

Sedbergh & District

LOOKAROUND

August 2024

Donation £1

Issue 434

We'd like to welcome a new advertiser this month, Parsons Containers (p15). And if you are a bloke and fancy doing some singing see the Chequered Acafellas ad on

page 11. Or if you are looking for a job doing some cleaning, check out the ad on page 18.

There is plenty of news and great articles to read too!
Ed.



DENT GALA

**BANK HOLIDAY
MONDAY
26TH AUGUST**

**MEMORIAL HALL &
SCHOOL FIELD**

STARTS 11AM

Children's entertainer

Live music

Races

Games

Egg throwing

Refreshments all day

CLOSING DATE: 15th of every month for everything

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

Mobile: 07464 - 895425

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

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Mark Christie

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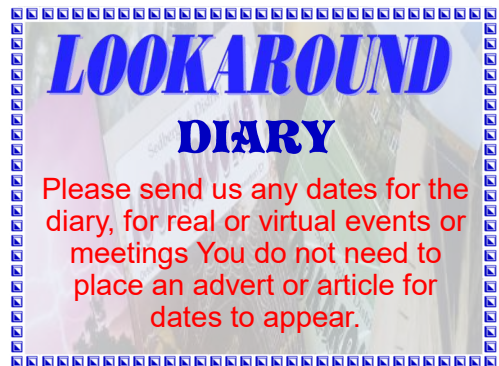
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LOOKAROUND

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.

Weekly Coffee Morning St Andrews Church

Every Wednesday 9:30am to 11:30am

Wed 7th August - Royal British Legion
 Wed 14th August - St Andrew's
 Wed 21st August - St Andrew's
 Wed 28th August - St Andrew's Mission Societies

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




ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

Advertising Rates

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

CONTACT INFORMATION

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editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number and your name or reference.

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

SEDBERGH RED SQUIRREL GROUP

Karen & Steve Hopps

As some of you may know, earlier in the year, unfortunately, the Sedbergh group received a report of a red squirrel with the virus parapox, deadly to our native reds, carried by grey squirrels. Only one has been found, there maybe more. It is hoped the red squirrel will develop resistance to the virus in time, but at the moment disease is a very serious threat to red squirrels across Cumbria. Please stay alert and report any reds you have concerns about.

To preserve red squirrels, they must be kept apart from grey squirrels as all of the evidence shows that the two species are unable to co-exist under normal circumstances, and once greys arrive, sooner or later, the reds will disappear.

Greys are twice the size as reds, live at much higher densities and much more robust. Critically, greys are more prolific breeders, producing larger numbers of young which disperse to colonise new areas. They are able to outcompete reds by consuming & monopolising the natural food source at key times of the year, before the reds are able to eat it. Greys also raid food caches that reds have buried. This failure to obtain enough food means females red squirrels often emerge from winter in poor condition so breed less successfully.

So, although sightings of reds have been numerous, their population remains fragile and we must keep up

our vigilance of non-native greys. Red squirrels are very elusive and spend much of their time in the tree canopy. Look out for scratch marks on bark and chewed pine cones that look like chewed apple cores. Listen out for their “chuk chuk” noise which is a vocalisation they often use.

A number of promising new developments are in the pipe line and may help in the future. One is fertility control for greys, funded by the UK Squirrel Accord, field trials are taking place over the next few years. The other fascinating issue is the slow and gradual recolonisation of the pine marten, a native predator, research shows they have a beneficial effect

for red squirrel populations. Sedbergh is a “buffer zone”, but we, along with Northern Red Squirrels, are working hard to set up a new group in the Kirkby Lonsdale area to manage the greys that can travel to us. Many large estates, land managers and

individuals are working hard to control the greys, it is highly likely that we would have already lost red squirrels from Cumbria without their dedication and persistence. A huge Thank You to all of you, however modest or large a part you play, it is making a difference!

Steve and I are passing over the reins (or ear tufts) of Sedbergh Reds to Mark & Jennie Christie who will, we are sure, bring fresh ideas and energy. We know all our members will continue to support them just as they have us over the last 8 years, Thank you, without you there would not be a squirrel group!



GOLF CLUB – IN MEMORIAM

David Lord

We at SGC are sad to learn of the death of of E.A.D. "Ed" Campbell, former Master of Powell House, Sedbergh School.

A keen golfer, Ed was so enthusiastic to join the new course at Catholes-Abbot Holme so, as Secretary in 1991, I was happy to allocate his membership number..

"1".

As Master in charge of Golf at the school, Ed worked tirelessly to enthuse and involve as many boys as possible to join SGC and play regularly.

It was Ed who, when penning a review of the course some time later, famously wrote "trying to land a ball on the fifth green is like trying to land a ball on the bonnet of a Morris Minor !" and it still is !!

R.I.P. Ed, from all at Sedbergh Golf Club.

FLOWER POWER IN DENT

Sarah Woolf

I have recently taken on the 'Flowers' at St Andrew's Church in Dent. Sheila Richards had been at the helm of this for many years and will, with others, help out at times and we are very grateful. Others have said we can raid their gardens as needed.

My hope is to involve as many people as possible and keep the 'wild and fun' aspect very much to the fore, to involve non Church goers as well as those who do and to involve children, especially when we decorate the church for Harvest

DENTDALE CHRISTIAN FELLOWSHIP 2024

Friday Aug 2nd to Sun 4th

Worship, dance, puppets

Testimony, meals, crafts

Camping

Kids clubs

Rhumes, Dent LA10 5QJ

015396 25212

7pm Frid in the BIG TENT

10.30am Sat Testimony,

7.15pm Sun Dance, etc

Sat 2pm Creativity and the Bible

Frid 7.30pm / Sat 10.30am & 2pm

KIDS CLUB

SUNDAY 4TH 10.30am

In METHODIST CHURCH

EVERYONE WELCOME

Festival (10am Saturday 21st September).

So.. if you enjoy messing about with flowers, be that formal or informal arrangements and would like to know more, please get in touch with me. If you would like to join in with an occasional workshop or could run one, do let me know. Perhaps there is a special Sunday, maybe an anniversary of the death of a loved one or a special celebration for you, and you would like to provide some flowers to be in Church on that day, or you just find 'messing about with flowers' therapeutic. You are very welcome to contact me, without obligation – Sarah 015396 25212.

TABLE TOP SALE

SATURDAY 24TH AUGUST

Memorial Hall
DENT
START: 10AM



More information Sarah Woof 015396 25212

SEDBERGH & DISTRICT COMMUNITY FUND

Frances Haig, Treasurer

The Community Fund is delighted to announce that in 2023/24, we have contributed £18,946 to community projects. This includes £5000 for wrap around care at Sedbergh Primary School, as well as support for Sedbergh Music Festival and Sedbergh Book Festival, Sedbergh Town Band and Late Night Opening at Christmas. The villages of Dent and Garsdale are not forgotten, with funds for Dentedale Choir and Moorcock Show. Coming shortly, we are also donating towards the Save our Sun project and funds for activities at Settlebeck School.

The funds are raised solely by the two Charity Shops in Main Street as a result of generous donations from local residents. If you are having a sort out, then please think to donate goods to us. We are always in need of good quality household items, clothes, games, toys and bric a brac. If you are passing, do drop in to see what we have to offer as there is always something that might be just what you're looking for.

CHILDREN'S MAGIC ART TRAIL

Hailey Fletcher

The Children's Art Trail remit was to create a magical animal and insect trail to inspire people to dream and explore their imaginations, whilst walking through the beautiful area of Akay woodland. The Sedbergh School pupils combined both their artistic talents as well as their narrative story writing to create an interesting sculptural display. This was then coupled with technology - a QR code is available at the TIC for visitors to download and read about the characters that they encounter on the trail. The creation of bug and fairy houses will allow minibeasts to thrive amongst ancient woodland. This experience is designed to ignite the





senses and be striking in colour, encouraging kindness to be shown to even the smallest of animals. If you happen to be in Akay, look out for woodland creatures and discover the magic of the woods! The characters and the story can also be found at the link: sedberghschool.org/senior/finlay-and-honey/chapter1/

SEDBERGH PEOPLE'S HALL

Chris Wood

The People's Hall committee is delighted to announce that we have most gratefully received a legacy of £15,000 from the estate of the late Dr Gina Barney, who died last year. Gina was passionate about developing the hall into the best possible venue for the local community and this legacy will help us to continue that work.

Over the next year or so we hope to refurbish the wooden floor in the

Main Hall, box in the central heating pipes, and do extensive redecoration.

The hall is the ideal location for a wide range of events and activities from exercise classes to kids' parties and from concerts to weddings. If you are interested in hiring the hall, please visit sedberghpeopleshall.org where you will find an availability calendar and details on how to book, or email booking.peopleshall@gmail.com.

We would also like to hear from you if you are interested in joining the committee and helping to run the hall for the benefit of the whole community.

CHRISTMAS LATE NIGHT OPENING!

Chris Wood

I know it's meant to be summer, but we are already thinking about this year's Christmas celebrations. Last year's Late Night Opening was a great success including lots of shops open, a market in St Andrew's Church and a visit from Santa Claus. There was street food, and music provided by the Town Band, carollers and Drum Nation.

We are beginning to plan for this year's event, and we will be holding an initial planning meeting on Monday 12th August at 9:30am in the Rawthey Room at 72 Main Street. The evening really does rely on lots of people sharing their ideas and lending their help. So if you would like to get involved, either now or nearer the time, please do get in touch with Debbie at Sedbergh Information Centre on 015396 20125 or office@sedbergh.org.uk

DENT GALA

Sarah E Woof

It is no wonder we are all confused, last year the day changed, this year in panic that we were missing the deadline, we submitted the wrong information, but rest assured, Dent Gala is back on AUGUST BANK HOL MONDAY and kicks off with Phil Flip, the great Children's entertainer in the Hall at 11am.

Dentdale WI will be serving hot and cold drinks and biscuits and then their scrumptious afternoon tea. We will have the popular side shows, including Bat The Rat, the raffle, book stall and some indoor games. Rawthey Rhythm will be entertaining us, and all this will be in the Memorial Hall and school yard. The very popular races for all ages will take place on the school field. Admission free, donations in the churn very welcome. Queries ? please give me a ring , before the day, on 015396 25212

See the adverts on pages 1 and 7.

SEDBERGH GOLF CLUB

*Jenny Maconchy
Ladies Section*

The Route Trophy competition was held on Saturday 29th June. This is held annually for 9 hole clubs and is an 18 hole individual Stableford in teams of 5 ladies, the best 4 scores counting. Sedbergh were the hosts this year; clubs taking part were Casterton, Dunnerholme, Grange Fell, Sedbergh, Settle and Giggleswick, and Silecroft. Although not ideal weather, the course was in excellent condition with good company and catering enjoyed by all.


SEDBERGH
MEDICAL CENTRE

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

2024

Wednesday 11th Sept
Thursday 10th Oct
Wednesday 13th Nov



After a very close contest, the winning team was Dunnerholme and the best individual player was Fiona Derbyshire from Sedbergh.

We always welcome new members and there are many opportunities for beginners and all standards of golfers to enjoy ladies, men or mixed games with opportunities to play on many different courses.

CHRISTIAN AID WEEK 2024

Rev Anne Pitt

This may seem a bit late but the donation envelopes trickle in over quite a long period and we like to count them all in. We made a total of £1437.27 this year, that includes £171.10 from the coffee morning. This is about £100 up on last year, which is a gratifying result considering the state of the economy but the people in our area are renowned for their generosity and consideration of others.

Thank you very much for your stalwart support.

On behalf of Sedbergh and District's Christian Aid committee.



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

OTHER FUNDING

Ed Welti

There are a variety of funds available in our community, which individuals or organisations can apply to if they are in need, or require financial assistance for a particular project. Applications to all funds are treated with the strictest confidence, so if you are in need, do apply.

We have now included the funds, along with contact details, in the Information Section at the back of each edition of Lookaround. See page 80 in this edition.



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printers

of

Sedbergh Lookaround

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BOOK TOWN QUIZ

Gerry Cotter

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

1. In which classic 19th century novel is the main narrator called Nelly Dean?

2. Which poem ends with the line 'And – which is more – you'll be a Man, my son!', and who wrote it?

3. Which ancient Greek writer, who lived from 384BC to 322BC, wrote books on Ethics, Politics, Rhetoric and Poetics, among other subjects?

4. Which prolific author writes the 44 Scotland Street series of novels?

5. Who wrote Madame Bovary?

6. Who introduced printing to Europe with the invention of mechanical movable type?

7. Published between 1827 and 1838, The Birds of America contained 435 hand-coloured, life-size prints of 497 bird species. Name the artist who created it.

8. Sir Michael Holroyd is known for writing what type of books?

9. Who created Simon Templar, known as The Saint?

10. Which famous author became Dean of St Patrick's, Dublin in 1714?

11. Who, long ago, fought a monster called Grendel?

12. Which 'first' in the history of publishing is held by Mark Twain's 1883 book Life on the Mississippi?

ARE YOU A TENOR???

THE CHEQUERED ACAPELLAS ARE RECRUITING!!!



We are an ensemble of blokes who use unaccompanied close harmony singing ("a cappella") to entertain, amuse and stir the emotions. You might have seen us perform recently at the Sedbergh Music Festival or in The Hornby Institute or, in previous years (under our original name of "Grievous Bodily Harmony") in various venues in the Western Dales area.

We have six members at the moment but would like to recruit two more tenors so that we have an octet with two for each voice part, ie 1st tenor, 2nd tenor, baritone and bass. You do not have to be able to read music, but you must have a good sense of humour!!!

We cover music from all eras and genres - ancient to modern, sacred and secular, traditional, folk and working songs – there's something for everyone, with some laughs along the way.

We rehearse in Barbon Village Hall on Thursday evenings.

Please contact Graham on 07715 077437 if this sounds interesting!

DENTDALE CHRISTIAN FELLOWSHIP FESTIVAL

Sarah Woof

How time flies, it doesn't seem possible that this year is the 10th Festival for Dentdale Christian Fellowship! How has that happened? It has, 10 years of hearing awesome testimonies of what God is doing here and now, 10yrs of fantastic worship. 10 years of camping and meals and kids club. Absolutely awesome.

So, on Fri Aug 2nd we begin and go thru to the afternoon of Sunday 4th. All in the big tent in Rhumes Garden and around the village. This year there will be an interactive Bible study and a prayer walk, there will be activities for Children and adults,

meals, speakers and musicians and a warm welcome to all.

Also, we celebrate 15 years since Dentdale Christian Fellowship began, and will be looking forward to a return visit by 4Front Theatre on 24th November.

On the Sunday, Aug 4th our morning service combines with the Methodist service and will begin with crumpets and croissants from 9.30am, and be an all age service. There will be lunch to follow.

The theme of the festival this year is, "Making a stand for Jesus", which is what we have been doing for 15 years and will continue to do.

See posters for more information.

John & Sarah Woof. 015396 25212/07837988438. Rhumes, Dent. LA10 5QJ

Sedbergh and District Lookaround

AUDIO & LARGE PRINT LOOKAROUND

The Audio Version is supplied FREE on a delivered USB Memory Stick and is played on a FREE Speaker - as illustrated.

The Large Print Version is delivered and supplied for FREE.



If you would like to receive either the Audio or Large Print, or you know of someone that would benefit or appreciate it, please contact Rosemary on Sedbergh 20540, or Colin on 20659.

A DAY IN THE LIFE OF A COMMUNITY FIRST RESPONDER

Myles Ripley

Well.... On average a day in the life of a CFR is doing nothing! We average 1 to 2 callouts a week and of course we are not on duty all the time so typically you can be on shift and not get activated.

But, having said that if your pager goes off in the middle of the night, then the adrenalin flows and you have to get your brain into gear pretty swiftly. The information coming in is only a headline and categorised as Category 1 or 2 (we don't respond to less urgent Cat 3 or 4 calls).

Cat 1 is immediately life threatening and may involve cardiac or respiratory arrest but they are rare but very urgent. Most of our calls are Cat 2 and give you a bit of breathing space to be more methodical. Our normal process having introduced ourselves to the patient and/or their family is to take a history and carry out basic medical measurements; Oxygen, pulse rate, blood pressure, temperature, glucose levels. These can give us a better understanding of how ill the patient is and, if necessary, we can ring up ambulance control and raise the priority level of the callout if necessary.

