall. Basically, this called on the government to fund NHS dentistry properly so that everyone could access NHS dental treatment wherever they live, rather than resorting to self-help kitchen table dentistry which can lead to horrifying results. We agreed with the resolution but felt it was a shame that there was no call for proper dental education and dental examinations in schools, as there used to be, ensuring that pupils would get necessary treatment.

The book club enjoyed lovely views of the Howgills bathed in sunshine, and lots of sheep and lambs frolicking in the fields, when they met at Pam Drower's home at Farfield on May 9th to discuss 'Blood Oranges



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Dipped in Salt' – an Iranian delicacy remembered by the author, Karen Babayan, who escaped from Iran to Yorkshire with her family after the Islamic Revolution at the age of 16. Some branches of the family ended up in Toronto, Canada, in Cyprus and in Spain to avoid persecution. Her aim in writing this book was to cover 400 years of her Armenian Christian family's history by following certain characters at different periods in history, not necessarily chronologically. A very complicated family tree is provided but is not much help. This is reflected in the scores given: between 3/10 and 7/10, averaging at 4/10. Pam's tea and cakes were very much appreciated, however!

Valerie's Craft and Chat group met on Wednesday 1st May with no particular focus in mind: bring your own craft or take advantage of various things that Valerie sets out, or

just come along and chat while other people keep busy. It's always a relaxing afternoon, ending with tea and cake, of course!

There will be no meeting in the People's Hall on June 12th, which was due to be our summer outing date. It proved difficult to arrange an outing on the Wednesday, so we have opted to visit Kiplin Hall, a stately home near Richmond (North Yorks!) on Tuesday 11th June instead. Our next meeting in the People's Hall committee room will be on Wednesday 10th July at 7.30pm when Marilyn Hale will be talking about Glass Fusion Pendant Making, which sounds fascinating! 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.

## HOWGILL/FIRBANK W.I.

*Audrey Hoggarth*

Ten members and one visitor met at Howgill village hall on May the 2nd. On our arrival our speaker was ready and set up to give her talk. Sarah gave a warm welcome to members and our speaker, Isabella Lepri Simpson. From an early age, she had a dream of becoming a Potter by travelling, working hard and determination she made her dream come true.

Born and raised in Milan, Italy, in her twenties she moved to London and studied anthropology. Then in 2010 she moved to Cumbria. By then, she had started making vases and pots and began working at Brougham Hall near Penrith.

We were delighted to be given a demonstration on a Potters wheel and by mixing clay and water together plus lots of hand work to make it pliable, resulted in a lovely ceramic bowl which was much admired. More everyday items were on display.

She now has opened her own studio "Ceramics hand made in the UK". Isabella judged the competition for my favourite piece of poetry won by Liz Moore. Dilys thanked Isabella for a most interesting evening.

Refreshments were served. Moving on to the business part of the meeting, we were reminded of forthcoming events. On May the 29th 3 members are to share a celebration of the life of Olive Clark in the Country Fest marquee on the county showground. Country Fest takes place at the same place on the 1st and 2nd of June.



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We are hosting the Lune valley group meeting on July the 4th which will be held at Howgill village hall . Our speaker is Mr John Dawson who starred in the TV programme, " the Yorkshire Dales and lakes". He will give a presentation and talk on this followed by supper for everyone.

We meet again at Firbank Church Hall on June the 6th when Reverend Carol Marsden will explore "Is it true, Miss". Visitors and new members welcome.

## **DON'T CHUCK IT OFF THE EIFFEL TOWER!**

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Something that I think often gets overlooked with technology is how to keep your device safe and working well – after all, these things aren't cheap, so you want to look after them. *Simple Ways to Make Your PC, Laptop, Tablet or Smartphone Easier to Use* covers all sorts of ways to look after your device (in Section 6), but here are a few of my top tips:

**Get a case**

First, if you have a tablet or a phone, I'd recommend getting a case and keeping it in it all the time. There are lots of different types, but the main thing is just to get one – any case will give some protection from shattering if dropped (as long as you don't drop it too far – I don't recommend chucking it off the top of the Eiffel Tower... that really won't end well!).

