

Sedbergh & District

# LOOKAROUND

September 2024

Donation £1

Issue 435

This month we're featuring the first article from our new MP Lizzi Collinge, continuing the tradition maintained by Tim Farron. Thank you Lizzi, we hope it is the first of very many.

Immediate challenges facing our area include the transport situation and the dangers posed by Junction 37, which are covered in Lizzi's article, Councillors' Corner and the Parish Clerk's Report. *Ed.*

## LOOKAROUND

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*Ed Welti*

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

**Wed 4th September - Garsdale Church**

**Wed 11th September - St Andrew's**

**Wed 18th September - St John's Hospice**

**Wed 25th September - St Andrew's**

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

# ADVERTISING IN LOOKAROUND

For advertisers key points to note are as follows :-

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

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

## CONTACT INFORMATION

*Email:*

**editor@sedberghlookaround.org.uk**

*Phone:*

**07464 895425**

*Address:*

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

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

## PAYMENT INFORMATION

**CHEQUE**

*Cheques Payable to :*

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BACS**

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**Sedbergh and District Lookaround**

*Account Number:*

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**20-55-41**

*Reference:*

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INCLUDE THE INVOICE  
NUMBER IN THE  
REFERENCE**

## LIZZI'S COLUMN

*Lizzi Collinge, MP*

It was an absolute honour to be elected as your MP and the first two months have flown by! I went to Westminster the Monday after the election and got stuck straight into work with a mix of parliamentary sittings, inductions on House processes, equipment set up (and trying to find my way around...)

I was sworn in as an MP on 10th July and the day after I attended the State Opening of Parliament, where I just managed to squeeze into the House of Lords to watch HM the King make his 'most gracious speech' (as it is referred to in the House).

On 22nd July I made my first speech in Parliament where I spoke about our amazing constituency and the fantastic people in it. I paid tribute to my predecessors and their work in the constituency, including of course Tim Farron. I was able to speak of people's high regard for Tim as a constituency MP and our aim to work together for the benefit of all our constituents.

The biggest challenge for me so far has been managing an inbox that has received literally thousands of emails



in the first two months. I am doing my best but with no staff it has been extremely challenging and I am very grateful for people's patience in waiting for a reply. I have dedicated a lot of time to a rigorous recruitment process to make sure I have the best possible constituency team to assist me. With notice periods etc, I hope to have them all in place by the end of October.

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Tom Wilson

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In my first few weeks in Parliament I was able to meet with several ministers to discuss important matters including the Secretary of State for Work and Pensions, Liz Kendall, to discuss child poverty, the Public Health Minister, Andrew Gwynne, to discuss how we make every life healthier and prevent illness, and Secretary of State for Culture, Media and Sport, Lisa Nandy, to discuss football governance.

At the time of writing, I am scheduled to meet with the Leader and Chief Officers of Westmorland and Furness Council to discuss how we can work together for the area. I am also scheduled to meet United Utilities about water issues and have

met with Westmorland councillors to discuss several issues including the terrible safety record of Junction 37. I am working alongside Tim Farron to address this. Whilst the junction is in Tim's constituency, it affects a lot of my constituents and I hope that working together with councillors we can get some improvements made.

I have visited Sedbergh and the surrounding area a number of times since the election, including showing the area off to my London-based new recruit who was blown away by how beautiful the constituency is. Many MPs boast of having the most beautiful constituency in the UK, but I think I'm actually one of the few for whom it might be true!

You can contact my office via email on [Lizzi.Collinge.MP@parliament.uk](mailto:Lizzi.Collinge.MP@parliament.uk) or leave a message on 01524 566 015 Please do bear with me in the short term as I build my team and work through the backlog of emails and messages. You can also keep up with me on social media by following @LizziCollinge on Facebook, Instagram and Twitter.

---

### COUNCILLORS' CORNER

*Ian Mitchell*

Following the general election in July, we are coming to terms with no longer having Tim Farron as our MP, due to boundary changes.

We are now in the Morecambe and Lunesdale constituency, and we are represented by Lizzi Collinge, I have got to know Lizzi over the last few months, and although she has big shoes to fill, I'm confident she will work hard to represent and fight for

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every resident throughout her new patch.

We have got used to contacting Tim, unfortunately his office cannot deal with casework for Sedbergh, Dent, Kirkby Lonsdale, Garsdale, Barbon or Casterton. Therefore if you need help with anything please contact myself;

ian.mitchell@westmorlandandfurness.gov.uk and Lizzi;

Lizzi.collinge.mp@parliament.uk. We are committed to working on across party basis, to ensure we deliver for all our constituents.

There is a lot going on at the moment and I'll give a update on a few things;

M6 Junction 37 – Following the tragic accident on 29th July 2024,

myself, Tim Farron and Lizzi Collinge wrote to National Highways. This is a known accident hotspot and national highways didn't react in 2022 when we last wrote to them. We will keep putting pressure on to finally get a solution. While we wait for a response, if you have witnessed a near incident here, could you put it in writing and email it to me. This will help put pressure on National Highways to take long overdue action.

Sedbergh to Kendal Bus Service – There has been a lot of confusion around the future of the recently re-instated service, following a poorly worded report by officers, presented at a recent cabinet meeting of Westmorland and Furness. I would



**Spellbound Theatre** Why not come along and have some fun at our .....  
**Drama workshops with**

**Madeleine Joseph** on behalf of **Spellbound Theatre.**

With only a nominal fee of £3 per session (inc. refreshments)  
Cornerstone Community Church rooms on New Street, Sedbergh

**Saturday 14<sup>th</sup> September.** 2 hour session 10 – 12pm  
for secondary pupils (aged 11-15)

**Saturday 14<sup>th</sup> September.** 3 hour session 2 – 5pm  
for adults (aged 16+)

**Sunday 15<sup>th</sup> September.** 2 hour session 2- 4pm  
for primary pupils (aged 8 – 10)

Application forms can be collected from Sedbergh TIC from 1<sup>st</sup> September and returned there once completed, no later than Wednesday 11<sup>th</sup> September. Alternatively, details will be on FB Sedbergh Community Forum in September with instructions for completing an electronic version.

Hope to see you there.



**Coffee morning  
MacMillan Cancer care  
Sedbergh Golf Club!  
Saturday 28th September  
@ 10.30 am  
Coffee and Tea/ Cakes /  
Plant Stall / Raffle  
All welcome**

like to clarify that something said by officers of W&F Council; 'This Council's aim is to offer a six day a week service on the route between Sedbergh and Kendal, and to offer earlier and later journeys on the route'.

The ambition of elected councillors and officers is to improve the service that was re-introduced earlier this year, this will be done through a fully tendered process.

The current contract with Stagecoach runs until 3rd November, officers are working hard to ensure we have an improved service going forward.

There are many other things myself and Hazel Hodgson are working on. Please contact me if you think we can help;

ininmitch@hotmail.co.uk,  
ian.mitchell@westmorlandandfurness.gov.uk, 07530602234

## **SEDBERGH PARISH COUNCIL**

*Janey Hassam, Parish Clerk*

The Council held its monthly meeting at 7.30pm on 8 August 2024. The next meeting of the Parish Council, will be their monthly meeting, commencing 7.30pm on Thursday 12 September 2024. Meetings are held in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

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

Members were joined by Members of the public who remain concerned to see that the review of BSIP+ could potentially see a reduction in public transport services for the town. Further communication will continue, with Westmorland and Furness Council, to underline the strength of feeling for a continued and improved service for the community.

### **Westmorland and Furness Council - Highways**

Members were updated on a recent meeting with Highways which had followed regular correspondence, by the Parish Council, to Westmorland and Furness Council (and Cumbria County Council/South Lakeland District Council previously). This included the refresh of various white and yellow lining, and consideration of additional yellow lining in some problematic areas, for example, Loftus Hill/Busk Lane, Highfield Road/Station Road, and Long Lane/Castlegarth/Thorns Lane junctions. Members were advised that Westmorland and Furness Council will be carrying out a highways/



## Sedbergh Swimming Club



### SESSIONS & LESSONS FROM 17 SEPTEMBER 2024

Tuesdays, Wednesdays, Thursdays & Saturdays

Children's Lessons Tuesdays and Thursdays

Squad Sessions Wednesdays

For more details see our website – [www.sedberghswimmingclub.co.uk](http://www.sedberghswimmingclub.co.uk)

or email us – [Sedberghswimmingclub@gmail.com](mailto:Sedberghswimmingclub@gmail.com)

parking/safety survey, in the town, over the coming months.

**Various other matters** were discussed, including Finance, Amenities, Planning, and general correspondence – including the Sedbergh Economic Partnership, current consultation by Westmorland and Furness Council for Public Space Protection Orders and various matters raised by residents.

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

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



### A DATE FOR YOUR DIARY - COMMUNITY JUICING DAY

*Ann Parratt*

Community Orchard Group - Sedbergh ( COGS ) 7th Apple Day takes place on Saturday 19th October from 10am until 2pm at The People's Hall.

The event is free of charge but donations are very welcome.

Apple Day gives everyone an opportunity to bring along their apples, any type - eaters and cookers and in any condition, washed but not bruised – which can be juiced and taken home either to drink or freeze. All you need to bring on the day are apples and sterilised bottles.

Other activities include:

Identification and apple display

Cake stall including jams and chutneys

Plant sale

Live music by Common Ground

Activities for children

Tea, coffee, refreshments and light lunches will also be available.

It's a great family fun day with free parking and close to a playground and you get to take away pure apple juice. What could be better?

## **FIREWOOD & SEPTIC TANKS**

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## **EXPERIENCE HARVEST**

*Judith Bush*

The Western Dales Mission Community is offering you the opportunity to 'experience harvest', from Thursday 26th September to Tuesday 1st October in St Andrew's Church, Sedbergh. There will be six displays in the church, providing a way to explore the rich harvest of land and sea, and the spiritual harvest of life. The themes of the six displays are patience, peace, humility, generosity, joy and faithfulness.