For instance we may be able to establish that Sepsis or a Stroke has occurred which require more urgent treatment. At this stage the normal outcome is that we wait with the patient until the ambulance arrives and then decides on what action to take.

TWO FREE WEEKS OF KARATE LESSONS

NO JOINING FEE!

CONTACT SHARON ON
07793 210 192
TO RESERVE YOUR PLACE
OR EMAIL
sedberghmitsurukarate@gmail.com

CLUB INSTRUCTORS
SHARON HEALEY 4TH DAN
DBS ENHANCED CHECKED
REECE HEALEY 1ST DAN
DBS ENHANCED CHECKED

Fantastic established club training
at the Hirst Centre, Busk Lane,
Sedbergh every Thursday 6-7.30pm

Most patients and families seem to find the fact that there is a professional on hand, reassuring. Those waiting times have come down more recently and, indeed, for the last call I attended the ambulance was already there!

Just to give you a flavour of some recent calls we have attended they included seizures, dog bite, unconscious, stroke, chest pains, confusion, irregular heart beat, vomiting blood etc etc.

Our team of only 4 at present tries to be on duty as much as possible but work, holidays and other commitments means that we not necessarily on duty 24/7. We have to be activated by the ambulance

service and can't just be rung up by members of the public so please go ahead and ring 999 if you are concerned by a medical situation. The call handlers are really proficient and they can assess the situation very effectively.

We are really keen that the public should be competent and confident in using a defibrillator, of which there are 4 in town and then in Milthrop, Howgill, Dent, Golf Club, Brigg flats, Killington. We would love to have the opportunity to run a free session for you in using one – just a bunch of friends or neighbours or an organised group such as WI, Scouts etc Do get in touch.

Even more so get in touch if you fancy volunteering as a first responder – you need not only willingness but a driving license. There is an application process and then initial training.

Interested – contact Myles Ripley by email mylesripley@btinternet.com

FIREWOOD & SEPTIC TANKS

David Labbate

Woodsure approved

Kiln dried soft/hardwood

Large or Small loads

**Septic Tank Emptying
And installation service**

Reliable & Efficient Service

07811372474

015396 22114



NEWS FROM SEDBERGH COMMUNITY ORCHARD

Steve Smith

There's now a beautiful new bench at the Orchard, so come and sit surrounded by fruit trees and herbs while you enjoy the view of Winder. Many thanks to Sedbergh Parish Council and Sedbergh Community Trust for their generous grants towards the bench. Thanks also to Sedbergh School pupils for building a plinth for the new bench, and also for their work clearing weeds from the stump circle and filling it with new bark.

COGS volunteers have been busy planting beech saplings behind the damsons, and weeding around the raised beds ready for more bark. The new system of just mowing paths through the grass has allowed us to enjoy bluebells, milkmaids, sorrel and pignuts, amongst other wildflowers. The long grass will be strimmed soon, and the annual hay gathering will follow. Several volunteers now have their own traditional wooden hay rakes, hand-made by Mr Rudd at Dufton.

There are about twenty apple varieties in the Orchard, on free-standing trees and also on the cordons. They are developing nicely this year, and when ripe, they will come away when given a gentle twist – better than just pulling, which could damage the tree. Try these early varieties in late August:

- George Cave, an eating apple to be enjoyed on the day as it doesn't keep.
- Scotch Dumpling, a cooker

Other apples will ripen much later. Best to keep Spartan until October when it is purple, crisp and juicy. Adam's Pearmain is another late season apple.

The Orchard also grows herbs and soft fruit, in the raised beds near the gate. They are there to be used – feel free to pick your own rhubarb, gooseberries, blackcurrants and sage, rosemary and mint.

Finally, a date for your diary – the next Sedbergh Apple Day will be on Saturday 19 October at the People's Hall.

For more information, contact Ann Parratt 07443580960 or Jacqueline Smith 01539620760

COGS Community Orchard Group
Sedbergh

WESTERN DALES BUS New Chairman Sought

Neil Cleeveley

Our founding Chair is standing down in December and we are looking for a new Chair to lead the organisation. This is a volunteer role, as are all our trustees and drivers, although we are supported by a paid part-time operations manager.

Western Dales Bus is a registered charity and limited company, established in 2012 to reduce social isolation by providing community bus services. We operate timetabled services linking Sedbergh, Dent, Kirkby Stephen and Brough with Kendal and Penrith. We also offer private hire services to charities and community groups.

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We are looking for someone with leadership and strategic planning skills and experience who can:

- Chair board meetings
 - Support fellow trustees in their roles (see below)
 - Ensure the management structure meets the company's needs
 - Ensure services provided match demand
 - Help us identify new opportunities for scheduled services and private hires
 - Review WDB's performance and passenger statistics. (We have a volunteer who helps with statistical and data collection and analysis)
 - Build links with local councils
 - Deal with any disciplinary issues
- Other board members lead on a number of responsibilities, including:
- Monitoring company's financial position and fundraising structure. This includes all aspects bus fares income, subsidies, and grants.
 - Other income generation and fundraising activities.
 - Line management responsibilities for our part-time operations manager.
 - Publicity and communications.

You do not need to have any specific knowledge or experience of the bus industry.

This is a great opportunity to make a positive impact and support our local communities. If you are interested, please contact Neil Cleeveley at neilcleeveley@gmail.com or call him on 07786 084411 for an informal discussion and further details.

Travel with us on the
Western Dales Bus



**Sedbergh
Curtain Workshop**

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POLICE REPORT

PCSO Mandy Coleman

2/6 – 1 person was arrested in the area for OPL (Over the Prescribed Limit)

9/6 – Theft of a vehicles licence plate in the area.

17/6 – Theft of a Grey Subaru from Millthrop

21/6 – Theft of scrap metal from outside a property

22/6 – A burglary was reported on Howgill Lane

24/6 – A burglary was reported on Birks Lane

Can we remind all residents to keep an eye out for suspicious vehicles in YOUR area. You know your own area, and know who is local



SHEEP SHOW AND SHEEP DOG TRIALS

SATURDAY 17th AUGUST 2024

at

BARBON MANOR PARK

Dog trials from 8am

Sheep show 9.45am

Stick Show 10.30am (enter on the day)

Marquee Lunch 1pm (tickets available from Secretary)

Children's Sports 2.30pm

EVERYONE WELCOME!

Secretary: Clare Thompson:
07590115844 / clare-93@hotmail.co.uk

SEDBERGH PARISH COUNCIL

*Janey Hassam - Clerk to the
Council*

The Council held its monthly meeting at 7.30pm on 11 July 2024. The next meeting of the Parish Council, will be their monthly meeting, commencing 7.30pm on Thursday 8 August 2024. Meetings are held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Public Space Protection Order Consultation, Westmorland and Furness Council (WFC)

Members noted WFC's current wider PSPO consultation, which already includes areas in Sedbergh. <https://shorturl.at/Jt9fb>

For example, Maryfell play park, which is a dog exclusion zone and Sedbergh Cemetery, which is a dog on lead zone. Members, therefore, are additionally asking residents for their feedback on considering adding the playing field, at Howgill Lane.

This would be a dog exclusion zone to protect the playing field/football pitch area and children's play area and, a dog on lead zone for the permissive path. Members believe this would allow increased health and safety for all users, particularly the risk of toxocarasis on the football field/play area. Members believe that the play area/field at Howgill Lane should be aligned with other public recreation grounds in the WFC area. Residents are, therefore, encouraged to complete the online consultation, referring to the playing field where possible, and/or to email/write to the Clerk with their feedback. For those without access to the online

and who is not, please continue to ring Cumbria Police on 101, our call handlers work 24/7.

We have had a couple of complaints regarding the mini roundabout at the bottom of Finkle St. Please be mindful when manoeuvring left onto Back Lane, as we all know you do have to swing out if in a larger vehicle, and those not local do not know at times to give a bit of space! Also please slow when approaching and do not speed across down towards the School; Give way to those already committed.



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Email: howgillscleaningservices@gmail.com

consultation, questions include feedback on the following; rating them 'strongly agree' through to 'strongly disagree'

- Do you support the provisions to control dog fouling in public spaces?
- Do you support dogs being excluded from football and other sports facilities?
- Do you support dogs being excluded from play areas?
- Do you support dogs being kept on leads in specified areas, e.g. along the path at the playing field?
- Do you support that dogs must be put on a lead by order of an authorised (WFC) officer?

Public Transport – Bus Service Improvement Plan Plus (BSIP+)

Members were concerned to see the BSIP+ included on the Agenda for a WFC Cabinet meeting, scheduled in Sedbergh 16 July 2024, with no prior update with the community, on the recent consultation, or their recommendations for changes to the current newly established service/s. Members noted that the recommendations did not seem to reflect the views of the public meeting

held earlier this year and hope, therefore, to have representatives at the Cabinet meeting on 16 July to hear discussions. This will allow the opportunity to feedback their views on maintaining a robust commercial service, giving increased connectivity for the community. Members remain grateful to the Western Dales Bus, for their continued service too, and hope that they can complement a commercial operator going forward, particularly the Saturday service.

Other Matters

Various other matters were discussed, including Finance, Amenities, Planning and general correspondence – including the future of the recycling area at Spar, following concerns raised by the owners of the site. The Parish Council also meet with WFC Highways, later this month, to discuss issues previously raised in respect of road safety/parking/general highway improvements.

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



SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The Governors have announced that when Peter Marshall leaves in April 2025 the new COO (Chief Operating Officer) will be Barry Bennett, a former Brigadier in the Royal Artillery and presently COO at Wandsworth College. His daughter was educated at Sedbergh.

The last week of the school year is taken up with Challenge Week. Some projects are for community benefit, others are to see pupils step out of their comfort zones to face mentally and physically demanding challenges. For instance, they dug out and laid 60 metres of raised beds planted with plum, cherry and almond trees and gooseberry, loganberry and raspberry bushes for the local community to enjoy. They made and sold 50 bird boxes for charity, and cleared and weeded the Queen's Gardens. They laid a children's trail in Akey wood. They cleaned tidied and gardened for various local churches. They dug trenches, installed pipes and shaped a pond's outline for an aquatic habitat for wildlife. They cleared balsam, wood-stained a bus shelter, pressure washed a local play area. and laid cement for a new bench and children's seating area in the Town Orchard. They improved kissing gates on footpaths. And so on!

Seven pupils completed a gruelling run of 50 km from the School, over the Three Peaks, and back to finish coming up through the Cloisters

raising money for Save the Children UK on 28th June. Other pupils completed the National 3 Peaks – Snowdon, Scafell Pike and Ben Nevis. Other pupils disappeared into the Howgills for four days for their Gold Duke of Edinburgh challenge

The new Heads of School for 2024/5 are Archie A (Evans) and Isabel G (Lupton). There is a tradition (perhaps more legend than truth) that the Head of School should wear a moustache, ride a bike in school and keep a goat. The outgoing Head of School Livia dispensed with the first two but kept a goat. On leaving she decided to donate her goat to the smallholding Restart in Kenya where there is a children's home which the School has supported since 2012. As it is not practical to donate the actual goat a financial contribution to start a goat herd is being donated.



On June 18 the School hosted the 5 constituency candidates for a pre-General Election Q&A session in the Hirst Centre

OS Paul Sidi (1973-78) cycled across the USA in aid of the Doddie Weir Foundation in June

The School hosted the BBC Singers in the School Chapel on 27th June as part of the Sedbergh Music Festival to a packed audience. This is likely to be broadcast later in the year on Radio 3. Members of the School gave a concert as part of the Festival on 18th June and the Choir performed in a service in the Church on 23rd June with the Amabile Choir.



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Cheape, the fastest Scot to row the Atlantic Solo. Leaver Joseph DeGroot sang for his last appearance as a pupil. The final event was the Fireworks at 10.30 pm and the Leavers' Ball.

The Prep held their Sports day on Busk Combe on 22nd June. The Prep School Years 6 and 7 gave two very successful performances of We Will Rock You on 20th and 21st June. In the last week of term Year 9 went for 3 days outdoor activity on Anglesey and were lucky enough to have good weather.

Music

The day after the concert by the BBC Singers in the chapel they held a workshop with the choirs of both the Prep and the upper School as well as other schools.

Following the end of term the School Choir went on tour to Catalonia in Spain, singing in such cathedrals as Barcelona, and Girona, and the basilica at Montserrat and the Monastery of Sant Feliu de Guixols

Cricket

The 1st XI matches against Manchester Grammar on 15th June were all cancelled, as were the games against ARCA Capetown on 18th June and Myerscough OT on 19th June. They lost against Yorkshire U16 on 21st June by 2 runs in the last over with a run out, and lost again against Durham Academy on 25th June by 201 runs. On 26th June against Lancashire Academy they lost by 191 runs, and on 27th June against Scarborough lost by 75 runs. It has not been a good year for

Powell Hall was used for the Jess Gillam concert on 25th June

Term ended with two Speech Days on 29th June, the Prep Speech Day at the early hour of 9.30 am and the Senior School at 2 pm. The speaker at the Prep event was Kate McMorris, a vet, who completed the Great British Vet Tret for charity, riding from John O'Groats to Land's End on her horse Mailyn, which took her three months. Both the Headmaster and the Chairman assured the parents that steps were being taken to mitigate as far as possible the effect of the removal of exemption from VAT on school fees if the Labour Government took this step. The Senior School's speaker was Henry

Educational Grants 2024/25

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2024-2025.

You must have attended Dent C of E Primary School, or your parents must presently live, full time, in the Parish of Dent with Cowgill.

Grants are made in respect of study at any School, University or Institution of Further or Higher Education approved for the purpose by the Dent Grammar School Educational Foundation Governors. The money awarded may go towards, for example: accommodation, equipment, reasonable travel expenses, field courses and placements essential to the course of study.

The Governors have the power of final decisions under the rules of the Charity. The number and size of grants will be decided at the September Committee meeting and grants made available in October 2024.

Applications forms can be requested from the Clerk:

Helen Seabridge,
Clerk, Dent Grammar School Educational Foundation,
Rise Hill View, Laning,
Dent, Sedbergh, Cumbria, LA10 5QJ

Email dgsefl@yahoo.co.uk

Closing date:

Completed applications to be with the Clerk by **31st August 2023**

Applications arriving after this deadline will not be considered.

the 1st XI both for lack of success and for weather.

It was Sedbergh's turn to hold the BOWS cricket Festival which is held each year after the end of term, involving Sedbergh, Brighton College, Oakham School and Wellington College. However the weather saw to it that it was only possible to play for half a day on Monday, all day on Tuesday when Sedbergh beat Oakham, and no play at all on Wednesday.

The first of the three Lancashire games on 14th July was washed out.

Equestrian

Prep School boy Tom will represent the Prep at the National Grass Roots championships at Hickstead

Sailing

As part of Challenge Week a group sailed from Whitehaven up the West coast and through the Scottish Isles sailing over 200 nautical miles

Athletics

Hugo and Victoria have been selected to compete for Cumbria at the English Schools National Finals in July

At the Northern Schools' Inter-County Athletics Championships Yr 9 pupil Hugo won the 1500m at the English Schools' Track & Field and set a School record. Emma came 2nd in the 100m and won the 200m and set a School record. In both. Iris set a School record for the pole vault. Victoria set a School record of 1.60 m in the High Jump.

Future Events

Pre-Season Rugby Festival 27th August 1 pm
Term starts 1st September with the new pupils arriving 31st August
1st XV v Stoneyhurst (Pre-season) 1st September 12 noon
OS Arnhem Tour from 3rd-8th September – contact Ben Collins bpc@sedberghschool.org.
1st XI v Whitgift 8th September 12 noon
1st XV v Clifton College 19th September 16.15 pm
1st XV v Ipswich 28th September 1 pm
Old Sedberghian Weekend 28th and 29th September
Bridgewater Hall Concert 3rd February 2025 5 pm

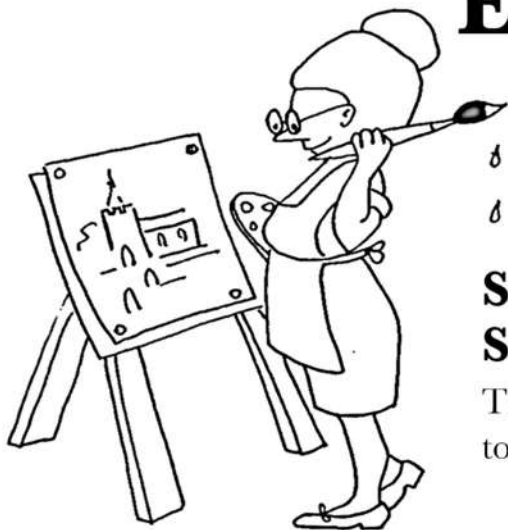
SEDBERGH ART SOCIETY. ANNUAL EXHIBITION: Thursday 22nd to Monday 26th August.

