

Sedbergh & District

# LOOKAROUND

July 2024

Donation £1

Issue 433

Summer seems as if it could be here as I write this, so it's very appropriate, after What are Words Worth, and Sedbergh Music Festival to be looking forward to the next

event on the Sedbergh calendar, the combined St Andrews Summer Fair and Finkle Street Party. Let's hope that summer holds and we can all get out and enjoy ourselves! *Ed.*

St Andrew's Church  
Sedbergh

Craft Fair  
Bouncy Castle  
Children's  
Entertainment  
Musical Items

Summer  
Fair

Family Fun  
Sideshows  
Stalls  
Tea & Coffee  
Lunches

Saturday 20th July  
10.00am until 4.00pm

**CLOSING DATE: 15th of every month for everything**  
S & D Lookaround 72 Main Street, Sedbergh LA10 5AD  
Mobile: 07464 - 895425

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

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*Rod Kirk*

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

**Wed 3rd July - Royal British Legion**  
**Wed 10th July - St Andrew's**  
**Wed 17th July - Target Ovarian Cancer**  
**Wed 24th July - St Andrew's**

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

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

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Double Column 5.2" x 2"	=£18.00
Double Column 5.2" x 3"	=£24.00
Double Column 5.2" x 4"	=£30.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

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

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

## PAYMENT INFORMATION

**CHEQUE**

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**20-55-41**

*Reference:*

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REFERENCE**

## TIM'S COLUMN

*Tim Farron MP*

I'll be honest with you, I really have not been looking forward to writing this column. I have known it was coming for well over a year but I have taken my mind off it by spending time in places like Kirkby Stephen and Appleby. But doing that was simply exploring the other side of the consequences of the redrawing of the constituency boundaries that David Cameron kicked into action many years ago.

Yes I am afraid, whatever the outcome of the General Election, this will be the last column I will write for Sedbergh Lookaround as your MP. Thinking about this now, as the copy dates for Lookaround are forcing me to do, makes me very sad. I

have loved my many visits to Sedbergh and Dent over the years whether on my Summer Tour or for our surgeries in the People's Hall or just because someone invited me to some event or other. I hope you feel that I have done my best to help you in some way or other whether through my work in parliament where I have always tried to fight for farmers or schools or anyone who needs health treatment or many other issues or my more local work on issues as varied as flooding or housing or public transport.

If I am fortunate enough to be elected on July 4th I am pretty sure that my work on the issues I have been working on in parliament will continue but sadly another person will be in the lucky position of sorting

# LOOKAROUND

**Is looking for volunteers.  
We need new proof readers and  
someone to help find new  
advertisers.**

**Just a few hours a month required.**

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or call  
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out your more personal problems. I only hope that they enjoy it as much as I have.

Don't worry I will make sure that Ian and Hazel, your councillors on Westmorland and Furness Council, keep me up to speed with what is going on in your lovely dale. Added to which, just because I am no longer the MP for your area does not mean that I am prevented from visiting you in a personal capacity. I will not stop loving that view of the dale that opens up to you drive over the top from Kendal and the M6 and I will continue to enjoy wandering around Sedbergh or Dent or the other villages in your area, so I will keep popping over when time permits. Added to which, the powers that be at Lookaround have said that if I want to submit any articles to them in the future they will look favourably upon including them in their fine publication.

But for now thanks for being so welcoming and supportive over the past nearly 20 years. You have played a big part in making being the MP for Westmorland and Lonsdale what I believe to be the best job in the world. I have tried my best to help you in whatever ways you have asked me to and I will really miss doing that in the future.

My contact details, at least until the 4th of July, remain  
tim@timfarron.co.uk or 01539 723 403.

*Lookaround would like to thank Tim for being one of our most faithful contributors, and for all the work he has done for the people of this area over the years.*  
Ed.

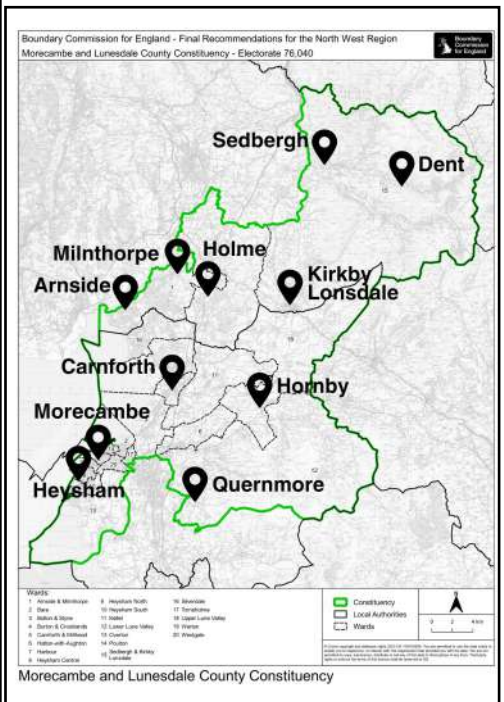
## NEW PARLIAMENTARY CONSTITUENCY BOUNDARIES

Lizzi Collinge

*This article was originally published in the April edition of Lookaround, but I have heard some people still don't know what's happening, so here it is again as a reminder! Ed*

The boundaries of parliamentary constituencies have changed and Sedbergh is now in the NEW Morecambe and Lunesdale constituency which sees sections of three former constituencies merging into one.

The new constituency stretches from Heysham in the south up to Arnside in the north then all the way east to Dent via Kirkby Lonsdale and Sedbergh, before heading south through the Lune Valley to Quernmore. The bulk of the new



constituency is formed by the old Morecambe and Lunesdale which merges with three wards of the former Westmorland and Lonsdale constituency and one ward from the former Lancaster and Fleetwood constituency. Those constituencies are changing with Westmorland and Lonsdale moving further north and Lancaster and Fleetwood becoming a new Lancaster and Wyre seat.

The boundary review was undertaken by the independent Boundary Commission for England after an Act was passed in Parliament in 2020. The Government sets the guidelines for the review. The mandatory factors are that there will be 650 constituencies and that all constituencies must contain between 69,724 and 77,062 registered voters. The legislation sets down that the numbers are based on electoral registers, not population. For this review, the reference electoral register was from March 2020.

The Act also states that the review may also take into account the following factors:

- Special geographical considerations, including in particular the size, shape and accessibility of a constituency
- Local government boundaries
- Boundaries of existing constituencies
- Any local ties that would be broken by changes in constituencies
- The inconveniences attendant on such changes

You can find more details by going to the Boundary Commission for England website.

## LOCAL YOUNG PEOPLE'S FUND

*Karen Bruce Lockhart*  
Chairman

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

The grants are not means tested and applicants are required simply to justify why they be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary school aged child who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8 might need violin lessons, but later in



**SEDBERGH COMMUNITY  
SWIFTS**

A morning of panoramic  
swift watching  
Friday 5th July  
at the colony in Lowgill  
Booking essential  
For Details:  
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01539 824043



Swift  
Awareness  
Week



his or her career may wish to purchase an expensive instrument. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

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

1. Grants for laptops at university and for A Level courses
2. Grants for university textbooks
3. Grants for overseas educational travel
4. A grant for a residential field trip
5. A grant towards a gap year placement abroad

A grant to assist with fees for an extra-curricular language course

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

8. Grants towards the cost of musical instruments

The awarding of a grant and the amount thereof depends very much on the justification put forward in the

application. One applicant might want a laptop simply for ordinary use, another may be embarking on an extremely technical university course which requires a very expensive computer and might receive a larger grant. Another may be going on a two-week course in Europe, while yet another may be going for six months to work with a charity in a less developed country. It is also helpful to know what other steps the young person has taken to raise funds.

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

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

Grace Elizabeth

*Beauty*

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## SETTLEBECK 75TH ANNIVERSARY FAIR

*Sally Ingham*

Settlebeck School celebrates 75 years of serving its community

Settlebeck, which was established as a state secondary school in 1949, has been in existence now for 75 years. It is an unusually small secondary school which has, and does still provide an education for up to about 220 students at any one time. We are proud of the breadth of education on offer and the personalised care we provide.

Before becoming a state secondary school, during World War 2, Settlebeck provided accommodation for those moving into Sedbergh to work in the local mills which were transformed into factories to help the war effort. And before this, Settlebeck served as a junior school under the headship of the father of the late Mary Gladstone of Sedbergh who lived in part of Settlebeck as a child and, whose name lives on in the Maryfell estate and Gladstone House. These were presumably built on land which was once part of the Settlebeck estate.

The precise details of the school's history are not easy to track down. Originally though it was built as a home and it retains a homely feel whilst also encouraging young people to strive to achieve and be the very best versions of themselves

Many who attended the school in its early years and since still reside in Sedbergh and the surrounding area and may be curious to see the many changes it has undergone.

On Thursday 18th July we welcome anyone who would like to join us at our Summer Fair to celebrate this special anniversary. The summer fair is taking place between 1.30 and 5pm.

There will be a variety of activities for all ages: from face painting to an assault course, from mini golf to a tug of war, a bouncy castle and a coconut shy, ice creams to buy and the fire service with their fire engine will be on display. There will be a screen showing past photos of the school and those who have attended it. For those interested tours of the school will also be available led by a member of staff. Refreshments will be being served – drinks and food – tea and scones and a barbecue.



A recruitment poster for the Sedbergh Mitsurukarate club. The poster features a collage of photos: two girls in white karate uniforms, a boy holding a medal, and two boys in white uniforms. The text is arranged in a red and white layout. At the top, it says 'TWO FREE WEEKS OF KARATE LESSONS'. Below that, a large diagonal banner reads 'NO JOINING FEE!'. To the right, it lists 'CLUB INSTRUCTORS: SHARON HEALEY 4TH DAN DBS ENHANCED CHECKED' and 'REECE HEALEY 1ST DAN DBS ENHANCED CHECKED'. Below the text, there is a small photo of two boys in white uniforms. At the bottom, it says 'Fantastic established club training at the Hirst Centre, Busk Lane, Sedbergh every Thursday 6-7.30pm'. The poster is framed by a decorative border of small cartoon figures.

**TWO FREE WEEKS OF KARATE LESSONS**

**NO JOINING FEE!**

CLUB INSTRUCTORS  
SHARON HEALEY 4TH DAN  
DBS ENHANCED CHECKED

REECE HEALEY 1ST DAN  
DBS ENHANCED CHECKED

CONTACT SHARON ON  
07793 210 192

TO RESERVE YOUR PLACE  
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**Mob: 07977514229**

**Email: [info@gjbainesandson.co.uk](mailto:info@gjbainesandson.co.uk)**

**Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)**

Tickets for the stalls and refreshment stands can be bought at the desk on the school tennis court on the day. Sorry that payment by bank card will not be possible. It will be payment by cash only.

Please let school know if you would like barbecued food to help us judge the food required, Ring 015396 20383.

We look forward to celebrating this milestone in the school's history with you.

## **SEDBERGH PRIMARY PROMISE AUCTION**

*Michelle Hartley*

The night of Friday 17th May was warm and sunny, a great start to the Sedbergh Primary School & PTFA Promise Auction. The school hall had been transformed from a kid's gymnasium to a glamorous auction room with cloth-covered tables, candles, fairy lights and vases of flowers. While the number of attendees was lower than in previous years, they would turn out to be a very generous group.

With just over 100 promises up for grabs, the event started on time to ensure that we didn't run too late into the night. Will Alexander of Bentham Auction Mart, was the auctioneer, and being more used to selling off 1000 sheep an hour, many in the room struggled at first to keep up with the speed of his 'auction chant'.

The promises came from a wide variety of businesses, organisations and individuals, most were from the Sedbergh area, but some were as far away as Appleby, Wray and Ravensglass. The promises themselves were as varied as the people and places they came from. Food made up a good proportion of the promises, which were very popular! Fruit & veg, meats, preserves and alcohol were bid on equally as enthusiastically as restaurant vouchers, meals and cream teas. Practical goods and services were on offer for the home, car and pets. More luxurious items included clothing & jewellery, art & decorations and health & beauty products. Unique offers, not available



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

**2024**

Thursday 11th July

Wednesday 11th Sept

Thursday 10th October



anywhere else, included shopping and restaurant experiences, days out in nature and on farms. And not to be forgotten, as this auction was for children and the school, toys, clubs and days out for the kids.

The evening ended around 9:30pm with a very satisfied group of bidders. While staff and PTFA members were exhausted after a long day's work, we were proud of the event we had organised and bowled over by the generosity of the attendees. We later learned the result of months of hard work, the Sedbergh Primary PTFA Promise Auction had raised an incredible £3,500! This was a great amount for our last chance to raise money for the Big Build Project, for which work will be commencing this summer.

So, on behalf of the PTFA, staff members and present and future pupils of the school, I would like to give a massive thank you to all those people, businesses and organisations who donated a promise to the auction, without your help and support none of this would have been possible.

**THANK YOU!**

## **DENT GRAMMAR SCHOOL EDUCATIONAL FOUNDATION**

*Heather Frazer, Chair, DGSEF*

How a 400-year-old legacy keeps on giving

In the heart of Dent village sit two historic buildings whose educational roots stretch back to 17th century and whose legacy is still be enjoyed by the young people of Dent today.

Dent Grammar School was founded in 1604, financed by the generosity of local landowners and a royal endowment from King James. It was said to have had a "very healthy influence on the education & manners of the valley" for over three centuries. The school closed in 1897 as a result of competition from the 'National' elementary school in Dent.

The Grammar School was subsequently converted into two flats and along with the Headmaster's House, is now rented to local occupants. Income from the properties, as well as parcels of land in Dentdale, provide funding for an educational charity, Dent Grammar School Educational Foundation. The governors of the charity are nominated by the church, parish and county councils along with Sedbergh School and Queen Elizabeth School, Kirkby Lonsdale.

The 13 governors are responsible for assigning the rental income to:

- maintain the properties
- Dent Primary School for literacy resources, books, etc.
- young adults from Dent, Cowgill & Gawthrop towards further education and associated costs

Individual grants have been awarded towards travel expenses to

university, college and for placements. Additionally, support towards books, uniforms, computers and other course equipment are regularly requested.

As a governor, it is so rewarding to hear what the young person has been able to achieve with the help of their grant.

Applications for 2024 grants will open shortly so if you know of someone who might qualify, please register your interest with our clerk, Helen Seabridge at [dgsef1@yahoo.co.uk](mailto:dgsef1@yahoo.co.uk)

Boulton, David (1997) 'A Publick and Commonwealth Cause' The Story of Dent Grammar School.

Hollett, R.F.G. & Boulton, D. (1984) 'Adam Sedgwick's Dent.'

## WHAT ARE WORDS WORTH?

*Rosemary Marsden*

I wanted to share my experience of the What are Words Worth? festival of writing and ideas which was held recently (end of May) in the People's Hall Sedbergh. As both a volunteer helper and audience member I attended 6 sessions covering afternoons and evenings.

Three of those talks covered crime including internationally acclaimed local Dales fiction authors JC Briggs and Julia Chapman plus a simulated Trial by Jury by Mark Bridgeman based on a true 1930s murder in Leeds. Ruth Allen introduced her intriguing book 'Weathering' linking geology of landscape with geology of the mind and psychotherapeutic

## SEDBERGH PRIMARY SCHOOL – GOVERNOR VACANCY

We have an exciting opportunity for a member of our local community to join the Governing Board here at Sedbergh Primary School.

This is a rewarding role which contributes to our unique and friendly school community. The Governor role is to help ensure strategy, policy, budgeting, and staffing are all organised in the best way possible to ensure smooth and effective running of our school in the best interest of our pupils.

Five reasons why you should become a school governor:

Being a school governor is rewarding

You gain a variety of skills that are often transferable to your career

Networking opportunities

Gain knowledge of and for our school

Be part of the wider community

We value everyone's unique perspectives and believe community involvement would greatly benefit our school.

Worried about time and commitment?

'Full Governor' meetings held in-person 5 times a year

Two sub-committees (Finance and Curriculum) held virtually 3 times a year

All meetings are generally on a Monday between 6-8pm

Additional time might also be occasionally required depending on role on board

If you can commit your time and are interested in making a difference, please contact the school office on 015396 20510 or email [admin@sedbergh-pri.cumbria.sch.uk](mailto:admin@sedbergh-pri.cumbria.sch.uk)





## SLOVENIAN DANCERS FROM ZRECE (Sedbergh's Twin Town)

**SEDBERGH PARISH CHURCH, at 11am, Saturday July 13 2024**

Come and see a display of Slovenian traditional folk dance in Sedbergh by the Jurij Vodovnik Folklorna Skupina, 22 Folk dancers from Zrece. The group has won many prestigious international awards for their dancing. They perform in traditional costume, and are travelling overland from Slovenia to bring us a taste of this fabulous folkdancing. They were last here in Sedbergh almost 20 years ago.

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concepts. There was plenty of opportunity to ask the authors questions and buy their books from Westwood's popup book stall in the hall.