**Don't get it wet**

Some cases help to keep your device dry, although if you drop your phone in the sink, a normal case won't be much help. If your phone is waterproof you should be OK, but a lot of them aren't. If you do have an accident and knock a drink over your device or drop it in the bath, here's what to do to give it the best chance of surviving.

# First, make sure the device is unplugged and turn it completely off (properly off, not just in sleep mode so the screen goes black).

# Take off the case and unplug anything like headphones, so you've got just the device on its own, and

wipe the outside with a soft towel or kitchen roll.

# Now you want to try to get out any water that's got inside. Don't use a hairdryer – the air can push water deeper into the device. I'd recommend just putting the device on something absorbent – like a layer of (uncooked) rice or shredded packing paper or newspaper. You should see the rice or paper get damp as it pulls the moisture out (it's worth changing it for dry stuff every so often).

# Leave it for a full 24 hours and make sure your device feels completely dry before trying turning it on again. If it won't turn on or it turns itself off again shortly afterwards, give it another 24 hours to dry out further.

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Phew – so that’s what to do if it gets wet. But as I say, try not to let it get wet in the first place!

Look after the screen

What next – protecting the screen (which you’ll find in Section 2 of Simple Ways).

Some people like to use a screen protector – a thin layer of plastic you put on. On the other hand some people find they make the touchscreen not work as well, so I wouldn’t necessarily recommend one for everyone. The screens are pretty hard now, so I personally don’t use one.

Clean it carefully to avoid scratches or getting it wet. If the screen gets dirty or has smeared fingerprints on it, try wiping it gently with a glass cloth (like you get in your glasses case, if you wear glasses) or a soft tissue. If it needs more “oomph” than that, you can try a wipe, but go for an alcohol-based screen wipe rather than a water-based baby-wipe (they’re just too wet to be safe). If you don’t have anything like that, just very very slightly dampen a piece of tissue, and wipe the screen gently, keeping well clear of any sockets or buttons.

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## SHEERING GAYE VILLAGE DECISIONS

*Sandra Gold-Wood*

Last month the inhabitants of Sheering Gaye village were sprinkled with opportunities.

Ingrid took hers and left Batholomew and the post office taking the contents of the safe.

Daniel took his and returned to Violet and Stanley Hall. Siliva Muffat had her eyes opened and realized Adam Wheeler was not the boyfriend she had hoped he would be. This made Silvia feel sad but Andrea Scott, who ran a model agency was offering her a never dreamed of opportunity. While Adam thought he had found a manager for his pop

career. Margaret, Siliva's sister having just made up her mind to finish with her boyfriend Ian, found he could not be contacted as his regiment had been sent overseas on exercises. Violet's brother Norman had finally take his by asking student teacher Donna Wyman for a date and now he was walking on air. While Adam's mother Carole and head teacher Conner had deepened their relationship. While PC Terry Alders had been called to the P/O where he found Batholomew on the kitchen floor in the flat above. Read on....

PC Terry Alders called downstairs telling Margaret to go across to the Police house and fetch his wife Dorothy who was a nurse and then he urged postman George, to ring for

an ambulance. Bending down Terry placed his fingers against Batholomew's carotid artery, it was faint, but it was there. Relived that Batholomew was alive he wished Dorothy would hurry up.

'Ambulance will be 'ere in about 20 minutes to half an hour, Terry,' shouted George form downstairs. Just at that moment Dorothy and Margaret come through the door. Dorothy rushed up stairs while Margaret did her best to turn customers and village gossips away. Meanwhile, always the practical man, George was sorting the post ready for delivery. Margaret locked the shop, put the closed sign firmly in place and drew the blind.