Sedbergh Art Society

Our group of keen artists are enjoying another good and productive year, with regular Wednesday and Saturday art sessions. We have had a number of excellent workshops with visiting professional artists, learning new skills and using a variety of media to produce our own interpretations of the beautifully demonstrated pictures. At other times members have worked on their own compositions in a variety of media, including oils, acrylics, pastels, water colours and inks.

Sedbergh Art Society Exhibition

2024



Sedbergh School Library

Thursday 22nd August
to Monday 26th August

Entrance free

Our members are currently working hard on finishing their pictures for our annual exhibition. Each year we take over the beautiful library of Sedbergh School on Finkle Street for the August bank holiday weekend, Thursday 22nd – Monday 26th. Members display their work from the previous year and most pictures are for sale at very reasonable prices, sometimes very little more than the cost of the frame. You could pick up a beautiful, local, original artwork for a bargain price. There are also original cards for those special occasions. Entry is free and everyone is welcome. You don't have to buy – just come to enjoy the art.

If you are not a member, but you have a secret longing to try your hand at painting, or you are already a skilled artist or anything in between, we would love to chat to you and welcome you to our group. We are a very friendly bunch, ranging from vastly talented and experienced to aspiring beginners and our sessions are fun, friendly and supportive (often with cake!). You can find more information, together with galleries of members' work on our website : <https://sedberghartsociety.org>

SLOVENIAN DANCERS IN SEDBERGH

David Burbidge



In the middle of June, 16 young folk dancers from Sedbergh's twin town Zrece drove 2300 km across Europe to perform in the Parish Church - after a pause in Stuttgart to see the Mercedes Benz factory, a tour of Paris, and a night in Calais. A journey of epic proportions. After dancing a number of traditional dances in ethnic costume in Sedbergh to a packed church, they drove on into Scotland - with a visit to see the Blacksmith in Gretna (none of them got married there!) a visit to Glasgow and then on to Edinburgh to see the city.

Before the visit, I worried that the generation gap might be too wide - I often think that differences in culture between countries are nothing compared to those that every nation shares between the young and the old. But by Sunday evening they were back in Sedbergh in time to see the England v Spain football match in the White Hart, and to join a dance there alongside many of the Young Farmers. The Slovenes got their instruments out and taught the

Afternoon Tea

Garsdale Village Hall
Saturday 24th August

3pm to 5pm
£7.50 each



Sedbergh people gathered there some of their dances - a night to remember, so I hear!

The Town Twinning Group, who are nearly all beyond the first bloom of youth, helped with arranging the dance display, providing lunch for the dancers, giving a tour of the town and Farfield Mill Arts and Heritage Centre, taking them for drinks and hosting them in their home. We also went to see the Slovenian Lipa tree (a Linden tree) which was a gift from the Slovenian embassy and is growing strong and tall in the Sedbergh Parish Church gardens.

Next year we will be celebrating our 20th anniversary since the signing of the town twinning charter on May 27 2005 and our singers have started planning a visit to Zrece to sing alongside their town choir on that Tuesday night.

When town twinning started after the second world war it was felt that if towns in different countries had a connection through twinning they would be less likely to bomb each other - the twinning between

Sheffield and the German city of Bochum is a good example, where the steel used in both towns to make bells was also found to be the best for making the bombs which reduced much of both cities to rubble. Now the cities exchange bells - with a very large Bochum bell in the Sheffield Peace Gardens in the centre of the city while in the more rural towns of Sedbergh and Zrece we have exchanged trees. In Zrece, the Sedbergh apple tree produces enormous apples in the centre of the town, and here in Sedbergh we have a Slovenian Linden and two apple trees with the inscription "may our friendship always be fruitful."

For me, town twinning represents a taste of international harmony, similar to the pleasure of singing in a choir where the different voices join together to make something more than the sum of its parts. Visits of this kind hold a mirror up to aspects of our culture which have become so familiar that we don't notice them until someone from another country marvels at how wonderful they are.



Like the way our daily rituals of making a simple pot of tea in Sedbergh - or a pot of Bar Kava (Turkish Coffee) in Zrece - becomes a complex thing of wonder!

In this vast world it is impossible to know everyone, to have a connection with all the people of every foreign land. But it is possible to have that connection with one town in one other country - somewhere where, even though it is 2300 km away, many people already know your town and the people you know from the many exchanges between school children, singers, artists, poets, historians, football players...and others. Maybe it's not quite like the old TV show Cheers about a bar "where everybody knows your name," but it is the recognition that there is a warm welcome because you are from somewhere special - the twin town.

And the world then becomes a smaller, friendlier place - as we recognise that, despite our differences, we are more alike than we are unlike.



THE ACCIDENTAL ARTIST

Sedbergh Art Society

I've always been in awe of people who, with seemingly a few random strokes of a brush or pen, could conjure up a recognisable, often beautiful, picture. It is not a skill I ever mastered. I hated art lessons at school. My teacher had no time for the incompetent or useless and focussed on those who already had that magical skill. I seem to remember spending an entire term of lessons mixing different shades of brown. I don't remember if that was the plan, or simply that enough colours mixed together always ends up some shade of mud.

I've also always wished I could draw and paint. In my mind art is a contemplative, mindful, peaceful activity – like fishing, but without the fish and maggots. During lockdown my neighbour said I should give painting a try. I didn't think there was much point, but days were long and activities few. I managed to prove to myself at least, what a waste of paper and paint it was but I quite enjoyed the experience.

Next was "You should join the art society." I was sure that was totally bonkers. I was no artist. "You must come. Everyone is so friendly." I eventually and reluctantly gave in. They were right. Everyone was incredibly friendly. No one laughed at my efforts, at least not often and only very kindly when I laughed too. In fact, laughter featured strongly, together with coffee, tea, chatting and cakes. And all the time people painted some wonderful things. They were all so talented and also so

supportive of my basic efforts. I think I have gradually picked up some skills, particularly in the regular workshops, and I have worked out what I like to paint – bright colours and trees!

The bank holiday weekend is our annual exhibition in the Sedbergh school library. I shall be there with my friends and some of my pictures will even be displayed on the walls. They certainly won't be the best. They are probably even the worst, but I have enjoyed painting them and that is all that counts.

If you too would like to give painting a go then pick up a brush and join us. I promise it will be fun. No one will judge your efforts and everyone will be pleased to see you.

SPELLBOUND THEATRE

Heather Pakeman, Chairperson

Spellbound has had a quiet year after our performance of 'Alice in Wonderland' back in 2023.

Consequently, we hope that you will be as excited as we are, to hear that Spellbound is moving forward by offering drama workshops in September 2024. These will be led by Madeleine Joseph in the Cornerstone Community Church rooms on New Street, Sedbergh.

Maddie has had a varied acting career as well as experience leading workshops. In the workshops

Maddie will be hoping to build on skills of projection and expression on stage.

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 —

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Artisan Makers' Unique Products & Gifts

— Sedbergh Town Centre —

These workshops will be over the weekend of Saturday 14th and Sunday 15th September. Saturday 14th will be from 10 – 12pm for secondary pupils aged 11-15, and then 2 – 5pm for adults (16 years +). Sunday 15th will be from 2 – 4pm for primary pupils aged 8-10. We hope that with only a nominal fee of £3.00 per session we will have a great turnout. At this point, we are unsure if this will lead to a production but it might! However, nobody should feel any pressure to do anything except have fun at the workshops.

Full details of how to apply for a place on the workshops will appear in the September Lookaround and on FB Sedbergh Community Forum. Get these dates onto your calendar and we look forward to seeing you there.

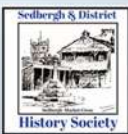
SING JOYFULLY

Anastasia Micklethwaite

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Come and meet friendly faces and enjoy singing with lovely folk who are very welcoming. Wednesdays at 7pm, starting September 11th for the 2024-2025 season.

We have concerts planned for December and late May, and our



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to 16:30 hours)

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



Sedbergh & District History Society was founded in 1980 to study, research, publish and stimulate interest in the history of **Sedbergh Dent and Garsdale**, neighbouring parishes, and in history generally.

Winter talks are held in **St. Andrew's Church, Sedbergh** or by **Zoom**. Summer outings vary from local walks to full day excursions. Our extensive archives in the Society's **History Room** are open to the public.

Four **newsletters** are published each year as well as our annual journal, the **Sedbergh Historian**.

General enquiries:

enquiries@sedberghhistory.org.uk

Zoom invitations:

zoom@sedberghhistory.org.uk

Membership:

membership@sedberghhistory.org.uk

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

Sedbergh & District History Society

The Community Office

72A Main Street Sedbergh

Westmorland & Furness LA10 5AD

**New Website
Now Live!**

programmes for this year feature choral music across a variety of genres, from mediaeval to present day, crossing world, folk, and classical traditions, as well as popular culture. We often perform with the wonderful band, 'Ruskin's View', as well as enjoying a cappella singing.

We don't audition. You don't have to be able to read music, although we do use it. Music is made accessible through recordings, lyrics and learning by ear, as well as sheet music. We enjoy fun warmups and also focus on vocal health and choral blend. Most of all we have fun! Lots to enjoy, and everyone is welcome, from complete beginners to experienced singers.

Contact Anastasia Micklethwaite for more details on 07952 601568, or contact us via our websites:

www.anastasiamickelethwaite.com
or <https://>

www.kirkbylonsdalesingers.co.uk/.
We are also on Facebook!

SUNRISE

Martin Dodds

The sun won't rise next month.
No, that's not a weather forecast.
Nor have I joined the placard-bearing
"The end is nigh' prophets. So what
am I on about?

We all know that, weather permitting, the sun appears over the horizon every day in the east, and disappears over the horizon every evening in the west. Indeed, we believe that even when we can't see the sun because of the clouds, it is still there, since daylight in some manner, comes along, and goes again.

Our way of speaking about the sun in the sky is based on the development of our human perceptions. We describe what we perceive, which may not be an accurate account of what is actually taking place. So when we say the sun rises, it is a metaphor. We all understand what is meant, but within



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the solar system the sun remains fixed at a more or less central point and does not 'move' at all in relation to the earth or the other planets. In our case, it is the earth that both moves in an annual orbit around the sun, and which also spins on its own axis towards the east, thus creating the daily illusion of the sun 'rising' in the East.

There are a couple of other interesting perceptions about how we see the sun;-

- It moves clockwise [Left to Right] across the sky.

- The sun is due south at Noon [GMT]

But in the Southern hemisphere at a similar latitude to the UK [eg Falkland Islands] the same sun

moves anti-clockwise [Right to Left], and is due North at Midday [local time]

Here again, the reality is not the same as what our brains tell us from what our eyes are seeing. It is not the sun that moves.

So what do I take from this fairly basic geography and astronomy? I suppose, a warning that what seems obvious, and which we take for granted, may in reality be quite different. With respect to the earth and the sun, it is probably only in the last few millennia that some individuals have begun to realise that all is not as it seems, and only in the last 500 years or so that the true state of affairs has begun to be understood more widely. Now, if this



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

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

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

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

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

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

can be true of such basic experiences as our understanding of days, seasons, and the earth's place in the solar system, how many more false assumptions may we be making about the rest of life?

Our brains, our eyes, and our language have developed over several thousands of years to try and make sense of what we observe, but for most of those years we have been unavoidably conditioned by an earth-bound perspective.

I suspect the enquiring mind of early man is the reason why so many cultures and faiths developed 'creation myths' to account for the apparently inexplicable wonders of nature. Alongside that enquiring mind the emotional capacity to respond,

with thanks for the availability of sustenance from the environment, and with awe to its wonder and beauty, seems to have inspired a sense that there must be some invisible, unknown 'power' behind these conditions, which should be respected. This response, eventually evolved into various forms of spirituality and religion.

Unsurprisingly perhaps, the creation myths were often carried forward into the various forms of religion.

As human intellect developed, [sporadically and certainly not universally at the same rate for all of us!], alternative ideas based on careful observation began to reveal the physical reality of the relationship

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of the earth to the sun, and gradually also something of the true nature of each is emerging. In many ways the 'scientific' explanation is vastly more unexpected and amazing than the old stories.

"It ain't necessarily so", the sceptical song that featured in 'Porgy and Bess' and which cast doubt on some of the literal interpretations of the Bible, may have a wider significance for many of the attitudes and assumptions that we have inherited and accepted without question, and which still colour human behaviour, expectations and prejudices at many levels.

Let's not go mad however. The idea that the sun 'rises' has served humankind well and is still a convenient metaphor for what is actually happening.

This may well be even more true for those ideas and convictions which cannot be tested by scientific method. The 'truth' of religions and spirituality is not necessarily denied by the revelation that some of the old myths are not literally true in the scientific sense. A sense of thankfulness, awe and wonder still feels like an appropriate response to the reality of the earth and the universe and to the emergence of life. Scientific knowledge neither proves nor disproves the idea of God, whatever way each of us understands what the word God signifies. It may however legitimately jog us into re-evaluating how we interpret our inherited stories.

Perhaps there is something more which seems to emerge. The need for caution in unquestioning

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acceptance of human perceptions as the basis for truth, suggests to me that elevating such human perceptions and historic opinions to the status of incontrovertible and unchallengeable certainties is usually premature, and may prove to be idol worship.

This does not only apply to matters of faith, but gives us the right, and duty, to challenge some of the materialist gods of this age, and their associated dogmas such as 'achieving happiness through increased wealth'; 'success'; 'fame', 'beating the competition' and so on. These attitudes and assumptions, possibly learned in some part from the 'common wisdom' of our early forbears, based on their flawed if understandable perceptions of reality, now risk distracting us from seeing and acting on the deep truths and values that significantly matter at this point in our human and spiritual evolution, and which usually lie behind many of the inherited myths and stories, if only we know both how to look and are then willing to re-interpret them.

There may yet be a new dawn.

FAMILY MUSINGS

Sarah Woof

Recently I have begun putting down on paper something I have been planning for a while, a record of our village as I have known it through my life. Looking through my parents' photo albums for pictures of the past and getting out taking pictures of now is keeping me out of mischief. It will only be temporary I assure you, life will not become staid or boring for me or anyone around me, that would never do!

Grandchildren are such a delight, at times their antics and facial expressions remind us so much of their parent who is our offspring. Obviously we didn't know the other parent as a child so can't compare. They, the grandchildren not the parents, race around our garden, play 'farming' with toy ride-on toys, and take messages on play telephones which sound very authentic. A trip to the mobile bank or a local cafe or the shop is always greeted with great enthusiasm especially when ice cream is involved.

There has been a spate of committee meetings of late, and in the main they have achieved good results, some things have been planned and others brought to fruition. It really annoys me though when people have a lot to say, usually negative, beforehand, then hardly speak at a meeting! And I do understand it isn't always easy to speak up in public or to hear one's own voice, it can be tiresome to hear other voices at times, why add to it? But if things are not aired at these

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meetings, especially differences of opinion, it dilutes the effectiveness of the decisions made. As the members get to know each other it is easier to 'say what you think' and say it with kindness.

The school holidays are upon us, hopefully the weather can remember it is summer and give us endless days of sunshine. There is much to do and fun to be had: enjoy it all and hopefully make lots of happy memories to look back on in the future.

SEDBERGH COMMUNITY SWIFTS

Tanya and Edmund Hoare

Early August is when our swifts usually leave us to begin their long migration back to Africa, and the skies fall silent once more. It is so sad to see them go and how quickly the 3 months that they are with us passes. They spend longer on their autumn migration than in spring, presumably because they do not have the urge to breed. They can take up to 3 weeks to return to central Africa, to the Congo.

However there may still be some swifts around until the end of the month, if our Lowgill birds are anything to go by, as we once again have a late breeding pair. They are still incubating eggs, at the time of writing (July 15th), and are due to hatch any day now, at the same time as our oldest chicks should fledge! That is quite an overlap between the very early arrival pair and the late pair. Most of our swift chicks are likely to fledge in the final 10 days of July of first week of August, as is usual.