Afternoon sessions came with local homemade cake on offer and the bar open in the evening. Tickets were all priced at £5 bought on line or at the door and people came from nearby in Sedbergh and further afield ( eg Ripon, Ribchester ). During the week there was a magic show for children and families and a bookseller's guide to old books....so something on offer for most people.

The festival was a great chance to share an interest, meet new people, discover an author or learn about a different topic. For me it was a feast of enjoyment and hope the festival will encourage more people to come along to future similar events. Additionally the week's events made a positive contribution to the

wellbeing of the town and its residents and visitors.

A big Thank You to Carole Nelson and all the people behind the scenes who organised the festival and enabled it to happen.

### SEDBERGH ALLOTMENTS OPEN DAY

*Jim Atkins*

The week 12th to 18th August is National Allotments Week. This year's theme is promotion of biodiversity, something very much aligned with practices at the Sedbergh community allotment site on Birks Lane which operates on organic principles, recognising that growing food can respect good soil health and encourage pollinators by avoiding the use of chemicals and artificial fertilisers.

On Sunday 18th (from 2.00pm onwards) Sedbergh Allotments Association will be holding an open





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afternoon when anyone is most welcome to visit the allotment site on Birks Lane to see the variety of fruit and vegetables being cultivated and to chat with plot-holders who will be in attendance.

Following an unusually high rate of plots changing hands over the last few months, the waiting list for an allotment plot is now short and local residents interested in cultivating a plot in the future are encouraged to put their names forward for inclusion on the list. The allotment shed now has a good range of communal tools – so all you need to bring along is enthusiasm and energy!

Membership of the Association is open to anyone having a property address within the LA10 5 postal area. If you are interested in joining the waiting list or would like more information on the Association, please come along to our open afternoon or contact the Secretary, Ann Parratt (07443 580 960) or the Chairman, Jim Atkins (015396 20031). Details of the allotment site are included in the 'community' page of the Sedbergh.org.uk website.

## FRIENDS OF THE DALES

*Victoria Benn*

*Membership and Events Officer*

Walk: Access the Dales by foot or Terrain Hopper!

Wednesday 31 July, 11:00 – 3:00pm

Friends of the Dales is hosting its first all-terrain wheelchair guided walk on 31 July in collaboration with the charity, Access the Dales and walking company Where2Walk. Early bookers can also secure the use of an all-terrain Trampler or Terrain Hopper wheelchair for this event.

Event: Friends 4 Friends

Thursday 1 August, 5:30 – 8:30pm

A social event for non-members!

(Members are welcome too but they must bring a 'non-member' friend along with them). As we look to the future it is vital we recruit more members and so what better way to do this than encourage interested supporters and like-minded friends to join us for a sociable evening in Gargrave of welcome refreshments and snacks, fun quiz and a leisurely three-mile circular walk. NB. no obligation for non-members to join – this is just a chance to get to know more about us.

For full details and booking links for all these free events visit: <https://friendsofthedales.org.uk/events>

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

  
**Friends of the  
DALES**  
YORKSHIRE DALES SOCIETY

## HARDSHIP AND EXHIBITION FUNDS

*John Sykes*

### Hardship Fund:

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

### Exhibition Fund:

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

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

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

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

## DENTDALE CHRISTIAN FELLOWSHIP

*Sarah Woof*

As summer goes on, we are nearing the time of our annual Festival here in Dent, a time to meet together to worship God, learn and share and be encouraged and equipped. This year is our 10th Festival AND we celebrate 15 years of the Fellowship.

We met monthly for Praise and Testimony and food, always great to share meals together, for 4 years before deciding to open up even

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- Energising Flow

- Thursday 6-7 pm
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more and hold a Festival. After months of prayer and planning we held the 1st one in the Memorial Hall and speakers came from NGM, New Generation Music in Bristol.

A couple years later we purchased a big tent which goes up in our garden and that's where the events are held. This freed us up as it was available all the time. 2 years ago, we joined the St Andrew's congregation for Sunday service, last year they and the Methodist congregation joined us in the tent and this year the combined service will be in the Methodist Church on Sunday 4th August.

We are still finalising everything and more info will be available soon, as ever, everything is open to everyone including children.

J and SE Woof; 015396 25212





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## **SEDBERGH PARISH COUNCIL**

*Janey Hassam*

The Council held its monthly meeting at 7.30pm on 13 June 2024. The next meeting of the Parish Council, will be their monthly meeting, commencing 7.30pm on Thursday 11 July 2024. Meetings are held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

### **Annual Meeting of the Parish Council**

The formal meeting, held on 16 May 2024, commenced with the Election of a new Chairman – Cllr Simon Arnold, with Vice Chairman Cllr Steve Longlands. Thanks were expressed, by Members, to the outgoing Chairman – Cllr Lancaster.

### **Goals and Objectives 2024/2025**

Cllr Arnold outlined desired goals and objectives for the upcoming year, including review of some policies and procedures, along with financial

planning for the future and a commitment to a series of interlinked projects for the Parish. These include, the playpark at Howgill Lane along with increased and improved parking at various locations, leading ultimately to improved parking at Joss Lane car park and increased attractiveness of the town.

### **Highways Matters (Westmorland and Furness Council)**

Members continue to liaise with W&F Council over previously suggested yellow lining to improve safety at some previously identified junctions (originally dating back to 2020). Including Station Road/Highfield Road, Busk Lane/Loftus Hill and Castlegarth/Long Lane. In respect of the latter, Members are also keen for W&F to look at concerns now being raised in relation to parking at Settlebeck Cottages.

Various other matters were discussed, including Finance, Amenities, Planning and general correspondence.

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



## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

The School were away for half term from 31st May to 9th July, but returned to no better weather for the second half of the term than the first.

OS Imogen Boddy has set an Endurance World Record for the second time in two years. She has set the record for doing the three peaks- Snowdon, Scafell Pike and Ben Nevis on foot in six days, cutting 18 hours off the previous record set 45 years ago. Imogen won the Wilson Run when at Sedbergh, and initiated the Triathlon known as the Boddy Challenge – a 6 mile swim on Lake Windermere, the Windermere Marathon and a 20 mile bike ride back to Sedbergh. She visited the School on 23rd May on her way to run in the Edinburgh half marathon.

The School welcomed Mr Milburn Pennybags, aka Mr Monopoly, to play the Yorkshire Dales version of the famous board game

The House Sports were run in the week beginning 13th May finishing with the relays, 100 yards, long jump and high jump on one of the few glorious sunny days on the Sunday, which were followed by garden party lunches in the House gardens.

However, the whole school barbecue and tug of war had to be put off because of rain

Years 9 and 10 put on several performances of Bugsy Malone in the Arden Theatres and the Prep School will have performed We Will Rock You by the time this is published

Year 11 pupil Archie supported his younger brother at Aysgarth School on a 16 mile walk to raise funds for Yorkshire Vikings Visually Impaired Cricket. Pupils Ailish and Ruby have been helping Sedbergh Zero to restock their cupboard. The Prep held a Wenning House Charity Day when the pupils wore green and the proceeds were given to the Charity of the Term, Trinity Church, Casterton. Winder House had a Ukraine appeal and Carol will drive the donations out to Ukraine personally

The Conservation group are struggling to control Himalayan Balsam on a footpath, and rebuilding walls

A special evening with Kevin Sinfield CBE, hosted by Jamie Jones Buchanan MBE, in Powell Hall on 31st January 2025 at 7 pm

Year 12 Cadet Marcus was the cadet supporting 100 year old veteran Richard Brock when he gave



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his moving D-Day speech at Bayeux Military Cemetery.

The school held a service at 6 am on 6th June at the Cloisters with a piper, and took part in the Town ceremony at the War Memorials on 8th June. A special Assembly was held at the Cloisters. The CCF also contributed to the Kendal D-Day commemoration.. OS Edward Jubes was killed on D-Day aged 21.

The cricket pavilion has undergone extensive work including a new balcony.

The School was unable to hold the wild Chapel Service on Winder this year due to weather.

The School will have taken part in the Sedbergh Music Festival by the

time this is published, including hosting the BBC Singers.

Ed Campbell, former Housemaster of Powell House, died on 12th June – he was Housemaster from 1978 to 1993.

### Running

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

### Swimming

Pupils took part in the Great North Swim, gaining a 1st in her age group in the 10 km, 3rd in U19 female 5 km,, 5th in U19 female mile and 8th in the U19 female half mile.

### Equestrian

The Prep held an Equestrian Day on 16th June with rosettes, cake, raffle. Tombola and refreshments

The School 85cm Eventers finished 5th in a field of 60 championship teams and 250 qualified riders with four clear rounds.

### Cricket

The 1st 11 lost to Lancashire Royal Grammar School by four wickets.

### Athletics

The 9/10 team won the Regional B round in Blackpool of the ESAA Track and Field Cup. Victoria C set new School Records in the 100 and the High Jump.

32 Athletes competed in the CSAA Track and Field Championships in Carlisle and the School 100m and 200m records were broken, and Victoria C took another second off her record

### Sailing

The mixed U18 won the Winsford Flash Competition in the North West Travellers competition.



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### **Future Events**

Years 7 and 8 are performing "We Will Rock You" on 20th and 21st June

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).

### **BOOK TOWN QUIZ**

*Gerry Cotter*

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

1. Name the Cumbrian author who chronicles the activities of Detective Sergeant Washington Poe.

2. The House of Elrig, published in 1965, is the autobiography of the boyhood of an author famous for a trilogy of books set in western Scotland. Who was he?

3. What is the occupation of the narrator of Kazuo Ishiguro's novel The Remains of the Day?

4. Pierre Bezuhov, Andrei Bolkonski and Natasha Rostova are the main characters in which literary work?

5. Burnt Norton, East Coker, The Dry Salvages and Little Gidding were collectively published under what title, and who wrote them?

6. Which very famous writer had the middle names John Huffam? He was born in Portsmouth and died in the village of Higham, Kent.

7. The great-granddaughter of the writer in the previous question was also a prolific author. Her works include One Pair of Hands, One Pair of Feet and My Turn To Make The Tea. Who was she?

8. Which character in children's fiction said 'I'll thcream and thcream till I'm thick'?

9. Alexander Pope, Essay on Criticism: 'Fools rush in -----' The next five words were taken as the title

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of a novel published in 1905. What is the title and who wrote it?

10. Name the British neurologist who wrote best-selling books about people, including himself, with neurological disorders. Titles include *Awakenings*, *The Man Who Mistook His Wife For A Hat*, *The Island of the Colorblind* and *Musicophilia*.

11. In which subject area did Elizabeth David write?

12. Which fictional character numbered Bingo Little, Catsmeat Potter-Pirbright and Reginald 'Kipper' Herring among his friends?



## NOTES FROM DENT STATION

*John Carey friends of the Settle/  
Carlisle line*

As I write this article, the latest phase of the conservation work at Dent Station is drawing to a conclusion with the completion of the repointing to the external elevations in traditional lime mortar. The work has been undertaken by expert local builder, Julian Wilkinson and team and has gone well; the scaffolding being removed at the last moment to reveal the south end of the station. A fine sight it is as well! Meanwhile, we have also completed the last of the external redecoration with volunteer stalwart Ken McClurg painting the final window a few days ago.

This represents the last of the major works to the external fabric of the historic Grade 2 listed station building and will hopefully stand us in good stead for the next few years at least. It has indeed been a long and arduous process, including negotiating the listed building requirements of the Yorkshire Dales National Park, and we can reflect on the many successes over the four years since we acquired the building in the midst of the Covid pandemic as well as quite a few setbacks! But, for every setback there is a solution. A big thank you to all involved! We would have not got to this position without your help.

But it does not end here, and if there is one thing we have learned about heritage buildings, it will require significant ongoing maintenance and we have, therefore, already factored in a 'works period' for next year. The weather at 1150ft



elevation can be unforgiving and the lime mortar will require ongoing care and attention until fully cured! The external redecoration has taken over 3 years to complete, and we are reconciled to the fact that in only a short while it will all have to start again. We will take it all in our stride.

Meanwhile, we can contemplate on what might have been had the Friends not acquired the property. The building, quite understandably, attracted a great deal of interest when it was up for sale as there were many with deep pockets who aspired to purchasing the property for the accolade of owning the highest railway station in England. However, it is most unlikely that the same attention would have been given to prioritising the external repairs, guaranteeing the long-term future.

There was a real risk that the historic building could have fallen into adverse ownership, most likely as a second home. Thankfully, all of that is conjecture and, hopefully, most will conclude that we have done the right thing.

Whilst, personally, I would much prefer to see 'stations used as stations' or some other community purpose, the only viable option for Dent is to utilise as self-catering accommodation. It keeps the building in use, added to which, we do need the income in order to deal with the significant running costs and ongoing repairs. It does give members of the public the opportunity of staying in this iconic building plus we are proud to show occasional visitors around in the short periods between our guests.

Back to our main function as a public transport user group, the news from the railway is not particularly good with slippage in performance over the last month or so. We are starting to see train crew issues emerging again, an indication that the industry is not adequately resourced.

Infrastructure issues such as signalling and flooding have played a part. Yes, it has been one of the wettest starts to the summer period!



Thankfully, no further strike dates have been announced although the dispute is far from settled. However, we are particularly concerned as to carriage shortages reoccurring on some services, particularly as the summer season starts. As I have said before, it is strange that, despite much spent on other projects such as the rather truncated HS2, we somehow fail to invest in adequate stock for our railways.

I recently reported on a welcome timetable improvement which we have long sought, in that the Sunday 1116 train from Leeds to Carlisle would call at all stations including Dent and Garsdale as from 2nd June. However, it was somewhat bizarre that nobody thought to tell the drivers

and the said train raced through the smaller stations without stopping for the first two Sundays of the month. No doubt there were a few bemused passengers on the stations, let alone the passengers expecting to alight! We are assured that this has been rectified and it is worth reminding as to the additional calling points at Dent (1239) and Garsdale (1244) as well as the other smaller intermediate stations.

This closes a long gap in the northbound services on Sundays whilst we have still to resolve a similar southbound gap. Meanwhile, we continue to argue for the other changes.

On a positive note, the new Saturday service from Manchester to

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Ribblehead started on 8th June. This may seem like an odd destination, but the service is essentially aimed at the visitor market, and it is expected that many would wish to avail themselves of a trip to the Dales. Indeed, the first train was very busy. However, there was evidence that passengers were even using the new service as a handy way of reaching Manchester Airport rather than via Leeds. No doubt journey planner picked this up as a potential route option. Also, it must be said that Clitheroe is a pleasant destination although not a patch on Dent and Sedbergh (in my opinion)!

Onlookers may have noticed a reduction in the number of charter trains including the popular steam specials using the line. These inevitably generate a number of visitors when they pass through Dent Station, many with cameras at the ready. However, these 'specials' are

fewer in number this year as one of the main operators is in dispute with the Office of Rail and Road (ORR) over the absence of central locking, long since required on all carriages in use on the national network. Indeed, for a short while it seemed that the 'Jacobite' train (of Harry Potter fame) from Fort William to Mallaig would not run which was of major significance to the tourist industry there. Without doubt, these trains contribute significantly to the visitor economy and, hopefully, all will be resolved in due course. Heritage stock does not always sit well with the modern railway and increased health and safety requirements.

As I have mentioned on several occasions, it is worth reminding that the Dales Railcard is available to local residents within the qualifying postcodes. For a modest outlay, currently £10, this gives a 1/3 discount from a ticket purchased on





the day to Leeds, Bradford, Carlisle, or Lancaster (via Hellifield) and any station in between. These can be obtained via the Settle Carlisle Railway Development Company website or in person at Skipton, Settle, Appleby, or Carlisle Stations with proof of residency.

On the local bus services, the Saturday S1 Western DalesBus continues to provide an important link from Dent Station (the highest bus rail interchange in the country) to Dent village Sedbergh and Kendal the first service meeting the 1048 northbound train to Carlisle in the morning and returning for the 1732 train in the late afternoon.

Unfortunately, there is no later evening service this year which would have permitted a worthwhile trip to Leeds and return.

Nevertheless, this gives a fantastic opportunity for a day out in Carlisle departing at 0958 from Sedbergh Post Office to Dent Station and hop on the train to Carlisle? This would involve returning on the 1618 train from Carlisle to catch the bus from Dent Station back to Sedbergh.

Please check

[www.westerndalesbus.co.uk](http://www.westerndalesbus.co.uk) for bus running and times.

I should also mention the 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' and departs Ribbleshead at 1045 or Hawes at 1105. Meanwhile, the 857



Wensleydale Explorer will provide a Sunday service from Garsdale Station to Hawes and Castle Bolton departing at Garsdale Station at 1055. The government sponsored £2 single fare cap applies to all bus journeys and runs until the end of December 2024 at the very least. 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.

---

### SKIPTON POEM

*Georgina Devine*

Andrew Miller is a driver  
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A cup of tea and a sponge pudding  
with custard.  
Then I felt a bit unsteady on my feet  
So I took a short cut through the pub.  
A lady who worked there walked me  
back  
To the bus, and let me link my arm  
through hers.  
She was a chef at the pub.