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Upstairs, Terry and Dorothy were doing what they could for Batholomew. With great care they sat him up a little and now his breathing was shallow but steady and they agreed that he should be alright. 'What do you think happened here, Terry?' asked Dorothy, looking around at the broken bowl and the creamy liquid spilled over the kitchen floor. 'I don't know Dorothy but it's odd, if you're alright here love, I'll go and see what's happened to Ingrid?' Dorothy said she was and Terry went off to check the flat. Why was there no sign of Ingrid? This led him to wonder if perhaps the two of them had had a physical fight and she was lying unconscious in one of the rooms. It did not take Terry long to

establish that Ingrid was not in the flat. What he did find was something that made him very curious. There on the bed, in what was obviously Ingrid's room, was her screwed up woolie hat along with her tatty old jumper, her grubby shoes and other items of her clothing. Terry scratched his head, but he didn't have time to think as he heard the ambulance arrive and he hurried back into the kitchen. The ambulance crew got Batholomew, who seemed to be coming round, downstairs and into the waiting vehicle. Dorothy went in the ambulance and Terry followed in the police car.

Early that morning on her journey to school Siliva had allowed herself to dream about what it would be like to

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be a model and she wondered if models got to keep the clothes they wore. Adam entered her thoughts and she admitted to herself that she was not over him. Taking a deep breath, she squared her shoulders and smiled a little as she realized that Adam would not be able to ignore her if she became a model. Still, she had to face the truth of it, while she may be harboring dreams of a modeling career it was actually up to her parents. This thought prompted her to say a little prayer.

At Sheering Fare, Carole Wheeler answered the door to postman George Billings who told her all the news from the P/O, how they'd found Batholomew and that there was of sign of Ingrid. They chatted away

speculating what might have happened. They both hoped that Batholomew would be alright as they thought him a decent enough man. It was then that Goerge remembered why he'd knocked in the first place. 'I've got a registered letter for you Carole, you'll have to sign for it.' Carole thanked him, and signed for the letter and with her hands itching to open it she waved to George and closed the door. Tearing it open she found a grubby faded envelope and inside a letter from her husband. This was something of a surprise. Roy, never wrote he phoned, that way he didn't have to talk for long. Carole had no illusions with regard to her husband ever since he had started working abroad, he'd changed so

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much. For a moment she remembered the early days of their marriage and the dreams she had thought they shared. Now she knew there was really no feeling beyond a vague familiarity left between them. Roy was far happier with his work mates than his family and it was with no emotion save curiosity that she unfolded the page.

'Hi Carole,

I'm sure this will come as no surprised to you, I mean we haven't much in common and I think it's only fair that we call it a day. I've no interest in coming back to Sheering Gaye and village life. I've contacted a solicitor in London and everything is paid for. I'm probably going to be using Australia as my base. No hard feelings Carole, you go ahead and claim desertion to make the divorce easier. I've left plenty of money in the bank for you, enough to keep you going for a few months at least.

Bye, love Roy.

Carole re-read the letter her eyes wide with disbelief, not because he wanted a divorce but because of the matter-of-fact manner in which the letter was written. 'Why, the rotten, lousy, stinking, coward, he couldn't

even tell me to my face, and he hadn't even asked after Adam, just minute, where is Adam?' Feeling slightly ashamed that she hadn't thought of her son until now, Carole ran upstairs to her son's bedroom. The bedroom was in its usual mess and it was hard to tell if the bed had been slept in or not. Looking around downstairs she checked for Adam's things, his school coat, his bag and his guitar were gone. Carole wondered if he'd actually gone to school, but surely, she would have seen. Taking her coat off the peg she slipped it on and went out to the phone box and called Conner. Unbeknown, to Carole, Conner had already phoned Denham High to enquiry after Adam. Last night she had confided her worries about the boy to him. As soon as school finished Conner went to pick up Carole to tell her what he'd found out.

Meanwhile, the Rev Grey and his wife Shelia were on the London train happily chatting. Shelia was thrilled that Donald had tickets for a matinee performance of Swan Lake followed by dinner at an Italian restaurant. They were going to stay in London over-night and had planned to go to

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the National gallery the next day. What neither of them were aware of was that Ivy and Clifford, their twins, were also on a train heading for London where they were meeting up with school friends and they too had a theatre visit in mind.

After his small hours chat with Donna, Norman was late getting to the garden job in Upper Sheering and Ted was not best pleased. 'Norm, what's going on, you can't be late, do I have to remind you that this is our business, and we don't get paid if we don't do the jobs.' Norman apologized and then started to laugh. Ted was confused by his friend's reaction and ask him what was going on. Norman apologized for laughing and then explained about Donna. Ted said it was about time and that he was fed up with Norman mooning over her. Then they both laughed.