The weather in July has been just as cold and miserable as June, which is not good at all for swifts. We have seen fewer screaming parties and less banging of the nest sites – when the immature non-breeding birds fly up to nest sites and cling on momentarily. They are practising their technique for future years. The adult swifts tended to stay longer in the nests, presumably to keep the chicks warm, rather than spending all day foraging for insects. As soon as the weather improved however, even a few days of warm sunshine, back they all came and we were treated again to wonderful displays of aerial fly-pasts. We suspect that these parties of swifts whizzing around in formation are a socialising activity, which doesn't happen in poor weather.

Once again we have able to do a successful fostering. A chick was brought up to us from the Penrith area, and luckily we had a nest with a singleton of exactly the same age, 10 days. One of the eggs in that nest had been accidentally knocked out by



the parents. We put the new chick in the nest while the parents were out foraging for insects and the two bonded together straightaway. There is no problem with the parents accepting and feeding the new sibling, so this was again a perfect solution for rearing fallen or abandoned chicks. The picture shows the 2 chicks at around 12 days of age, before the feathers have emerged.

A remarkable result was seen in four of our nest sites where 3 eggs had been laid. The 3rd chick to hatch in each case was very much smaller – extremely tiny by comparison with the other two siblings. In such cases the tiny chicks can't compete with the large ones for food when the parents bring it in, and we were convinced that they would die. Incredibly, against all expectations, all of them have survived, are thriving and now 4 weeks old and we can't tell them apart.

Swift Awareness Week kept us busy with groups booked in for some mornings of panoramic swift watching. Although the weather conditions were not the best they could still watch plenty of swifts flying

in and out of their holes. And people are always fascinated by our set up of cameras, TV screens and nest sites in the bathroom and bedrooms as well! There were over 70 events taking place around the country, to explain about swifts, the threats they face, and what we can do about it.

It's never too late to put nest boxes up, ready for next year, so do get in touch for help and advice.

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PLASTIC TREE GUARDS

Zephie Begalo YDNPA

The free app, Plot that Plastic, is a citizen science project aimed at building a UK-wide map of where old and new plastic tree shelters are located in the environment. This data can then be shared and used to help facilitate their future removal and locations of recycling hubs across the country.

The app was developed by Forestry Commission Woodland Officer Katie Goldsbrough, on behalf of the Forest Plastics Working Group, a conglomerate of organisations working in the forestry sector, in response to growing concerns over woodland plastic pollution.

Members include the Forestry Commission, Essex Forestry Initiative, Essex Wildlife Trust, and Yorkshire Dales Millennium Trust.

People can download the Survey 123 app to their phone or access it via their desktop, where they will be able to easily record the location of the tree shelters, their condition and other indicators that will help with the mapping process.

People can find out more by visiting the Forest Plastics Working Group website <https://bit.ly/plotplastic> and get plotting that plastic!

This app has been years in the making according to Katie Goldsbrough: "I am very excited for this project to finally launch," she said.

"As a citizen science project, everyone and anyone can get involved. This will hopefully allow the project to get a wide-ranging data set

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of where plastic tree guards and shelters are in the environment.

“I hope that it can make a difference to the forestry sector and that we can eventually stop plastic tree guards and shelters from adding to the wider environmental issue of plastic pollution entirely.”

Mike Appleton, Woodland Officer at Yorkshire Dales Millennium Trust, added: “The Plot that Plastic app is an exciting new phase in our mission to remove and recycle woodland plastic. Alongside Tubex we have already established recycling hubs across the country and last year successfully removed 350,000 tree shelters to be recycled.

“The app will enable us to expand the operation by establishing new recycling hubs and supporting landowners and woodland managers in removing unwanted plastic. We encourage everyone who spends time in the countryside to download the app and help us plot that plastic!”

People can find out more here:
www.forestplasticsworkinggroup.co.uk

k

Forest Plastics
Working Group

NOTES FROM DENT STATION

John Carey

With the latest round of works completed in mid-June the station is indeed looking at its best and providing a spectacle for those on passing trains, many with cameras pressed against the train windows. However, adding to the spectacle is the vast array of wild flowers which now cover the grounds. This is particularly so this year, probably as a result of the exceedingly wet months experienced earlier. The common spotted orchids absent last year have made a welcome return in their profusion. The decision was



made to leave the majority of the grounds to 'wild', only hard strimming in August, and this has paid dividends. Of course, the land is ungrazed which helps.

With all that has been going on at the station I have, at long last, managed an overdue visit to try the new weekday 563 bus service from Kirkby Stephen, travelling right through to Kendal. It is nearly 10 years since it was last possible to travel this route in a full-sized bus (other than the Kendal College bus) and, indeed, I was a passenger on the final week of operation by Grand Prix way back in November 2014. It was in 2014 that subsidies were finally withdrawn for most services in Cumbria and the operator decided that it was not possible to run commercially. Of course, Woofs continued running their W1 service from Sedbergh to Kendal on a commercial basis until even that ceased which, of course, prompted the Westmorland and Furness support for a reinstated 564 (or 563 as it now is).

The section between Kirkby Stephen and Sedbergh is never going to be commercially viable and yet is the most impressive for scenery. There were only a few



onboard when I travelled but it quickly filled up when the bus reached Sedbergh. I suspect that the reason for running the bus through this relatively sparsely populated area is to position buses at each end of the route, Sedbergh and Appleby, and an imaginative use of two schools' buses. It has also recreated the trunk route once provided by the combined erstwhile 563 and 564 services which effectively connected end-on in Kirkby Stephen. But what a journey it is! Surely it must rank amongst one of the most scenic bus routes in the country and should be on the must-do list for the intending visitor. OK, I realise that there might be a few other contenders in the nearby Lake District and Dales. In any event, scenery is far better appreciated from the comfort of a bus than through a car windscreen!

It is increasingly recognised that the visitor economy is important to the Dales and public transport has risen up the agenda of the National Park. There are many without access to a car who wish to visit the area and those who simply wish to travel in a more sustainable way. A daily bus service covering at least the trunk routes is therefore essential. It



is also necessary that residents are able to get to work and education. Whilst the present service doesn't quite serve that need, it is but a building block to services at the beginning and end of the day. Attending quite a few meetings on tourism as I do, the shortage of workers in the hospitality industry is a hot topic. Housing and the lack of public transport are often quite rightly cited as amongst the reasons for the shortage.

Meanwhile, visitors are, without doubt, increasing on our railway, perhaps not unsurprisingly, many come for the scenic ride. After all, who would blame them? Many start their journey at Settle possibly having ironically just driven from Leeds only to be surprised to see that is where their train has just come from. For that reason, we do try to refer to the line as the Leeds-Settle-Carlisle where we can, although even back to Midland Railway days it was known as the Settle-Carlisle and the name sticks. This is explained by the fact that Settle is where the 'newer' line to Carlisle branched off the existing line to Lancaster. There is, perhaps, a marketing challenge to overcome here.

However, the increase in passengers has served to highlight the inadequate carriage stock often

with 2 carriage sets appearing instead of 3 or 4. This is symptomatic of the ageing 158 fleet most of which are approaching 40 years' valiant service and frequently in for maintenance. Despite our protests there would appear to be little that can be done about this in the short term except to ensure that our resource is not transferred to other lines as an expediency. We do keep a daily check and monitor all services. No doubt this will be something to occupy the minds of the new incoming government.

We continue to see a number of cancellations due to train crew resource which, despite promises, would seem to be an ongoing issue. Whilst additional staff were recruited and trained, this has been countered by staff leaving to other companies and higher than normal absenteeism. Coupled with this, the industry has several challenges to overcome with a reliance on 'rest day working' agreements. In the past these were looked upon as an advantage to both employee and employer; it enabled rail workers to supplement their income with overtime working. Thankfully no further strike dates have been announced although dispute remains unresolved.

The new Saturday service from Manchester to Ribbleshead seems to be doing well, justifying the confidence of the promoters. This is very much a trial but, if all goes well, may extend further up the line and to operate on other days. Above all, it puts a passenger service back onto the little used Clitheroe to Hellifield branch. Quite a few folks have already realised the possibilities of



reaching Manchester from the north with a change at Hellifield and a handy way of reaching the airport.

We were recently invited to meet with Network Rail and learn something of the ongoing challenges faced by the railway industry. Amongst other issues, landslips are increasingly common due to changing weather patterns and also the management of trees. The removal of trees can be a double-edged sword for, as it reduces the adhesion problems caused by autumn leaf-fall plus removes the risk of fallen branches, it can also have the downside effect of destabilising the soil structure. The harvesting of trees on some of the adjacent forestry plantations can also dramatically increase surface water run-off. In previous times, perhaps 10% of the forest would be harvested at any one time but these days there are economies in wholesale tree removal with the resultant environmental impact. Such has occurred at the north end of the line where water run-off from the hillside has caused a slippage. However, another incident concerns a badger set which has potentially undermined the embankment close to the track and will require attention. The badgers are oblivious to the 'No Trespassing' signs.

We have also been advised as to a major bridge replacement on the West Coast Main Line outside Penrith due to take place next year. This will result in the necessary closure of the WCML for a short period during which time it is expected that the Settle-Carlisle will



be used as a diversionary route along with the Clitheroe branch. There are plenty of train paths available but, of course, this will necessitate a diesel engine to be attached to the electric train. It has also brought into focus a longstanding question of whether the line speed, currently 60mph, could be increased to 75mph.

But back to our local services, the Saturday S1 Western Dales Bus 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 for bus running and times.

Scrap Collected

Ring Kev

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I should also remind as to 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 in 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 Garsdale Station at 1055. The government sponsored £2 single fare cap applies to all local 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 For rail journeys please consult www.northernrailway.co.uk which will also give details of any potential disruption. If I can be of any assistance on any bus or rail matter, please feel free to contact via john.carey@settle-carlisle.com and I would be delighted to help.

GARSDALE IN THE 1930'S

Colin Cowperthwaite

A few more extracts from my copy of a 1930's 'Handbook for the Visitor and Tourist', compiled by Frederic Riley.

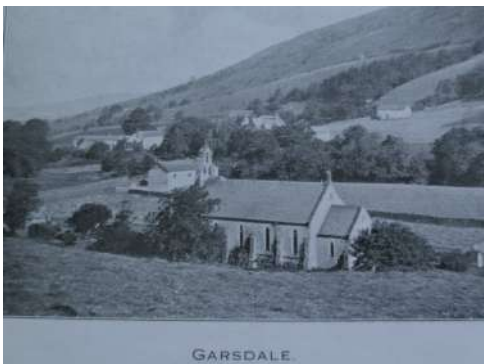
The Garsdale valley - the main route to Hawes and Wensleydale from this part of Yorkshire - is entered at the east end of Sedbergh, by the road which runs northward to Kirkby Stephen. Two miles from Sedbergh the road winds over the breezy heights of Longstone Fell, from where there are uninterrupted views. Cautley Crag and the rounded contours of the Howgills comprise a notable picture, especially when seen against the setting sun. The track of the Pennine Fault, which here crosses Garsdale, bringing the Silurian rocks against the mountain limestone, is clearly visible. There is much glacial drift in the neighbourhood, several exposures revealing a sandy clay full of pebbles and ice-borne boulders.

Although having much in common with Dentdale, the geology of Garsdale presents certain fresh features. The mountain limestone, which forms the curiously water-worn bed of the Dee along Dentdale, dips below Garsdale, exposing the more recent Yoredale rocks over which the Clough flows for several miles. The undulating character of the valley west of the village is largely due to glacial deposits.

Over Longstone Fell the road enters between the heights of Baugh Fell and Rise Hill, the summit of the latter presenting a remarkably straight and unbroken line for several

miles. The river Clough winds its devious way along the valley, and the erratic course it pursues has involved the building of many bridges. Several of these structures, especially towards Garsdale Head, are extremely well built; a necessary provision to withstand the onslaught of the Clough when in angry mood. Previous to the great flood of 1889, which wrought incalculable damage, many thousands of pounds had been expended on bridges which, sooner or later, were washed away.

A branch road passed on the left is the cart track into Grisedale, a scattered hamlet of farmsteads hidden away amid the hills. The river Clough rises beyond Grisedale, where it is known as Grisedale Beck. Although Grisedale possesses less than a dozen dwelling houses it has its Methodist Chapel, a building that has been the scene of many enthusiastic services and meetings of which the older dalesfolk love to recall. Even today, Grisedale's special services attract worshippers from a radius of many miles. At one time the hamlet had a Friend's Meeting House, the outcome of a visit paid by George Fox towards the end of the 17th century. The building



has long since gone, but the little burial ground may still be seen. Grisedale and its adjoining lands were once a possession of the monks of Jervaulx Abbey.

From Black Moss tunnel, which has its northern entrance above Raygill, the railway line onward to Hawes Junction is terraced upon the hillside and runs almost parallel with the road. During the making of the tunnel and the construction of this portion of the line, more than 300 persons occupied a temporary village of wooden huts upon the fell at an elevation of 1300 feet above the sea level. From here there was a tramway, 600 yards in length, down a steep incline to the Garsdale road. This mountain tramway was the scene of a tragic occurrence in 1873, when owing to the breaking of the hauling rope, a number of wagons dashed downhill. Three persons were instantly killed, their remains being interred in one grave at Garsdale churchyard.

The gradually ascending road onward to Garsdale Head attains a height of 1028 feet near the station, where the old coal pit road leading to Dent begins. A mile from Garsdale Head along the main road is the point where three dales meet; an important watershed on the very "backbone" of England. A local shower may here contribute water to three different rivers, as in addition to the Clough, both the Ure and the Eden have their beginnings not far away. Where the Garsdale valley terminates, Wensleydale begins; while northward is the road through Aisgill and Mallerstang to Kirkby Stephen. At the



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Engine drivers have no affection
for the neighbourhood, and during
winter it is here where the snow
plough finds its most difficult task.
Owing to its exposed situation,
Hawes Junction receives the brunt of
every storm, and the gales which at
times sweep along the valleys seem
to gather increased violence here.
From Garsdale Station the line
northward crosses the Dandry Mire
Viaduct, 700 feet in length, and runs
along Mallerstang at the foot of Wild
Boar Fell. When Phillips compiled his
geology of Yorkshire, this district
seemed so far removed from railway

enterprise as to warrant his prediction
that the deep solitudes of Mallerstang
were never likely to be broken by the
steam-whistle. But what the great
geologist prophesied as little likely to
come about has since been
accomplished. The railroad has
penetrated this mountain region, and
today the steam-whistle is one of the
familiar sounds of the valley.

An interesting circular tour along
the border country of Yorkshire and
Westmorland may be had from
Hawes Junction by way of the
Garsdale Valley to Sedbergh, thence
by Cautley to Kirkby Stephen,
returning by Mallerstang; a total
distance of 35 miles.

RAVENSTONEDALE WALK Sedbergh History Society

Karen Bruce Lockhart

Disappointingly the Society's walk round Ravenstonedale was done in pouring rain. It is an interesting small village with 60 listed buildings, of which one is Grade 1 and two are Grade II*, which is a large number for a population of only 594 in the last census. Like many villages it suffers from second homes and houses that are only occasionally occupied, but has a thriving community.

The walk started in the Church which is a Grade 1 listed building, and is particularly interesting for being an example of a Protestant 18th century building with very plain oak box pews facing inwards. It is

unadorned apart from a few later stained glass windows. One of the windows is dedicated to Elizabeth Gaunt (nee Fothergill, still a local name), the last woman to be burnt at the stake – for treason. It has a three decker pulpit with the top layer for the bishop. It is surrounded by a very large churchyard which contains what is thought to be the base of a celtic cross just outside the porch. The church serves a large and scattered parish which includes Coldbeck, Newbigging, Bowderdale, Brownber, Greenside, Stennergate, Wath and Weasdale. Behind the Church are the ruins of a Gilbertine Priory, an order which is unique in being purely English

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Adjacent to the entrance to the Churchyard is a building which was originally an endowed Grammar School. It has come gradually down in the world in terms of use, having been a Primary School until 2015, and is now a nursery. Because of its endowment it can only be used for educational purposes.

The original road ran to the south of the churchyard and passed by the King's Head Inn. The present road passing along the river and the east of the churchyard is of later date. Between the churchyard and the main street stands the Vicarage, a Georgian building. Further up at the corner of the main street is the Black

Swan Inn with three cottages built behind

The weather was such that after walking up the main street and admiring the cottages the walk was adjourned to the former High Chapel, which was built about 20 years before the present Church. The High Chapel has always been used by Dissenters, and from the early 19th century by Congregationalists. It is now used as a village hall. Here a large number of photographs of local buildings were shown and talked about.