Classes of children from Sedbergh and Dent Primary Schools will be coming to 'Experience Harvest', guided by volunteers, and on 1st October there will be a special Harvest Service for Sedbergh Primary School at 9.30am. St Andrew's Church is open every day, and you are all invited to call in to experience harvest as well.

## **BEFRIENDING VOLUNTEERS**

*Suzanne Ambrose*

Age UK South Lakeland are looking for Befriending volunteers to join our team in the Sedbergh area, helping local older people who struggle with isolation. Befrienders provide companionship either through supportive home visits or over the phone. Giving just a little time can make such a difference to someone's sense of wellbeing.

- Do you have empathy with older people?
- An understanding of confidentiality?
- A non-judgemental approach to older people?

If you can spare some time to really make a difference, please get in touch!

Please contact our team for more information:

admin@ageuksouthlakeland.org.uk  
or call us on 01539 728118.

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## **SEDBERGH BRITISH SCHOOL TRUST**

*Mrs Jean Cope, Hon Secretary*

The trustees will meet on Wednesday 18th September 2024 to consider small GRANT APPLICATIONS from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

APPLICATIONS should be in writing and addressed to: The Honorary Secretary of the Trust, 14 Guldrey Fold, Sedbergh, Cumbria LA10 5DY

**WENSLEYDALE ART SOCIETY  
Monthly Lectures**

*Jenny Howard-Vyse*

Opening our new season of monthly lecturers with visiting speakers, on Tuesday 24th September 2024. The lecture starts at 2 o'clock. Free to members. Visitors welcome £10. Easy parking and cafe.

Held at Tennants Auction House, Leyburn, DL8 5SG

For further details visit our website: [theartsociety.org/wensleydale](http://theartsociety.org/wensleydale)

Anne Haworth lecturing:

When the Hare Looked up at the Moon: Night-time Encounters in East Asian Art

Hiding inside a porcelain bowl in the Percival David Collection at the British Museum is a small blue and white painted figure of a crouching long-eared hare turning its head to the moon. The bowl was made in 16th Century as a small trifle, the hare was drawn sketchily, but the bowl was later treasured by a gentleman of the Elizabethan era, Samuel Lennard, Lord of the Manor at Wickham Court in Kent, who commissioned precious silver-gilt mounts decorated with rabbits to protect the fragile porcelain.

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**FLU VACCINATIONS 2024**

*Sedbergh Medical Practice*

We are expecting most of our 24/25 seasonal flu vaccinations to arrive in September. However, we have been given strict guidelines from NHS England on the dates we can start to vaccinate, and we cannot deviate from this. We are therefore planning two booked sessions in October (Saturday AM). To be eligible



**St John's Church  
Garsdale**

**Are hoping to host**

**SEDBERGH  
TOWN BAND**

**On 1<sup>st</sup> October 2024.**

**Evening music followed  
by refreshments.**

**Suggested donation £5  
for organ  
refurbishment.**

**Date to be confirmed**

you must fall into one of the categories listed below. Please check social media, our website, and any messages we send you for more details.

Eligible for vaccination from 1st September 2024

- pregnant women
- all children aged 2 or 3 years on 31 August 2024
- all children in clinical risk groups aged from 6 months to less than 18 years

Eligible for vaccination from 3rd October 2024

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- household contacts of immunocompromised individuals
- frontline health and social care workers

We will be sending out invitations via text message for you to book your flu vaccination. If you do not have a mobile phone, then the practice staff will contact you to book an appointment. If ringing the surgery about flu vaccinations, please do not ring between 8am – 10.30am as this is our busiest time on the phones.

Flu booked clinics Anyone eligible from the lists above apart from 2- and 3-year-olds –

- Saturday 5th October – 8.30am – 11.30am
- Saturday 19th October – 8.30am – 11.30am

Walk-In Service Week commencing 7th October 2024 – Walk-in service (FLU vaccinations ONLY) - No appointment necessary. Available Monday – Friday (10.30am -6.30pm). There could be a short wait if you attend during lunchtime. Please note the vaccine may be administered in the waiting room.

The walk-in service is for FLU vaccinations ONLY

**\*\*All clinics are subject to receiving vaccines on the scheduled delivery dates\*\***

**\*\*\* Please note currently we do not have details of the autumn covid booster, please check social media and our website for updates, however if we do receive the vaccines prior to the clinics above you will be able to have both vaccinations on the same day, if eligible \*\*\***



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## POLICE REPORT

PCSO Mandy Coleman

11/7 – Theft of a Stihl leaf blower and a handheld Mikita hedge cutter off Thorns Bank.

Cold callers have been in the area, here is some advice as to what to do:

Cold calling is the act of making uninvited visits to your home with the intention of selling goods or services. It is not illegal and does not require a licence. However, the law states that a trader who ignores a resident's request to leave and not return commits a criminal offence under the provisions of The Consumer Protection from Unfair Trading Regulations 2008.

Any trader that puts you under pressure from falsely implying you

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must decide there and then, or that the "special price" is only available for a limited period, in order to make you sign up, is committing a criminal offence.

Traders who sell goods door to door are required to have a Pedlar's Certificate issued by the police, except for cold calls offering services like home maintenance work. Please note, a Pedlar's Certificate is not a guarantee of legitimacy.

Our advice is always to say, "no thank you, please go away" and then close the door immediately.

If the trader will not go away, you can ring Trading Standards. If you feel under threat, then please ring the Police on 101. In an emergency dial 999.

The next drop in will be on Wednesday September the 11th 10 am – 1pm up in our Community Office. As always, if we have been called away due to an incident, then you can either email myself or PC Adam Roberts. In an emergency ring 999.

Amanda.coleman@cumbria.police.uk

Adam.roberts@cumbria.police.uk



### Saturday 5th October

Cornerstone Community Church  
7.30pm start

£5 per adult ~ children free  
*Up to six members to a team*  
Contact Janice Rusling 20229

Hundreds of Organisations  
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## One Big Quiz

*Every pound raised will help  
transform the lives  
of people living in poverty*

**DEATH IN THE DALES:  
Sedbergh Crime Festival -  
October 11th – October 13th**

*Jean Briggs*

Sedbergh, England's only book town, presents its first ever crime fiction festival. There's felony in the fells and murder on the moors, and crime in – well, you've got the idea. On the Coal Road, I was going to say – ideal place for a murder. Never walk it alone.

Martin Edwards gave me the tagline for his and Kate Ellis's event: Whodunit?

Whydunit?

Howdunit? These two seasoned crime writers open the Saturday morning treats with their conversation about the crafting of crime fiction, but the tagline is the perfect summing up of the weekend's events.

The festival opens on Friday evening with Film

Noir at the Bar. Matthew Booth, author of the Everett Carr and Alex Priest detective series, and expert on film, introduces one of his favourites in the film noir genre, *The Big Heat*. The bar will be open – you might need a stiff drink to watch this one.

The Black Sheep panel which follows Martin and Kate on Saturday morning presents the villains in all their malevolent splendour. Antony Johnston will moderate the proceedings, keeping Frances Brody,

Jason Monaghan, and Matthew Booth on a tight leash.

Crime book lovers will look forward to Martin Edwards talking about his rich collection of crime novels and showing us a selection of his rarest books. Next come the female detectives presented by Fiona Veitch Smith whose Clara Vale series is at the top of the charts and Antony Johnston whose Dog-sitter detective series is charming dog lovers and crime lovers all over the place. And there's Harry Navinski whose

thoroughly modern, judo expert, Suzannah McLeod, tackles the dark and gritty underworld of Edinburgh.

Frances Brody, whose hugely popular female sleuth, Kate Shackleton, is on case number 14 – out next year – will shepherd *The Good*

*Shepherdesses*



panel.

Saturday's programme finishes with Martin Booth's *Art in the Blood*. How to describe it? A one-man show featuring Sherlock Holmes and his creator, Arthur Conan-Doyle. It will be hilarious and probably terrifying in equal parts – I've seen Matthew's *Dracula* show – and you'll learn a lot.

Sunday morning brings us to historical crime with Kate Ellis, expert on remains of all kinds as evidenced in her best-selling *Wesley Peterson*

series and her WW1 novels, featuring Detective Albert Lincoln. There's Deborah Swift whose knowledge of poisons is positively alarming in her immensely popular series about the Italian poisoner, Giulia Tofana. Her recent WW2 spy novels are best-sellers – number 3, Operation Tulip, is just out. Jean Briggs joins the panel to talk about her Charles Dickens mysteries, praised by those who've always loved Dickens and those who've just realised they do, and those who just like a good Victorian murder mystery. Jason Monaghan's thrilling Black Shirt series make him an ideal moderator.

Marsali Taylor, all the way from Shetland and her best-selling Shetland sailing mysteries, knows all

about rocks and hard places, and is the ideal moderator for the last panel, Landscapes of Murder. We're sticking to the north with Frances Brody from Yorkshire, and Martin Edwards, whose Lake District Mysteries reveal the beauty and terror of this beloved landscape. And there's Malcolm Hollindrake whose best-selling Harrogate series with DCI Cyril Bennett gives us a Harrogate as far from Betty's scones and jam as you can get. Human flesh in honey jars? Whodunthat?

Well, you'll find out whodunwhat to whom if you can join us for what promises to be a wonderful weekend of crime in Sedbergh, described by author Matt Twinley as "A haven for book lovers and authors, hidden in



**50TH ANNIVERSARY CONCERT  
HANDEL'S MESSIAH  
7.30PM, 26TH APRIL 2025  
ST ANDREW'S CHURCH DENT**

The Dentdale Choir, conducted by Nicholas Hurdall Smith, will be performing Handel's Messiah on Saturday 26 April 2025 to mark its 50th Anniversary. To the best of our knowledge, the Messiah has never been heard in Dentdale in its entirety. It is an inspiring and uplifting work which befits such an important milestone in the choir's story and is a huge favourite amongst choirs all over the world. For the performance in St Andrew's Church, Dent, we will be joined by four soloists and a small orchestra of the highest calibre.