### THE SEDBERGH SCHOOL MOTTO

*Richard Cann*

Roger Lupton was granted a coat of arms during the reign of Henry VII but no actual date is given in the Herald's records. There was no mention of any motto that he adopted and so it is probable that his chantry school did not have one. Again, when the school was re-founded as the Free Grammar School of King Edward VI at Sedbergh there was no mention of a motto. About 1825 Harry Lupton of Thame used the same coat of arms as Roger with the addition of a crest, a wolf's head erased sable. However, research in the College of Arms records has shown that Harry

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was not granted arms and did not establish a right to arms by inheritance. He also invented a motto NOVA VIRERE FRONDE, "To grow green with new leaves". His coat of arms and motto were taken up by the school and is hence the first recorded motto used by the school.

In 1874 Sedbergh School was given a new scheme and in 1875 Frederick Heppenstall was appointed as headmaster. In about 1877 he decided that the school needed its own motto and. produced SEDBERGHAM NACTUS ES, HANC EXORNA. The meaning of this was translated by Mr Ainslie and used in a school song

"You're a Sedbergh man, Sir! And being one, behave as such, And do the best you can' Sir!"

Henry George Hart was appointed headmaster in 1880 and by his efforts the school grew with an emphasis on sport and outdoor activities as well as intellectual pursuits. In 1893 it was decided that the old motto did not reflect the nature of the school and also it was the same as Loretto's except for the use of Sedberghiam in place of

Spartam. A new motto was proposed "DURA VIRUM NUTRIX", "A stern nurse of men" Strictly nutrix means a wet nurse as opposed to arida nutrix the normal type of nurse. This proposed change of motto produced strong opposition particularly from Old Sedberghians but it was eventually adopted.

By the end of the first quarter of the twenty-first century this motto was outdated. The school was co-educational and many modern mothers no longer wanted stern nurses for their children. Also the virtual end of classical education in the country meant that an English motto was desirable. However, change is often unwelcome by pupils and alumni. Never strive in vain was considered but rejected as too ambiguous. However, after a few months a motto was produced that was acceptable to all parties. It was a phrase from the song The Long Run. Dan Harrison, the headmaster, has announced that NEVER SHALL YOU STRIVE IN VAIN will be the school motto from January 2025.

### **THE DROUGHT OF SUMMER 1974**

*Colin Cowperthwaite*

Fifty years ago, during the summer of 1974, a lengthy period of dry weather was experienced which had a detrimental effect on water supplies in our area. Here are a few excerpts which appeared in local newspapers throughout the month of July that year : The Sedbergh area really began to suffer this week as the drought reached proportions which the statisticians say is likely to occur

only once in 200 years. As another week passed without rain, the hills dried out even further, and the sources supplying Sedbergh's reservoir suddenly dried up over the weekend. With crisis point having been reached, the Lake and Lune Water Supply Unit had no alternative but to cut off supplies except between 7am and 7pm, in an effort to conserve every last drop of water.

If this does not prove successful in maintaining supplies, the unit is preparing to pump water directly from the River Rawthey into the mains to keep the taps running. Unit engineer, Mr J. Handley said that the river water would be filtered as best it could, but householders may still have to boil it before use. One worry

for the board was a kidney patient on an outlying farm. She was due to be connected to a vital mains supply for her own kidney unit later this month, but her Manchester hospital and the water supply unit have agreed that it would be safer for her to continue her twice weekly journeys to the city until the drought ends.

Mr Handley said that Sedbergh School had been very co-operative in imposing restrictions on the use of water by pupils. Swimming has been stopped, he said, and the school swimming pool is being held in reserve for fire-fighting and other non-drinking purposes. The school headmaster, Mr G.M.C. Thorneley, told the Gazette: "We have closed the swimming pool pending rain to

# ARTISAN MARKET

Main Street, Sedbergh



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

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

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save any possibility of any loss of water in the town's reservoir. We have closed the pool because the filtration plant requires water from the town's supply for its operation. We feel this is the right course in view of the difficulties of the area". Answering a rumour that boys were to be sent home to conserve supplies even further, Mr Thorneley said: "The boys are not going home. They are taking examinations and it should be quite unnecessary to send them home, in view of the economies and restrictions we have been showing in the use of water throughout the school since the beginning of term".

The only real solution to Sedbergh's problem was, however, rain, said Mr Handley. The town was too far away from the line of the Manchester aqueduct for an emergency link to be made, although in the long term the new water authority and the old Lakes and Lune Board had plans to prevent such problems by linking all the smaller reservoirs. Throughout the area, small settlements are anxiously conserving drying-up private supplies, helped out in many places by daily water tanker rounds, but in Kendal, South Westmorland and similar areas the Manchester supplies are being pumped into local reservoirs to solve the problem. The Northwest Water Authority is applying for a special Drought Order to deal with the Sedbergh problem, and is preparing to rush mobile chlorinating equipment to the area to treat the river water as it is pumped into the local reservoir. They said the town

needs 200,000 gallons of water a day.

A detailed inspection of water supply installations at Sedbergh has been carried out with a view to improving the town's supply and avoiding a repetition of this summer's shortage. Mr J. Handley commented this week: "As a result of the inspection a proposal will be put forward for improvements to the existing installations with possible supplementary sources being introduced, so as to prevent a recurrence of this summer's problems".

The Supply Unit is urging people to economise by not using more water than necessary. They are being asked to take care not to leave taps running or run the hot tap until the water is warm and then add cold water from the other tap.

Sedbergh people, who have been particularly hard hit by the drought, have responded to the unit's call for economies but still had to be limited to water for 12 hours a day. Emergency equipment - a diesel pump, generator and a temporary pipe - is on its way to a site on the banks of the River Rawthey at New Bridge, Sedbergh, and when it is in place it will be used to pump river water into the mains supply. Almost an inch of rain, 2.3 centimetres, fell in 24 hours this week and had a visible effect on rivers and streams in the area, but unless there is a spell of prolonged heavy rain, the present emergency situation looks like remaining with us for many months to come.



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Sedbergh could soon have its round-the-clock water supply restored, hinted a spokesman for the Lakes and Lune Water Supply Unit. News that the Sedbergh supply is beginning to recover, after what has been described as the driest spell for 200 years, will probably give heart to other consumers in the Unit's area, but the bulk of supplies are still only being maintained by the two-and-a-half million gallons of water per day being taken from Manchester's aqueducts. The emergency 12 hours per day only supply was brought in at Sedbergh a fortnight ago. Although Sedbergh's reservoir has recovered a little, there has been no improvement at Bowness's Ghyll Head reservoir. The supply there is now down to 20 days and only further rain and care by the consumers can ease the situation. The Lupton reservoir is also still not full enough to last more than a month.

## KITCHENER CAMP

Clare Weissenberg

Email:

AMPCSedbergh@gmail.com

In the middle of World War II, a company German-speaking soldiers arrived in Sedbergh. These men weren't Prisoners of War, but British Army troops – so what was their history? And how did they come to be in Sedbergh?

Kitchener camp has been largely forgotten today, but in 1939 this derelict World War I army base on the Kent coast became the scene of an extraordinary rescue of around 4,000 Jewish men from German concentration camps. The rescue was funded and run by the same organisations that ran the 'Kindertransport' for children. Indeed, some of the children of Kitchener refugees were saved on the Kindertransport scheme.

When war was declared, many hundreds of the Kitchener camp refugees enlisted in the British army in autumn 1939. My father was one of these volunteers.

For the first few years of the war, the refugees were only permitted to



British Army book,  
Werner Weissenberg



join the Auxiliary Military Pioneer Corps – an unarmed labour unit. My dad was in 69 Company, AMPC.

In January 1940, 69 Company was sent to France as part of the British Expeditionary Force. During the main Dunkirk retreat, the Pioneer Corps soldiers were kept behind to 'hold the line', while thousands returned to safety. They were ordered to destroy vehicles and ordnance so they would not fall into enemy hands. Finally, 69 Company was brought back to Britain on unarmed fishing trawlers on 16 June 1940.

Next, 69 Company was moved around the country laying mines, digging ditches, and erecting miles of barbed-wire fencing. By autumn they were clearing bomb sites in Bexley, recovering victims, and bringing out the dead. In December 1940, five of the company were killed and 19 injured when a bomb hit their bus.

In 1941, 69 Company arrived in Sedbergh, to construct a large petrol and oil depot. Many were billeted in the old workhouse (see picture above), and some were billeted at the vicarage in Hardraw, including my father.

As a child growing up in Yorkshire, I often heard talk of 'Uncle John' Steele, vicar of St Mary and St John's Church, Hardraw. He and his wife Margaret (Meg) befriended my father in the heart of their home – a loving kindness that was especially needed when my dad learned after the war that none of his close family had survived the Holocaust.

There is an account of the Pioneer Corps' stay in Sedbergh in a book by Norman Bentwich, *I Understand the Risks*. Bentwich outlines the work the soldiers were carrying out here, but also describes dinner parties and concerts, and the relationships formed with people in the town:

Hardraw Vicarage  
Hawes, Yorks.  
Nov. 14<sup>th</sup> 1943

Dear Werner,

Here's a brief note of felicitation upon your attaining another birthday, which will, I trust, be spent no less agreeably than the last: the working portion will doubtless be considerably more pleasant than last year. We are, you see, each sending a small token of friendship for the occasion: the little book, by one of our foremost scientists of the last generation, will interest you, I trust, for all its definitely popular appeal.

After a summer of abnormal rainfall, we are enjoying rather autumnal days. Peter (Gillies) is staying with us on leave from his Scottish pioneering, where, he tells us with great emphasis, the rain was far more noticeable.

*Letter from the Steele family to Werner Weissenberg, 4 November 1943*  
By this date, Werner had been transferred to work as a radiographer in the Royal Army Medical Corps



*Kitchener camp, Sandwich, Kent, 1939*

"It was not long before they had made friends in many quarters ... They were at first invited in the spirit of kindness and general hospitality to soldiers. But on acquaintance they continued to be popular guests for their own sake. They had good manners and were intelligent. But chiefly they were interesting persons ...

When the time came for them to leave some months later, there was genuine regret that they were going. Their association with the people of the town had been one of mutual benefit. Friendships then formed remain to the present day and are preserved by letter-writing and occasional visits."

I'm planning a visit to Sedbergh and Hardraw this year and wonder whether someone might have a family memory of this time: a company of German-speaking troops in British Army uniform in the middle of World War II must surely have been something of an event. And I would very much like to engage with anyone who has been told about it by parents or grandparents – who might have some letters exchanged with

the refugees, or even photographs of social events.

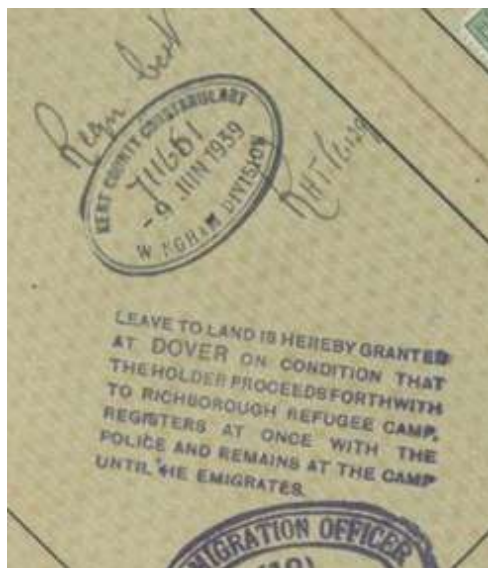
Dr Clare Weissenberg, Designer and editor of the online collaborative 'Kitchener Camp Project': <https://kitchenercamp.co.uk>. And of a travelling exhibition, *Leave to Land: The Kitchener Camp Rescue, 1939*.

The online project and the exhibition were donated to the Wiener Holocaust Library, London, to mark the 80th anniversary of the Kitchener rescue in 2019.

Two of the newspaper articles on my research into the Kitchener camp rescue can be read at the following links:

<https://www.telegraph.co.uk/news/2024/01/27/kitchener-camp-sandwich-jews-fleeing-nazis-kindertransport/>

<https://www.theguardian.com/world/2019/aug/24/kitchener-camp-sandwich-kent-german-jews-haven>



*Kitchener camp, Richborough, Kent  
Passport stamp*

## 50 YEARS AGO

*Colin Cowperthwaite*

A selection of items taken from local newspapers dating from July 1974

### **School Concert**

A concert given by the top junior class at Sedbergh Primary School was held in the school hall last week. Parents and friends were invited, and the event was well attended. Children gave a programme of choral and instrumental items, varied with sketches and recitations, and the MC was Vivian Souter. A collection was taken in aid of school funds.

### **The late Mr J.J. Braithwaite**

The funeral took place last week at Lancaster and Morecambe Crematorium of Mr John James Braithwaite of Knott View, Station Road, Sedbergh. He was 81. Mr Braithwaite was the eldest son of the late Mr and Mrs Greenwood Braithwaite, attended the local National School, and was subsequently apprenticed in the building industry with the now defunct firm of Greenwood Brothers. Later he went into business on his own account, specialising in property maintenance and building repairs. At

one time was a member of the Conservative Club, and during the last war served in the Home Guard. As a hobby, horse racing was his main interest. He is survived by his wife, three sons and three daughters, and nineteen grandchildren.

### **New Teaching Appointment**

At a meeting of the governors of Sedbergh Primary School last Wednesday, Mrs Margaret Kirk, of Kirkby Lonsdale, was appointed deputy head of the school in place of Mr Colin Holt, who has been appointed headmaster of a school in Berkshire. Mrs Kirk, who has been acting deputy head for the past year, takes up her new appointment in September. A former pupil of Kendal High School, she received her teacher training at Edge Hill College of Education and has taught at the old National School in Sedbergh, the Parish Church School in Kendal, and at Newlaithes Primary School in Carlisle.

### **Methodists**

The Sunday School Anniversary was held at Fell End Methodist Chapel over the weekend. Mrs E. Winder of Kirkby Stephen conducted the services, which were well

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attended. The organist was Mrs N. Mason. Choruses and recitations were presented by Carol and Sandra Fawcett, Susan, Brenda and Thomas Mason, Anne, Deborah and Stephen Hird, and Graham and Martin Todd. Solos were by Anne Hird and Susan Mason, duets by Carol Fawcett and Anne Hird, and trios by Susan and Brenda Mason and Anne Hird. The children received award books. The collections for Sunday School funds amounted to 21 pounds.

#### **Primary School News**

The Rev. W.B. Phelps, and his wife and family, visited the primary school on Friday and gave a short address to the children at Assembly. The Rev. Phelps, an exchange Methodist minister, is from Iowa, and his wife is a former schoolteacher. He showed the children colour transparencies depicting scenes in his native Iowa. He was thanked by Mr E.S. Marney, the headmaster. Last week was an "out and about" one for pupils at the primary school, with a number of educational visits. At the weekend 32 children in the fourth-year junior classes visited Eskdale and stayed at the Youth Hostel. They were

accompanied by Mr and Mrs D. Lord, Mr and Mrs S. Fairclough, and Mr E. S. Marney, the headmaster. The purpose of the visit was a general study of the local and natural history of the area, and travel was by the Ravenglass and Eskdale Railway and Sedbergh Secondary School minibus, which was loaned for the occasion. Pupils were able to see the remains of the Roman Fort at Hardknott, the bird sanctuary at Ravenglass, and the nature trail at Dalegarth.

#### **The late Mr R. Brunskill**

The funeral took place last week at Salem United Reformed Church of Mr Richard Brunskill, of Archers Hall, Sedbergh. A native of Tebay, he was son of the late Mr and Mrs J. Brunskill, and after local schooling he entered farm service. Having gained some experience, he came to Sedbergh to assist his cousin, the late Mr George Handley, in operating a dairy farm and milk round at Lockbank. In 1923 he married a local girl, the former Miss Jessie Birkett of Archers Hall, and together they farmed Bridge End, Garsdale, for about eight years. Following the death of his father-in-law, Mr Brunskill moved back to Sedbergh and farmed Archers Hall until his retirement 13 years ago. The service was conducted by the Rev. Andrew Hodgson, and the organist was Mrs R. Potter. Mr Brunskill is survived by his wife, a son and a daughter.





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### **A RISING LADY**

*Karen Bruce Lockhart*

Katherine de Roet was the daughter of a knight of Flemish descent. He was a member of the Court of Edward III as a herald, and died when his two daughters, Katherine and Philippa were young children. The Flemish Queen Philippa of Hainault was known for her philanthropy and probably brought the orphaned children up in the Court – at any rate both girls in later life were clearly accustomed to courtly life and well educated for the time, but were not of the aristocracy.