One interesting building is a small stone hut or shed which stands at the top end of the main street on the edge of a green. This was built to

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house pigs on the ground floor and hens above. The hens kept the pigs warm, and the pigs kept the foxes away from the hens. There are apparently two other such buildings in the neighbourhood.

The Society thanks Jackie and Caroline who led the walk on such an unpleasant day. There was clearly more than enough which we didn't see to justify a second visit in the future.

A REMARKABLE YORKSHIRE ATHLETE

Karen Bruce Lockhart

Beryl Burton OBE was born Beryl Charnock on 12th May 1937 in Leeds. She was at the top of her class at school when suddenly as she sat the Eleven Plus she was rushed to hospital with Sydenham's chorea (jerky uncontrolled movements) and Rheumatic Fever. She was paralysed down one side, barely able to speak and unable to control sudden movements. She spent 9 months in hospital and a further 16 months in a Home where she was not allowed family visits before she was finally allowed home.

On leaving school she worked in a factory and there she met Charlie Burton who one day invited her to go on a Club Sunday bicycle run. She was not very good at first, but by her third year with the club she was leading the way. She married Charlie Burton in 1955 and by 1957 had gained her first national medal, silver in the 100 mile individual time trial championship. By 1960 she won the World Road Race championship. By the end of her career she had won 122 National Championships. 15 World Championships including 7 gold medals, and broken numerous domestic and world records.

Throughout her career she remained an amateur. She was approached by Raleigh but turned them down despite competing against cyclists from countries like the Soviet Union, East Germany and Belgium who were training full time. She would worry while racing whether she would get a puncture and be unable to replace the tyre out of her next week's wages. She continued to work full time on a rhubarb farm which kept her fit. She trained at night behind lorries and wagons on the A1.

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The apex of her career was winning the women's Road Race Championship in 1960 at Sachsenring near Leipzig when she came in 3 min 37 sec ahead of the field, a margin that male racers of the time could not achieve, and that after having won the 3,000m pursuit on a few days before with a world record. But her most famous race is probably the 12 hour time trial in 1967 when she set a record of 277.25 miles, beating the men's record by 0.73 miles. She is said to have offered the man in the lead, who was setting the men's record, a liquorice allsort as she passed! Her record stood against the men for two years.

Tests have been carried out which show that with modern equipment and bicycles her times and records would have stood the test of time and beaten the modern cyclists

She suffered throughout her life from heart arrhythmia, and against medical advice continued to race and ride till her death. She competed with and against her daughter who also won a world championship. She died out bicycling delivering invitations to her 59th birthday on 5th May 1996.

50 YEARS AGO

Colin Cowperthwaite

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

Call to the North

A Summer Sunday Special programme was held at the United Reformed Church Hall last Sunday as part of the Call to the North campaign. The event, which was very well attended, was organised by the Rev. E.P.E. Long and Mr Sandy Roy. The primary object of the exercise is to foster fellowship between summer visitors and local residents. The Rev. Long fulfilled the duties of MC, and Mr Roy accompanied community hymn singing at the piano. Soloist was Mrs Dorothy Pratt of Cautley, and two young Sedbergh girls, Judith Dixon and Janet Braithwaite, sang religious songs to guitar accompaniment. Slides of local and Lakeland scenery were shown by Mr Jack Lewis. Ladies of the CTN committee served refreshments to the congregation.

Local Painter

A former Sedbergh man, Mr George Stainton, is to have his first exhibition of paintings at the Golden Lion Hotel at Sedbergh between August 26th and 31st. Mr Stainton, who is a Ribble bus driver at Bootle, was born in Sedbergh and spent most of his life there.

He began painting 50 years ago and went to Bootle Art School. Five years ago he took up painting seriously. "I believe in absolute detail", he said. "I decided to see if the public likes the detail. If they do, I will keep to this particular style". A



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landscape artist, Mr Stainton paints mainly Lakeland scenes. His paintings will be for sale at prices ranging between 6 and 30 pounds.

Junior Titles for Sedbergh

Sedbergh youngsters - qualified by birth to compete - figured prominently in the Westmorland Junior Tennis Championships held in Kendal last week, providing both finalists in the boys' singles and the winner of the girls' singles. In the boys' final, M. Towler beat his doubles' partner B. Sedgwick 6-0, 6-2, and in the girls' event, J. Bracken defeated K. Rothwell of Levens 8-6, 6-1. Nearly 50 youngsters from Cumbria, Lancashire and Yorkshire competed in the tournament, which in addition

to the county championships, included nine open events. The event was staged on the Kendal High School Courts throughout the week, with finals on Friday and Saturday. There were some closely contested finals after which Mr D.A. Worsley, President of the Westmorland LTA, introduced Mr D.N.J. Dixon, chairman and managing director of Lakeland Motor Company, the tournament sponsors, who presented the trophies.

Following in Brother's Footsteps

A 17-year-old Sedbergh girl has followed her brother's footsteps by joining the R.A.F. She is Grace Cornthwaite, of Maryfell, Sedbergh, a former pupil at Settlebeck School,

who has been accepted for training at Hereford as the military equivalent of an air hostess with Transport Command. Her brother, Philip, has been an RAF dog handler for the past three years, and has seen service in Ulster and Cyprus.

Grace was for a time Sedbergh's temporary Gazette correspondent, a job she shared with three other girls from her school while the present correspondent, Mrs Freda Trott, was in America two years ago. Grace's father, Mr Tom Cornthwaite, is the manager of Sedbergh's cinema.

Sedbergh Boy hopes for Test Place in Australia

Hoping for a place in the England Schoolboys rugby union test side against Australia at Sydney on August 17th is Philip Harper, of Holmedale, Sedbergh. Philip, who is Captain of Rugby at Sedbergh School, played for Yorkshire Under 19's at centre last season and was capped three times by England against Wales, Scotland and France. Having played in three of the four games so far on the tour, all of which have been won, Philip is strongly tipped for selection in the international. Also included in the England tour party of 25 are two other Cumbrians, C.S. Halston of Workington and P.A. Smith of Whitehaven. The second test will be played at Brisbane on August 31st, and the party return to England on September 3rd.

Sedbergh Girl wins Crufts 'First'

Ruth Fletcher, the 15-year-old Sedbergh schoolgirl who groomed and trained her mother's Irish setter

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to championship standard, gained a first prize at Crufts Dog Show on Saturday. And when the judges announced that Meiklestone Red Breeze had beaten 17 other dogs in the Novice Class, Ruth, who is a pupil at Kendal High School, was so overwhelmed she burst into tears. Breeze, who is not quite two years old, also came sixth out of 19 in the special yearling class. The win makes Breeze eligible for next year's Crufts.

The Fletchers also hope to enter her in one or two other shows this year. But when the season ends, the dog will take a break from work to concentrate on producing her first litter of pups.

DENTDALE HEAD TO FOOT Strawberries & Cream with Scones!

Andrew Povey

The Memorial Hall in Dent was as very good place to be to get out of the rain on Saturday afternoon (6th). Dentsdale Head to Foot put on delicious tea of homemade scones, jam and cream. and strawberries and cream. No-one could resist!

Over 40 people came to support the event. Generous gifts of prizes meant the raffle was a great success with over 10 prizes ranging from bottles of wine to tins of biscuits and chocolates. A traditional 'How many sweets in the jar?' competition had most people guessing too high!

Everyone enjoyed the afternoon and funds were raised for the over 60's Xmas dinner which is a longstanding community event in Dent in December.

Our next event , on 6th September, is a Fizz n' Fruits social afternoon. On 4th October our next speaker is Richard Gledhill, who will speak on Dales Days in the 1940's. Look out for more details on the posters and our facebook page.

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

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LUNE VALLEY GROUP W.I.

Audrey Hoggarth

The meeting was held at Howgill Village Hall on July 4th, hosted by Howgill and Firbank W.I.

Our Howgill and Firbank W.I. President, Sarah gave a warm welcome to everyone, Chairman Karen Hanks, W.I. Advisor Sarah Middleton, Rachael Edmonson with the W.I. Shop and the speaker John Dawson. Also, to members from Barbon, Casterton, Killington, Sedbergh and all our visitors.

Apologies were received from Dent W.I. and Kirkby Lonsdale W.I.

Before we stood to sing 'Jerusalem' Sarah dedicated it to our dear friend and valued member Ann Kendal. Ann was taken tragically after

a short illness, our thoughts and prayers went out to Clifford and family as we sang out to Ann.

Karen updated us on events coming up in the Federation Calendar.

Sarah introduced our speaker, John Dawson, who many of us watched on the BBC Series 'The Yorkshire Lakes and Dales', and who talked about the struggles and life facing farmers in the Dales. Wendy, from Killington W.I. thanked John for a most interesting evening giving us an insight into farming life.

Refreshments were served followed by drawing of the raffle.

Casterton will be hosting next year's meeting. Everyone was wished a safe journey home.



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

Christine Drury

The end of June and the beginning of July were a very busy time for Killington WI. It began with our coffee morning in Saint Andrews on June the 26th which was well attended and boosted our funds. Then on 2nd of July we enjoyed our annual garden party at Sally's beautiful home. To call it a garden party was a misnomer, given the inclement weather, but that did not dampen our spirits. Instead we decamped indoors and all fourteen of us were able to sit comfortably around a large dining table. This made for a convivial atmosphere. We made short work of

a wide variety of sandwiches and cakes followed by strawberries and raspberries with cream a la Wimbledon

On July the 4th several of our members responded to an invitation from how Howgill and Firbank WI to join them at a group meeting. We were amused, informed and delighted by the anecdotes of their guest speaker John Dawson. He took us on a nostalgic trip through his family's history and the local area. Many members might have seen him on TV in country and farming programmes. After his talk Howgill WI laid on an irresistibly delicious supper. It would have been impossible for anyone to leave hungry.

Finally at our regular meeting on 9th of July we welcomed doctor Robin Mcilveen to talk on great scientific disasters. He gave us the most erudite and eloquent talk on four particular disasters. The one that captured our attention the most was the sinking of the Titanic. Doctor Mcilveen impressed us with an abundance of facts and figures to support his thesis that pride and size can mask vulnerability allowing the unthinkable to happen.

The second disaster was the Windscale nuclear accident in Cumbria in 1957. While the fire that engulfed this nuclear power station was not as bad as the more widely known Chernobyl disaster it was still a horrifying event.

The ozone hole was the 3rd disaster. "Don't go out in the midday sun" was the message doctor Mcilveen stressed as he explained the danger of the hole in the ozone



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layer. It may be many years before damage actually shows.

To conclude his talk doctor Mcilveen described in vivid and devastating detail the effects of a nuclear winter. Upon hearing how this would cause the extinction of all life on earth we were only too ready to welcome afternoon tea after Susan had offered our thanks to our learned speaker, a cake with lit candles was the centrepiece for our 80th birthday greetings to Joyce.

We then turned to matters on our agenda. There were eleven members present with several apologies. We noted forthcoming birthdays for Diane, Sally, Barbara Lee and Barbara Hartley we scanned the newsletter for any information about

coming events that applied to our WI group. Maggie and Pat said they would be attending the literary lunch. Joyce spoke about our outing on the 11th of July to Orton to visit Jackie Hawks dolls houses and have lunch at the Orton cafe we also intend having a day out on 10th of August when we will visit Daisy Clough's tea room and nursery.

After finding that Susan had won the competition and Dilys the raffle, Susan closed the meeting. Our next meeting will be on the 10th of September since we are having a break in August. We love receiving new members so you would be more than welcome to join our friendly bunch in the committee room of the Peoples hall.

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SEDBERGH W.I. REPORT

Moira Folks

'On June 20th our walking group decided on a morning walk of around 5 miles. Setting off from Orton village centre, not far from J38 of the M6 and Tebay, the route went off along paths mainly across fields to the east via Scarside to the Gamelands Stone Circle for a coffee break. Most of us were unaware of this large, ancient and accessible circle's existence and that a new parking area has been created close by on the B6261 road to Raisbeck from Orton at the lane end. Refreshed by their coffee, the group then circled south to return to Orton by way of Coalflatt Bridge and Martinagap following paths, minor roads and lanes. On that section there were many stops to enjoy fields of wildflowers and clusters of common orchids in the roadside verges. A visit to Kennedy's Fine Chocolate Shop Café followed the walk, where the group enjoyed warm

cheese scones with cream cheese and chutneys together with coffee or pots of tea before heading home.' Many thanks to Anne Pitt for her report on the walk.

With Sedbergh Music Festival in full swing in late June, Valerie suggested that instead of travelling away for lunch club on 27th June, the group could meet for a quiche and dessert lunch at St Andrew's Church, staying on for the Highway Cello Recital by Kenneth Wilson in the church afterwards if they wished. As well as playing several beautiful pieces of classical music for cello, interspersed with his own poems, Kenneth told us a little about his long cycle ride from his home in Cumbria to Rome on his bike, specially adapted to carry his cello, which he played to audiences along the way – hence the name of his act: Highway Cello.

We had a fascinating evening in the People's Hall on 10th July when Marilyn Hale, who teaches various crafts, showed us how to make pendants with fused glass, displaying a selection of varied pendants she had made previously. She had used paper plates for each of us to display 2 pieces of coloured glass of the same size and shape which we would stick together with special glue to form the base of our pendants before decorating them with a selection of little pieces of glass of different colours, shapes and grades, which we stuck on the top layer of glass. We then used masking tape to stick our pendant base to the paper plate so she could take them home with her to fire in her kiln. We have NO IDEA yet how they will all turn

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out! It would be fun to display them all together sometime. Louise, our president, thanked Marilyn for a great evening which we had all enjoyed.

The book club met at Anne Pitt's home the next day to discuss 'Other Paths to Glory' by Anthony Price, first published in 1974 and the winner of the CWA Gold Dagger Award; it was later shortlisted for the Dagger of Daggers Award for the best crime novel of the last 50 years. We had great hopes for this book which had received such an accolade but were sadly disappointed. Set partly in the trenches of the Somme battlefields in World War I, and in England after World War 2, it concerns a young military researcher who gets involved in some mysterious aftermath of the

war. Although the book was well written, it tended to get bogged down in lots of military terminology which made it hard to follow in places. The average score of 4.5/10 shows our dissatisfaction. Anne's cheese scones, tea and Swiss roll scored much higher in our estimation!

Our next meeting in the People's Hall committee room will be on Wednesday 14th August at 7.30pm when Jenny Wilson will be speaking on the subject of 'William Wordsworth: The Man behind the Poetry'. Visitors and new members are always welcome. For further details, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Valerie Welti, on 07969 376649.

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DENTDALE W.I.

Thelma Belfield

In my last report I mentioned the daffodils blooming everywhere and now almost 3 months later we are in high summer and despite the rain and clouds our gardens are filled with summer flowers. Our activities over the last three months have been varied. In May we welcomed Jon Abatt, who gave us an interesting and informative talk entitled 'Offshore Wind'. Jon explained that increasing offshore wind power generation is a key element of the pledge to fully decarbonise the power sector by 2035. The development of Offshore Wind sites began in 2000 and the UK now has more than any other country in the world with the exception of

China. SSE Renewables, the company Jon is employed by, will invest £12bn over the next five years to increase the current amount of energy produced from 4GW to 12GW. One GW powers more than one million homes. He explained the process of building an offshore wind farm, including the challenges of the planning and environmental considerations, especially the impact on seabirds. He concluded by saying that although great progress has been made in recent years, the next few years are critical if the UK are to achieve the target of no more than 1.5 degrees of global temperature rise

In June we had a social outing to Muncaster Castle including a tour of

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the Castle, exploring the extensive grounds, the Owl and Raptor Aviary and watching an impressive display by the birds of prey. The castle has a long history dating back to 12th century. It is thought that the original site may date back to Roman times but today it is privately owned and is still a family home. The display by the birds of prey included a bald eagle, so called because of its totally white head. Two hawks and two vultures also demonstrated their flying skills. It was a good day out and the weather was actually kind to us. This brings us up to date and events for July, including our monthly meeting and our fund-raising mini market. Our speaker this month was Veronica Whyment. Veronica has been visually

impaired from a young age and the topic of her talk was 'Living with a guide dog'. Veronica's no stranger to Sedbergh and Dentdale, as her work as an archivist had brought her to our part of the world. Initially working with Sedbergh School and subsequently with David and Anthea Boulton in publishing their books on local history. She began by telling us of her life before she had a guide dog. How she needed to use a white cane to move around, and how the limitations of this were both physical and social. It was when she started at university that she applied to have a guide dog. Having obtained a place at St Andrews University and about to move into student accommodation, she applied for and was successful in

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being allocated her first guide dog. This had been a very stressful and complicated experience as there is always a long waiting list for the dogs. The dogs are very thoroughly trained and great care is taken to place the right dog with the needs of its owner. Labradors and Alsatians are amongst the dog

breeds trained to be guide dogs. Veronica had requested a light coloured dog as she does have some limited vision for lighter colours. She needed a dog that would walk at her pace, not respond to music by barking or howling, as she sang in a choir and of course, adapt to her student lifestyle. In December 2003 she met her first guide dog whom she named Tansy. It was exciting but

nerve wracking and ultimately life changing and cost just 50pence. Guide dogs are provided free of charge, but this small charge is made simply for ownership. The cost today to support a guide dog from birth is approximately £55,000. The Guide Dogs organisation is funded solely by donations. Veronica faced a steep learning curve. In addition to sitting exams at university, she was doing daily training sessions learning to care for her dog. St Andrews were very helpful accommodating her and her guide dog and her life changed quite dramatically. Prior to owning Tansy, people were quite distant but having the dog changed all that and people became much more friendly and chatted with Veronica and her dog. Life was not always smooth.