The choir has been part of life in Dentdale for 50 years, having originally been founded by Judith Bush and combines our local singing talent with enthusiasm and friendship.

Now is your chance to get involved in the choir's next chapter. There is no audition to join the choir, and weekly Tuesday evening rehearsals will recommence on 17th September at 7.15pm. We have a number of learning tools at our disposal to help our singers learn the music. This is especially helpful for members who don't read music.

Please get in touch if you are interested, or simply come along to The Memorial Hall in Dent on a Tuesday evening from 10th September to try it out!

Join us for this memorable project which we are sure will culminate in an evening to remember.

Contact our secretary, John Feltham, at [feltham.john@btinternet.com](mailto:feltham.john@btinternet.com), or phone him on 015396 25689.

England's Lake District". The dales, in fact, but still a haven. Just the one murder – in 1477. You'll be quite safe. I've warned you about the Coal Road. All events on Saturday are at Queens Hall and on Friday night and Sunday at the People's Hall. Everything is now on the website <https://www.sedbergh.org.uk/festivals/death-in-the-dales/> and on Try booking

<https://www.trybooking.com/uk/book/search?keyword=death%20in%20the%20dales&location=&date=>



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## **THE LONGEST YARN**

*Mrs Gillian Wright*

I am a member of The Craftworkshop, Main Street, Sedbergh and have been a lifelong crocheter & knitter. I was flicking through Facebook mid-Dec last year, when my eye was immediately drawn to a plea from a lady called Tansy Forster (a Brit that has lived in Normandy for 23 years) to help finish a project to celebrate the 80th Anniversary of the D-Day Landings. In honour of the many D-Day veterans she had hosted in her vacation rentals business, she decided to celebrate this special event with a topper on her gate. The idea quickly mushroomed into knitting 80 one metre 3D panels depicting all the key scenes from the beach landings on 6th June 1944. The entire display had to be 80 metres (10 metres longer than the Bayeux Tapestry) to signify the 80th anniversary and the 80 days of the Battle of Normandy that ensued before the liberation of Paris. She researched the scenes from the film *The Longest Day* and the project "The Longest Yarn" was born. In total 107 panel makers from Britain, France, America, Australia, and Ireland set about the task. Even more people began making things to advertise the event and to sell to raise money to exhibit the project.

Most knitters began making their panel in June last year but some had given back word, so it was mid-Dec when the plea went out. Myself and Diane (a fellow knit & natter friend) agreed to do it. Our task was to depict paratroopers waiting to board





a Horsa Glider on UK soil. We had historians involved in the project making sure everything was authentic. Having the 3D panel dimensions of 1m length x 0.5m width meant the glider had to be a certain size to fit and, in proportion, the men had to be no more than 3” tall. So that they could be moulded into different shapes, the men were made with articulated arms and legs using garden wire wrapped up in drinking straws. I used 2mm needles and 4 ply yarn, and each man took 6 hours to make! We estimate it took us over 200 hours in total to make our panel.

All the finished panels had to be shipped over to Normandy by end of March (with some sponsorship of a freight transport and free passage by the ferry company) in time to be set up as a single display by the end of May for the celebrations in June. The Longest Yarn is now going to be touring Britain from 7th Sept until 1st April 2025. It will then tour America for a year before returning to France in 2026 to be housed in a purpose-built building in Carentan Normandy.

A book has been written in conjunction with the project called

“The Longest Yarn - A Thread Through History” and can be bought via the project website for £10.50. Each panel is described, together with a photograph of the war photo that inspired the creator, a photo of the panel and a biography of the panel makers.

The closest location to this area to see the display (at the time of writing) is either New Mills in the Peak District, 20th Nov-15th Dec, or Llandudno in North Wales, 2nd-27th Oct ([www.llandudnorespects.com](http://www.llandudnorespects.com)).

Fundraising is ongoing (any excess will be donated to veterans’ charities). Full details for donations and other venues in UK can be found on [www.thelongestyarn.com](http://www.thelongestyarn.com).



## PROPERTY PRATTLE

*Nigel Close  
Cobble Country Property*

Change. Change. Change.

That seems to be all we knew of what the new Government were promising us if the country chose to elect them to power.

Well, that should be an easy enough pledge to fulfil shouldn't it?

We have already been made aware of some of the many changes that will affect anyone as far as property is concerned and some are beneficial. On the back of improving economic figures (some would argue that is nothing to do with the current Government), the Bank of England has made the first reduction in interest rates for 4 years and this will

be welcomed by all those with mortgages but less so from those with savings.

What amazes us at Cobble Country Property in Sedbergh is not so much what legislation might change either now or in the future but how so many landlords are happy to operate their tenancies unaware of the changes already made to renting out property within the last few years. The laws and penalties for non-compliance are frightening in their ability to criminalise a person for something that not many years ago was not a consideration.

The amount of work carried out to check that a property has the right to be legally rented out and the regular system checks established along with

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a very in depth check on a potential tenant(s) are quite intensive, and we know that there are still many people happy to 'take a chance' with few of those checks in place.

Would those same people drive their car on the road while under the influence of alcohol or drugs or use their car on a road untaxed and with no MOT?

Most would probably not because there have been increasing surveillance systems brought into place to provide authorities with automatic trapping systems. Indeed, the writer of this piece recently received a letter through the post asking him to confirm that he was the driver of a vehicle doing 65 mph on a

dual carriageway through a new 'Air Quality Zone' in Wales. Now, he was aware of these zones before having driven through the M5 Birmingham numerous times on his regular visits to Bristol and has to admit that he did see the signs for this one, but even 5 mph over on a dual carriageway has produced an automatic penalty.

Property owners beware, recent changes in owning, renting and managing property have already created traps for the unaware or uncaring property owner. But rest assured, there are many more changes coming down the line to protect the safety of all those with an interest in property in whatever form.

If you would like to chat with the experts in property who have a combined 70 years of experience in property development of all forms in the Sedbergh area, please do not hesitate to call Sue at Cobble Country to arrange an initial meeting without obligation.

### FRIENDS OF THE DALES AUTUMN EVENTS

*Victoria Benn*

*Membership and events officer*

Yorkshire Dales environmental charity Friends of Dales programme of monthly online talks resumes in October with the following now available to book:

Online talk: An Inclusive National Park

Wednesday 23 October, 5:00pm  
Trustee and Churchill Fellow,  
Mohammed Dhalech, will discuss the three challenges of organisational culture, representation and racism which must be tackled in order for



everyone to enjoy our national parks.

Book via: [https://](https://www.trybooking.com/uk/DNLM)

[www.trybooking.com/uk/DNLM](https://www.trybooking.com/uk/DNLM)

Online talk: The Yorkshire Dales National Park – 70 years on  
Wednesday 20 November, 5:00pm  
In celebration of the 75th

anniversary of the National Park movement and 70th anniversary of the establishment of the Yorkshire Dales National Park, Mark Corner, our former Chair of Trustees and the current member champion for the natural environment for the National Park Authority, will review the achievements of the national park and consider the opportunities and challenges that lie ahead - especially in relation to nature recovery and community sustainability. Book via: <https://www.trybooking.com/uk/DNLO>



## HARDSHIP AND EXHIBITION FUNDS

*John Sykes*

### **Hardship Fund:**

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

### **Exhibition Fund:**

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

### **Tony Reed Screen**

([a865@btinternet.com](mailto:a865@btinternet.com) or 015396 21081) or **John Sykes** ([jmsykes100@gmail.com](mailto:jmsykes100@gmail.com) or 07786 384 917).

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

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## **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 novel, published in 1847, does the sentence 'Reader, I married him.' appear?

2. In which classic children's book, published in 1926, does a character, not noted for his joie-de-vivre, say 'This writing business. Pencils and

what-not. Over-rated, if you ask me. Silly stuff. Nothing in it.'? And who said it?

3. What is the title of the book by Liz Truss published in April 2024?

4. Which famous novel opens with the words: 'It was a bright cold day in April, and the clocks were striking thirteen.'?

5. Which politician was awarded the Nobel Prize in Literature in 1953?

6. What is the title of Tom Wolfe's 1979 book about the Project Mercury astronauts, contrasting them with some of the test pilots of the time such as Chuck Yeager?

7. In 1912 – the date is significant – Thomas Hardy wrote a poem called 'The Convergence of the Twain'. What two things converged?

8. The Mint, published under the name 352087 Aircraftman Ross about his experiences in the Royal Air Force, was by someone famous for his exploits in the First World War, and who wrote a book about those exploits. Who was he? And what was the title of his other book?

9. Who wrote Les Misérables?

10. Under what title did a fictional character named Oliver Mellors appear?

11. Kate Greenaway was known for her illustrations of what genre of books?

12. In 1930 W C Sellar and R J Yeatman published their version of the history of England. What is it called?



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## CHRISTIAN AID

*The Rev. Anne Pitt*

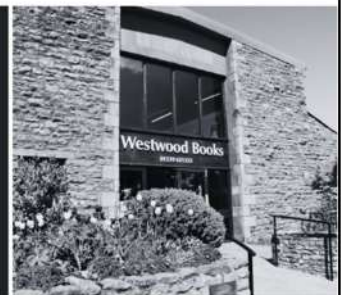
Although it is only August as I write this it already feels like, and soon autumn proper will be upon us and also our fund raising autumn coffee morning on Wednesday 9th October in St Andrew's Church Room in Sedbergh. Christian Aid supports many projects worldwide working with grassroots organizations so gets frontline feedback on how issues face ordinary people and has campaigns to bring these issues to greater prominence to the wider public and governments and international bodies.

Agricultural communities in developing countries are already bearing the brunt of the climate

emergency and they rely on stable and predictable climates to feed their families. That is why it's vital they receive a lot more financial support to adapt to this changing climate.

Back in May Christian Aid focussed on part of its work combating needs in Burundi. A great concern is how climate change is impacting farmers there.