Violet was just finishing off at school before heading home to Stanley Hall. On her way she mused on how she could break her news to Daniel when suddenly he was beside her. Daniel laughed as he saw the surprise on her face. 'Thought I'd come and fetch you from school, it's just that I want to tell you all about my plan, he explained as he held the gate open for her. 'Ok Daniel but let's have a cup of tea first, I'm gasping, haven't had one since lunch.' Violet prepared the tea all the while knowing that she was just putting off the moment. Teacups in front of them, they both started talking at once and Daniel said she should go first. Violet insisted that he did. Daniel was unable to hide he's enthusiasm and so he did not argue. 'I had a

phone call that's why I came to meet you, I just can't tell you how it happened, and I know it sounds strange but I feel as if I have had a kind of Epiphany and now, I know what I must do, oh darling I hope you can understand.' Violet held her breath as Daniel continued, describing how on his last job, he'd come to the conclusion that it was time to do something better. Telling her a little about his trip to Berlin, adding that he was sorry that he could not give her any details only that the situation he had been involved in was particularly challenging and yet he had found he could cope easily and this led him to make the decision to go and work with the Red Cross. 'Yeah, it's all settled, I can fly out in a few days to join the American clear up program in Vietnam they phoned me just now and the Ministry have helped set it up, I mean I quit the job Violet, so, really they didn't have to help.' Violet

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felt her face drain of all colour as she realized he planning to leave again. Daniel noticed how pale she was and quickly took her hand in his. 'Look darling, I know it's a bit quick, but you can leave the school now, they can easily manage without you, and we can have some great adventures together just like we planned.' Violet looked at him as if for the first time and wondered if she knew him at all and she felt a little guilty when she realized he had included her in his plans. There was no denying he really thought that she would want to go with him. In fact, she was scared to death at the thought of working with a Red Cross and in Vietnam of all places, how would she cope being

pregnant in the middle of a disaster area. 'But Daniel, I don't know the first thing about what the Red Cross do, or how I could be of any help and really.' Before she could finish Daniel kissed her and then he enfolded her in his arms and danced her round the kitchen. All the time Violet was trying to think how she could tell him why she would not be going with him. It was no use whenever she started to speak Daniel did not seem to be listening, he just continued to wax lyrical about how he was going to be properly useful for the first time in his life. Violet could see a light in his eyes that told her she should not to burst his bubble so she smiled and kissed him.

Carole was beside herself when Conner told her that Adam had been skipping school at least three times a week. Adam had told the school he was having some kind of treatment for a rare disease and had notes to back his story, signed by Carole. 'That little so and so, wait till I get hold of him, he must have forged them, where is he though?'

'Well, Carole it appears that Silvia Muffat might hold the key information on this, so let's go and see her shall we.' Carole looked up at Conner as he stood there holding out his hand to her and she knew she loved him. Conner smiled back at her feeling exactly the same way.

They pulled up outside the Muffat house and Conner told her not to worry it would all work out. They went inside and were welcomed by Jean and Les who quickly updated them on what had happened at the P/O. It transpired that Ingrid had left

# 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.

Batholomew and taken the contents of the P/O safe with her. They were all glad that Batholomew was going to be ok agreeing that it was quite the mystery. Margaret and Silvia were upstairs playing records and John was in the front room watching Telly as usual. Carole told them about Adam being missing and that they wanted to have a word with Silvia. Once Silvia had explained what Adam had been doing and how she had gone with him sometimes. Jean wasn't best pleased but Siliva said she hadn't skipped school she went after school and her mum could check. Conner said that Siliva having been honest should not be punished and Les agreed. As soon as that was settled Carole and Conner left and headed straight for the station and took the first train to London to begin the search for Adam in the places Silvia had mention.

While the inhabitants of Sheering Gaye village in general, and customers in the Saloon bar at Swan in particular, were speculating on the P/O incident. Ingrid, was sitting on the veranda of her brother's beach house watching the birds fly over the gulf-of-Mexico while sipping a Pina Colada.

To be continued.....