When she took up a place at Glasgow University for further education, finding accommodation with a guide dog became a challenge. Prior to 2010 landlords generally would not accept animals in their property. A change in the law – Equality Act 2010 has prohibited landlords from refusing to lease accommodation to anyone who requires a guide dog. Once Veronica commenced her working life, she travelled all around the UK and Tansy adjusted well to travelling both by train and plane. Like all dogs Tansy liked rolling in smelly stuff and hated baths and she and Veronica enjoyed a great relationship. It was a difficult time emotionally for Veronica when Tansy needed to retire from her work as a guide dog. However, Veronica took ownership of her second dog Sophie and gradually bonded with

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her as she did with her third and current dog Flora. Sadly, there was a two and a half years waiting time before Flora became available due to Covid 19 and during that time Veronica needed to revert to using her white stick which caused her many problems having become so used to having her dogs to guide her for so many years. Veronica and Flora are now bonded well and in May this year they completed a five-day pilgrimage walk together. It was extremely interesting and emotionally moving hearing about Veronica's experience of her life with her guide dogs and made us all very aware of the very strong trust and dependency there is between owner and dog.

As always at our meetings there are business issues to discuss and president Jackie reminded us of the arrangements for our mini market fund raiser to be held on the village green on Saturday 13th July. Our recipient this year will be the Children's Section at St John's Hospice, so we are hoping to raise a lot of money. Following this we will be providing delicious afternoon teas at the Dent Gala on August Bank Holiday Monday. The funding raised from that event will be donated to the Dent Memorial Hall. Jackie also reported on the wildflower planting project which sadly due to the atrocious wet weather we are all experiencing, has temporarily been put on hold. We ended our meeting

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as always, with Marjorie's delicious biscuits and cups of tea. The competition this month was for an interesting item beginning with the letter M and won by Rita C with her Misericord, second place was Thelma with her old style Mincer and third place was Catherine with a music copy of the Messiah. Raffle prizes winners were Pip and Vanessa. It is important to say that throughout all the activities of the meeting Tansy was a model dog and once her working harness was removed we were able to socialise with her as with any of our own dogs. She and Veronica were indeed a pleasure to welcome to our meeting.

In August we will welcome Phillip Burley who will tell us about 'The history of Puzzles'. I'm sure this will be another very different and interesting talk, and as I am an avid crossword puzzler myself, I'm not going to miss it. Do come and join us, visitors are always very welcome.

SEDBERGH LADIES N.F.U.

Caroline Sandys-Clarke

Our Coffee Morning on the 8th May was very well supported and raised the wonderful sum of £438 for the NW Air Ambulance, over £300 of which was collected on the cake stall. Big thanks must go to all who supported us.

Callum Scott was our speaker on the 21st May about his role as a Yorkshire Dales National Park Ranger and he was very interesting about what it entailed. Callum is based up at Orton and his area includes Sedbergh. He works part time which fits in with his farming life as well and really enjoys his work and getting around in the countryside.

He spoke interestingly about costs of things which many of us would rather take for granted, such as to create a footpath diversion can cost up to £2,000 in labour and materials and depending on the length of it can take about 6 weeks. After putting in a request for a diversion a landlord will have to wait for 4 weeks for any objections to be raised. The Landlord has the last say on whether there are to be stiles or gates on the route. Some of the bigger structural jobs are done in partnership with Cumbria County Council such as the Fisherman's Bridge over the River Lune. Accompanied by some slides this all made for a very enjoyable evening.

Our summer outing in June had to be rescheduled to the 21st. This was to 'Growing Well' at Low Sizergh Farm near Kendal and was an enjoyable and interesting trip.

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We resume our monthly meetings on 17th September with a talk from St John's Hospice, which will take place in The Peoples Hall Committee Room at 7.30p.m. Visitors are always welcome to our meetings.

R.S.P.B. NATURE PRESCRIPTIONS

Andrew Fagg YDNPA

Healthcare professionals from Richmondshire and Hambleton have taken part in a novel training session on 'RSPB Nature Prescriptions'.

Six NHS staff gathered at Glebe House Surgery in Bedale on 20 June for a two-hour workshop delivered by the National Park Authority in partnership with the RSPB.

The session introduced a new resource – a beautifully produced calendar – which can be given to patients to improve their wellbeing through strengthening their connection to nature.

The idea is summed up in the title of the calendar: 'Here is your nature prescription'.

One of the suggestions in the calendar is to notice the colours, smells, shapes and sounds in your

local park – or in the National Park – and that was tried out by the group in Bedale (see picture 2).

Advanced First Contact Mental Health Practitioner at Glebe House Surgery, Janet Clapham, said: "I've been pleasantly surprised by how much it will fit in day-to-day with what we do and the patients that I see every day.

"For example those people who have been struggling for some time with depression, and we may have to look at them being signed off for work, it gives them a sense of purpose to reconnect with their local community or garden or green space. A nature prescription, in a way, gives them permission to think about themselves for a while.

"Another example might be someone who is lonely, really socially isolated – and they don't want to go out in busy places – this gives them some lovely examples of how they can reconnect."

Mrs Clapham said she saw around 40-50 people a week in the surgery and that she could envisage giving an RSPB Nature Prescription to around 1 in 10 of them.

"There are lots of inspirational options in the calendar about what



they can do, which they might not have thought about, or thought could be beneficial. It's not a have to, it's an if you want to."

The RSPB Nature Prescriptions project began as a collaboration between the RSPB and doctors in Shetland in 2018. A pilot scheme was subsequently run in Edinburgh. Now the RSPB is working in partnership with the Yorkshire Dales National Park Authority and North York Moors National Park Authority to help improve the health and wellbeing of people and communities from Whitby to Wensleydale.

Education, Engagement & Wellbeing Manager at the Yorkshire Dales National Park Authority, Kiri Wood, said: "It is great that health practitioners in Richmondshire and Hambleton are keen to support their patients with an RSPB Nature Prescription. The calendar gives people ideas on how to connect with and support nature each month. Each month there is also a suggestion of somewhere to visit in the National Park."

Nature and Wellbeing Manager at the RSPB, Sarah Walker, said: "Our research has shown that having a personal connection to nature improves people's health and happiness.

"So, it's fantastic to support social prescribing link workers and mental health practitioners to confidently talk to their clients about the benefits of nature. If you've got a trusted healthcare professional saying 'take time out to connect with nature', then it can be really powerful."

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Yvonne Cervetti & Fritz Hrynyk

Why did I go to Ireland for an Upledger training course for treating young children from the age of four up to early teenage years?

I've always believed that CST is a treatment that any and everyone can benefit from; after all everyone has the same body, its just the story each one tells is different.

Working on older people may seem a natural thing to do as they have had more time to accumulate aches, tensions, physical and emotional traumas, and general wear and tear. So why work with the young? Even young bodies have issues; they may have experienced a complicated birth, had some falls or having a difficult time at school, struggling to fit in with their peer group. All of this and more may lead to emotional, behavioural, learning, and sleep issues, to name a few. CranioSacral Therapy (CST) can, by using very gentle techniques, help to remove these issues from the body. How gentle are these techniques? For those of you who have experienced a treatment you'll



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understand the nature of the touch. When I work on the young the touch is even more gentle but no less effective. Even the gentle nature allows a greater degree of trust to be established between the person on the table and myself; it lets the body feel safe.

You will join your young one in the treatment room and observe and possibly participate as they lie, fully clothed on our comfortable treatment couch and allow their body to fully absorb what is happening. The young children that I have treated felt immediate and lasting benefits. Young children and their bodies have a wonderful ability to access what the CST is wanting to give, they come with no predetermined views and as such have a natural curiosity that allows them to access the treatment and so receive the maximum benefit from the experience.

Visit <https://>

www.craniosacralociety.co.uk and watch the 3 minute video "The missing link" for more information.

Fritz Hrynyk, CST-T, 07817 665662,
daleswaytherapies@gmail.com
www.daleswaytherapies.co.uk

EAST INTEGRATED CARE COMMUNITY

Hayley Clarke/development lead

'Integrated Care Communities (ICC) are integrated teams of health and care workers, voluntary organisations and wider community assets who work together with an aim of promoting and maintaining community independence, improving quality of life, reducing the risk of hospitalisation and empowering people to access local services and resources to help make life easier.

There are 8 Integrated Care Communities across Morecambe Bay reflecting the geography and natural communities in existence. East Integrated Care Community (ICC) covers Arnsdale, Milnthorpe, Sedburgh, Kirkby Lonsdale and Bentham localities.

We have a team of staff (the ICC Case Management Team) who can undertake an overall assessment of your health and wellbeing and help you take steps to improve aspects that you have concerns about. These staff sit separately from the GP and other health and social care services but work closely with them.

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If you have concerns for yourself or a member of your family and that are not already receiving support from more traditional services, we may be able to help.

East ICC Case Management Team can visit individuals at home and can help to: -

- Plan and co-ordinate ways to meet a person's health and social care needs.
- Support people to look after their health as much as possible to stay well.
- Recognise when people are running into difficulties and so get help sooner.
- Make sure individuals wishes are heard, so they can feel in control

when decisions are being made about their health and well-being.

- Consider individual circumstances, providing personalised support,

Referrals to the ICC can be made by any health or social care professionals and others involved in a patients care in the community, or you can self-refer by contacting the team on 01539 777297 or via email at easticc.admin@mbht.nhs.uk. Alternatively, you can mention to your GP surgery and request that they refer you into the ICC.

ICCs have well established relationships with local councils and public health colleagues across the Bay, and all have active participation



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in activities relating to preventing, detecting, and protecting our communities from developing ill health.

In addition to our ICC Case Management Team, we have an ICC Development Lead who works with local communities to identify local health challenges and coordinate projects and initiatives to help respond to identified need. If you would like more information or have any suggestions to share, please make contact on the phone number / email above.



DEMENTIA IN HOT WEATHER – TIPS **(optimistic this summer but...)**

Myles Ripley

Dehydration is a common challenge for older people, especially those living with dementia. Take note of these ways to support people with dementia during periods of hot weather.

For many people, a heatwave is a chance to enjoy the hot weather in gardens, parks and outdoor spaces. But the heat can also cause discomfort and a risk of dehydration.

If you have a loved one living with dementia, take note of these ways to support them when the temperatures soar.

Dementia and dehydration in hot weather

Dehydration is a common challenge for older people, and especially those with dementia. Memory problems mean someone with dementia can easily forget to drink enough water.

What's more, the part of the brain that recognises you're dehydrated and sends a message to let you know you're thirsty doesn't always work properly.

5 tips for preventing dehydration

- Here are some simple but effective ways of helping to prevent dehydration during hot weather:

- Leave beakers or jugs of water within easy reach. This is especially important for people with limited

mobility, who aren't able to get up and make themselves a drink.

- Make drinking easier. Have a clear beaker so the person can see what's inside (this may not work so well with water) or a brightly coloured cup to draw attention. Make sure the beaker is within the line of sight. Having a beaker that is suitable (not too heavy or an odd shape) can help. Straws might also be a good idea.

- Share a drink together. Have a cup of tea or a soft drink with the person and make sure they're drinking during mealtimes.

- Leave prompts and reminders. Make sure the person with dementia remembers to drink regularly by leaving notes out for them or putting up notices around the house. You

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could also set up a phone reminder or set an alarm clock.

- Provide high water content foods.

Supplement water and other drinks with foods that are high in fluids. Some good options include ice lollies, jelly, ice cream, soup and fruit such as melon. 'Water sweets', such as Jelly Drops, can also help the person stay hydrated.

How to recognise dehydration

There are some things that may show a person is dehydrated. If you spot any of the following, encourage the person to drink water immediately and seek medical help if you need. If the condition worsens or doesn't improve, go straight to the hospital.

- Increased confusion (compared to typical dementia symptoms)
- Dark and strong-smelling urine
- Dry mouth, lips and eyes
- Headaches or dizziness
- Feeling tired
- Not peeing very often (fewer than four times a day).

EMBRACE HEALTHY AGEING

What does it mean to you?

Angela White MBChB MRCS

As we journey through life, the way we age becomes increasingly important. But what does ageing well mean to you? Is it simply about reaching a certain age, or is it about maintaining a zest for life, staying physically active, and fostering a sense of purpose and fulfilment? Perhaps it's the ability to remain independent, mobile, and engaged in the activities and relationships that bring you joy.

As we reach our 40s and 50s, these questions resonate deeply as we consider our long-term health and independence. While the passage of time is inevitable, the way we approach and embrace this process can greatly impact our overall well-being and quality of life. In this article, we invite you to reflect on your own perceptions and choices for healthy ageing.

Take a moment to consider the choices you're making today. Are they aligned with your vision of a vibrant and healthy future? Are you prioritising regular physical activity, a balanced diet, and nurturing your mental and emotional well-being? Small steps in the right direction can have a profound impact on your healthspan, a term which refers to the number of years you can expect to live in good health.

Imagine a future where you can continue to pursue your passions, set new goals, explore new adventures, and embrace each day with energy and enthusiasm. This is the essence

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At Going for Old, we understand the importance of empowering individuals to take an active role in their own well-being. That's why we're excited to invite you to our upcoming Healthy Ageing Workshop, "Bones of a Healthy Future" where you'll have the opportunity to learn from experts in the field and gain valuable insights into nurturing a lifestyle that supports longevity and vitality.

You'll discover practical strategies for maintaining bone health, improving balance and flexibility, and cultivating a positive mindset towards ageing. We'll guide you through

evidence-based approaches to ageing proactively.

Don't let age define your limitations; instead, embrace it as an opportunity to redefine your potential. Join us at the workshop at the People's Hall on Thursday 19th September from 1.30 to 3.30pm and embark on a journey towards a fulfilling and independent future.

To secure your place, visit <https://www.trybooking.com/uk/DLSU>

Remember, ageing is a privilege – let's make the most of it together.

Angela White MBChB MRCS
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DEALING WITH Energy Bill Problems

South Lakes Citizens Advice

My elderly father has received huge bills from his energy supplier which are completely wrong. We have tried to phone the company, but they never take any notice and they have now sent a letter saying they are sending his details to a debt collection agency. He is worried sick. What can we do?

Contact your local Citizens Advice immediately to get help with this. Your father is not alone – Citizens Advice nationally has seen a rise in poor practice from energy companies over the past year. In your father's case, this is clearly a mistake, but

Citizens Advice is helping increasing numbers of people who are in energy debt. We have seen a surge in harmful debt collection practices, with some suppliers not offering affordable debt repayment plans, using Debt Collection Agencies while consumers are still trying to agree a repayment plan, and taking people to court to recover the money, which causes distress and significantly increases the debt.

Court enforcement may increase now that Ofgem has introduced tougher rules on force fitting of prepayment meters. Some providers do support their customers well, but Citizens Advice is asking Ofgem to protect the most vulnerable consumers, by enforcing the provision of affordable repayment plans, issuing guidance on the use of Debt Collection Agencies, and limiting court action and enforcement where this puts people at risk of harm.