Burundi is one of the least developed countries and is in the lowest five countries on the Human Development Index. It has a high malnutrition rate, with nearly two thirds of children under five years old reported as being undernourished; the Global Hunger Index categorizes the country's hunger situation as "alarming". Even during the harvest



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season families spend up to two thirds of their income on food and finding sufficient nutritious food can be challenging. The landscape is hilly, prone to erosion and landslides, and climate change is exacerbating vulnerabilities of the 90% of the population who work in the agricultural sector.

In 2009 Burundi's President Pierre Nkurunziza initiated a program of avocado tree planting with the aims of both improving the nutrition of his countryfolk and providing jobs for millions of unemployed young people in both farming and in the processing plants. Rural people were provided with avocado seeds and within three years 8 million trees have been planted. The campaign has been extended to distribute pineapple and banana plants. For small-scale farmers, avocados represent an important source of nutrients to help reduce malnutrition. It also helps keep the water used to grow the fruit locally, rather than exporting it. Avocados also provide opportunities to export the excess fruit to neighbouring Tanzania, where the better-quality Burundian avocados can command 3 to 4 times the price

of the locally grown fruit. The avocado trees are sometimes used for shorter-term gain: some have been cut down for charcoal making or for firewood for brickmaking, which has had effects on the supply of avocados in local markets.

It's understandable why Burundi's President is championing the nutritious crop for his people. Avocados are a good source of fibre and monounsaturated fats (the good type), which can act to reduce low density ('bad') cholesterol and thereby reduce heart attack and stroke risks. Avocados also offer their consumers a wide range of vitamins and minerals, including vitamins C, E K1, B6 and folate, as well as the essential minerals copper and potassium. Vitamin C helps maintain healthy blood vessels, skin, bones and cartilage. Vitamin E also contributes to skin health, as well as eye health and good immune system function and reduces bodily inflammation. Vitamin K helps with blood clotting and helps slow bone loss. Vitamin B6 helps formation of haemoglobin, the chemical which transports oxygen around the body, while folate helps the formation of the



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red blood cells which carry the haemoglobin. Folate may also help reduce risk of prostate and colon cancer, and can help address folate-deficiencies associated with depression. Copper is also used by the body to produce red and white blood cells and haemoglobin, and potassium balances fluid levels in the body and helps the heart function properly. That's a lot of health benefits packed into a small fruit.

In a Case Study done by Christian Aid for their Report "Getting smashed: the climate danger facing avocados" Jolis Bigirimana, avocado farmer, founder & president of Farmer's Pride Burundi, writes:

"In Burundi climate change is a huge problem, especially for avocado growers. We are experiencing hot temperatures, heavy rain and erosion which is having a terrible impact on farmers productivity and their income. We only have a very short period of rainfall here in Burundi and during

that period avocado growers used to water their plants. But because of climate change the weather is now more extreme and this has affected our productivity. It now costs us a lot of money to water our crops which has affected our income and is a threat to our livelihoods. Climate change also reduces soil fertility which leads to an extra cost of buying fertiliser which reduces our incomes further. Because there is no irrigation system, farmers have to pay a water seller to bring water for the crops. If we had some irrigation that would much better and reduce costs. But we lack the infrastructure and need more investment. We need to see richer, polluting countries to cut their carbon emissions which is driving this extreme weather, and also provide climate finance to help us adapt to the changing climate."

On its website, [www.christianaid.org.uk](http://www.christianaid.org.uk), it says "Christian Aid is calling on governments to commit to urgent emissions reductions and accelerate the energy transition away from fossil fuels and towards clean, renewable energy.

We also want to see more financial support provided to vulnerable agricultural communities that rely on avocado growing for their livelihoods so they can adapt to the changing climate – a change that has been driven primarily by polluting nations in the global north."

It is issues and situations like these that our local fundraisers such as the coffee morning support and can bring practical aid to farmers like Jolis Bigirimana.

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## SEDBERGH SCHOOL NEWS

*Karen Bruce Lockhart*

The School is pleased with the A Level and BTEC results this year, which are well above average for the country. An outstanding result was achieved by Mahika Gaur who gained three A\* despite the distraction of playing cricket for England. Local successes going to University are Jack Wilson (UCL), Thomas Newman (Bath), Sam Laheney (Birmingham), Emily Hetherington (Newcastle) and Seb Smith (Nottingham Trent).

The Governors have informed the parents that as and when VAT on the fees is introduced the School will share the burden at the date of implementation, and the increase for the parents at that date will be eight per cent above the level as at September 2024.

The usual International School took place in the first half of the School holidays and 17 pupils from Sedbergh Vietnam attended. Miss Bettney (Head of EAL) visited Sedbergh Vietnam and was shown round by the Headmistress. For the last three weeks the international school pupils moved to Casterton.

Katy de la Rivière interviewed OS Ben Crosland (Hart 1964 - 69) ahead of the launch of his album 'Harken' at the Buxton International Festival. The album includes tracks 'humility', 'ambition', 'resilience' and 'kindness' inspired by Sedbergh values.

Mr Seymour bicycled from Land's End to John o' Groats for Pancreatic Cancer Research. Mrs Christie and Mrs Bolton completed the Thames Marathon in memory of Mel Corrigan and raised money for Macmillan Cancer.

The new Deputy Head of School, Isobel, completed a half marathon with her father and brother (both OS) in Bulgaria.

Seventeen pupils in the English as an Additional Language Department sat the IELTS examinations. All the Year 12 pupils achieved 7.0 or above and two Germans and one Ukrainian

achieved a pleasing 8.0 OS Simon Bainbridge and his wife Claire were Overall Winners and Northumberland Area winners in the Tye Trophy for contribution to conservation and environmental improvement.

On 8th September the OS Club are taking a tour to Arnhem and will join up

with the Year 11 Battlefields tour when the School choir will sing in St Martin's Cathedral in Ypres.

### **Cricket**

The Women's The Hundred match, the Lancashire Thunderers against the Manchester Vipers on 14th July had to be abandoned due to persistent light rain. However, the friendly Lancashire v Cumbria did manage to take place although it did not start till noon, and was shortened to 43 overs each. Lancashire won.

The third match, Lancashire v Durham in the One Day Cup, started





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off on a brilliant morning with Sedbergh looking its best, although it clouded over in the afternoon. Over 2,000 spectators turned up and the ground was full to capacity. This time Lancashire lost.

OS Harry Brook notched up another 100 against the West Indies in the Test series ( but also went out for 3!). Ben Stokes said he caught “one of the best catches you will ever see”. He replaced Ben Stokes as captain in the Hundred when Stokes was injured. OS Tom Aspinwall, who has been playing for Manchester Originals in the Hundred, returned to the School to play for Lancashire in the match against Durham.

### **Rugby**

OS Kane James and OS Ben Redshaw played for England U20 in the final of the World Championship in South Africa

### **Target Sport**

The School shooters took part in the National Finals at Bisley in which 55 school teams competed.

OS Charlie gained his Cap for Yorkshire in the Inter-Counties long range. OS Ollie gained his Full Cap Selection for Lancashire in the Target Rifle Inter-Counties finals at Bisley and OS Lewis was picked as reserve for Lancashire

### **Equestrian**

The team, having qualified to go to Hickstead for the final of the Schools



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Eventing Championship at 70, 80 and 90 centimetres , came fifth in a field of 60 teams.

#### **Athletics**

Vicky won bronze in the JG 100m final, in a rapid 12.23, making it 2 medalists in 2 years Hugo ran a PB to make the IB 1500m final, gaining valuable experience against older competitors

#### **Future Events**

Open Days will be held for Year 12 on 14th September, and for Year 9 on 5th October

A Scholarship Day will be held on 7th November for Music, Design & Technology & Art

A Scholarship Day for Sixth Form will be held on 14th November

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

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

Half term is 11th October to 27th October

## **WORLD SUICIDE AWARENESS DAY**

### **Exploring Male Suicide**

*Stephen Hall*

As we approach World Suicide Awareness Day on 10th September I expect the media will draw attention to statistics around the number of male deaths due to suicide and the personal stories of those who have been affected by the death of loved ones, and so I have decided to start this series of articles on Mental Wellbeing by exploring male suicide.

The topic of male suicide is a very emotive one and the reasons why men die by suicide are complex. To start with, I want to emphasise that by talking openly about suicide we can start to normalise the conversation and reduce the shame that many men feel, keeping them quiet at times when they most need support.

What follows is a condensed version of a blog from my website: [traumaandaddictiontherapy.com/blogs](http://traumaandaddictiontherapy.com/blogs)

Most of the voices we hear in the social media world of suicide prevention are those who have gone through the pain of loss. Losing a loved one - a partner, child, sibling or friend to suicide brings with it immense pain. For some they have been able to channel their loss to reach out and support others, leading to the establishment of charities such as The Jordan Legacy, Suicide&co and R;pple and helping to motivate people to talk openly about their bereavement and campaign for mental health.

This makes me wonder what stops 'suicide survivors' from talking so publicly. While there are notable exceptions - I know from experience that shame and guilt can play a huge part in keeping men silent. Roman Kemp talks in his book, 'Are You Really OK?', about the challenges of people not wanting to say the word suicide out loud - whispering it instead, 'like it's dirty'. He likens it to 'the characters in Harry Potter books that can't bring themselves to say the name 'Voldemort' because 'even the word scares them shitless'. Research suggests that more than three-quarters of men feel they can't confide in those closest to them about their problems - and that same statistic applies to the proportion of suicides that are male. In order to address this issue we need to understand what is driving those feelings.

When we delve beneath the surface we can start to explore the pain that men are trying to escape when they attempt suicide. The psychologist and suicide prevention pioneer Edwin Shneidman (1918-2009) likened suicide to pain and provides us with a compassionate perspective on why individuals might choose to end their lives. He emphasised that pain is a tool - it's the body's way of telling us that something is wrong and that something needs to change. In looking at suicide as psychological pain we can start to minimise those feelings of guilt and shame.