Katherine married a knight called Hugh Swynford who died fighting in Gascony not long after they were

married, thus acquiring the name she is generally known by. Philippa served the Queen in her household and married Geoffrey Chaucer. Katherine was appointed governess to the daughters of the Duke of Lancaster, John of Gaunt, and his first wife Blanche. When Blanche died when the children were still young, John of Gaunt married Constance of Castile in the hope of gaining a kingdom, although this never happened. But meantime he had made Katherine his mistress and she bore him four children, John, Henry, Thomas and Joan who all seem to have been accepted and brought up in the court with the legitimate children Henry (later Henry

IV), Philippa (later Queen of Portugal) and Elizabeth (later Duchess of Exeter)

As John of Gaunt's mistress Katherine seems to have been accepted at court while Constance lived quietly in the country. Eventually following the Peasants' Revolt when John's palace of the Savoy was burnt down, the couple separated and a "quitclaim" exists recording this, but in fact Katherine seems to have continued her life completely accepted at court and probably still as his mistress.

Then when Kathrine was well into her forties Constance died, and John applied to the Pope for approval of his marriage to Katherine and legitimation of the four children. This was granted and they were married on 11th January 1396. The legitimation was enforced by Act of Parliament. The children were given the surname of Beaufort. At the time Richard II's wife, Anne of Bohemia, had died and had not yet been replaced by the eight year old Isabella of France. This marriage to John of Gaunt made Katherine not only Duchess of Lancaster but first lady in the land, and she acted as such when she went to fetch the young Isabella from France. John died only about four years after they were married. Katherine is buried in Lincoln Cathedral and her tomb can be seen there.

Her Swynford son, also a Thomas, may have been involved in the murder of Richard II. Her eldest son John became Duke of Somerset and the Tudors derived their royal

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descent from him, such as it was. Henry became a well respected Bishop of Winchester and a Cardinal. Thomas became Duke of Exeter. All three were close advisors and supporters of their brother Henry IV and nephew Henry V. Joan married as obscure knight before being legitimated, but after his death married the Earl of Westmorland, and Edward IV, Edward V and Richard III were all directly descended from her. The Rose of Raby, Cecily Neville, was her granddaughter and it is easy to speculate that she got her beauty from her grandmother. Another granddaughter became Queen of Scotland. Philippa Chaucer's son, another Thomas, also prospered and became Speaker of the House of Commons. It is also easy to compare Katherine's rise from obscurity with that of the present Queen.

If anyone likes historical novels I would highly recommend Katherine by Anya Seton, which, although it departs from the known documentation in places, is in my view one of the best historical novels ever written.



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## FAMILY MUSINGS

*Sarah Woof*

Spending time besides the sea, be that on our northeast coast, our south west coast or the north west is a joy I never tire of. Recently hubby and I had a day at Morecambe for health reasons, the air has always helped improve my asthma or my breathing. We two and the two dogs spent time walking up and down the prom and for the most part in dry sunny weather. An unusual combination this summer.

As Pip, the Collie likes to tear things apart though thankfully rarely in the house, we put her in a cage in the car and put cardboard and a blanket in for her comfort. Tilly was

fastened safely on the back seat. Probably while we still travelled through Barbondale Pip had both the cardboard and blanket in bits and continued to growl at them for the remainder of the journey. They treated the dogs we met with rather more respect than they do the ones we see daily at home, obviously they have news they must share, and, or, must make it clear they are protecting me. I hope it is a passing faze.

Pip spent her 2nd birthday having cuddles the day before with "old Mother" or as I prefer to say, "Mother 1". Tilly too received equal fuss and Pam very kindly donated food, treats and 2 squeaky toys to the family. the squeakiest one soon disappeared.



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Our grandchildren who come regularly love Tilly, they are happy to throw her rope toy endlessly, well longer than us anyway ! And one little boy cuddles her and includes her in his playing. Having a toy car run up her back wasn't appreciated but she didn't growl, just moved.

My days are very "Woof" occupied, walks, feeding, playing, more walks etc, Pip is responding well to 'training' and Tilly certainly alerts us to approaching visitors. I will be forever thankful to "Mother 1" for my two dogs. Obviously other things happen, grandchildren Inc one more, farming and committees but that's for another day. thanks. Sarah

**SEDBERGH COMMUNITY  
SWIFTS**

*Tanya & Edmund Hoare*

Let's hope that the weather will be better in July after the awful cold, windy and wet June. As soon as the weather hopefully perks up though, they will be whizzing around again for a bit of socialising. Make the most of July – it is often the best month for seeing swifts. The non-breeders will be flying around feeding - with only themselves to look after - and both of the parents of breeding pairs will be very active in feeding their chicks.

You never see a swift still. They cannot perch, unlike swallows that you see gathering on wires, so you only ever see them on the wing. However, swifts have no song (they scream and call) and are never seen in the nest, since they are hidden in the eaves and crevices of buildings.

Common Swifts have only one brood a year, and usually lay 2 or sometimes 3 eggs. This low rate of reproduction shows just how vulnerable they are. Compare this with, for example, swallows that lay 4 -5 eggs in a clutch and have two broods.

At Lowgill we had another record, with the earliest ever date for eggs hatching, on 3rd & 4th June. Mid-June is a more usual date. We are pleased that at least 8 pairs have now hatched 3 chicks and all appear to be doing well, despite the cold weather. The picture shows 3 chicks being fed at 5 days old. They are usually left uncovered by the time they are 4 days old, so that both parents can go out foraging, but because it's so cold one of the



parents has been staying in to keep them warm.

Swift chicks spend around 40 days in the nest, so ours that hatched so early should fledge around 14 July. You won't see any young flying around until then. For chicks that fledge around the usual time at the end of July, this gives them barely 10 days to get used to flying before they set off on their first long migration. When chicks make that crucial maiden flight from the nest, unlike other birds they do not return to it, are not fed by their parents and are fully independent of them. So for a bird that has never flown before, to make that hazardous migration back to Africa so soon is truly remarkable.

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.

Comments welcome on our Sedbergh Community Swifts Facebook page. To Contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043

## BURNS BECK MOSS

*Karen Bidgood  
(Honorary Manager of Burns Beck  
Moss on behalf of C.W.T.)*

Our local Cumbria Wildlife Trust reserve is at Burns Beck Moss, a small, quiet, isolated spot on the Old Scotch Road, that is teeming with life at this time of year. A relic of the ice age, a retreating glacier left a tarn which has 'peated up' over the years leaving an area of raised bog and lowland mire; very wet and boggy with a host of plants, invertebrates, Birds, amphibians and mammals making a home in this most specialist of habitats.

The more recent history of Burns Beck Moss involves the digging of ditches and the straightening of the beck to drain the land ready for tree planting. However, this plan did not come to fruition and Cumbria Wildlife Trust bought the land in 1995 and reversed some of the draining of the water by damming the beck and the ditches to restore the habitat.

We are now more aware than ever of the role that peat plays in locking up carbon from the atmosphere and its thick layer of sphagnum mosses retaining water and so alleviating flooding downstream.

Surveys of this unique SSSI site have found large numbers of different plant species and invertebrates. Plant specialities include 16 species of sphagnum moss, as well as bog rosemary, cranberry, bog asphodel, round-leaved sundew and marsh cinquefoil. The smell of bog myrtle drifts across the whole reserve. The reed beds and willow carr provide a different habitat for wetland birds such as the Sedge Warbler,

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Grasshopper Warbler, Reed Bunting, and Snipe with Meadow Pipits nesting in the grassland.

The site has been monitored for the last 30 years; however, Cumbria Wildlife Trust feel that the site could be improved. Visitors to Burns Beck Moss will have noticed that it is currently closed for restoration works. The scrub has been removed ready for further work on the beck later in the year when there is minimal disruption to the plants and animals that call it home.

A walk along the country lanes around the reserve in spring and summer will still delight the keen observer with many birds visible or calling from the adjacent fields, such as Curlew and Stonechat, and a large variety of butterflies feeding on the wild flowers growing on the verges. You may even catch a glimpse of roe deer or hare. In 2023, I recorded over 50 species of birds in that area and it will surely reward any keen birdwatcher at any time of year, there are often surprises appearing unexpectedly.

BBM will be open to visitors with a new boardwalk next spring.

## DENTDALE, HEAD TO FOOT An Outing to Skipton

*Andrew Povey on behalf of DDHF*

Our June meeting was very much a social event with a minibus full to take everyone for a day in Skipton. This is a delightful market town with plenty to see and coffee shops galore!

A meander around the shops and the weekly market on both sides of the High Street was followed by lunch, with a wide variety of choices available. According to one member, who shall be nameless, the hot pork pies from the pie shop directly opposite the Parish Church were to die for, but we already know he loves all things savoury!

A wander along the canal with the dogs was another haven of peace in this ancient market town, whose church shows the passage of time from the medieval unto today. It's well worth looking inside.

Our next event is on Saturday 6th July, this will be a delicious strawberry tea at 2pm in the Memorial Hall in Dent. Strawberries and cream are a firm favourite. All welcome!

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

For further information please call .  
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## HOWGILL & FIRBANK W.I.

*Audrey Hoggarth*

We met at Firbank Church Hall on 6th June. Our president Sarah gave a warm welcome to ten members and our speaker Carole Marsdon of Kirkby Stephen and rural deacon of Shap who was ready to give her talk focussing on childhood memories which we could all relate to: School dentists; milk which went off in the summer and was frozen in the winter; walking on top of drifted snow on wall tops; the nit nurse and outside toilets.

Carole was thanked for her talk which was a mix of humour and faith.

The competition for a childhood toy was won by Bridget who was also the winner of the raffle.

Moving on to the business part of the meeting; our delegate Ann Mooney was instructed on our behalf to vote in favour of the resolution "Dental health matters".

Three members attended along with other WI members a celebration for the late Olive Clarke which included memorabilia and afternoon tea. A special day for a special lady.

On Saturday 29th June we are treating ourselves to afternoon tea at the Wild Boar at Crook.

On July 4th we are hosting the group meeting to be held at Howgill village hall. The speaker is John Dawson who starred in "The Yorkshire Dales & Lakes - struggles of farming life".

The sales table will be present.

We look forward to seeing our guests from the Lune Valley group.

## KILLINGTON W.I.

### The Afternoon WI for the Entire District

*Wendy Fraser-Urquhart*

It seems that the beginning of July is going to be a busy time for our members. Although our coffee morning at St. Andrew's will be over, we have lots of happenings in the pipeline. Tuesday 2nd July is our annual Garden Party, hosted once again by Sally. On Thursday 4th July we look forward to being entertained by Howgill WI for the group meeting at their newly updated village hall. They are renowned for the quality of their catering! On at our own Monthly meeting, we shall hear tales of Great Scientific Disasters, though I'm sure that does not refer to our

refreshments! A couple of days later we shall be off to Orton to enjoy a lovely lunch and a visit to Jackie Huck's antique dolls house. You might be pleased to know that our calendar for

August says NO MEETING! At today's meeting all of these items were mentioned as were birthday greetings to Pat Allen and Joyce Cox both of whom will add another year to their ageing wisdom before we meet again. Nobody with a zero birthday, so no decorated cake today.

One of the most important items at our meeting today was the report from one of our members, Pat Allen, about her visit as our local delegate to the NATIONAL FEDERATION OF WOMEN'S INSTITUTES CONFERENCE at the Royal Albert Hall in London. My own connections and rewards from my membership of



WI have all been with local friends and happenings but several of our members have represented us at these national conferences over the years. One member from our local group of Women's Institutes attends the conference each year at an important city, such as London, Liverpool or Cardiff. A full report follows below.

After hearing Pat's report we moved on to the rest of our own meeting. Time for tea and a lovely social occasion. After a hiccup over today's speaker we decided to entertain ourselves. It was suggested that each member would speak to us for a few minutes about some memorable or happy incident in their life. And what lovely happenings we

heard about, and how full of life each person was in their telling. We were told about an exciting trip across the Atlantic on Concorde; another member told us about her joy in settling happily in Prague; another about her delight when discovering the Yorkshire Dales on a school day trip. Somebody else had been thrilled to discover and visit a home previously occupied by her antecedents, while yet another lucky person had been delighted to walk into a house which immediately said to her, "Buy Me," which she did! A glorious, colourful sunset from next to the statue of Christ the Redeemer on the Sugar Loaf, overlooking Rio de Janeiro entranced another traveller. Perhaps the story which surprised

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me the most was told by a member whose father had been killed near the end of World War 2 in a remote region in Italy. She was a small girl at the time and her father was buried out there in a War Graves cemetery. It was many years later before she and her mother were able to go out and look for the grave. When they did finally get there, they were delighted to find the wonderful condition of the whole setting. They also were able to find that the headstone was engraved with all the personal family details which the war office had been given. So, a fitting end to a very sad happening.

We look forward to seeing lots of you at all those lovely activities. You would be very welcome to join us at our usual meeting on Tuesday 9th July at 2-00pm in the committee room of the People's Hall. I can never write those details without hearing Dennis's voice saying, "Day, Date, Time, Place"!

## A.G.M. OF THE NATIONAL FEDERATION OF WOMEN'S INSTITUTES

*Patricia Allen*

One of the high spots on the WI Calendar had finally arrived and a group of Delegates including me, were waiting at the last pick-up point at Preston Patrick. We joined the coach heading for the M6 and eventually towards our hotel venue, the Copthorne Tara in Kensington. We had no hold ups and made the hotel by five o'clock. We were just a few minutes from Kensington High Street which meant that most of us stretched our legs there to take in the shops before dividing into groups for dinner.

So dawned the day of the Annual Meeting. It was just 25 minutes' walk to the Albert Hall or there was the choice of taking the taxi. The impressive Albert Hall was filling up early and by the 10-30 start time there were 5000 of us assembled.

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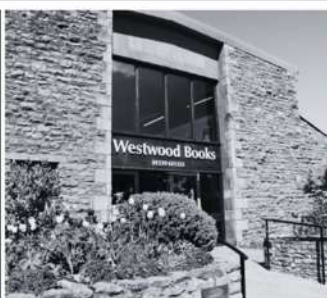
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With all eyes on the platform party, we stood as the majestic organ started the accompaniment for Jerusalem! What a wonderful feeling to be raising our voices and singing along with so many! Retiring National Chair, Ann Jones, opened the Meeting giving us some very positive messages. Recently there have been several changes in the organisation which were necessary to keep up with the times and to relate to the modern world. Membership numbers continue to grow. There are now 17 Virtual WIs with over 500 members, and 7 prisons now have active WIs. The Honorary National Treasurer, Jeryl Stone, reported that it was not an easy task managing the funds of

our charity with inflation high and the bank rate not working in our favour.

The first guest speaker was Nazir Afzal OBE. He is a prosecuting lawyer and a very passionate speaker. He broke the Rochdale paedophile gang. He gave many details of cases where men think that they are in charge and that women are subordinate. One man had quoted to him, "Men are gold and women are silk, and if dropped into mud you can wash gold but silk is soiled for ever." Nazir mentioned that people he had met during the trial processes had thanked him for his belief in them, and sometimes he was the first person to do so.

Then it was time for the Resolution debate. All members will have discussed the subject already at their own meetings. Anne Boyle of Staveley WI proposed the resolution, "The National Federation of Women's Institutes calls on the Government to increase investment in the training and retention of dentists and to review the current inadequate NHS contracts in order to ensure that everyone can access an NHS dentist wherever they live." Eddie Crouch, Chair of the British Dental Association spoke in support but NFW I had been unable to find an expert speaker to oppose it! The motion was carried with over 95% of the delegates in support.

Lunch for most of us was a picnic affair, taken by the Albert Memorial over the road. With sunshine and warm steps to sit on it was just the perfect place to chat and talk over the mornings' events.

Back in the Hall again, it was time for the next speaker. Spice Girl, Mel. B. took the stage opposite Julia Derbyshire who acted as interviewer. Mel. B. had just revised the book she had written describing her abusive marriage and the coercive control she had endured. Many times, she would have walked away but stayed for the sake of her children. When she had to return home to nurse her father, she realised how bad things had become. Having finally left, she says that she still feels guilt and it will always be there. Mel is now patron of Women's Aid and has set up a petition to try and provide better training to judges in family courts. The final speakers were Tracy

Parker, Chair of Women's Aid, and Timothy Watson who played the abuser, Rob Titchener, in "The Archers", a story that was acted out over 4 years. Women's Aid had guided the script. BEING BELIEVED was the theme running through all the speakers of the day. It was a very thought producing afternoon.

Chair Ann Jones returned to the stage to round off the afternoon and was thanked for all her work. Jerusalem was given a final rousing airing and we concluded with The National Anthem. Back to the hotel and still time to walk, to catch up on the sights, and dine with friends we had made from the other W.I.s in our group. We started for home again after breakfast next morning with wonderful memories of our London visit to savour. It had all been very worthwhile.

---

### **SEDBERGH W.I.**

*Moira Folks*

June began on a sad note with a farewell tea party on June 5th for Sandra Gold-Wood who is leaving Sedbergh to live close to her family in Suffolk. Lesley McCririe and Valerie Welti hosted the event at Wesley Villa, the former Methodist manse, with tea, cakes and scones, and Valerie presented Sandra with cards and a garden gift voucher with thanks on behalf of all our members for all she has contributed to Sedbergh WI over several years, including a long stint as Programme Secretary. She will probably be most remembered for firing our enthusiasm for her Canary Girls Project, aiming to create a memorial at the National Memorial

Arboretum for the female munition workers of the First and Second World Wars who gave so much to the war effort but still have no memorial despite the very dangerous work they did, constantly risking life and limb. Our very best wishes go with you, Sandra, for good health and happiness in your new life. We'll miss you!