If you are having problems with your energy supplier, or are struggling with debt, contact South Lakes Citizens Advice for free confidential help.

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- Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 2pm, Tuesday and Thursday)
- Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)
- Email advice via our website www.southlakescab.org.uk



SHEERING GAYE VILLAGE CHALLENGING TIMES

Sandra Gold-Wood

Last month we left Sheering Gaye villagers looking forward to a public meeting about the proposed housing estate. Dave Walker had good news about his first novel. Jean and Les Muffat had decided to see Adrea Scott from the model agency about their daughter Silvia becoming a model. Batholomew found out that his wife had tried to poison him. Billy Raymond, John Muffat and Robert Tozer were all excited about going off to Denham middle school while at the primary school concern was growing for Violet who had not returned from a visit to London with Daniel.

Read on.....

Last Saturday as Daniel and Violet traveled up to London, he explained to Violet that she had nothing to worry about as the Red Cross team would be supported by military units. Violet did not like the sound of this but before she could speak, Daniel went on to tell her about the jabs, she would be given to prevent diseases such as cholera, hepatitis C. Violet felt herself stiffen as she thought of the possible harm to the baby jabs against tropical diseases might cause and there was the risk of malaria. Violet's hand went to her mouth as she tried to calm herself, she was afraid to look up from her lap in case Daniel had noticed. She need not have worried he was looking out the window while describing how different the landscape in Vietnam was to the English countryside. 'I only visited Vietnam briefly, but I know it's much the same as Cambodia and



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Thailand, it's green and the jungle always seems to be encroaching on the villages. We are likely to be working in remote areas so we'll see plenty of jungle, it'll be so interesting and different, you must be so excited darling,' finished Daniel as he enfolded her in his arms. When they arrived in London a car was waiting for them and it took them to the offices of Daniel's employers at the MOD. They were greeted by Hugh Manning and Patrick Forest. Hugh ushered Daniel away asking Parick to take care of Violet, 'We won't be long Miss Carpenter, Patrick will get you settled.' Violet thought what does he mean by settled? However, she had no time to think Patrick had opened a

door and was waiting for her to go before him. 'What's going on Mr. Forest?' Violet had asked. She did not hear the answer to her question because a strange sensation swept through her and she fainted.

By Wednesday the whole village was concerned about Violet disappearance. They were not as concern about Daniel as they were used to his comings and goings. PC Terry Alders had explained that he could not start a missing persons search for Violet because she was an adult and she had left with Daniel. However, Terry being just as concerned as the rest of the villagers made some discreet inquiries of his own and had found out that they had

been seen going into a building at Whitehall.

That evening Rev Grey and his wife were discussing Violet and Daniel not returning from London and they both agreed that it was puzzling. As they speculated on what might have happened, they were half watching a late-night program about London theatres. When an item concerning the popular musical 'Hair' which had recently re-opened at the Queens Theatre came up for discussion. The narrator described the lifting of censorship a few years earlier which allowed much more freedom of expression in theatre productions. The musical 'Hair' was at the forefront of this free expression. Donald and Shelia watched the camera discreetly filming the naked cast as they invited members of the audience to join them on stage. That was when Shelia spotted Clifford and Ivy right in the thick of things divesting themselves of their clothing. 'Oh, my giddy aunt, what on earth, did you see them, Donald, it was them wasn't it?' Rev Grey answered in the affirmative 'What are they doing there Shelia?' Shelia threw her hands up and sighed. 'I just don't know, are they old enough at seventeen?' 'Not a clue Shelia, lets sleep on it shall we my dear?' 'But Donald what will people think if they see this? 'I still think we should sleep on it things always look better in the morning.' This agreed they went to bed.

On Thursday morning while Rev Grey and his wife were questioning their twins over breakfast. Dave Walker was on the platform at

Denham station waiting for the London train. Dave had an appointment with his publishers and he was finding it difficult to keep the smile off his face. The train rumbled in, it's brakes squealing as it slowed. Even before it had come to standstill passengers were opening doors ready to jump off. Dave hardly noticed them apart from one elegant dark-haired woman who no red bloodied male could have ignored and many heads turned in her direction. Adrea Scott was used to provoking admiring glances and she took it in her stride. Outside the station she nodded toward a taxi which picked her up and sped away to Sheering Gaye village for her appointment with Jean and Les Muffat. Les and Jean, had not mentioned that they were seeing Miss Scott to Silvia. Les had thought they should but Jean, always the cautious one, had said no and so they had not even mentioned it to Margaret either. Les, thought Jean was probably right there was no point in getting Silvia's hopes up.

At mid-day George Billings had finished his postal delivery and was now preparing the village hall ready for the public meeting scheduled for 7pm. George's mother Flo was happily singing in the kitchen while setting out the cups and saucers ready, she called to George, asking how many she should put out.

'I don't know mum, I reckon there'll be a good few here, most of the village want to have their say.' 'Crumbs, I doubt we'll have enough cups.' At that moment the doors to the hall swung open and a two

smartly dressed men came in and introduced themselves to George. They explained that they were from the council and that they had a model of the estate to set up. George scratched his head, thinking that given the amount of interested villagers likely to turn up he couldn't see where the model might go. 'What about in front of the stage, will that do,' suggested Flo.' George and the men from the Risby and Denham County Council agreed and put a couple of tables together to display the model.

Batholomew was out of hospital and back at the P/O. While Margaret Muffat was happily running the store. Over a cup of tea at lunch time Batholomew agreed with Margaret

that while things were ticking over, they really needed another pair of hands. 'Did you send that letter to your boyfriend Margaret?' 'No, I didn't Mr. Osbourne, it just seemed so cowardly, I feel I should tell him face to face.' 'Well Margaret, that is very noble of you, good girl, you know Margaret I've been thinking, how would you like to be trained up to work behind the P/O counter, it would mean more money in your pay packet.'

Margaret was very pleased and she thanked Batholomew telling him how eager she was to learn. During the afternoon Margaret realized that with all the overtime pay she had been getting lately she had enough money to pay for driving lessons.

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Pulling the yellow pages out from under the counter Margaret looked for driving schools making a note of a couple to ring up.

At No 7 Green Edge Les and Jean were waiting for Silvia to get home from school. Les was excited and was looking forward to telling their daughter Silvia she was going to London at the weekend to be photographed by a professional photographer at Adrea Scott model agency. Even Jean was settled with the idea. Adrea had been open and straight forward with them explaining that the photographs were the first step and if the camera did not like Silvia then there would be no contract. Quickly adding that she was more than a little sure that Silvia was a natural.

Billy Raymond, John Muffat and Robert Tozer were half asleep on the bus home from Denham middle school. They had each found middle school harder than they expected, especially the homework. However, the boys counted themselves lucky that primary school head, Conner Fitzgerald, allowed them to go to after school classes to get help with their homework.

In fact, the Primary school was buzzing with activity most evenings and was quite the hub of the village. Sheering Gaye primary had become, part learning facility, part youth club and part social club, a place where all ages mixed.

However, this being the evening of Thursday 4 April most of the adults were at the Public Meeting in the village hall, Conner among them. JJ Jones bus driver, organist Jonus Marshall and the Rev Grey were deep in conversation, Shelia Grey, Susan Day, Dora and Roger Croft were sat on the front row. Norman, Violets brother and Donna were sitting at the back holding hands while PC Terry Alders and Sgt Poulson stationed themselves by the double doors. Dr Calvert, Dorthey Alders and Batholomew Osborne had taken their seats and even Billy and his pals had snuck in. The editor of the Denham Chronicle was chatting with Dave Walker who had made it back from London in time. The Raymonds, the Tozer's, the Blade's and Carole Wheeler were all wondering where the Muffat's had got to. Carole knew they were seeing the woman from the model agency but she did not let on instead she turned the conversation to Violet and Daniel. No one could figure it out; they all agreed Violet was so reliable and her not coming back to Sheering Gaye was just completely out of character and what was even more puzzling to them was that the police were doing nothing about it.

The mayor, and half the County Council were crowded on the stage and doing their best to look official if

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slightly nervous. George Billings and his Mum Flo watched amused from the other side of the tea bar counter. The council secretary rang a bell and started to declare the meeting open when there was a disturbance at the back of the hall, all heads turned as the Muffat family came in, wearing happy smiles especially Silvia.

The villagers gathered in the hall settled down and the meeting began the air filled with an atmosphere of palpable expectancy. Council Chairman Jeffery Andrews, laid out the plan to build 35 homes, some sheltered housing, two retail units, a community center with a children's play area and a doctors surgery. Many of the villagers had gone to the meeting expecting nothing but a few houses built to profit one of the developers in Denham. There were a few cheers at the mention of a doctors surgery something the villagers had been pestering the

council for over a number of years. As soon as the floor was opened for questions Jonas was the first to put his hand up asking by how much the rates would be going up. His question was accompanied by a few shouts, 'Trust you Jonas'. But Ed Raymond agreed and wanted to know the cost. At this point someone pertaining to be from the council stood up and explained that private industry and government would be footing the bill and the rates would only go up annually with inflation.

Doctor Calvert wanted to know where the staff for the surgery would come from. The answer that they were recruiting staff from overseas. Murmurs went around the hall at this answer. Flo and George wondered exactly where overseas and what sort of reactions there would be from the villages to the foreign faces. Conner had also spotted this and made a mental note to add racial

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issues to school assemblies and lessons where he could. The meeting was about to finish when George Billings spoke up, 'If you're going to build a new community center what's going to happen to this 'er village hall?' At this there was a rumbling throughout the hall. The councilors on the stage were chatting to each other. The official who had spoken before said they would demolish the village hall. At this the hall erupted, no one wanted that to happen for many reasons. Conner spoke up at this point, 'May I make a suggestion gentleman?' The officials on the stage nodded and Conner went to the front of the hall where he addressed the officials and villagers'

alike. 'If we are to have more housing and therefore more families, plus the birth rate in the village is going up considerably and so it might be expedient to build a school instead.'

This idea was met with applause from the villagers and the council official's asked if Conner would stay behind and talk with them.

By the time the meeting ended Daniel had landed in Vietnam and Violet was safely back in Stanley Hall. Violet let herself in un-noticed by the villagers who were attending the meeting. Gratefully she climbed the stairs and went straight to bed, she would deal with all the questions tomorrow.

To be continued.

BOOK TOWN QUIZ ANSWERS

1. Wuthering Heights
2. If – Rudyard Kipling
3. Aristotle
4. Alexander McCall Smith
5. Gustave Flaubert
6. Johannes Gutenberg
7. John James Audubon
8. Biographies
9. Leslie Charteris
10. Jonathan Swift
11. Beowulf
12. It was the first book to be submitted to a publisher as a typescript, rather than handwritten. It was typed by his secretary, Isabel Lyon, not Twain himself.

EDITORIAL

Our cover and lead article this month are (as you may have noticed) about the Sedbergh Red Squirrel Group, the pictures are just so good I couldn't resist them. We are so lucky to have communities of Red Squirrels in our area we really need to do our best to make sure they survive and multiply. Please support the Red Squirrel Group and make sure you report any sightings of grey squirrels.

We would like to thank Katie Wood and Elspeth for all their efforts as proof readers. We've got three new proof readers who have started work on this edition, so welcome and many thanks to Trish Cooling, Paul Shepard and Christine Wood who have joined the team. We are still looking for someone to help us find new advertisers. If you think you could give us a hand let us know, *Ed.*

PERSONAL MESSAGES

SOWERBY

The Sowerby family would like to thank everyone for the sympathy cards and kind words after the passing away of John Allen Sowerby on 2nd of July.

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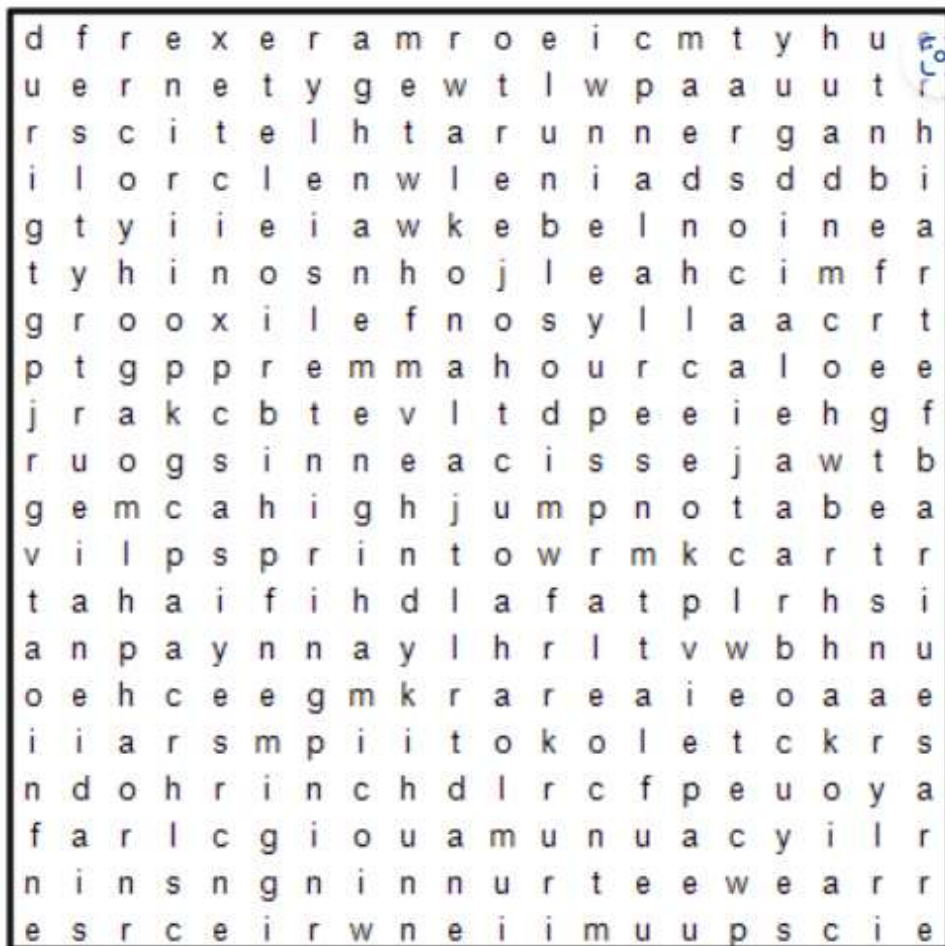
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	4			3			7	
		2		6		4		

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

the text of the same email.

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are, of course, always welcome too.

PUBLICATION DETAILS

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

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

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

a local photographer.

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group

SOURCES OF FUNDING AVAILABLE WITHIN OUR COMMUNITY

If you are in need of financial assistance, as an individual or as a community organisation, here are a list of local funds which may be able to help. All applications are treated in confidence. Also see 'The Cumbria Community Foundation' (<https://www.cumbriafoundation.org>) where a wide range of funds are available.

Organisation	Help For	Contact
Dent Grammar Educational Foundation	Educational Expenses	Dgsef1@yahoo.co.uk
Killington Educational Foundation	Educational Expenses	andy.burgess@westerndales.org.uk
Sedbergh School Young Persons Fund	Educational Expenses	mhm@sedberghschool.org
Sedbergh United Charities and Widows' Hospital : Exhibition Fund	Educational Expenses	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh United Charities and Widows' Hospital : Poor Householder's Fund	Financial Assistance	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh British School	Further Education Expenses	015396 20194
Sedbergh United Charities and Widows' Hospital : Widow's Fund	Housing for Widows	Jmsykes100@gmail.com a865@btinternet.com
Sedbergh & District CIO	Individuals and Community Endeavours	015396 20790
Lea Yeat (otherwise Cowgirl Institute)	Individuals and Organizations	015396 25638
The Combined Dent Charity	Individuals in Need	015396 25368
Trott Musical Foundation	Musical Instruments	015396 22340
Sedbergh Pepperpot Club	Orchestral Musicians	DrNicolaCann@outlook.com

PUZZLE SOLUTIONS

4	8	1	6	3	7	9	5	2
9	6	2	5	4	1	8	3	7
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3	7	2	1	6	9	4	5	8

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

1 hour = £1.50	4 hours = £5.00
2 hours = £2.70	All day (9 hours) = £7.00
3 hours = £3.90	Payable all days 9am - 6pm
Maximum stay = 24 hours	Annual Resident Permit = £70
Permit available from the Information Centre only, renewable annually on 1 st September.	