Unlike physical pain, which can be easier to identify and treat, psychological pain is often buried

despite it feeling all-encompassing and unbearable: deeply affecting a person's thoughts, feelings, and overall mental state.

Shneidman argued that this pain arises from psychological needs that haven't been met. These needs can vary widely among individuals, but common ones include the need for love, acceptance, belonging, self-esteem, and purpose. When these needs are not met, it can lead to feelings of hopelessness, despair, and intense inner torment.

### **The Roots of Psychological Pain**

As human beings we all have psychological needs, but if we think particularly about how this applied to men they include:

- **The Need for Love and Belonging:** Men are inherently social beings. We crave connection, affection, and acceptance from others - be it through sports teams, clubs or work. When we feel isolated, rejected, or unloved, the emotional pain that results can be overwhelming.

- **The Need for Achievement and Purpose:** Having a sense of purpose and feeling like we are making a meaningful contribution can significantly impact our mental well-being. When men feel that their lives lack purpose or that they are not achieving their goals, it can lead to a profound sense of emptiness.

- **The Need for Self-Esteem and Respect:** Self-worth is crucial to mental health. Men need to feel valued and respected by others, and importantly, by themselves. Ongoing feelings of worthlessness or failure

can contribute significantly to psychological pain.

- **Need for Control and Predictability:** Feeling in control of our lives and having some predictability can bring with it a sense of security. When life feels chaotic or uncontrollable, it can trigger intense anxiety and stress.

### **How Psychological Pain Leads to Suicidal Thoughts**

Shneidman believed that when our psychological needs remain unmet over time, the resulting pain can become so intense that suicide appears to be the only escape. It's not that men necessarily want to die; rather, they want to end their unbearable pain. In this context, suicide can seem like a solution to



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what feels like an insurmountable problem.

## **Addressing and Alleviating Psychological Pain**

Understanding that suicide is often driven by intense psychological pain rather than a desire for death is crucial for providing effective support and intervention. Here are some ways to help alleviate that pain and support those who might be struggling:

- **Listen and Validate:** One of the most powerful things you can do for someone in pain is to listen without judgment. Validate their feelings and let them know that their pain is real and significant.

- **Promote Connection:** Encouraging social connections and fostering a sense of belonging can help mitigate feelings of isolation and rejection. Whether it's through family, friends, support groups, or community activities, building a network of supportive relationships is crucial.

- **Encourage Professional Help:** Therapy, counselling, and other mental health services can provide vital support. Mental health professionals can help individuals identify and address unmet psychological needs and develop healthier coping mechanisms.

- **Help Set Achievable Goals:** Assisting someone in setting and

achieving small, manageable goals can help rebuild a sense of purpose and accomplishment. Celebrating these successes, no matter how small, can boost self-esteem and motivation.

- **Help Develop Coping Strategies:** Developing healthy coping strategies for dealing with stress, anxiety, and other negative emotions can be incredibly beneficial. Techniques such as mindfulness, meditation, breathwork, relaxation exercises and journalling can help individuals manage their psychache more effectively.

### **The Importance of Compassion**

At the heart of Shneidman's theory is a profound compassion for those who are suffering. Recognising that suicidal thoughts often stem from intense psychological pain rather than a desire for death can shift the focus from condemnation to understanding. This perspective encourages us to offer support, empathy, and practical help to those in distress.

### **Conclusion**

Edwin Shneidman's theory provides a valuable framework for understanding the intense psychological pain that can lead to suicidal behaviour. By recognising the unmet psychological needs at the root of this pain, we can better support those who are struggling. It reminds us of the importance of compassion, connection, and proactive intervention in alleviating psychological pain and preventing suicide.

Next month I will go on to talk about the difference between suicidal

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thoughts and suicidal action - taking account of statistics that suggest that roughly 9% of people have had thoughts of suicide, 3% have made an attempt.

If you or someone you know is experiencing suicidal thoughts, it's crucial to open up the conversation. If you would like to know how, the ZSA (Zero Suicide Alliance) offer a free training modules (<https://zerosuicidealliance.com/training>) starting with a 5-10 minute training on suicide awareness and how to start the conversation, and versions specifically aimed at those with autism, veterans, university students and taxi drivers.

If you are worried about someone planning suicide you should talk to them about reaching out to mental health professionals, crisis hotlines, or trusted individuals who can provide support.

Remember, there is help available, and no one has to face their pain alone. Further details can be found on the support page of my website: [www.traumaandaddictiontherapy.com/support](http://www.traumaandaddictiontherapy.com/support)

## WORLD ALZHEIMER'S MONTH

*Paola Barbarino*

World Alzheimer's Month is an annual international event, always held in September and run by Alzheimer's Disease International, (ADI).

The aim of the month is to raise awareness and challenge stigma surrounding Alzheimer's and dementia. The event has been running since 2012, and September 21st is World Alzheimer's Day.

Globally there is thought to be poor understanding and a great deal of stigma surrounding dementia, so the work of World Alzheimer's Month is vital and is growing and targeting the stigma and lack of understanding and knowledge surrounding Alzheimer's disease and dementia as well as supporting those suffering with the disease.

The month is an opportunity for individuals, businesses and charities to hold events and raise awareness in their communities of the effects of dementia. Participants can get campaign materials for their event from ADI, and anyone unable to arrange their own event but keen to take part, can find events run by their National Alzheimer's Charity and participate in those.

World Alzheimer's Month is an opportunity for sufferers, carers, professionals, press and media and communities to work together against dementia as well as raising awareness of the realities of it, while combating stigma and misinformation and lobbying the government for better help and care.



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### HOWGILL & FIRBANK W.I.

*Audrey Hoggarth*

We met at Firbank Village Hall on August 1st.

Eight members and one visitor were present.

Apologies were received from Jackie Hooley, Christine Knipe, Tanya Hoare, Pauline Robson and Mary Stainton.

Sarah gave us a warm welcome. Also, a special warm welcome to our speaker Kirina who was ready to introduce us to linocut printing, a new craft to learn about for most of us.

We were first introduced to the tools we needed to create a simple, single colour linocut print. This was a





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very therapeutic experience - we were pleased with our results. Kirina continued by judging the competition for an attractive tea towel; 1st Bridget, 2nd Audrey.

Thanks were expressed to our guest speaker Kirina. Refreshments were served.

Our walking group is meeting regularly and enjoying the countryside.

We will meet again on September 5th at HOWGILL Village Hall at 7.30 pm when Christine Lowe will give a talk on WESTMORLAND RSPCA.

Visitors are welcome.

### SEDBERGH W.I.

*Moira Folks*

Our intrepid walkers have been getting into shape for their group holiday by having two local hikes since the last Lookaround was published! In July, there was a circular walk from Barth Bridge in Dentdale on the northern side of the valley. After following the track uphill from the bridge, the south-easterly path was taken

up the valley, eventually crossing the river at Tommy Bridge. Cutting up to the road near Manor Farm, the group returned along it to Dent with a stop for refreshments at the Heritage



Centre café before completing the walk along the footpath by the river back to Barth Bridge.

In August, their walk started at the Village Hall car park in Barbon. Going briefly south out of the village along the road, a lane and bridleway ascended east above the village to meet a lane that joined the road to Dent. This was taken to join the fellside road southwards down into Casterton, where a convenient bench made for a useful packed lunch stop. The route back to Barbon was along the footpath going through Casterton Sedbergh Preparatory School grounds and past The Grange to cut across fields and then follow Lowfields Lane along to Beckfoot Farm. At that point, a footpath went north-eastwards, mainly along the beck, and cut across Kirkby Lonsdale golf course to come out at Hodge Bridge and the road back into Barbon. Both outings had favourable weather conditions with only an odd shower now and again – amazing considering the poor weather we've had most of this summer! Many thanks to Anne Pitt for her detailed report (which enables me – and perhaps others – to follow the walks on an OS map!). We send our good wishes to all the group taking advantage of the walkers' holiday in late summer and look forward to hearing about it when they get home.

On 17th July, Valerie organised a coffee morning in St Andrew's Church in aid of Target Ovarian Cancer, the charity which raises awareness of the symptoms of ovarian cancer – such as bloating – in order to alert women to seek help

early to try and avoid an early death. Our support for this arose from a National WI Resolution campaign a couple of years ago. Valerie was helped at the coffee morning by several members of our WI as well as other concerned friends, raising a total of £265 for this very worthwhile charity.

The lunch club met at Longlands Hotel, Tewitfield, on July 25th, an enjoyable occasion. Several members also enjoyed an outing to Winton Park Gardens on another day.

We welcomed retired music and drama teacher Jenny Wilson to our monthly meeting in the People's Hall on 14th August. Not content to sit at home in retirement, she trained as a Cumbria Blue Badge Guide at the age of 70, leading tours for bus companies, town walks, and speaking to groups like our WI on various subjects. Jenny's subject this evening was 'William Wordsworth – The Man Behind the Poetry' and she gave us a very full and fascinating guided tour to his life. He was born in Cockermouth (1770) where his old home is now a National Trust property, and schooled at the Old Grammar School at Hawkshead. Family tragedy came with the death of his mother Ann in 1778 and father in 1783, leaving the five children in the care of their mother's relatives, who sent William's beloved sister Dorothy away to the Halifax area for nine years since she wasn't 'worth' educating like the boys! It was a school hike from Hawkshead to the fells above Grasmere that really opened William's eyes to the beauty

of nature; he had found a 'paradise' where he would love to live – and eventually did, of course! Before then, he walked 20,000 miles throughout Europe with his friend Robert Jones, whom he'd met at St John's College, Cambridge, experiencing the wonders of nature on a grand scale in the Alps where he was completely overawed. He wrote dozens of letters home to Dorothy about his experiences. He had become an avid walker in the mountains and later, back in the Lake District, he would walk miles with his friend the Romantic poet Samuel Taylor Coleridge who moved to Keswick. His love for nature and the mountains inspired much of his poetry. Although his family expected

him to get a professional post after graduating, he wouldn't conform and went back to France where he was befriended by a French family, fell in love with their daughter, Annette Vallon, and she became pregnant with their daughter, Caroline. Marriage was impossible between an Englishman and a French woman in war-torn Revolutionary France where the English were the enemy. This was a disgrace to the French family but also to the Wordsworth family. William had no means of support. Dorothy corresponded with Annette to keep in touch with her niece (years later, when William was famous, they returned to France and made financial arrangements to make their lives comfortable). In 1793 William

  
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was 'really broke'. Good fortune struck at last when a school friend named Calvert gave him a job looking after his younger brother who was extremely ill. When the young man died, William received a bequest of £900 – a great deal for William in those days – and he was able to rent a house in Somerset, where he met the Coleridge. Together they wrote the Lyrical Ballads, not high-minded poems as were the fashion with Byron, for example, but showing interest in ordinary people, villagers, war veterans, leech-gatherers and sellers (leeches were used for medical purposes in bloodletting).