A mystery outing with a difference! We had never heard of Kiplin Hall before Ellen Morrison suggested going there for our summer outing on June 11th – neither had she before having to abandon other ideas! It turned out to be a good venue. Kiplin Hall, an impressive Jacobean mansion near Richmond in the Dales, was built in the 1620s by George

Calvert, Secretary of State to James I. Charles I, who succeeded his father James, granted George Calvert a charter to settle a colony east of the Potomac river in North America in exchange for a share of the income derived from the land. Before settlement began, George Calvert, the first Lord Baltimore, died and his son Cecil succeeded him, particularly anxious that the colony should allow freedom of worship for Roman Catholics. The colony was named Maryland after Charles I's wife, Henrietta Maria. Two ships from England – the Ark and the Dove – arrived with Catholic and Protestant settlers on March 25th, 1634, both groups seeking a place to live where they could worship without the state

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interference they had experienced in England. In 1649, the Act Concerning Religion granted freedom of conscience to residents of Maryland, the first state to do so: this later became the foundation for Religious Freedom in the United States Constitution – perhaps the most important result of the Calvert family's colonial ambitions. We had an excellent and very knowledgeable guide, Jeremy, who took us round the house and up and down the many stairs to the top floor where the Long Gallery is situated, telling us about the artefacts and the paintings of members of not only the Calvert family but also their successors - the Crowe, Carpenter and Talbot families. It was Bridget Talbot who bequeathed Kiplin Hall and grounds in 1971 to the present Trust which administers it. Improvements to the vast gardens continue: we were able to walk around the estate after our excellent afternoon tea, but unfortunately heavy clouds had gathered, and rain had started falling by then so a walk to the lake was out of the question. Despite that, we all enjoyed the trip very much and thank Ellen for all her research for a suitable venue. Many thanks also go to Ellen, Valerie and Janet for volunteering to drive the rest of us.

Only five book club members were available for our meeting at Sandra Kemp's home on June 13th – several were away on holiday and Angela Dixon and Anne Pitt were unwell: we missed all our absent friends. 'Towards Mellbreak' by Marie-Elsa Bragg took us to the North Lakes, an area she knows well: Buttermere,

Crummock Water and the Newlands Valley in particular, and especially the landscape and the farming families eking out a living and finding that government policies like sheep-dipping and the change to using milk tankers instead of milk churns were unwelcome because of the difficult terrain and extra expense for the farmers. An extensive family tree at the beginning of the book doesn't really sort out the relationships between the main characters.

Although the author's description of the landscape is excellent, and her description of the characters is good, some members of the group found it hard to read and understand the dialogue written in dialect. We did get a very good impression of the rhythm of farming life, and a mountainous landscape where the named mountains were almost like characters to the people who lived amongst them. Some members were critical of the old letters from Uncle John, a missionary in China, which broke up the thread of the more interesting farming story. With scores ranging from 5 to 8/10, the average was 6/10.

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



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## LEAVING SEDBERGH

*Sandra Gold-Wood*

Dear all, I'd love to mention each of you by name but it would take up too many pages.

I believe that most people will know that I am moving down to Suffolk shortly, indeed I may have already flitted by the time you read this. I am moving to be closer to my family as they need me now and of course it won't be long before I need them on a different level.

I felt I had to write to thank all of you for your kindness and tolerance of me and my various soapboxes over the years. I'd like also to recall the good times Keith and I had living

in this beautiful landscape with its wonderful community.

Keith and I moved here from Kendal in March 1999 having purchased 'Number Ten' as we called our home on Main Street. We turned it into a B&B and had tremendous fun for more than 20 years. Keith would always be astonished by the many different countries people had come from finding their way to our door. Our motto at Number Ten was always 'You never know when you are entertaining angels.' And I swear we entertained a few.

The very first customer we had turned out to be an old friend I had not seen in 10 years or more. Talk about all of the joint in all the

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world. It was good to see him and to introduce him to Keith. One of the first purchases we made for Number Ten was a harmonium and Keith duly taught himself to play. This he did for our guests, often insisting that they sing before they left in the morning. Yes, we would always know the guests who were up for it and the guests who weren't. Keith's idea was that if it was raining, which let's face it, it often does, our hapless guests having sung, 'I'm Forever Blowing Bubbles' while this nutcase played the harmonium, would have to laugh despite the rain. Keith even had printed song sheets to hand out. It was the foreigners who enjoyed this the most, especially the Americans

who thought it quaint and Chinese who thought it great fun. There are, as you will have guessed, dozens of stories around our B&B, however, they would take up many more pages.

We settled happily into Sedbergh life going to the Quiz at the Bull on Sunday nights and in the Red on Thursday night. At one point Keith was Quiz Master 'Woody' at the Bull aided and abetted by myself. Keith also attempted to introduce me to walking up hill, not something I was used to coming from the flat southlands. We had many wonderful, exciting and sometimes downright dangerous trips on Keith's Goldwing going across Europe and down to

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Italy a couple of times. However, when a certain Alan Lewis started a Town Band, Keith confessed that he had harbored a dream of playing in a brass band and so with a little encouragement he joined the band and took up the cornet. I may be somewhat biased, but I believe he was a jolly good player. Keith loved the band so much we'd have to arrange our holidays around band concerts etc. Mind you, when he first took up playing the sound was not as sweet. To save my ears he would go to work early and practise in the garage at Kendal Police Station. It could well have been something of a crime deterrent as the prisoners in

the cells actually complained about the noise.

We then got caught up in the Town Twinning idea. Keith and I joined the small committee consisting of David Collier, Stuart Byatt and Roger Sedgewick. We did a few fund raisers and added a few more committee members, Garth Steadman and Nigel Close, and we even went off to Germany having found a town to twin with. Meanwhile the spies at the BBC had their beady eyes on us and you could say they rather hijacked Sedbergh. They told us we had won approval and our twinning race was to be televised. Suddenly there were 35 committee members; everybody wants to be on the Telly. And most of

us did make it on to the small scene in that never to be forgotten program "A Town That wants a Twin".

Unfortunately, we had to give the German town we had lined up the elbow as the BBC wanted to pick the towns to bring to Sedbergh. When the BBC moved in there was a great deal of activity in and around Sedbergh with people from each of the four chosen towns visiting over a period of 8 weeks. Actually, it was chaos but splendid fun. Well, as you know the rest is History and we have been Twinned with Zrece for a number of years now. I believe you can still find the program on YouTube. There are a few other clips of Keith on YouTube, one of him singing 'The Night John Willie took his Ferret to a Do' and the one where he is entertaining at a Town Band dinner taking off Alan Lewis himself. Very daring of him.

Around the year 2000 the idea for a gym came up; it happened one evening when a few of us girls had got together at Jo Exleys. She used to run the Bay Tree restaurant which became our Indian restaurant for a while up until the emigration people raided it, twice. Sometime after, the idea of a gym was pitched in this very magazine. Quite a few people were dead set against the idea. Why did we need a gym when we have fells to walk and rivers to swim in. I refer the reader back to my previous statement about the rain and it can get quite chilly too. A committee was duly formed, a questionnaire devised and carried out among Sedbergh residents. Which turned out to show a very positive 'yes' to the idea of a

gym. Despite the support there were people who made their negative feelings about the idea very clear. One lady called round at Number Ten, stepping inside and giving me a real dressing down along the lines of how dare I suggest such a thing. Then there were a few issues with a chap who had helped greatly but felt we should take out a mortgage and buy some premises. Well, he and our chair at the time, were just short of a punch up. So, the idea was put on ice for a while. Then the good Lord sent help in the shape of Baliol School and with its help and grant from the Education department we had premises at last and the Pulse Gym was born. The gym was successful but as you know Baliol closed down and so in a sense the gym was back to square one. By this time Rosemary Lewes had joined us. We had a good deal of money in the kitty and so it was to the Peoples' Hall we made our pitch and with the help of Auntie Gina, AKA Dr Gina Barney, our smart gym was built and now has a permanent home alongside the PH. I mentioned Rosemary Lewes because it is she, and Martin her husband, who manage and keep the gym going. They have done a marvellous job over many years and it is thanks to them that the gym continues to run and has a healthy membership.

I can continue no longer with my reminiscing without mentioning Panto! 'Oh no I can't! And so it was that after the BBC left us that the Rose Community Theatre came into being. The RCT brought its first haphazard performance of a musical



comedy come pantomime to the people of Sedbergh and District in 2005 at Settlebeck school. The first show was Robin Hood and I freely admit that I nicked most of it from my eldest grand-daughter's school performance. However, during rehearsal, the members of RCT made it their own adding bits here and there. The reason for doing the show and for the name was that we were raising money to have a rose named for another of our grand-daughters Indianna Mae, who sadly died in 2003 having lost her fight with cancer. The RCT and the generous people of Sedbergh helped to achieve this and you can still buy the Indianna Mae rose. Trouble was, we all had so much fun doing Robin

Hood it was only right we should do it again. This time I take full responsibility for the next show script entitled 'Spar Wars'. I was just walking past the Spar, when it used to be on Main St. Steve Middleton was manager with Linda and Christine were working there. It was fun to shop there then, never any empty shelves. Anyway, in 'Spar Wars', we were fighting the evil Azda Empire and the show included a rousing battle song 'There's Nothing Like a Spar' and our baddie was Garth Vader. And then in 2007 our productions moved to the PH where the RCT did further 12 musical comedies and one serious play all of which were greatly supported by you all. The money we raised went to



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childrens' charities. Thank you all. I guess some of you will still be in counselling especially those who were in the cast.

Around 2009 our Gold Wing went to that bike shed in the sky and Keith brought us a tandem having decided that I couldn't ride a bike. Well, I could have told him that, and even if I could ride one, I could never have kept up with him. And so, it was off to Europe on a tandem. We again had a super time on all our trips, we did the Camino to Santiago de Compostela and cycled around Paris visiting all the sights. Once while cycling in Belgium, we rode into Tyne Cot cemetery only to bump into Alan Lewis who was sitting on the wall. I don't know who was more surprised, him or us.

In late 2016 Keith was diagnosed with cancer and after treatment he did well for a while and in 2017, we decided to have a wedding blessing which I think most people in town attended. It was a wonderful service in the URC presided over by the lovely Carole Marsden followed by an evening of great entertainment, some of which was provided by RCT at the Peoples Hall. Talking of the PH, I had the pleasure of serving on the committee for a number of years and I actually wrote a little book about the history of the PH assisted by Auntie Gina naturally. I have also enjoyed being a member of our local branch of the British Legion. Keith insisted, but having made him play the Dame in many RCT's shows, I could hardly refuse. I even became Standard Bearer's assistant, good heavens! There's something to put on one's CV. I have been a member of

Sedbergh WI and I have been blessed by all the wonderful friendships I have made in this group.

Then there's the wonderful Sedbergh Songsters which I have had the pleasure of singing with on occasion.

Which brings me to my final quest; The Canary Girls Memorial Project. Once again Sedbergh people have been marvellously supportive. It is probably the most difficult mission I have ever undertaken, and I say this despite having been a youth and community worker in London. Progress might be slow but there is progress. With moving down south I will be putting together another committee and spreading awareness about my Canary Girls of WW1 & WW2. However, I cannot begin to hope that I will receive the kind of support I have enjoyed from this generous community. Naturally, I will be returning here to see you all and through the medium of this magazine I will keep you update on CGMP progress. And I intend to keep on writing stories, something I just can't help doing.

I cannot finish without mentioning Sandy Roy who was involved with the musical side of the RCT. However, it is not his music I wish to thank him for it's the fact that he encouraged me into Cornerstone Community Church and more lovely friendships. Because of him I deepened and renewed my faith. And my faith was something that I trusted to help me as Keith's cancer progressed, finally robbing me of him in 2023. Thank You Sedbergh and God bless you all.



## THE POSTER CHILDREN FOR HEALTH AND SAFETY IN SEDBERGH

*Neil Shaefer*

Children at Sedbergh Primary School were invited to take part in a health and safety design competition organised by Broadacres Housing Association and its development partner Equans.

The organisations are currently building 49 environmentally friendly homes off Station Road in Sedbergh, with the vast majority being offered for either affordable rent or shared ownership to people with a connection to the area.

The first homes are due to be handed over in June.

Broadacres and Equans have established links with Sedbergh Primary School and representatives from both organisations have been delivering STEM (Science, Technology, Engineering and Mathematics) & social value workshops for the students. As part of this they launched a competition asking for children to design a health and safety poster which could be put up on the site, and this resulted in a fantastic 28 entries.

The poster designed by Olivia Ford was deemed the winner following judging by Broadacres and Equans at the school recently. Olivia's poster will now be blown up and put on the site.

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Helen Fielding, Broadacres' Development Officer, said: "We were very impressed with the work the children had put into their posters and choosing a winner was very difficult indeed. "It has been great working with the school as part of our new development and helping the children understand everything involved in a development of this nature.

"It's possible some will end up living in the new homes or being inspired to pursue a career in construction and development when they are older."

Laura Bains, Social Value Manager at Equans, said: "All the pupils really got the brief and came back with

some absolutely brilliant posters – it proved a very nice challenge to have to decide on just one overall winner!

"It's great to see the pupils so engaged with learning about site safety and doing their bit to help educate others about staying safe around construction. While Equans does everything we can to keep the community surrounding our developments safe, we need the buy-in from everyone around and hopefully with Sedbergh Primary School's pupils supporting us with our aims, we'll maintain our high safety standards."

The new development consists of a mix of two and three-bedroom houses and two-bedroom bungalows, as well as three four-bedroom and one five-bedroom home. Of the 49 homes built, 34 will be for affordable rent and shared ownership, with people in Sedbergh and the surrounding communities being given first refusal on these properties. The other 15 homes will be for open market sale.

Helen added: "The demand for the homes has been very high and we have been keen from the outset to ensure local people get first preference as part of our strategy to ensure rural communities like this remain sustainable for future generations."

There are a handful of shared ownership and open market sale plots still available. People interested in finding out more can visit [www.broadacres.org.uk](http://www.broadacres.org.uk).



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## CUMBRIA QUAKERS CELEBRATE GEORGE FOX'S 400TH BIRTHDAY

*Cato Pedder  
Media Officer  
Quakers in Britain*

Four hundred years after the birth of one of their founders, Quakers in Cumbria celebrated where it all began on Firbank Fell with their annual outdoor meeting for worship.

On 13 June 1652, George Fox spoke to 1,000 people for three hours from a rock three miles north-west of Sedbergh, which became known as Fox's Pulpit.

This meeting marked part of the birth of Quakerism, the nonconformist Christian movement which has worked for peace, truth and equality ever since.

On Sunday, 9 June, Quakers from Brigflatts Meeting House, the village immortalized by Quaker poet Basil Bunting, braved the drizzle to host a meeting on the fellside.

Judith Baker, ecumenical and interfaith officer for Quakers in Britain, spoke to the gathered Quakers about working gladly with other religious groups.

Cumbrian Quakers join others across the world in celebrating the life of Fox, one of their founders.

Born in 1624 into times of religious and political upheaval, Fox visited Sedbergh as he travelled across England, sharing his belief that God is found in everyone and building a faith centered on truth.

On that day in 1652, Fox had been invited to speak to a meeting in the chapel which once stood on Firbank Fell. All that now remains is a disused burial ground.

He wrote later: "While others were gone to dinner, I went to a brook, got a little water, and then came and sat down on the top of a rock hard by the chapel."

"In the afternoon the people gathered about me, with several of their preachers. It was judged there were above a thousand people to whom I declared God's everlasting truth and Word of life freely and largely for about the space of three hours."

Facing current political and social turmoil, Quakers still live their faith in the world, working to tackle the root





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causes of violence and to build a just and peaceful world.

Since Fox's visit in 1652, Quakers in Cumbria have followed his example.

Glenthorne Quaker Guest House in Grasmere welcomes asylum seekers and refugees for holidays while Rookhow Meeting House and bunk barn offers accommodation for public benefit.

Quakers in Britain are currently bearing witness to the selling of weapons by UK companies and on UK soil; the violence between Palestinians and Israelis in the West Bank; and the devastation caused by climate change.

## **MEMBERSHIP OF THE ROYAL BRITISH LEGION**

*David Parratt*

The Royal British Legion is a British charity providing financial, social and emotional support to members and veterans of the British Armed Forces, their families and dependants all year round. The Legion also campaigns to improve their lives, organise the Poppy Appeal and remember the fallen. It is at the heart of a national network that supports our Armed Forces community. It also works with many partners and other charities to direct support wherever and whenever it is needed.

## **ROYAL BRITISH LEGION SEDBERGH BRANCH**

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

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The Legion is the country's largest Armed Forces charity. It helps veterans young and old with transition into civilian life, helping with employment, financial issues, respite and recovery, through to lifelong care and independent living. There are rehabilitation courses, tailored personal support for recovery, homelessness and financial advice. The Legion also supports older veterans with home adaptations, nursing services and six dedicated care homes, run just for ex-service men and women. The Legion is also the national custodian of Remembrance, safeguarding the memory of those who have fought and died in conflicts past and present, as well as the unique contribution made by all those who have served.