## BOOK TOWN QUIZ ANSWERS

1. The Borrowers
2. The Soldier – Rupert Brooke
3. Dashiell Hammett – Sam Spade
4. Malvolio – Twelfth Night
5. Geoff Hurst's
6. East of Eden – John Steinbeck
7. A pilot / aviator
8. Sophocles
9. Robert Harris
10. Peter Mark Roget's
11. Barchester Towers
12. Miguel de Cervantes

## PERSONAL MESSAGES

### DENNIS WHICKER

Jacky and family would like to thank everyone for their cards of sympathy following the passing of Dennis. Your kind words and heartfelt messages of condolence have been a great comfort and shown us that he will be sorely missed and fondly remembered.

=====

### MASON

Nicola would like to thank everyone for all their cards and messages after the sad loss of Marlene. Thank you to JJ Martin Funeral Directors and St Andrews Church.



## EDITORIAL

So, somewhat sooner than expected, Mr Sunak has called an election, and on the 4th July we'll be down at the People's Hall (or appropriate polling station) electing a new government. For Sedbergh, whatever happens it won't be Tim Farron that represents us, as I'm sure you know, because the boundaries have been changed.

From the point of view of Lookaround, Tim has been one of our most consistent columnists, and we will very much miss his contributions. We would like to thank him publicly, as he hasn't missed an edition since we took over, and I doubt whether he missed one before we did. I have spoken to one of the candidates for parliament in our new constituency and they are keen to continue making contributions. As to the others I don't know, we'll see.

Generally It seems that the best local MPs rarely progress into government even when they are a member of the ruling party. I lived in Geoffrey Howes constituency when I was young, and apart from a couple of social occasions that my parents attended I don't have any recollection of seeing him, or any reports of him being in the constituency, outside of polling day. Yes I know he had a job to do but..... Its's ironic that those MPs who pointedly fail to prove they have any interest in working for the local voters they represent end up running the country.

*Ed.*

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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*



## PEOPLES' HALL HIRE RATES

From 1 <sup>st</sup> July 2022	Main Hall Fees					Committee Room Fees			
Time From	07:00	09:00	13:00	17:00	19:00	09:00	13:00	17:00	19:00
Time To	09:00	13:00	17:00	19:00	01:00 (Sun 23:45)	13:00	17:00	19:00	01:00 (Sun 23:45)
Rate 1	£12.00	£24.00	£24.00	£18.00	£45.00	£18.00	£18.00	£12.00	£18.00
Rate 2	£18.00	£36.00	£36.00	£27.00	£67.50	£27.00	£27.00	£18.00	£27.00
Rate 3	£24.00	£48.00	£48.00	£36.00	£90.00	£36.00	£36.00	£24.00	£36.00
	Changing Room A Fees					Changing Room B Fees			
Rate 1	£9.00	£17.50	£17.50	£12.50	£17.50	£12.50	£12.50	£10.50	£12.50
Rate 2	£13.50	£26.50	£26.50	£19.50	£26.50	£19.50	£19.50	£16.00	£19.50
Rate 3	£18.00	£35.00	£35.00	£25.00	£35.00	£25.00	£25.00	£21.00	£25.00
Alcohol Licence: £30.00 + £100 damage deposit									
Rate 1	Private individuals, community groups, clubs etc based in: LA10, Firbank, Howgill or Killington								
Rate 2	Businesses based in LA10, Firbank, Howgill or Killington OR Private individuals, community groups, clubs etc not in Rate 1								
Rate 3	Businesses outside local area OR Statutory organisations								

## JOSS LANE & LOFTUS HILL CAR PARKING CHARGES CARS & CARS WITH TRAILERS

1 hour = £1.50	4 hours = £5.00
2 hours = £2.70	All day (9 hours) = £7.00
3 hours = £3.90	Payable all days 9am - 6pm
Maximum stay = 24 hours	Annual Resident Permit = £60