After visiting Germany with Dorothy, they returned to the Lakes and Dorothy went to stay with their old friends the Hutchinsons in Penrith and, walking through Sedbergh and Kendal to the Lakes, they found a home at Dove Cottage (then known as the Dove and Olive Branch, a former inn) in Grasmere. They moved in on Christmas Eve 1799. They were elated; they had an income and life for them was simple and happy and they loved their garden. William had a hut at the top of the garden where he wrote his poetry. His brother John joined them at Dove Cottage, and they had frequent visits from poets like De Quincey, Robert Southey and Coleridge. In 1802, William married Mary Hutchinson and she and her sister Sarah moved into Dove Cottage. In the same year, he and Dorothy were walking beside Ullswater when they saw the wonderful display of wild daffodils which inspired William's most famous poem 'I wandered lonely as a cloud',

and Dorothy wrote about them in her Journal. William and Mary had five children together, but two of them died in childhood. William's youngest brother, John Wordsworth, worked for the East India Company, but was drowned in 1805 when the ship he captained hit rocks and sank off Weymouth, Dorset, at the beginning of a trading voyage to the Far East. William himself died at Rydal Mount, not far from Grasmere, in 1850.

In addition to being a famous poet, William was an avid conservationist. He opposed the building of railways through the Lake District during the 19th century, and so they stopped at Windermere in the south and Keswick in the north. Ironically, his own fame fuelled a tourism boom and still does today! He influenced the founders of the National Trust like Canon Rawnsley, Octavia Hill and Beatrix Potter, so we have much to thank him for!

From a great Lakeland poet who lived in 19th century Grasmere to a Lakeland Storyteller who lives opposite Grasmere church today, surrounded by his Storyteller's Garden! On August 15th, the book club met at Sandra Kemp's home to discuss 'Cumbrian Folk Tales' by Taffy Thomas MBE. He was awarded the MBE in the 2001 New Year Honours List for services to storytelling and charity as he performs his tales dressed in his magnificent Tale Coat (two of our group have seen him performing). There was a wide score range for the book between 3 and 9/10. Some members weren't keen on the short-story and poems format, especially

those written in Cumbrian dialect which is difficult to understand. Others of us found many of the stories charming. However, all of us at the meeting agreed that the presentation of the book cover (by Katherine Soutar) and the line illustrations accompanying the stories by Steven Gregg, a young Cumbrian artist, were very good. We were intrigued to read stories about places we knew (Devil's Bridge at Kirkby Lonsdale, Levens Hall and Grasmere, for example). The stories are grouped in six parts, including Saints and Sinners; Romans, Reivers and Norsemen; and Spectres and Skulls. The average score was about 7/10. Thank you, Sandra, for hosting a very enjoyable meeting.

Our next meeting in the People's Hall committee room will be on Wednesday 11th September at 7.30pm when we shall be welcoming Penny Clover to speak to us about 'Maori Myths and Legends'. Visitors and new members are always welcome. For further information, please contact our President, Louise Atkinson, on 07885 378883; or our Secretary, Valerie Welti, on 07969 376649.

## **NOTES FROM DENT STATION Friends of the Settle Carlisle Line**

*John Carey*

Well, a month comes around quickly! However, life has been relatively uneventful at the station as we have welcomed our guests. Fortunately, with the considerable activity in May and June, most of the serious jobs have been done for the time being although there is always something looming on the horizon. The next job will be a serious cut back of the undergrowth which occupies the majority of our ½ acre plot now that the wildflowers are going. We are most fortunate to have the assistance of our stalwart volunteer, Ken McClurg who is never more happy than in possession of a strimmer.

I couldn't write this piece without mentioning the sudden and untimely passing of our dear friend Michael Pascal who will perhaps be better known to his friends as 'Muppett'. Whilst a proud resident of Bradford, Muppett was a frequent visitor to the area and was the regular compere at the Dent Music and Beer Festival. However, Muppett was probably best

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known for his unusual and enigmatic delivery of unaccompanied songs, a genre which he made his own, and often performed in the Sun Inn, Dent, usually with a pint in hand. His modus operandi was to alight the train at Ribbleshead and walk across the Craven Way complete with tent which he would then pitch at Conder Farm campsite. Also, a poet, committed charity worker, rural bus supporter and fundraiser Muppett will be sorely missed and an irreplaceable act to follow. Testament to the many lives he touched were a BBC news item and several local newspaper reports on the following day. I suspect that, until the various articles appeared, there would have been few that even knew his real name! RIP Muppett.

Last month I extolled the virtues of the 563-bus service. Well, I couldn't wait to return and a few days ago I took the bus to Cautley to revisit the northern Howgills which I hadn't done in a long while. It was a pleasant day as I ascended Yarlside whilst somewhat underestimating the endeavour and my personal fitness. This is a beast of a hill but the rewards from the summit are considerable with clear views all round. As the initiated will know, there are few easy ways off the summit as the hill stands on its own. So, a steep descent is almost inevitable, in this case down to Kensgriff and followed by the more undulating hills of Randygill Top and Green Bell. However, it was an excellent day out. Whilst this could never be described as 'essential travel' it is nevertheless underlines the importance of having

some level of public transport access to our National Park and a viable alternative to the private car. Meanwhile, one of the fine hostelrys in Ravenstonedale benefited from my custom!

On the railways, regular travellers will be aware the Leeds-Settle-Carlisle line has been plagued by a shortage of carriage stock. Often trains are shortformed or, even worse, occasionally cancelled altogether. Unfortunately, the 158 stock is showing its age at around 40 years' old and increasingly suffering from maintenance issues. Rather worryingly, there appears to be an absence of a plan to replace the stock at the present time and, most likely, we will see trains cascaded down from other locations when it does eventually happen. As I have often said, passengers should reasonably expect a seat and a window through which to admire the view along, what we might contend is one of the most scenic lines in the country. We also need carriages with adequate cycle and luggage space.

Dent Station seems to have benefited from increased passenger number during the summer months and the morning arrivals seem to bring a considerable number of walkers plus a few locals departing for a day out. The station gets busier again around midday when the north and southbound trains pass, and which seems to be a popular time for overnight visitors departing, often the relations of local residents or from the B&Bs. However, on one recent occasion, whilst waiting on the platform with fellow passengers, the

customer information screen indicated that our 1213 train to Leeds had been cancelled, the next train being some 4 hours later (another personal moan). Several decided to make their own arrangements, however, I reconciled myself to the inevitable 4 hour wait. The reason? Not the Northern train in this instance but a failed freight train further north. A phone call elicited that a rail replacement bus had been organised but, for entirely sensible reasons, this would not call at Dent. However, much to the railway's credit, a taxi was despatched and duly appeared at the station some while later. By that time, I was the sole passenger, and I dread to think of the cost of the journey to Skipton, OK, a couple of hours later than intended! Such unforeseen events can always happen, but it is how the operator deals with them that really matters.

Of course, the regular throughput of passengers is vital to the viability of our station. The present timetable misses out Dent on two of the southbound services and there are those who would argue that the minor stations should not be served by every train. Needless to say, such suggestions are robustly countered. However, the particular issues of Dent will be well observed in that the



station is situated in a remote location, some 5 miles from Dent and 10 miles from Sedbergh and, even worse, up a very steep hill! However, despite the location of the station, the railway is already there, and the services largely paid for out of public funds; it should form part of any rural transport strategy, of course, combined with a local bus service. This would benefit both local residents and the visitor economy not to mention the reduction in private car use. However, rather sadly, I sense little progress towards in this direction as bus and rail are often regarded separately by operators and, indeed, our local authorities. Integrated transport has never really been on the agenda. Without doubt, the government £2 bus fare cap has been a success in certain quarters and led to a country-wide

increase in passenger numbers, particularly in urban areas. The bus industry was in crisis post-covid and many bus companies would have otherwise folded. Whilst the benefits have not been as apparent in the rural areas, many of which had already lost their bus services, this is now being partially addressed with the 'BSIP' (Bus Service Improvement Plan) money which is being offered to the local authorities, of which



Westmorland and Furness is a beneficiary. Indeed, we have already seen some local improvements with the 563. However, I fear that there is a 'cliff edge' rapidly approaching when the £2 fare scheme comes to an end in December 2024. We have heard nothing as to what will happen thereafter and the hard reality for many newly acquired passengers is that they could see a considerable increase in their fares which will, no doubt, come as a shock. Without subsidy, bus travel is costly! Some urgent thought is therefore required and perhaps the sensible option will be a staged increase if indeed the present arrangement cannot continue. However, given the recent announcements of cutbacks, the omens as to status quo cannot be good.

But back to the here and now, the Saturday S1 Western Dales Bus continues to provide a vital link from Dent Station (the highest bus-rail interchange in the country) to Dent village, Sedbergh and Kendal, the first service meeting the 1048

northbound train to Carlisle in the morning and returning for the 1732 train in the late afternoon.