Every year the Poppy Appeal raises vital funds to support the work of the Legion. The Sedbergh community has continued over the years to give generous support to the Poppy Appeal and this has been very much appreciated. Last year we collected an incredible £13,642 during the campaign. This was a

record amount for Sedbergh & District and beat the previous year's record of £12,729. We are very grateful for all the help from volunteers during the collection in achieving this amount.

Our Branch is involved in a number of areas I have just mentioned. In particular, providing Branch Community Support at local level, which aims to deliver a range of welfare support activities in liaison with Legion HQ to meet the needs of the Armed Forces Community, veterans, their families and dependents. Linked to this is the Rawthey Project, a veterans' rehabilitation programme based at Birks Farm. The Branch continues to support this very worthwhile project and meets with veterans whenever possible who are involved with the programme and maybe recovering from post-traumatic stress resulting from a conflict or other issues.

As part of our 3 Year Plan and the aim to engage with younger members of the community, the Sedbergh Scouts Group has become an affiliated unit with the Branch and various ways of working together are

being explored. There are also 45 members from Sedbergh School CCF at present who are affiliated members with full members standing at 75. We continue to endeavour to recruit volunteers and new members, especially younger members where possible who may wish to play an active role in the management of the Branch in the future.

Members can be involved in a number of ways:

- The opportunity to help with fundraising events and raise the profile of the Branch
  - Volunteer their time to help those in need in the Armed Forces community and spending time together in the form of comradeship
  - Donating money to raise funds for the Branch and the Legion towards good causes and collecting for the Poppy Appeal
  - Supporting Remembrance
- Membership benefits include:
- Receipt of the monthly RBL magazine and e-newsletters
  - Access to purchase members-only products from the Poppy Shop and a 15% discount on other products
  - Priority access to tickets for the Festival of Remembrance
  - Receipt of the annual membership card which can be used to take advantage of these offers.

The Branch is holding two recruitment promotional events over the Artisan Market weekends in the town and will be manning a stand on Saturday 27th July and Saturday 24th August in Main Street between 0930 – 1500. Do come along and see

us and find out what the Branch does and how we can support veterans and their families who may need help.

There is a need to recruit new full members. Members are the Legion's lifeblood. You do not need to have served in the Armed Forces to be a member. Membership is open to everyone. If you have an interest in the objectives of the Legion, please consider becoming a member. We welcome men and women of all ages, whether they have served in the Armed Forces or not, to continue the work that was begun over 100 years ago. Legion membership ensures that Remembrance is kept alive and that the sacrifices that our brave Service men and women have made are never forgotten. It also means that the ex-Service community have a voice and that their concerns are brought to the public eye. Becoming a member also provides the opportunity to be involved in a wide range of activities and events.

Annual membership costs £19.00. If you would like to help the Service community and become a member or would like to discuss it further, please call David Parratt, Chairman on 07855 384640, email: [dmparratt@gmail.com](mailto:dmparratt@gmail.com) or Nigel Whiting, Secretary on 015396 21358, email: [nigelwhiting306@gmail.com](mailto:nigelwhiting306@gmail.com)

To also find out more about your local branch, visit our website:

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



## TWIN TOWN DANCING AND SINGING

*David Burbidge*

### **Dancers.**

We are extremely fortunate to be welcoming back to Sedbergh the Slovenian folk dance group, Folklorna Skupina Jurij Vodovnik, from our twin town Zrece. They practice in the mountain village of Skomarje a few kilometres from the Zrece town centre, and have travelled extensively around Europe winning many awards in International Dance competitions.

Many people in Sedbergh will remember when they last visited almost 20 years ago, when as well as performing in traditional costume in Sedbergh, and enjoying local visits

and hospitality, they also met with the local Morris dancers Crook Morris outside a pub. I remember both groups performing their folk dances and then exchanging hats. On that visit they also learnt a new dance taught to them by one of our West Gallery singers - a three man circle dance to the tune of Greensleeves which involved the dancers kicking each other in the bottom and hopping around holding each other's ankles!

The group are travelling overland with some performances en route.

### **Singers.**

Our singers visited Zrece at Christmas, singing Slovenian carols in the hilltop churches alongside the good people of Zrece, and enjoying the Zrece town band's Christmas

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concert as guests of the Mayor of Zrece, Boris Podvrsnik who was extremely hospitable to us during our visit. We stayed in the tourist farm owned by Andrej Arbajter, who is the leader of the Jurij Vodovnik folk dance group.

It was also a great pleasure to meet with our friend Erica Johnson Debeljak. We are all great fans of her book *Forbidden Bread* about how she moved from New York to Slovenia just after independence in 1991, where she married the then poet laureate Ales Debeljak. It is a very witty account of the cultural differences as well as a portrayal of a new country which in just over 30 years has changed significantly. Many of us have also read the English translation of her most recent book about the tragic loss of her husband and a study in what it means to be a widow.

We again visited Slovenia at the end of May when we stayed in another farm house accommodation ("tourist farm") near Bled, the main advantage being home cooked, home grown food and becoming part of a Slovenian family. Here we met for an evening of singing with dancers from the nearby village of Ribno, and with the women's choir Triglavske Roz'ce (Flowers of Triglav) at an event hosted by the Slovenian veterans who helped Slovenia win its independence following the ten day war in 1991. We were joined by the British Ambassador to Slovenia, HE Tiffany Sadler, who sang with our sopranos in the choir. We often say we have many excellent singers in

our choir, so it is always a great pleasure to also have an "excellency" among our singers. Naturally, we also rowed out across the lake to Bled island, sang at the church, and climbed the Osojnica hill to the summit where we enjoyed the most fabulous view of the lake and island.

The Ambassador sang with us again in Ljubljana when we visited the Ljubljana Waldorf School Parents and Teachers choir for concerts and informal singing, hosted by the school's music teacher Igor Velepik. We also had a fascinating tour of the city led by an architect who sings in the choir, sang songs by the national poet France Preseren under his statue in the city centre, and enjoyed a concert of classical music in the city's lavish concert hall next door to the Parliament building and the British Embassy. We stayed for two nights in the homes of singers from the Waldorf School choir in the city, making lifelong friends and enjoying the wonderful Slovenian hospitality for which this country is so famous. We ended with a concert on the railway station platform alongside our Ljubljana hosts - one of the few occasions when I was grateful for a delay by the train which allowed us to sing more songs together and extend our farewells - as the social anthropologist Kate Fox says in her book *Watching the English*, we need at least 30 minutes to say our "goodbyes."

On both occasions we travelled by train overland (and under sea and mountains) via London, Brussels, Heidelberg, Munich, and Salzburg - spending two nights in Heidelberg



where we sang German folk songs, enjoyed a tour of the town and the castle, and walked through the woods on the Philosophers' Way. We have now travelled in this way over a dozen times to Slovenia and say it is definitely not only the most environmentally friendly form of travel, but also the most pleasant (and with Interrail passes, not much more expensive than flying.) We had most of the carriage to ourselves and entertained ourselves by singing together and chatting with the others passengers as we passed through the Germanic forests and beautiful Alpine scenery. We made sure we had reserved seats on the wonderful Blauer Enzian train (the Blue Gentian) which travels without

needing any connections from Heidelberg to Ljubljana. The phrase "the journey is the destination" comes to mind every time I travel on this train!

After passing through the Karavanke tunnel which goes under the Alpine mountains from Austria to Slovenia, we burst into a four part arrangement of Zdravljica, the Slovenian national anthem written by Franc Perseren, which translates: "Long live all nations who long for that bright day, when over Earth's habitation, no war no strife shall hold its sway. Who long to see, all people free, no more shall foes, but neighbours be." A Slovenian woman sitting in our carriage burst into tears saying, "Bravo!"

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## WESTMORLAND DALES FESTIVAL

*Steve Hopps*

Let's bring the community together and welcome visitors to celebrate the landscape, heritage and people of the spectacular Westmorland Dales by joining us for two days of festival fun.

The Festival takes place on Saturday July 27th & Sunday 28th in Kirkby Stephen, gateway to the Westmorland Dales. Saturday is dedicated to exploring the town and surrounding area. Start in the historic market square where you'll find the Lakeland Arts MEND bus. Help them make a creature, then take a stroll or hop on board our Western Dales bus to Jubilee Park's open day with activities for the children to enjoy, stopping off to explore the bygone age of steam at Stainmore Railway Company. In addition, we have the Eden Valley Guild of Spinners, Weavers and Dyers exhibition, a primary school arts exhibition and Kirkby Stephen youth centre are hosting games and crafts etc, so an abundance of activities to keep young and old amused throughout the day!

As if that's not enough on Saturday the Festival is encouraging you to discover the wider landscape of the Dales and picturesque villages. You can explore the history and archaeology of Crosby Garrett, or join guided walks led by Kirkby. Walkers are welcome as are friends of the Lake District. For a comprehensive list see website below.

Sunday, the Festival's second day, is an extravaganza of activities and

events for all ages in the beautiful setting of the market square, the Parish Church, its grounds and the riverside as well as other central sites. Browse our markets, meet artists and makers and have a go yourself! Try your hand at gelli printing with Cumbria Wildlife Trust or flag painting with Kirkby Stephen Community Arts, enjoy local delicacies, chat to community and conservation groups, all whilst listening to our eclectic range of live music!

Once again loads for the children to enjoy from wild play with the ever-popular Stomping Ground, learn new skills with our Circus workshops and face painting! A juggler, a children's vintage round about, and a whole lot more fun to be had!

If you fancy a more sedate couple of hours, catch a vintage bus to Winton Park gardens and other nearby attractions such as Stainmore railway company, who are joining in the celebrations. For those who enjoy a literary theme, we have Furrow Green Writers who are based just outside Kirkby Stephen, who have penned verses composition of which is based on the Westmorland Dales and its people. They will be performing readings in the afternoon, a great treat for us all.

So whether local or traveller, the Westmorland Dales Festival promises cherished memories, a vibrant community spirit and the true essence of our beloved town, dales and villages.

For full details of the programme visit our website:  
[www.westmorlanddalesfestival.org](http://www.westmorlanddalesfestival.org)

## SAILING

*Georgina Devine*

I look forward to seeing Rachel next time

She's always very kind, and so is everyone at the sailing club.

The sailing has been cancelled today due to strong winds

There might also be some thunder and lightning too.

They are going to make arrangements for me to do it again, But it was very good of them to ring me.

Myles or Alister drive the safety boat to make sure everyone's okay.

It's good when I have a one to one sailing lesson with Rachel.

She's really kind.

I sit in the middle of the boat - feet either side of the centreboard!

Rachel tells me when I have to duck to one side when the boom swings over,

And I sometimes have to hold the ropes, called sheets!

It's such good fun.

## CHANGES TO LANDLINE TELEPHONES

*Age UK*

The UK's telephone network is being upgraded, which means that landline services are changing. You can still have a landline in your home, but the technology that powers it will be different. For most, switching over will be straightforward, but some people may need new equipment or support to make the changes. For most networks, the move to digital landlines will happen by December 2025.

What is changing?

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Landlines have been delivered through an analogue network for decades, but this is being replaced with newer digital technology. The new system is called 'Voice over Internet Protocol' (VoIP). You may also hear this referred to as a digital landline or 'Digital Voice', the name of BT's new home phone service. BT is one of many network providers making this change.

Once you've moved to the new digital system, your landline will mainly work as it always has, although there will be some differences. For example, it won't work if there's a power cut so you'll need an alternative solution such as a mobile phone or battery backup unit for emergency calls (but we have more information about this below).

What is digital landline? Will I need an internet connection to make phone calls?

Digital landlines use an internet connection to make and receive calls. Given this, you'll need an internet connection at home to use the new landline digital system.

If you already have a broadband connection, then the new digital landline system will use this. But

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don't worry – if you don't have broadband, your network provider, such as BT and Virgin Media O2, will supply you with a connection to support the new digital landline system. You shouldn't pay extra for this if you don't choose to take up a broadband service.

Throughout this page, we'll be talking about broadband and broadband companies or services. When we say 'broadband', we just mean a high-speed internet connection.

Why are these changes happening?

The current analogue landline network needs to be replaced because it's old and is becoming

difficult to maintain. The new digital landlines use the internet to make phone calls – this offers better quality calls as well as some additional features such as protection from scams.

UK phone and broadband companies are leading this change and are working with Ofcom, the Government and others. The aim of Ofcom (the communications regulator) is to make sure customers don't face unnecessary disruption or harm because of the changes.

When are these changes happening?

The changeover has started, and some people have already been moved to the digital system.

For most networks, the changeover will have happened by December 2025.

This is an industry-wide change, but timescales may differ depending on your service provider. However, for most networks, the move to digital landlines will happen by December 2025.

Providers will contact their customers ahead of the change to let them know when they'll be making the switch to a digital landline.

BT, for example, is rolling out its programme on a region-by-region basis. However, in general, they aren't currently switching certain groups, as long as they're aware of people's circumstances. The groups who aren't currently being invited to switch are:

- people aged 75 and over
- people who have disclosed any additional needs
- people who only have a landline (and not broadband)
- people with telecare alarms
- people with no mobile signal at home.

Originally, BT weren't contacting people aged 70-74, but they're now inviting a limited number of people in this age group to switch as part of a new trial. These will be people living in urban areas with broadband and a good mobile signal.

In some areas, changes to the network will mean that everyone will be contacted about moving to the digital system. You may also be moved to the new system if you decide to move to a new phone and broadband package.

Other companies have also started rolling out digital systems, and this may include all customers. Whoever your telephone provider is, make sure they're aware if you have a telecare alarm or if you may need additional support.

What happens when I change to the digital system?

Your telephone provider will contact you in advance to let you know when your system's changing and what you need to do. In some cases, an engineer will need to visit to make changes.

For the majority of people, the change will be straightforward. If you already have a broadband connection, you may just need to plug your phone into your broadband router or you'll be sent an adapter that connects to your phone and plugs into your router. If you have more than one phone socket with separate handsets, you may need additional adapters.



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When you're contacted by your provider let them know if you have any questions or concerns about moving to the digital service, or if you need any additional help. Although everyone will need to move to the digital system at some point, you may be able to delay this if you're not ready to switch.

Can I keep my phone number?

Yes – in most cases you'll be able to keep your current phone number.

Will I need a new phone?

Nearly all existing handsets will work with the new system. But if you do need to change your handset, your phone provider will be able to advise you on this.

Will anything else be affected, like my telecare?

The switch to digital landlines may affect telecare devices and other equipment such as personal alarms and security alarms if they're connected to your phone line. You should contact your device supplier to check if your device will work with the new system or whether any equipment will need to be upgraded.

Although your landline telephone provider will contact you before the switch takes place, you may want to let them know about any telecare devices that you have in advance.

If you're buying a new device that's linked to the phone system, you should also check with the seller or manufacturer that this will be compatible.

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Will my new phone contract be more expensive?

For BT customers, there's no difference in price for its Digital Voice home phone product. Virgin Media has also said that people won't pay more than what they already pay for their current service.

This means that you shouldn't face extra costs if you need a new simple internet connection to make calls.

What happens if there's a power cut?

Unlike some traditional corded analogue phones, a digital phone will only work in a power cut if it has a battery back-up, because it'll run using your home electricity. In these instances, phone companies are advising people to use mobile phones as a backup.

If you're dependent on your landline phone – for example, if you don't have a mobile phone or you live somewhere where there's no or poor mobile signal, then your telephone provider must offer you a 'resilience solution' to make sure you can make emergency calls during a power cut. This could be a mobile phone (if you have mobile signal) or a battery-backup unit that connects to your

landline phone and provides power in case of a power outage.

This resilience solution should be provided free of charge to people who are dependent on their landline. If you're not eligible for a free resilience solution, you may be able to purchase one from your provider or another retailer – talk to your provider about the options available to you.

Is there anything I should watch out for?

As the switchover is affecting millions of homes, this can create an opportunity for criminals to develop new scams. These scam attempts could happen over the phone, via email, or in person on your doorstep.

Remember the following scam advice when someone's contacting you about the switchover:

**STOP** – take a moment to stop and think before parting with your money or your personal information.

**CHALLENGE** – could it be fake? It's OK to reject, refuse or ignore any requests. You should never feel rushed or pressured into making a decision.

**PROTECT** – contact your bank immediately if you think you've been a victim of a scam and report it to Action Fraud by calling 0300 123 2040.

Other unscrupulous people may also try to sell you equipment or get you to sign up to expensive contracts that you don't need. In these cases, it's important that you don't rush into making any decisions. You can always seek a second opinion and speak to your phone company – they should be able to advise you about what you need.

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## STEALTHY AS A SPY

*Helpful Book Company*

This week, I've got a tip for you that applies to pretty much any device – smartphone, tablet, computer, laptop – as long as it has a web browser.