PEOPLES' HALL HIRE RATES

Main Hall

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

Committee Room

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

DIARY OF EVENTS

Dates are held up to 08/11/2025
 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.

AUGUST 2024

01	1400	Community Afternoon Tea	GH
01	1730	FOTD Non Member Social (Jul)	Gargrave
02		Dentdale Christian F'ship Fest (12,6)	Rhumes
04		Dentdale Christian F'ship Fest (12,6)	Rhumes
08	1930	Sedbergh Parish Council Meeting (17)	PH
09		Hells Fells Begins	Birks
11		Hells Fells Ends	Birks
12	930	Late Night Opening Meeting (8)	RR
13	1930	Domino Drive	FCH
14	1915	Dentdale WI puzzle history (54)	DMH
14	1930	Sedbergh WI William Wordsworth (52)	PH
15	1400	Community Afternoon Tea	GH
17	800	Barbon Sheep Show (17)	Barbon man
18	1400	Allotments Open Day (Jul)	Allotments
18	1430	Songs of Praise	Hawes Jnct
22		Sedbergh Art Soc Exhib (22,22)	Sed Sch Li
24	930	Artisan Market (May)	Main St
24	1000	Table Top Sale (Jul)	DMH
26		Dent Gala (9,1)	DMH
26		Sedbergh Art Soc Exhib (22,22)	Sed Sch Li
29	1400	Community Afternoon Tea	GH

SEPTEMBER 2024

05	1400	Community Afternoon Tea	GH
06		Fizz and Fruits (48)	DHTF
10	1400	Killington WI Ukrainian traditions (50)	PH
10	1930	Domino Drive	FCH
11		Westmorland Show	County sho
11	1900	Sing Joyfully season starts (27)	Kirkby L
11	1915	Dentdale WI Card making	DMH
11	1930	Sedbergh WI Maori Myths & Legends	PH
12		Westmorland Show	County sho
14	1000	Spellbound Workshop 11-15yr old (26)	CCCN
14	1400	Spellbound Workshop 16yr old+ (26)	CCCN
15	1400	Spellbound Workshop 8-10yr old (26)	CCCN
17	1400	Community Afternoon Tea	GH
17	1930	Ladies NFU - St Johns Hospice (58)	PH
19	1330	Embrace Healthy Ageing (65)	PH
19	1400	Community Afternoon Tea	GH
21		Harvest Festival (6)	Various ch
21	930	Artisan Market (May)	Main St

OCTOBER 2024

03	1400	Community Afternoon Tea	GH
04		Dales Days - Richard Gledhill (48)	DHTF
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
11		Death in the Dales crime fest	sedbergh

13		Death in the Dales crime fest	sedbergh
15	1930	Ladies NFU - Dry Stone Walling (Jun)	PH
18	1930	Tattie Pie	FCH
19		Sedbergh Apple Day (14)	PH
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
24		4FrontTheatre	Dent

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

FEBRUARY 2025

06	1400	Community Afternoon Tea	GH
11	1930	Domino Drive	FCH
12	1930	Sedbergh WI Tropic Facial Demo	PH
20	1400	Community Afternoon Tea	GH
24	1930	AGM	FCH

MARCH 2025

11	1930	Domino Drive	FCH
12	1930	Sedbergh WI AGM & Jacobs Join	PH

NOVEMBER 2025

08	1930	Sedbergh WI Demystifying Dementia	PH
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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's to the highest point in the Howgills, . *(Walk 1)*

FARFIELD MILL 3.7-4.4 miles, 2-3 hrs
 Fairly flat walk partly by the riverside, with the added advantage of the Farfield Café half way around. *(Walk 2)*

AKAY WOODS 2.3 miles 1 - 1.5 hrs
 Lovely riverside stretches, past the restored Pepperpot, then through woods above the river, with vestigial remains of Akay House. *(Walk 3)*

SEDBERGH SCHOOL 45 mins
 A stroll to see the sights of Sedbergh School *(Walk 4).*

FELL WALL 2.2 miles 1 - 1.3 hrs
 Elevated promenade above Sedbergh Town, not as energetic as going to Winder top, but still out onto the edge of the open country. *(Walk 6)*

BRIGGFLATTS 4.2 miles 2- 3 hrs.
 Along the Rawthey to the peaceful and historic Quaker Meeting House, then back through the fields. *(Walk 7)*

DENT AND BACK 11.5 miles 1500 ft 4-5 hrs
 Across the wild (and possibly wet) Long Moor to Dent then back by Dentdale and the River Dee. *(Walk 8)*

CAUTLEY SPOUT FROM CROSS KEYS 2.5 miles 1 - 1.5 hrs
 A stroll across open country to the bottom of Cautley Spout. Some would say this is the second highest waterfall in Britain. *(Walk 9)*

CAUTLEY SPOUT AND BACK 10 miles 3150 feet 4.5 - 6.5 hours
 Gorgeous walk up the dale to the Spout, with a return over the tops for the adventurous. *(Walk 9)*

MILLTHROP AND ABBOT HOLME 5.1 miles 920ft 2.5 - 3 hours. Up over Frostraw, down into Dentdale, to follow the Dee past the golf course, and back to Sedbergh. *(Walk 10)*

DALES WAY AND CRAGGSTONES. 7.5 miles 1165 ft 3 - 4 hrs. Follow the Dales Way beside the Rawthey and the Lune, then ascend past the waterfalls in Craggstones Wood, before a final stroll across the base of Winder. *(Walk 11)*

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



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- stay@drawellcottage.co.uk	21529
Mrs C Clowes	The Cross Keys, Cautley, Sedbergh LA10 5NE (2022/08) <i>1T(ES), 1D(ES) NS, CH, L</i> e-mail: crosskeyscautley@outlook.com	20284

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	TBA
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Mr Johns - 015396 22170
Bridge Club -----	Mr Alison - 015398 24666
Carer Support South Lakes Office -----	Kendal - 01539 815970
Christian Aid -----	Mrs Thompson - 015396 22023
Citizens Advice Bureau -----	Kendal - 0808 2787 984
Community Corner - Dent -----	Sarah Woof - 015396 25212
Community Officer -----	See Public Information
Community Orchard Group -----	Mrs Parratt - 07443 580 960
Community Swifts (Sedbergh) -----	Mrs Hoare - 01539 824043
Community Trust -----	Ann Parrat - parrattann@gmail.com
Cornerstone Community Church -----	William Allen - 015396 20194
Cricket Club - Sedbergh -----	Kris Baldock - 07730 659413
Dent Meditation Centre -----	Bel Charlesworth - 07775 920079
Dent Memorial Hall -----	Mrs McClurg - 015396 25446
Dentdale Choir -----	John Feltham - 015396 25689 / feltham.john@btinternet.com
Dentdale Head to Foot -----	Mr Steele - 015396 25054
Dignity in Dementia -----	Diane Smillie - 07771 682378
Dog Training - Sedbergh -----	Mrs Robertshaw - 015396 20316
Farfield Mill – Art Craft Heritage -----	015396 21958 / reception@farfieldmill.org
Firbank Church Hall -----	TBA
First Responders - Dent -----	See Public Information
First Responders - Sedbergh -----	See Public Information
Football Club Junior - Sedbergh -----	Rebecca Parkin (Chair) - 015396 20585 / beccystaley@btinternet.com
Football Club Senior - Sedbergh -----	Mr Parkin - 015396 20585
Friends of Farfield Mill -----	friends@farfieldmill.org
Friends of Settle and Carlisle Line -----	john.carey@settle-carlisle.com
Garsdale Village Hall -----	Mrs Labbate - 015396 22114/07814 378758 / rhlabbate@gmail.com
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
People's Gym -----	membership@sedberghgym.club
People's Hall -----	Steve Longlands - 01536 20885
Pepperpot Club - Sedbergh -----	Nicola Cann - 07884 391587 / drnicolacann@outlook.com
Playground - Sedbergh -----	Janey Hassam - 015396 20125
Playgroup - Sedbergh -----	07785 743837 / sedberghplaygroup@yahoo.com
Playing Field - Sedbergh -----	Steve Longlands - 01536 20885
PMR/GCA support Group -----	0300 111 5090 / kendal@pmrgca.org.uk
Poetry Club* -----	booktown@sedbergh.org.uk
Red Squirrel Group - Sedbergh -----	sedberghredsquirrels100@gmail.com
Royal British Legion -----	Nigel Whiting - 015396 21358 / nigelwhiting306@gmail.com
Schools - Dent Primary -----	015396 25259
Schools - Dent Primary - Friends of -----	015396 25259
Schools - Sedbergh Primary -----	015396 20510
Schools - Sedbergh School -----	015396 20303
Schools - Settlebeck -----	015396 20383
Scouts -----	Bill Mawdsley - 07989 201481
Scouts - Beavers -----	Bill Mawdsley - 07989 201481
Scouts - Cubs -----	Bill Mawdsley - 07989 201481
Sedbergh Book Town -----	booktown@sedbergh.org.uk
Sedbergh Environmental Group -----	sedberghcomarket@greencobweb.co.uk
Sedbergh Ladies Friendship Group -----	Jo Birkbeck - 07769 908663
Sedbergh Songsters -----	TBA
Sedbergh United Charities -----	John Sykes - 07786 384917 / jmsykes100@gmail.com
Senior Golfers -----	Mr Braddon - 0330 1138850
Shooting Club - Sedbergh -----	Richard Martin - 07884 559829
Sight Advice South Lakeland -----	Miss Harper - 015396 20613
Sing Joyfully! (Kirkby Lonsdale) -----	Anastasia Micklethwaite - 07952 601568
Spellbound Theatre -----	Facebook: Spellbound Theatre
Squash Club -----	John Bannister - 07877 301088
Swimming Club -----	Sedberghswimmingclub@gmail.com
Tennis Club -----	Tennis Club - 07974 330492 / gbot4aud@hotmail.com
Town Band - Sedbergh -----	Sarah Waters - 015396 20457
Town Twinning Group -----	Garth Steadman - 07796 164066
Voluntary Car Scheme -----	Myles Ripley - 07880 161648 / vscssedbergh@gmail.com
Westmorland Gazette Entries -----	Ed Welti - 07854 103377
White Hart Sports and Social Club -----	The Committee - 015396 20773
Women's Institute - Dentdale -----	Mrs Smith - 015396 25607
Women's Institute - Howgill -----	Mrs Hoggarth - 01539 824663
Women's Institute - Killington -----	Mrs Sharrocks - 015396 20754
Women's Institute - Sedbergh -----	Louise Atkinson - 07855 378883
Young Farmers - Sedbergh -----	Club Secretary - sedberghyfc@hotmail.com

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

If you would like to add or update your group please let us know.

*New groups are marked with an asterisk *.*

BUS SERVICES

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

From 25th March 2024

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

BUS SERVICES

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

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

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

DENT RAILWAY STATION TIMETABLE

Valid from June 2024

(N) Through train to Leeds, Sheffield and Nottingham
(S) Originates in Sheffield (G) Time at Garsdale - DOES NOT STOP at Dent.
*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
09.16	09.16	12.39 (S)	09.38	10.42	13.38
10.47	10.47	14.01	12.12	12.12	16.35 (N)
12.17	12.17	15.53	14:40 (G)	14:40 (G)	18.40
14.45	14.45	17.48	16.05	16.05	20.26
18.15	16.46	20.20	17.33	17.33	..
19.45	18.15	..	19.38	19.38	..
..	19.45

BUS SERVICES

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

From 2nd October 2023

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

BUS SERVICES

Western Dales Bus

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

From 2nd October 2023

Sedbergh Dalesman	0900
Cautley Cross Keys	0909
Kirkby Stephen Station entrance	0923
Kirkby Stephen, Market Square	0928
Kirkby Stephen Co-op	0935	1139	1428
Kirkby Stephen Social Club	0936	1140	1429
Kirkby Stephen Station entrance	0941	1145	1434
<i>Trains to Carlisle</i>	0934	1106	1501
<i>Trains to Leeds</i>	0920	1146	1455
Ravenstonedale Kings Head	0947	1151	1440
Newbiggin on Lune	0950	1254	1443
Tebay Roundabout	0958	1202	1451
Killington M6 bridge	1008	1212	1501
Kendal Castle Green	1017	1221	1510
Kendal Bus Station	1022	1226	1515
Kendal Morrisons	1027	1231	1520
Kendal Morrisons	1037	1326	1530
Kendal Blackhall Road	1042	1331	1535
Kendal Castle Green	1047	1336	1540
Killington M6 Bridge	1056	1345	1549
Tebay Roundabout	1106	1355	1659
Newbiggin on Lune	1114	1403	1607
Ravenstonedale Kings Head	1117	1406	1610
Kirkby Stephen Station entrance	1123	1412	1616
<i>Trains to Carlisle</i>	1106	1501	1703
<i>Trains to Leeds</i>	1146	1455	1717
Kirkby Stephen Pennine Hotel	1128	1417	1621
Kirkby Stephen Co-op	1129	1418	1623
Kirkby Stephen Market Street	1624
Kirkby Stephen Station entrance	1629
Cautley Cross Keys	1643
Sedbergh, Library	1652

BUS SERVICES

Western Dales Bus

**S6 Tuesdays and Thursdays - Kirkby Stephen—Penrith
Sedbergh - Kirkby Stephen - Brough - Appleby - Penrith**

From 2nd October 2023

Sedbergh Post Office	0914
Cautley Cross Keys	0923
Kirkby Stephen Station Entrance on A685	0937
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfell (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfell (pick up only)	1055	1333	1536
A66 Bridge End Inn(pick up only)	1100	1338	1541
Appleby, The Sands (pick up only)	1108	1346	1549
Warcop Bus Shelter	1119	1357	1600
Brough Clock	1126	1404	1607
Kirkby Stephen Co-Op	1134	1412	1615
Kirkby Stephen Pennine Hotel	1138	1416	..
Kirkby Stephen Social Club	1616
Kirkby Stephen Station Entrance on A685	1621
Cautley, Cross Keys	1625
Sedbergh Town	1644

LOOKAROUND EDITORIAL TEAM

Myles Ripley (T)	Team Leader and Chairman	Jane Fisher (T)	Proofreading
Frances Haigh (T)	Treasurer	Paul Shepard	Proofreading
Philip Johns (T)	Secretary	Christine Wood	Proofreading
Karen Bruce Lockhart	Proofreading	Ed Welti (T)	Compilation and Vice Chairman
Trish Cooling	Proofreading	Valerie Welti (T)	Advertising Administration

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 - 2nd and 4th Sunday 2pm.

*Combined plans for Western Dales Mission Community
August 2024*

	Time	4 th	11 th	18 th	25 th
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC		Choral Matins
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect	Morning Service	Joint Service	HC
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		HC		
St. John's Firbank LA10 5EF	2.30pm				
St. Andrew's, Dent LA10 5QL	10.30am		HC		HC
St. John's, Cowgill LA10 5RJ	2.30pm	KidsClub@Cow gill Service		HC	
Dentdale Methodist Chapel LA10 5QJ	10.30am	Morning Service		Morning Service	
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship. Contact below.	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service
	Tuesday	6th			
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP			
	Wednesday	7th	14th	21st	28th
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				Compline Night Prayer
HC- Holy Communion (BCP- Book of Common Prayer)			MP- Morning Prayer		
Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063					

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Currently cancelled due to Covid-19

Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

Saturday morning clinics

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

For more information on all clinic times please see
our website

www.sedberghmp.nhs.uk
for further details.

Location of Public Defibrillators

72 Main Street
People's Hall, Howgill Lane
Fire Station, Long Lane
Health Centre, Station Road
Telephone Box, Millthrop
*Access Codes to the Defribs are supplied
on contacting Ambulance Control on 999*

First Responders

**IN EMERGENCIES CONTACT THE
EMERGENCY SERVICES**

The numbers below are for information on
volunteering only

Sedbergh - Myles Ripley 07880 161648
Dent - Wendy Pontefract 015396 25253

POLICE

101 or 999

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

Community Officers

Mandy Colman - 07773 181425
Amanda.coleman@cumbria.police.uk
Adam Roberts—07773 217740
adam.roberts2@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

Tel: 015396 20125

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 *

Monday-Friday Appointment Only 1400 - 1500 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - 015396 20406

MARKET DAY

Wednesday

Last Page Update:

August 2024