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

# 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.

## JUNE 2024

01	What Are Words Worth? (May)	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
06	1930 WIHF - Is it true, Miss (60)	FCH
07	1000 DDHF Trip to Skipton (53)	Dent Car P
08	Black Horse Flowers Open Day (8)Black Hors	
08	1100 D-Day Service (9)	StAS Churc
09	1600 Messy Church	CCCN
11	1400 Killington WI	PH
11	1930 Domino Drive	FCH
12	Dentdale WI summer outing	TBA
12	Sedbergh WI summer outing	TBA
13	1930 Sedbergh Parish Council Mtg (30)	PH
14	1430 Dementia wildlife event (Apr)	Plumgarths
15	1830 Rob Young	TR
16	1300 MF - Come and Sing	STAS
16	1300 Sedbergh Music Festival Begins (1,20)	STAS
16	1430 Songs of praise	Hawes Jnct
17	1300 MF - Sedbergh Songsters	STAS
18	1300 MF - Sedbergh School Musicians	STAS
18	1930 MF - Julian Cann Quintet	STAS
19	1000 Getting Together (9)	Rhumes
19	1000 NHS App drop in support (May)	MC
19	1300 MF - Nick Humdall Smith	STAS
20	1300 MF - 4 Hands 1 Piano	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	1000 Open Event (23)	Rawthey Me
22	1930 MF - Cotton Town Chorus	STAS
23	Open Event (23)	Rawthey Me
23	1030 Songs of Praise (5)	STAS
23	1430 MF - Amabile Girls' Choir	STAS
23	1930 MF - Claire Cope Quintet	STAS
24	1300 MF - Kenneth Wilson Highway Cello	STAS
24	1930 The Chequered Acafellas	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 - Style 85	STAS
27	1930 MF - BBC Singers	STAS
28	Sedbergh Music Festival Ends (1,20)	STAS
28	1000 MF - Workshop with BBC Singers Hirst Cent	
29	School Term Ends (Apr)	SS
29	School Term Ends (May)	SS
29	930 Artisan Market (May)	Main St
29	2200 SS Leavers Ball and Fireworks (23)	SS

## JULY 2024

04	1400 Community Afternoon Tea	GH
04	1930 WIHF - Lune Valley Group Mtg (60)	HVH
05	Swift Watching (48,36)	Lowgill
08	1945 Crook Morris Dancers (7)	Black Bull
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	SS14
	Cricket v Southern Vipers (Apr)	SS
16	Children's Holiday Club (8)	PH
17	1000 NHS App Drop in support (May)	MC
18	1400 Community Afternoon Tea	GH
20	Finkle Street party	STAS
21	1000 Lancashire vs Cumbria Friendly (23)	SS
21	1430 Songs of Praise	Hawes Jnct
22	1000 Children's Holiday Club (8)	PH2424
	Cricket Metro one day cup	SS
27	930 Artisan Market (May)	Main St

## AUGUST 2024

01	1400 Community Afternoon Tea	GH
09	Hells Fells Begins	Birks
11	Hells Fells Ends	Birks
13	1930 Domino Drive	FCH
14	1915 Dentdale WI puzzle history	DMH
14	1930 Sedbergh WI William Wordsworth	PH
15	1400 Community Afternoon Tea	GH
18	1430 Songs of Praise	Hawes Jnct
24	930 Artisan Market (May)	Main St
26	Dent Gala	DCP
29	1400 Community Afternoon Tea	GH

## SEPTEMBER 2024

05	1400 Community Afternoon Tea	GH
10	1400 Killington WI Ukrainian traditions	PH
10	1930 Domino Drive	FCH
11	Westmorland Show	County sho
11	1915 Dentdale WI Card making	DMH
11	1930 Sedbergh WI Maori Myths & Legends	PH
12	Westmorland Show	County sho
17	1400 Community Afternoon Tea	GH
17	1930 Ladies NFU - St Johns Hospice (55)	PH
19	1400 Community Afternoon Tea	GH
21	930 Artisan Market (May)	Main St

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.

### SEDBERGH PIZZA

MAIN STREET - 015396 28262

Takeaway with some seating serving good pizzas, burghers, kebabs. Open late.