Many of you will have heard of “private browsing” mode (or “Incognito”, as Google calls it), which is where you can browse the internet without recording the websites that you visit. We've suggested using it in the past for things like shopping for your partner's birthday present without them finding out, but there's another handy thing that I often use it for.

Whenever I start to plan a holiday, or a trip away – anything involving a

ticket, really – the first thing I do is open an incognito or private browsing window in my web browser. From there, I go to Skyscanner (for plane tickets) or Booking.com (for hotels) and have a look at the prices for the dates I'm looking at.

If you're planning to book the ticket straight away, then you probably don't need to bother with the private browsing, but if you're just looking, then it's worth the effort. This is because booking websites use those cookies that you hear so much about to make a note of when you visit.

So if you go and have a look at ticket prices, but don't book them then and there, the next time you go and look, those prices will have increased, because they know that



  
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you want those dates. But if you look at them in incognito or private browsing, then the website can't track that you've had a sneaky peek, so you shouldn't see as much of a price increase.

So how do you open a window in private browsing or incognito mode? Well, on a Windows computer, you open your browser as normal, then click on the three dots menu button in the top right corner, and click on either "New InPrivate Window" (in Edge) or "New Incognito window" (in Chrome).

On Macs, open Safari and click on "File" in the very top left of the window, then click on "New Private Window" in the menu that pops up. On Android phones and tablets, tap on the three dots menu button in the top right corner, then tap on "New Incognito tab".

On iPhones and iPads, open Safari and tap on the Tabs button (it'll look like lots of squares). Tap on the word "Private", or if you can't see it, look for a downward arrow somewhere on the screen and tap on that first, then on "Private".

## HOLIDAY WITH DEMENTIA?

*Alzheimers Society*

Deciding to book a trip away can be a big step. It can be difficult to know if someone with dementia will benefit from a holiday or struggle to settle into their new surroundings.

For some people with dementia, going on holiday can be confusing. They may need extra support when coping with a new environment or changes to their usual routine.

To help you work out if the person with dementia would benefit from a holiday, ask yourself the following questions:

- Some people find travelling and holidays quite stressful. Has the person enjoyed going on holiday previously?
- How does the person usually manage in new surroundings? Would they become confused and distressed with the change in location, food, language or clothing?
- Travelling can sometimes involve big changes in environment. How do you think the person would respond to a change in temperature or time zone? For example, the person may need to dress differently to adapt to a place's weather or culture.
- Getting to and from places can involve long journeys or several types of transport. Would the person be physically comfortable during the journey? Will they need help to get on and off whatever transport is used?
- If the journey involves passing through security checks (for example, in an airport), would the person understand the need to remove



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personal items, like jewellery or a turban?

- How will the person move around where they are staying? If they have mobility issues, is the accommodation on the ground floor, or are there accessible lifts? Is the surrounding area accessible?

- If the person needs extra support with going to the toilet, or if they have incontinence, will it be possible to manage this during the journey and on holiday?

- If being able to practise a religion is important to the person, are there opportunities to do that while they are away?

Thinking about your needs

You may also find it hard to relax while providing support to a person with dementia on holiday.

It's important to think about yourself as well as the person you care for when making holiday plans. Supporting a person away from home can present more challenges. For example:

- Will you be able to contact your usual support network if you need advice or help while you are on holiday?

- If you are unwell while on holiday, will someone else be able to support the person?

Make sure to build in time to rest while you're away or once you get home. This can help to make the





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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.*

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holiday enjoyable and restful for you both.

Involving the person in the planning

When deciding whether or not to take some time away, it's important to think about what kind of holiday is right for everyone. Talk to the person you're caring for about whether they would like to go on holiday and involve them in the planning as much as possible.

A person with dementia may not be able to make this decision for themselves. This is known as lacking the 'mental capacity' to make that decision. If this is the case, you should consider whether going on holiday is in their best interests.

If you're not able to travel

For some people with dementia a holiday may not be a good idea for a range of reasons. The thought of being away from a familiar setting or routine may make them anxious because of mobility or other needs. A person with dementia may also find the changes too confusing, or they may just not want to go away.

Try not to feel guilty if it isn't possible to arrange a trip away from home. There are still ways to enjoy some of the benefits of a holiday without travelling. Some ideas are included here.

Ideas for bringing the holiday to the person

It may not be possible to travel. If this is the case, you may still be able to bring the benefits of a holiday to the person.

- Look for ways to have new experiences closer to home. For example, you could check if anywhere local offers some of the activities that you might have tried on holiday, like a dancing class. It may be possible to go on a day trip to somewhere nearby, instead of going on holiday.

- See if a particular food that the person associates with a holiday is available to order or buy. For example, if the person used to go on holiday to a particular country, check if there are nearby places that offer food from that region.

- Some tourist websites (such as museums) offer virtual 'armchair' sessions, where you can explore what they have to offer without leaving home.

- If a holiday would have helped the person to connect with their culture, it's worth checking whether there are any culturally-specific groups or events held near you that the person could attend.

There are also ways you can bring the culture to the person. For example, you could:

- ask family members to visit or set up video calls for them to spend time together that way
- look at books and photographs with the person
- share food that is important to their culture
- listen to or play music that the person can relate to.

## **SHEERING GAYE VILLAGE LETTERS**

*Sandra Gold-Wood*

Last month we left the villagers with plenty to talk about; Ingrid had left her husband Batholomew and lifted the contents of the P/O safe. Batholomew ended up in hospital. Daniel had returned to the village full of his plans to go and work with the Red Cross. Violet still hadn't told him, or anyone about her pregnancy. Rev Grey and his wife Shelia were celebrating her birthday in London unaware that their twins were also in London at a very different theatre production. Carole Wheeler received a letter from her husband asking for a divorce, it came as no surprise. But what upset her more was that she had also found out that her son Adam had been playing truant. Now Carole and Conner Fitzgerald head teacher at primary school, had formed a relationship and they were on their way to London to find Adam. Silvia Muffat is dreaming of becoming a model having been spotted while in London. Les Muffat, having made excellent progress after his Heart Op and is looking to return to work. Norman, Violet's brother and student

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teacher Donna have begun dating and

Read on....

It was fully dark when Conner and Carole arrived in London. They were intending to go straight to Soho to look for the 2<sup>nd</sup> café but as it turned out they didn't have to, because there outside the station they spotted Adam busking. Adam didn't see them until they were right in front of him.

'What's he doing here?' said Adam nodding toward Conner. Carole was so cross she pulled his guitar out of his grip and was going to hit him with it when Conner took hold of it and laid a gentling hand on her arm. 'I don't think you've the right to ask your mother what I'm doing here, perhaps it would be a good idea if

you apologize to her.' Carole agreed although she was still angry, but as she looked more closely at her bedraggled son he began to sob. Conner discreetly picked up Adam's things while Carole put her arms around him. 'Oh, Adam what have you been up to?'

In the railway café they ordered some drinks and sat down together. It transpired that he had spent the night in jail. Carole tried to hide her shock as she could see Adam was obviously sorry. Conner asked 'How did this happen Adam?' 'Well Sir, you see, I met this bloke in the 2<sup>nd</sup>'s and he said he was a record producer and asked me to go to a party with him, when we got there, I noticed that there were no girls it was just old blokes, I didn't like it, so I said I was going to lav and I left, when I got outside I didn't know where I was and I didn't have any money, so I was hanging about and police picked me up, they said a night in the cells would do me good, look I'm really sorry Mum, Mr. Fitzgerald.' Carole and Conner looked at each other both thinking the outcome could have been so much worse. 'Well, Adam let's hope the police were right and it has done you some good, come on now drink up and we'll get off home.' Adam did as his mother asked. While Conner made a mental note to have a quiet word with him at some point.

A few days later Batholomew woke up in a hospital bed surprised to see Margaret Muffat there at his bedside it. 'Well, hello Margaret, what are you doing here, come to think of it what am I doing here?' Batholomew laughed briefly before laying back

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down on his pillow. 'Oh dear, I do feel rather under the weather.' 'I'm sure you do Mr. Osbourne; don't you remember what happened to you?' Just at that moment a nurse accompanied by a doctor came up to the bed. Margaret got up to leave and Batholomew asked her to come back when the doctor had finished saying he needed to tell her a few things about the shop. Margaret made her way to the day room at the end of the ward. The room was empty, grubby and furnished with mismatched chairs while the walls were liberally punctuated with medical posters and peeling paint. Margaret started reading the posters but they contained such dire warnings that she abandoned the idea and instead began to pace around the room. Out of the window she could see that the weather had got considerably worse and she was dreading the bus ride home. This got her thinking about learning to drive. While Margaret was busy calculating whether she could afford driving lessons Batholomew was listening to the doctor telling him something he could hardly believe. It appeared that he had been poisoned. They had found traces strychnine in

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his blood. Batholomew was speechless, as the doctor told him he was fortunate to be alive. 'Yes, Mr.; Osbourne you have had a lucky escape, now, if you feel up to it there's a couple of police officers here who would like to talk to you.' Although Batholomew was feeling more than a little confused he agreed. 'Hello Mr. Osbourne, glad to see you're still with us, doctor said you had a narrow escape, this is Sergeant Poulson, said PC Terry Alders, we need to ask you some questions.'

'Go ahead, the day seems to be full of astonishing revelations so feel free to join in.' Pulling up a couple of chairs the police officers sat down beside the bed and asked him what he could remember. Batholomew told them how that morning he'd sorted the papers, made himself some pancakes, he'd just had a couple of mouthfuls when the phone rang, the next thing he remembered was going upstairs to make himself some fresh ones. 'Well, Mr.; Osbourne it's a good job you didn't eat any more as it seems the batter was poisoned, and we have to tell you that we believe it



could have been your wife who did it.' Terry went on to explain how they had found him on the kitchen floor and that Ingrid had disappeared having helped herself to the contents of the P/O safe. Batholomew expressed his shock saying that he just couldn't believe it. Margaret found him deep in thought when she returned to his bedside and seeing that he looked rather shaken she asked him if he was alright. Which prompted him to confide what the police had told him. Margaret already knew about the money, but she didn't know about the poisoning. Although she was not entirely surprised to hear that Ingrid was probably responsible. She, like the rest of Sheering Gaye Village had shared many misgivings about Ingrid. Feeling sorry for Batholomew, Margaret tried to think of something that would take his mind off what had happened to him. Firstly, she told him all was well at the shop and P/O. The head office had

sent temporary help while he was laid up. Then she filled him in on the gossip about the possibility of a new estate being built. Next, Margaret told the story of her sister Siliva and the modeling thing, and how her father needed a new job. Because of his heart trouble he could no longer go back to his job as a train driver. Finally, she asked him for his advice on her troublesome boyfriend Ian. Batholomew suggested, she go and ask the nurses for some paper and he would help her put the letter together.

The next day postman George Billings walked up the path to No 10 Cottage Bank, where Billy Raymond lived. Billy, having spotted George out of his bedroom window, ran down the stairs, picked up the letters off the mat and surprised his mum. 'Sorry Mum, I just wanted to see if there was anything from the school.' 'Here you go Billy, this looks to be from Denham middle school.' Standing



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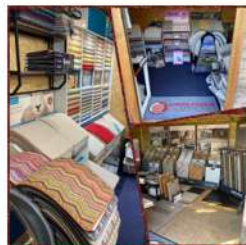
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there in the hallway Billy watched as his mother opened the envelope. 'Well son you'll be off to Denham on Monday, I'd better go and sort out your uniform, I hope you haven't grown out of it while they've been doing all that repair work.'

Billy sighed with relief. While he had enjoyed being top dog at the primary school, he really felt that he wanted to move on after all he would soon be 13. Grabbing his coat and shouting back up the stairs to his mother that he was off to see John Muffat. Pauline had called down to him to hold on as she wanted him to try his uniform, her words merely touched thin air.

At No 7 Green Edge John Muffat had also picked up the post from the door mat all of which he took to his dad Les. 'Thanks, lad, here this one from Denham might be your ticket to big school,' said Les ruffling his son's hair and noticing how much he had grown recently. Just at that moment Billy Raymond rushed in announcing that he was going to Denham on Monday. John's letter turned out to say the same and the two of them went off at speed to see if their friend Robert Tozer had a letter too.

At 15 Cottage Bank on the other side of the Green a letter fell on Dave Walkers door mat. Dave was out on a run, having been encouraged to do this by Daniel. Daniel had of course told Dave all about his plan to go and work with Red Cross. Dave told him he was mad, but Daniel just laughed. Back in his cottage Dave took a shower and then popped the kettle on that's when he noticed the letter, his first thought was that it would be

from Lambert, a wedding invitation perhaps. The kettle boiled and he dropped a tea bag into his favorite mug while absentmindedly opening the missive. As soon as he saw the heading Morely & Keen, Publishers since 1919, his eyes raked the page until he was sure of what it said and then he danced around the kitchen waving the letter. The publishers had offered him a generous advance and he felt elated.

Dave had started out with the idea of writing a biography of Daniel's mother, the mysterious Millicent Hart and her connection with the Hollywood greats. After doing some digging, Dave found that access to her life was not freely available. However, while he was researching

another idea had come to him and he had settled on witting a Payton Place style book based on Sheering Gaye Village. Naturally, he had changed the names but all the characters were there and all were suitably glamorized.

It was late that night when Jean and Les Muffat had the chance to discuss the other letter that had arrived that day. It was from Andrea Scott's model agency asking if she could visit them for an informal chat. They had not mentioned it to Siliva as they wanted to agree on what to do before they told her. Jean was worried and Les was his usual positive self. 'Les, I really think we should get some advice about this.' 'What advice do we need Jean? I

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mean let's just let the women come and see us, what could be wrong with that? I think that shows good faith.' Jean couldn't argue with that and so they decided that they would phone Miss Scott in the morning. They talked a little more about the fact that John had grown out of his uniform and what Les was going to do for work now. But soon they were asleep; their worries forgotten at least until the morning.

On Friday afternoon Siliva was heading for the bus home when she spotted Adam looking very sheepish obviously trying not to be noticed. When the bus came Siliva held back and watched until Adam had chosen his seat and then she sat beside him, 'Hello Adam, aren't you going to

speak then.' 'I don't know do I.' 'Come on Adam, at least you could say hello.' 'Hello' grunted Adam. Siliva looked at him; there he was the object of her affection for so long, not even able to meet her gaze. 'Oh, for heaven's sake Adam grow up,' her tone was filled with frustration as she drew a sigh, got up and sat away from him wishing she didn't care.

Saturday arrived bringing with it sunshine enough to cheer everyone. The sunrays blazed through the bedroom curtains at Stanley Hall and Daniel pulled Violet closer to him, kissing her and whispering that he had to go to London to tie up a few loose ends with his erstwhile employers. 'Why don't you come too darling we could do a bit of sight-seeing. Violet gladly agreed as she felt the need for a bit of distraction. She was still at odds with herself and her reluctance to tell Daniel her news. After breakfast Violet put on a little make-up and packed a few essentials in case they stayed in town that night. Violet knew how impulsive Daniel was and maybe that was why she hadn't told him. Also, she did not want to be responsible for bursting his bubble despite the nagging voice in her head that told her she should get it over with.

On Monday morning the sun was still shining on Sheering Gaye Village as George Billings, having delivered the post was now sticking up the posters which had arrived at the P/O that morning. The posters proclaimed a Public Metting to be held on Thursday 4 April starting at 6.30pm in the Village Hall regarding the new estate. These posters caused quite a



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stir and groups of villagers were gathered around the Green discussing the 'What ifs' and What can we Do's, while excitedly looking forward to the Thursday meeting. Batholomew and the P/O scandal was already old news.

At the primary school the staff were wondering where Violet had got to and Conner asked Carole if she would pop across to Stanley Hall and give her a knock. However, just at that moment Norman turned up looking for his sister having already been to the hall. The three of them stood in the school office, Carole, Conner and Norman all at a complete loss. It was not like Violet she was always so reliable; she wouldn't just not turn up? She would at least phone. They asked each other what could have happened, they knew she had gone up to town with Daniel but that was on Saturday, where could she be?

To be continued.....

## **BOOK TOWN QUIZ ANSWERS**

1. M W Craven
2. Gavin Maxwell
3. Butler
4. War and Peace
5. Four Quartets – T S Eliot
6. Charles Dickens
7. Monica Dickens
8. Violet Elizabeth Bott (in Richmal Crompton's 'William' stories)
9. Where Angels Fear To Tread – E M Forster
10. Oliver Sacks
11. Cookery
12. Bertie Wooster

## **PERSONAL MESSAGES**

### **DR JESSICA E. MARTIN**

David and Elizabeth Martin and family of Guldrey Fold, Sedbergh would like to thank family, neighbours and friends for the messages of sympathy following the unexpected sad passing of their daughter, Jessica. Many knew Jessica from her schooldays at Ravenstonedale Primary, KSGS and QES. She went on to study chemistry at Durham and PhD in Bristol. After research at Bristol she trained as a teacher of Chemistry and took up posts at Wells Cathedral School and then Hymers College in Hull. Many will know her from her days at the family pub, The Head at Middleton, from 1999 until we retired to Sedbergh in 2021. She leaves her husband Craig and son Brooks, age 5. She was so loved by everyone who knew her and will be sadly missed.