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

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

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

I should also 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. Both services run until 20th October. Also, 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](http://www.dalesbus.org) For rail journeys please consult [www.northernrailway.co.uk](http://www.northernrailway.co.uk) which will also give details of any potential disruption. If I can be of any assistance on any bus or rail matter, please feel free to contact via [john.carey@settle-carlisle.com](mailto:john.carey@settle-carlisle.com) and I would be delighted to help.

## GARSDALE STATION

*Colin Cowperthwaite*

This article is from an old cutting dating from around 1950. I'm unsure in which publication it originally appeared, but it is entitled 'Change here for the Back of Beyond', and was written by Eric Bennett.

Just after the express freight train had roared along the up track to the water troughs, Adam Rudd crossed the rails with the dignity which became his seventy-six years and opened the door of the tank house with his key. The great metal tank, with its thousands of gallons of water for the locomotive cranes, stood above the normal tall, stone building which you can see in any railway station yard. But when Adam Rudd

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stepped through the door, it was not into a workshop. Along the whitewashed walls stood four long settees in red-and-black patterned plush, which on closer inspection were recognisable as the seats from an old-style Midland Railway saloon coach. Rows of chairs were in the body of the hall, and the floor showed signs of having been polished for dancing. At the far end of the tank house was a stage with gaily coloured chintz curtains. Two stoves were installed to keep the lofty room warm on nights when the snows sweep down from the fells.

"Aye", said Adam with a quiet smile of satisfaction on his rugged face. "This is where we have our little 'do's'. Ah've moved piano to welfare

centre to keep the damp from getting at it". The welfare centre was next door to the tank house. It consisted of the body of the saloon coach from which the assembly room's settees had been taken. Inside, beside the upright piano, was a trestle table, benches, and boxes of books from the West Riding county library, ready for the weekly exchange. That was my introduction to Garsdale Junction, the only railway station in Britain which is a social centre with a library and dance hall.

Garsdale Junction is more than 1,100 feet up in the Pennines, just below the peak of that soaring system of viaducts, tunnels and cuttings which carries the Midland Region railway line from Glasgow

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and Carlisle to Leeds, the East Midlands and London. It is a few miles south of the Westmorland border, a few yards west of the boundary which divides the West and North Ridings of Yorkshire, on the watershed which divides Wensleydale from Ribblesdale, and, although on the railway line, it is rather less accessible than the back of beyond. On weekdays only half a dozen local trains each way stop at Garsdale Junction out of about ninety express freights and passengers, including the Clyde-Thames express, which thunder through the station. But the little community of Garsdale, some fifty strong, does not care how many trains stop; the job of these railwaymen, settled in a compact

hamlet amid the scattered hill farms, is to keep the trains rolling. After the line was opened in 1875, sixteen strong stone houses were built by the railway company at Garsdale Station, and another half-dozen a few hundred yards away, near the Moorcock viaduct. In them have lived generations of signalmen, gangers and platelayers.

Adam Rudd, who retired at the end of the war, is the oldest railwayman in the community. He has lived at Garsdale for thirty-three years, Now that he is no longer ganger in charge of a long stretch on the Hawes branch line, he has taken on the job of caretaker at the tank house. For the tank house, with the roof beneath the tank strengthened as special

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protection and the walls whitewashed and decorated, is the heart of life on winter evenings. Winter isolates the Garsdale community. Heavy snows have been known to cut it off from the world for three weeks at a time. The nearest towns are Hawes, six miles to the east, and Sedbergh, ten miles to the west. But in the tank house the floor may be cleared for a dance, or the local talent giving a concert from the stage, while the stoves defy the snowflakes.

"We make our own amusements here", says Adam. "Always have done. And before the war we used to have our own Sunday morning services in the down platform waiting room. Proper Church of England services, too. Most of the people

round here go to chapel. But Mr Badrick, the parson from Garsdale Church, which is three miles away, would come to take the services in our waiting room. We subscribed for a harmonium, too. But we don't have services now - and the harmonium has gone for firewood", he ended sadly. Although the down waiting room is no longer a temporary church, the up platform ladies' waiting room still houses the station's own private library, which was presented forty-four years ago. Reginald Berwick, the stationmaster, took me into the waiting room and unlocked the glass cupboards in which the books are kept. Inside the old ruled exercise book which had served as the librarian's register, was

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the faded letter, dated March 5, 1906, from Mrs Greenwood of Bedale, addressed to Mr Bunce, stationmaster at Hawes Junction, as the station was then called. It said that the Religious Tract Society was sending a bundle of books, and that she herself was sending two more parcels. In the collection, it is still possible to distinguish the choices of the R.T.S. from the more catholic gifts of the generous lady of Bedale.

The range of reading matter is wide, and one could spend many a fascinating hour in the ladies' waiting room at Garsdale Junction. Dickens, Scott and Jules Verne are well represented. "Nobody asks to borrow books from this little library now", says Mr Berwick, "though they are always available. I have read a good many of them myself in the three years I have been here. Now the county library sends books round, they all go for the more modern stuff". It would be possible to catch up on a lot of reading, snowed up at Garsdale Junction. For snowing up is always likely on these exposed heights. In the severe winter of 1947 the line was out of action for a month.

Harold Thwaite, the porter, tells the story of that blizzard, the worst known in living memory. In a way Harold is an even older member of the Garsdale community than Adam Rudd, for he was born in a farmhouse within sight of the station fifty-seven years ago, though he did not become a railwayman until 1913. "Every morning in that 1947 storm I used to dig my way out of my house and then dig my way up the slope to the station", says Harold. "Things

were a bit better there. Snow was lying on the rails up to platform level and packed down hard, so that I could walk across the track from the signalbox to the up platform like crossing a street. I spent the day digging and clearing and trying to keep the station clear, but it was pretty hopeless. In the cutting below the station the drifts were thirty feet deep. Half a mile up the line, at the water troughs where trains pick up water at speed, two locos had been abandoned. The drivers found that they were running into heavier and heavier snow, and they decided the only safe thing was to abandon the engines. They plunged out over waist-high in snow and fought their way back to the station through the blizzard. Later the locos were gradually covered until only their chimneys were showing, and it was two weeks later before they could be dug out and moved".

(To be continued)

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## BRENDAN BRACKEN

*Karen Bruce Lockhart*

Brendan Bracken was born on 15th February 1901 in Ireland, the second son of a monumental mason. His behaviour at school was so bad that in 1915 he was sent to a Jesuit boarding school, but ran away. He was then sent to a cousin in Australia. He led a nomadic life there reading avidly, but in 1919 returned to Liverpool. In 1920 a carrot-headed youth appeared in the Headmaster's study at Sedbergh claiming to be a 15 year old orphaned Australian (he was 19). Despite doubts about his story the Headmaster accepted him and installed him in School House. He did

not fit in. He was not interested in Rugby, he was bored by 5th form lessons, but achieved a history prize by the end of term through his own reading. He loved walking in the hills. He only stayed a term, possibly because he had achieved his aim of being a "public school boy", and possibly because that was all he had the money for.

He then set out to make himself one of the Establishment. He disassociated himself from Ireland. After a brief period as a schoolmaster he became a publisher and newspaper editor commissioning articles from many politicians. He supported Winston Churchill in his election campaigns, and eventually in

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1929 became a Unionist MP himself. He supported Churchill in the "wilderness years".

In 1940 he was instrumental in persuading Churchill not to support Halifax as successor to Chamberlain (Churchill had thought he would not get Labour support himself), resulting in Churchill becoming Prime Minister. He was probably instrumentally in persuading the USA to support Britain a year before they publically did. He became Churchill's Parliamentary Private Secretary. From 1941 to 1945 he was Minister of Information. Immediately after the war he was briefly First Lord of the Admiralty, but lost his seat in the 1945 election. He very quickly

returned as an MP in a November by-election that year. In 1952 he became Viscount Bracken of Christchurch, but never used the title or sat in the House of Lords (he called it "the Morgue"). He retired from publishing in 1956. His lasting legacy was merging the Financial News into the Financial Times and the colour of that paper matching the colour of the stone of Bracken House in London. He published the Economist and helped found History Today.

He took a great interest in schools and especially Sedbergh School, and became a Governor in 1944 and Chairman in 1950. He would visit the school many times in a term, often arriving unannounced. The Sick Bay

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in School House was kept for him as he slept there. He loved to talk to the boys, and to discuss matters far into the night with masters. He loved to roam the hills. He persuaded the governors to appoint a young House Tutor over the heads of the Housemasters (Michael Thornely). He founded scholarships including a Winston Churchill scholarship for Scottish boys. He is thought to have given the School about £100,000 (perhaps as much as £4,000,000 today). He had the old school building renovated as the Library in memory of Churchill, whose bust stands above the door. In his will he gave £1000 for a memorial in the chapel and entrance gates to the Bruce Lockhart Music School (Guldry).

Bracken died on 8th August 1958. His bust sits outside Powell Hall. Within the School the Bracken Society is named in his memory. Within a supportive group, pupils in the Bracken Society are able to practise and develop their public speaking and debating skills while deepening their knowledge and understanding of how the world works.

## **50 YEARS AGO**

*Colin Cowperthwaite*

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

### **Sedbergh Wins Big Holiday Thank You**

Appreciation of the help given by the headmaster of Sedbergh Secondary School, Mr Peter Roberts, and his wife and many other volunteers who entertain Women's Institute who entertained a party of mentally handicapped children for a holiday last month is expressed by Mr M. Brown, regional officer of the National Society for Mentally Handicapped Children. "Of the 25 volunteer helpers who came to join us, 22 want to help if we run a similar holiday next year", said Mr Brown. "This is a tribute not only to the happy spirit engendered during our time in Sedbergh but also to the friendly and hospitable way Sedbergh welcomed everyone". He expressed thanks to the Dent Women's Institute for the party they gave to the children, Mr Pritchard and patrons of the Golden Lion for their support with a magnificent raffle, and Mrs W. Scarr for help at bed times and for





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Enid Fraser and Mr Bryan Hinton, visited to Yorkshire Show at Harrogate. On the Friday, members of the Outdoor Pursuits Group, accompanied by Mr David Lord, spent the day at the Open Golf Tournament at Royal Lytham & St Annes and in the evening a folk singing concert, arranged by Mr Roger Bush, was held at the school and featured a party of visiting French students from near Paris.