### 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 with good company.

### 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 Calderes 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:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: <a href="mailto:alibramall@protonmail.com">alibramall@protonmail.com</a>	20360
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) <i>1T(ES), 1D(ES) NS, CH, L</i> e-mail: <a href="mailto:crosskeyscautley@outlook.com">crosskeyscautley@outlook.com</a>	20284

## CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> website: <a href="http://www.scrogghouse.farm">www.scrogghouse.farm</a>	34032
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: <a href="mailto:hello@killingtontower.co.uk">hello@killingtontower.co.uk</a> website: <a href="http://www.killingtontower.co.uk">www.killingtontower.co.uk</a>	
The Roost at Bowersyke, Killington, LA10 5EW	<i>Sleeps 2 people 1D CH L TV P NS NP NC</i> e-mail: <a href="mailto:booking@theroostcottage.co.uk">booking@theroostcottage.co.uk</a> website: <a href="http://www.theroostcottage.co.uk">www.theroostcottage.co.uk</a>	07927 295262

### KEY

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

## 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
Getting Together -----	Sarah Woof - 015396 25212
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.gorsty24@gmail.com
Killington Parish Hall -----	John Harrison - 07810 140996 / johnharrison249@gmail.com
Killington Sailing Association -----	Myles Ripley - mylesripley@btinternet.com
Ladies National Farmers Union -----	Caroline Sandys-Clarke - 015396 21246
Liberal Democrats -----	TBA
Little People -----	Emma Brown - 07855 620018 / emmabrown05@hotmail.co.uk
Lunesdale Archaeology Society -----	lunesdale.archaeology@gmail.com

## GROUPS AND ORGANISATIONS (CONT)

Meals On Wheels -----	Colin Cowperthwaite - 07961 925003
Messy Church -----	Susan Raw - 015396 20542
Orchestra - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Over 50's Swimming Group -----	Rachael Mellor - 07969 663881
Parent Support Group -----	Mrs Goad - 015396 20402
Parish Council - Dent -----	Scott Thornley - 07368 455353
Parish Council - Garsdale -----	Mr Johns - 015396 22170
Parish Council - Sedbergh -----	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 Micklethwaite - 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 -----	Louise Atkinson - 07855 378883
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 June 2024*

(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
06.49	07.55	10.46	07.03	09.08	10.40
07.03	09.16	12.39	09.38	10.42	13.38
09.16	10.47	14.01	12.12	12.12	16.35 (N)
10.47	12.17	15.53	16.05	16.05	18.40
12.17	14.45	17.48	17.33	17.33	20.26
14.45	16.46	20.20	19.38	19.38	..
18.15	18.15	..	..	..	..
19.45	19.45	..	..	..	..

# **BUS SERVICES**

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

*From 2nd October 2023*

<b><i>Trains to Carlisle</i></b>	..	<b>1048</b>	..	..	<b>1815</b>
<b><i>Trains to Leeds</i></b>	..	<b>1041</b>	..	..	<b>1733</b>
<b>Dent Station</b>	..	<b>1053</b>	..	..	<b>1737</b>
<b>Dent Village</b>	..	<b>1108</b>	..	<b>1505</b>	<b>1752</b>
<b>Sedbergh Maryfell</b>	<b>0835</b>	<b>1123</b>	<b>1315</b>	<b>1520</b>	<b>1807</b>
<b>Sedbergh Library</b>	<b>0837</b>	<b>1125</b>	<b>1317</b>	<b>1522</b>	<b>1809</b>
<b>Sedbergh opp. Morphets</b>	<b>0839</b>	<b>1127</b>	<b>1319</b>	<b>1524</b>	..
<b>Killington M6 Bridge</b>	<b>0847</b>	<b>1135</b>	<b>1327</b>	<b>1532</b>	..
<b>Oxenholme Station</b>	<b>0857</b>	<b>1145</b>	<b>1337</b>	<b>1542</b>	..
<b>Kendal K Village</b>	<b>0902</b>	<b>1150</b>	<b>1342</b>	<b>1547</b>	..
<b>Kendal Bus Station</b>	<b>0908</b>	<b>1156</b>	<b>1348</b>	<b>1553</b>	..
<b>Kendal Morrisons</b>	<b>0913</b>	<b>1201</b>	<b>1353</b>	<b>1558</b>	..
<b>Kendal Morrisons</b>	<b>0923</b>	<b>1223</b>	<b>1403</b>	<b>1608</b>	..
<b>Kendal Bus Station</b>	<b>0928</b>	<b>1228</b>	<b>1408</b>	<b>1613</b>	..
<b>Kendal K Village</b>	<b>0933</b>	<b>1233</b>	<b>1413</b>	<b>1618</b>	..
<b>Oxenholme Station</b>	<b>0938</b>	<b>1238</b>	<b>1418</b>	<b>1623</b>	..
<b>Killington M6 Bridge</b>	<b>0948</b>	<b>1248</b>	<b>1428</b>	<b>1633</b>	..
<b>Sedbergh Spar</b>	<b>0956</b>	<b>1256</b>	<b>1436</b>	<b>1641</b>	..
<b>Sedbergh Post Office</b>	<b>0958</b>	<b>1258</b>	<b>1438</b>	<b>1643</b>	..
<b>Sedbergh Maryfell</b>	<b>1000</b>	<b>1300</b>	<b>1440</b>	<b>1645</b>	..
<b>Dent Village</b>	<b>1015</b>	..	<b>1455</b>	<b>1700</b>	..
<b>Dent Station</b>	<b>1030</b>	..	..	<b>1715</b>	..
<b><i>Trains to Carlisle</i></b>	<b>1048</b>	..	..	<b>1815</b>	..
<b><i>Trains to Leeds</i></b>	<b>1041</b>	..	..	<b>1732</b>	..