## PERSONAL MESSAGES (Continued)

### EVANS

Dilys thanks everyone who sent cards and messages during her time in hospital and during her recovery. It is such a joy to be home in Sedbergh.

### CROOK MORRIS DANCING

Crook Morris will be dancing at the Black Bull on Monday evening, 8th July from 7.45 'til 10, in the car park at the rear (weather permitting).

### THANK YOU

#### From the Marmalade lady!

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## LOOKAROUND DIARY

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

## EDITORIAL

It was with great sadness that we heard of the early death of Dr Jessica Martin, our sympathies and condolences go out to David and Elizabeth and family.

Similarly, we have also just heard of the passing of Donald Smith, and would like to send our sympathies to Shirley and family.

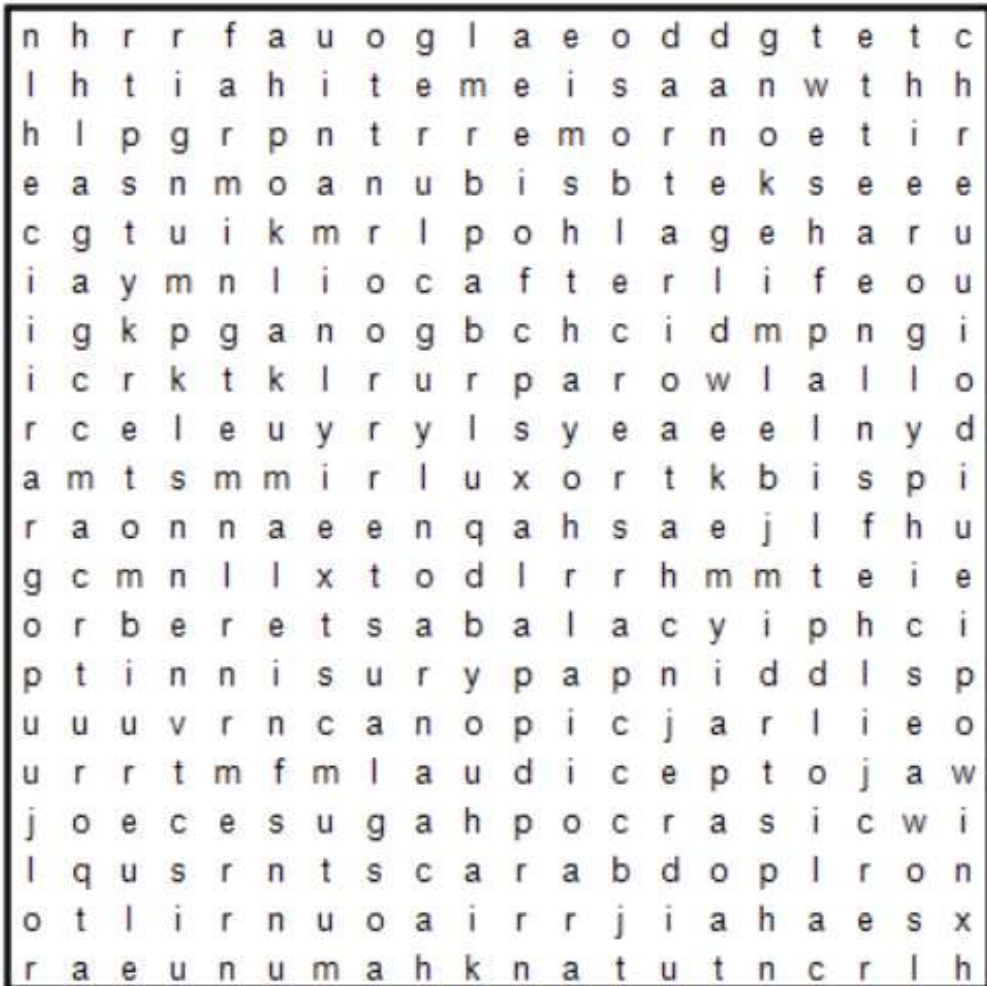
Lookaround, needs some extra help. We would really like somebody to join us who wouldn't mind finding a few new local advertisers for us. At the moment we are making a loss on most editions, a situation which isn't sustainable in the longer term, but which could be remedied if we can get several more advertisers.

We have some plans to try and encourage this ourselves, but extra help would be very welcome. All we need is someone who is willing to visit local businesses in the Sedbergh area and to make sure they are aware of Lookaround, that they can advertise, and how much it would cost.

Also we need a couple more people to do some proof reading. We'd like to thank Elspeth for all her help, but she has stepped down as a proofreader and committee member. Similarly Katie Wood is moving away so won't be able to proof read for us any more. Many thanks for your help Katie. Proof reading doesn't take much time, a few hours at most each month. If you have some spare time please consider it. *Ed.*



## PUZZLE - WORDSEARCH



Afterlife

Anubis

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Farming

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Sarcophagus

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Alabaster

Burial

Egypt

Hieroglyphics

Papyrus

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Temple

# PUZZLES (SOLUTIONS ON PAGE 85)

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## LOOKAROUND DETAILS

### **LOOKAROUND INFORMATION**

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

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

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

Items for the 'Lookaround' should be emailed to:

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

### **ARTICLES**

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

the text of the same email.

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

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

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

### **CALLING ALL ADVERTISERS**

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

New advertisers are, of course, always welcome too.

### **PUBLICATION DETAILS**

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

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

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

a local photographer.

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

### **ADVERTISING**

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

### **PERSONAL MESSAGES**

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

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

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

### **GROUPS AND ORGANISATIONS**

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

### **BUSINESSES**

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

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

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

### **CHILDREN'S BIRTHDAYS**

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

### **COVER PICTURES**

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

### **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*

## PUZZLE SOLUTIONS

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Commercial	£24.00	£48.00	£48.00	£36.00	£90.00

#### Committee Room

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



# 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.

## JULY 2024

01	1100	Twin Town dancing and singing	StAS
04	1400	Community Afternoon Tea	GH
04	1930	WIHF -Struggles of Farming Life (40)	HVH
05		Swift Watching (Jun)	Lowgill
07		General Election	Polling St
08	1945	Crook Morris Dancers (80)	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
11	1930	Sedbergh Parish Council Meeting (16)	PH
13	1100	Slovenian Dancers in Sedbergh	StAS
14		Cricket Thunder v Southern	SS
14		Cricket v Southern Vipers (Feb)	SS
14		Cricket v Southern Vipers (Apr)	SS
16		Children's Holiday Club (Jun)	PH
17	1000	NHS App Drop in support (May)	MC
18	1330	Settlebeck Summer Fair (9)	SSAT
18	1400	Community Afternoon Tea	GH
18	1400	Sedbergh Allotments Open day	Birks lane
20		Finkle Street party	StAS
20	1000	St Andrews Summer Fair (1)	StAS
21	1000	Lancashire vs Cumbria Friendly (Jun)	SS
21	1430	Songs of Praise	Hawes Jnct
22	1000	Children's Holiday Club (Jun)	PH
24		Cricket - Metro Bank One Day Cup (Feb)	SS
24		Cricket - Metro Bank One Day Cup (Apr)	SS
24		Cricket Metro one day cup	SS
27		W'land Dales Festival (62)	Kirkby Ste
27	930	Artisan Market (27)	Main St
27	1400	Barbon Cancer Tea (26)	BVH
28		W'land Dales Festival (62)	Kirkby Ste
31	1100	All-terrain wheelchair guidedwalk	Tebay

## AUGUST 2024

01	1400	Community Afternoon Tea	GH
01	1730	FOTD Non Member Social (14)	Gargrave
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
17	800	Barbon Sheep Show	Barbon man
18	1400	Allotments Open Day (13)	Allotments
18	1430	Songs of Praise	Hawes Jnct
24	930	Artisan Market (27)	Main St
24	1000	Table Top Sale (55)	DMH
26		Dent Gala	DMH
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 (Jun)	PH
19	1400	Community Afternoon Tea	GH
21	930	Artisan Market (27)	Main St

## OCTOBER 2024

03	1400	Community Afternoon Tea	GH
08	1400	Killington WI making mosaics	PH
08	1930	Domino drive	FCH
09	1915	Dentdale WI Bee gardening	DMH
09	1930	Sedbergh WI Interactive puzzles	PH
15	1930	Ladies NFU - Dry Stone Walling (Jun)	PH
18	1930	Tattie Pie	FCH
31	1400	Community Afternoon Tea	GH

## NOVEMBER 2024

01	1930	Dominos and Tattie Pie	HVH
07	1400	Community Afternoon Tea	GH
12	1400	Killington WI AGM and social time	PH
12	1930	Domino Drive	FCH
13	1915	Dentdale WI AGM	TBA
13	1930	Sedbergh WI Sailing round Black Sea	PH
19	1930	Ladies NFU - Jewellery Making (Jun)	PH
21	1400	Community Afternoon Tea	GH

## DECEMBER 2024

05	1400	Community Afternoon Tea	GH
10	1200	Killington WI Xmas Lunch	PH
10	1930	Domino Drive & Mince Pies	FCH
11		Dentdale WI Xmas meal	TBA
11		Sedbergh WI Christmas Dinner	TBA
13	1930	Domino Drive	HVH
19	1400	Community Afternoon Tea	GH

## JANUARY 2025

02	1400	Community Afternoon Tea	GH
08	1930	Sedbergh WI Demystifying Dementia	PH
14	1930	Domino Drive	FCH
16	1400	Community Afternoon Tea	GH
24	1930	Italian Evening	FCH
30	1400	Community Afternoon Tea	GH

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

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

## EAT AND DRINK IN SEDBERGH

### BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

### DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

### THE GUNDOG COFFEE SHOP

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

### HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

### NUMBER 46

MAIN STREET

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

### THE RED LION

FINKLE STREET - 015396 20433

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

### SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

### 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 Calder to the highest point in the Howgills, . *(Walk 1)*

### **FARFIELD MILL 3.7-4.4 miles, 2-3 hrs**

Fairly flat walk partly by the riverside, with the added advantage of the Farfield Café half way around. *(Walk 2)*

### **AKAY WOODS 2.3 miles 1 - 1.5 hrs**

Lovely riverside stretches, past the restored Pepperpot, then through woods above the river, with vestigial remains of Akay House. *(Walk 3)*

### **SEDBERGH SCHOOL 45 mins**

A stroll to see the sights of Sedbergh School *(Walk 4).*

### **FELL WALL 2.2 miles 1 - 1.3 hrs**

Elevated promenade above Sedbergh Town, not as energetic as going to Winder top, but still out onto the edge of the open country. *(Walk 6)*

### **BRIGGFLATTS 4.2 miles 2- 3 hrs.**

Along the Rawthey to the peaceful and historic Quaker Meeting House, then back through the fields. *(Walk 7)*

### **DENT AND BACK 11.5 miles 1500 ft 4-5 hrs**

Across the wild (and possibly wet) Long Moor to Dent then back by Dentdale and the River Dee. *(Walk 8)*

### **CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs**

A stroll across open country to the bottom of Cautley Spout. Some would say this is the second highest waterfall in Britain. *(Walk 9)*

### **CAUTLEY SPOUT AND BACK 10 miles 3150 feet 4.5 - 6.5 hours**

Gorgeous walk up the dale to the Spout, with a return over the tops for the adventurous. *(Walk 9)*

### **MILLTHROP AND ABBOT HOLME 5.1 miles**

**920ft 2.5 - 3 hours.** Up over Frostraw, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. *(Walk 10)*

### **DALES WAY AND CRAGGSTONES. 7.5 miles**

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

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



## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	21529
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) 1T(ES), 1D(ES) NS, CH, L 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 - 015396 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 -----	Phil Johns - 07807 909860
Parish Council - Sedbergh -----	Janey Hassam - 07966 134554 membership@sedberghgym.club
People's Gym -----	Steve Longlands - 01536 20885
People's Hall -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Pepperpot Club - Sedbergh -----	Janey Hassam - 015396 20125 07785 743837 / sedberghplaygroup@yahoo.com
Playground - Sedbergh -----	Steve Longlands - 01536 20885 0300 111 5090 / kendal@pmrgca.org.uk
Playgroup - Sedbergh -----	booktown@sedbergh.org.uk
Playing Field - Sedbergh -----	sedberghredsquirrels100@gmail.com
PMR/GCA support Group -----	Nigel Whiting - 015396 21358 / nigelwhiting306@gmail.com
Poetry Club* -----	015396 25259
Red Squirrel Group - Sedbergh -----	015396 25259
Royal British Legion -----	015396 20510
Schools - Dent Primary -----	015396 20303
Schools - Dent Primary - Friends of -----	015396 20383
Schools - Sedbergh Primary -----	Bill Mawdsley - 07989 201481
Schools - Sedbergh School -----	Bill Mawdsley - 07989 201481
Schools - Settlebeck -----	Bill Mawdsley - 07989 201481
Scouts -----	booktown@sedbergh.org.uk
Scouts - Beavers -----	sedberghcomarket@greencobweb.co.uk
Scouts - Cubs -----	Jo Birkbeck - 07769 908663
Sedbergh Book Town -----	TBA
Sedbergh Environmental Group -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
Sedbergh Ladies Friendship Group -----	Mr Braddon - 0330 1138850
Sedbergh Songsters -----	Richard Martin - 07884 559829
Sedbergh United Charities -----	Miss Harper - 015396 20613
Senior Golfers -----	Anastasia Mickethwaite - 07952 601568
Shooting Club - Sedbergh -----	Facebook: Spellbound Theatre
Sight Advice South Lakeland -----	John Bannister - 07877 301088
Sing Joyfully! (Kirkby Lonsdale) -----	Sedberghswimmingclub@gmail.com
Spellbound Theatre -----	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Squash Club -----	Sarah Waters - 015396 20457
Swimming Club -----	Garth Steadman - 07796 164066
Tennis Club -----	Myles Ripley - 07880 161648 / vscssedbergh@gmail.com
Town Band - Sedbergh -----	Ed Welti - 07854 103377
Town Twinning Group -----	The Committee - 015396 20773
Voluntary Car Scheme -----	Mrs Smith - 015396 25607
Westmorland Gazette Entries -----	Mrs Hoggarth - 01539 824663
White Hart Sports and Social Club -----	Mrs Sharrocks - 015396 20754
Women's Institute - Dentdale -----	Louise Atkinson - 07855 378883
Women's Institute - Howgill -----	Club Secretary - sedberghyfc@hotmail.com
Women's Institute - Killington -----	
Women's Institute - Sedbergh -----	
Young Farmers - Sedbergh -----	

*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>Trains to Carlisle</b>	..	<b>1048</b>	..	..	<b>1815</b>
<b>Trains to Leeds</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>Trains to Carlisle</b>	<b>1048</b>	..	..	<b>1815</b>	..
<b>Trains to Leeds</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 Whinell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinell (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	Katie Wood	Proofreading
Frances Haigh (T)	Treasurer	Ed Welti (T)	Compilation and Vice
Philip Johns (T)	Secretary	Valerie Welti (T)	Advertising Administration
Karen Bruce Lockhart	Proofreading	It could be you!	
Jane Fisher (T)	Proofreading	It could still 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*  
*July 2024*

	Time	7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC	Joint Service	Holiday Club Celebration- People's Hall
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Morning Service		Holiday Club Celebration- People's Hall
St. Mark's, Cautley LA10 5LZ				9.30am MP	
St. John's, Garsdale LA10	10am	HC		MP	
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		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		Outdoor HC		
St. John's Firbank LA10 5EF	2.30pm		Outdoor HC		
St. Andrew's, Dent LA10 5QL	10.30am		Joint Service		HC
St. John's, Cowgill LA10 5RJ	2.30pm	EP		Outdoor HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	All-Age Service		HC	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	2 <sup>nd</sup>			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	Wednesday	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup> /31 <sup>st</sup>
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
Quakers	19.30	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.	Zoom – contact below.
Roman Catholics	21.00				31 <sup>st</sup> - Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer			MP- Morning Prayer		
Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

## PUBLIC INFORMATION

### Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

**Option 1 - 24hr Prescription line**

### Surgery and Dispensary Opening Hours

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

### Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10am

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

Telephone Triage – 10.30am – 12pm

**(please phone or book online)**

Late Morning Appointments 10.30am – 12pm &

Afternoon appointments 2.30pm-6pm

**(please phone or book online)**

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

### Dent Surgery

**Currently cancelled due to Covid-19**

### Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

### Saturday morning clinics

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

For more information on all clinic times please see  
our website

**[www.sedberghmp.nhs.uk](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, Millthorpe

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

### First Responders

**IN EMERGENCIES CONTACT THE  
EMERGENCY SERVICES**

The numbers below are for information on  
volunteering only

Sedbergh - Myles Ripley 07880 161648

Dent - Wendy Pontefract 015396 25253

### POLICE

101 or 999

Email: [101@cumbria.police.uk](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 713150

[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:*

*July 2024*