# **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
Elspeith 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

**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
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### **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** - 2<sup>nd</sup> and 4<sup>th</sup> Sunday 2pm.

## Combined plans for Western Dales Mission Community

June 2024

	Time	2 <sup>nd</sup>	9 <sup>th</sup>	16 <sup>th</sup>	23 <sup>rd</sup>	30 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8.30am	Morning Prayer	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC		Songs of Praise for Music Festival	Joint Service with HC 4pm- Teatime Church
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect@ Cornerstone	Morning Service 4pm Messy Church	HC	Morning Service	
St. Mark's, Cautley LA10 5LZ				9.30am MP		2.30pm Taize Service
St. John's, Garsdale LA10	10am	HC		MP		
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Afternoon Service		Afternoon Service	Afternoon Service
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm			Songs of Praise		
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service				
Holy Trinity Howgill LA10 5JD	9.30am		HC			
St. John's Firbank LA10 5EF	2.30pm		HC			
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC	
St. John's, Cowgill LA10 5RJ	2.30pm			HC		Songs of Praise
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		Morning Service		Morning Service
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	<b>Tuesday</b>	<b>4<sup>th</sup></b>				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	<b>Wednesday</b>	<b>5<sup>th</sup></b>	<b>12<sup>th</sup></b>	<b>19<sup>th</sup></b>	<b>26<sup>th</sup></b>	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19.30	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer			BCP- Book of Common Prayer EP- Evening Prayer			
<b>Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063</b>						

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

**Option 1 - 24hr Prescription line**

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am

**(Face to face appointments – please phone on  
the day to book an appointment)**

Telephone Triage – 10.30am – 12pm

**(please phone or book online)**

Late Morning Appointments 10.30am – 12pm &

Afternoon appointments 2.30pm-6pm

**(please phone or book online)**

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

## Dent Surgery

**Currently cancelled due to Covid-19**

## Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

## Saturday morning clinics

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

For more information on all clinic times please see  
our website

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

## Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

Health Centre, Station Road

Telephone Box, Millthorp

*Access Codes to the Defribs are supplied  
on contacting Ambulance Control on 999*

## First Responders

**IN EMERGENCIES CONTACT THE  
EMERGENCY SERVICES**

The numbers below are for information on  
volunteering only

Sedbergh - Myles Ripley 07880 161648

Dent - Wendy Pontefract 015396 25253

## POLICE

101 or 999

Email: [101@cumbria.police.uk](mailto: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](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

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

## VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 \*

Monday-Friday Appointment Only 1400 - 1500 \*

## PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

## POST OFFICE

Main Street - 015396 20406

## MARKET DAY

Wednesday

*Last Page Update:*

*May 2024*