### **The late Mrs M. Capstick**

The funeral took place last week at Sedbergh Methodist Church of Mrs Mary Capstick of Collinwood, Low Langstaffe, Sedbergh. Mrs Capstick died in a nursing home at Silverdale at the age of 95. Born at Cautley, she was the eldest daughter of the late Mr and Mrs J. Handley. On leaving school she helped at home, until her marriage to the late Mr J. Capstick, of Newbiggin-on-Lune, who was in business as a butcher in Ravenstonedale. Soon after the end of the First World War they moved to Low House, Garsdale, which they farmed for four years before moving to Carleton, near Skipton. They then returned to Sedbergh, where Mr Capstick ran a family butchers until his retirement in 1945. In 1963 they moved to Ravenstonedale, where Mr Capstick died the same year, and in 1968 Mrs Capstick came back to Sedbergh to live with her younger son and his wife. She is survived by her two sons, seven grandchildren, and fifteen great grandchildren. The service was conducted by the curate, Rev. G.D. Rhodes, and cremation was at Lancaster and District Crematorium.

the tea invitations. "It is impossible to mention everyone by name because there was so much spontaneous and anonymous kindness shown, but our gratitude must be expressed to all those traders who deducted generous discounts from their accounts, and to the children of Sedbergh who came along to play and help with our handicapped young people", said Mr Brown.

### **Secondary School**

Last Thursday evening an audience of 200 enjoyed a film and slide show, given in the Secondary School hall by staff, of scenes and activities on the recent school holiday to Brittany. Earlier in the day a party of senior pupils, accompanied by Mrs

### Harvest Festival Services

Harvest Festival services were held at Millthrop Methodist Chapel on Sunday, when the preacher was Mr R. Jackson of Wickerslack, Crosby Ravensworth. The organist was Mrs N. Kiddle. At the meeting on Monday, the speaker was Mr J. Dawson. The gifts were sold in aid of chapel funds.

Harvest Thanksgiving services were held at Frostrow Methodist Chapel on Sunday, when the preacher was Mr W. Parkinson of Woodplumpton, near Preston. The organist was Mrs C. Baines. The speaker on Monday evening was Mr W. Allen, and the produce gifts were sold in aid of chapel funds.

Harvest Festival services were held last Sunday at Garsdale Parish

Church. The Rev. G.P. Wedgwood officiated at the morning service, and in the afternoon the service was conducted by the Rev. E.P.E. Long and the preacher was the Rt. Rev. Ross Hook, Bishop of Bradford. The service was attended by members of other churches in the district, and the harvest gifts were later distributed locally.

### Mothers' Union

Starting the season on a bright and colourful note, with a demonstration of the art of flower arrangement, Garsdale Mothers' Union met in the Primary School last week. The floral demonstration was given by Mrs Doris Haworth, who was introduced and thanked by Mrs Irene Bergerud.

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Supper was served by Mrs C. Dent and Mrs M. Wood.

### **The late Mr L. Wilson**

The funeral was held last Wednesday, at Killington Parish Church, of Mr Lancelot Wilson, of 23 Back Lane, Sedbergh. He was 81. A native of Lupton, he was the youngest son of the late Mr and Mrs T. Wilson, of Fell House, and after schooling at Mansergh, was employed on the family farm. During the First World War, two of his three brothers were killed, and after the death of his parents he carried on running the farm. Later he moved to Killington, where he farmed Aikrigg for about ten years, and finally farmed Tarn Farm at Fell End, Ravenstonedale, until retiring to Sedbergh in 1955. Beekeeping was his hobby, and during his years at Killington he was a church warden. He is survived by four sons and two daughters. The service was conducted by the Rev. G.D. Rhodes, and interment was at Killington.

### **Ordained**

The ordination of the Rev. E.P.E. Long of Sedbergh, took place on Sunday at Otley Parish Church. The service was conducted by the Bishop of Bradford, the Rt. Rev. Ross Hook. Sedbergh clergy assisted at the laying on of hands. A party of 50 parishioners from Sedbergh attended. On Sunday evening, boys and staff of Sedbergh School attended evensong at Sedbergh Parish Church. The service was conducted by the vicar, Canon D.A. Rogers, and the preacher was the Bishop of Penrith.

## **SEDBERGH HISTORY SOCIETY**

### **Dent Walk**

*Karen Bruce Lockhart*

On 7th August the Society had a very interesting tour of Dent led by David Boulton. After the terrible weather we experienced for the Ravenstonedale walk, it was delightful to have decent weather, and over thirty people came on the walk

David started by taking us to the Church where he talked to us about the origins of the town and the Church. Among much else he told us: Dent had originally meant the whole dale, and not just the town; the pillars in the Church were thought to be Norman; the Church had had only a dirt floor until about the 18th century;

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the clerestory had been added twice; there was a memorial to Adam Sedgwick on the wall.

Following this we were taken down the street to the Methodist church which had first been a Methodist Church, then a Quaker meeting house, and then a Methodist Church again when it was renovated or perhaps completely rebuilt. Meantime the Primitive Methodists had moved across the street, and although their building is no longer there, the floor of the entrance to the modern café shows the initials PM.

Back up the street the house Rhumes was pointed out as the first house in Dent to have electricity. Further up the street was Dent Primary School, built beside the original school which is now Dent Memorial Hall. On past the Sun Inn which is thought to go back as far as the fourteenth century. The members of the village are trying to raise the funds to keep the Sun open.

The to the market place, which at one time was considerably larger and the George and Dragan stands on part of it, as does the building with the Bank sign on across the street. Of course, at the corner of the

entrance to the churchyard stands the Adam Sedgwick memorial which is a stone fountain. For many years this was the only piped water available to the surrounding houses. Down the street opposite, known as Main street, many of the houses on the right were shops which supplied the town with everything imaginable that the village needed in the days when shopping further afield was impractical.

Up a narrow lane to the right as we went down the street, we came to the house where Adam Sedgwick was born, which had been the vicar's residence, and two houses on the far side of the green were pointed out as where the subsequent vicars lived as their families and expectations of accommodation grew. And then up the hill from the green we were shown Zion House which was built by the Congregationalists at exactly the same time as the Methodist chapel and is now the Dent Meditation Centre.

Back to Main Street and to a very narrow lane leading up past the old Reading Room. Up this lane had been a bicycle garage which grew to mend cars and tractors. The mind boggle at how they got such vehicles up the lane! They built their own model of bicycles.

On to the village shop which once had sold everything under the sun. Opposite had been a row of houses where the parking spaces now are. And below the shop was the former village blacksmith.

The Society is grateful to David and his wife, Anthea, who during the walk read extracts from her book *Tell It Like It Was*.

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## ODE TO SEPTEMBER

*Terry Thomas*

September is full of outdoor possibilities, beautiful leaves and bugling elk. It is the sunlight though that brings the magic to the show.

Like an exhaled breath on a chilly morning, September was here then gone. I tried, but I still could not avail myself of all her pleasures before she faded. Two days past and I am already missing her.

September is awesome because of the plethora of outdoor activities available, but it is more than that. Yet I have trouble deciding exactly what about September, more than any other month, that makes me glad to be alive.

As fast as it passes, September still walks at a lazy pace, loitering in summer's door before tentatively stepping through, as if in apology for the inevitability of the coming winter. The transition plays back and forth, summer today, cold tomorrow and

back to summer. The gentle tug-of-war between the seasons is the best of both worlds, like a chocolate and vanilla ice cream swirl. The stride quickens as October passes and by Halloween we will know that winter is near, but September is laid back and I love that leisurely mood.

I know others feel something different about September as well, yet they are really as lost as I am to explain what it is. A crispness in the air? What does that mean? I've been snowed on in July and frosted in August, yet these didn't feel like September. What then, makes September different?

I spent several Septembers in Central America and I did not get the same feeling as September here in the UK. So there are certainly things that must be essential to a proper September.

Throughout September, summers' green drains from the leaves of trees, shrubs, forbs and even grasses. Left

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behind are hues of yellow, red and orange seen no other time of year. The show builds from just a tinge of color at the first of the month to a full artist's canvas by month's end. Certainly this show is part of what I love about September.

Frosty mornings followed by pleasant sun filled days absent of mosquitoes are another of September's unique pleasures. Coupled with haunting stag calls lifting through the morning mist or the splash of a trout that sends rings across the quiet reflections on a lake and September is worth the wait.

I think though, that sunlight is ultimately responsible. The Earth's slingshot ride around the sun

positions our hemisphere where the sunlight of September strikes obliquely, not with the overhead pounding of the summer sun. It may be this angle of the sun that makes September feel unique, caresses the leaves to sleep and incites the deer to riot. We literally see the world in a different, sweeter light, making it seem new and especially alive.

I've said it before. I would gladly trade March for a second chance at September. I don't think I would tire of it and I might just have barely enough time to do many of the things that I want to do. Mostly though, I want to bathe in September's rich light a little longer.

## **SEDBERGH COMMUNITY SWIFTS**

*Tanya and Edmund Hoare*

September is quiet without swifts. But house martins and swallows are still around, finishing their second broods. We are delighted that at Lowgill we have our first pair of house martins breeding at a neighbour's cottage. It is lovely to see the chicks peering out from the mud, cup-shaped nest that they built on the wall outside under the eaves. In August, when the swifts had gone, it was wonderful to see so many newly fledged house martins flying around, as they enjoy their new-found airborne skills. As well as a different pattern of flight from swifts, their

smaller size and white rumps are the simplest distinguishing feature.

Although much of this summer has certainly been poor weather, and very disappointing for seeing swift activity. The second half of July and early August was mainly warm (even hot sometimes!) which meant we could then enjoy watching the swifts swooping around once more. Most swifts had departed by about 9th August, as is usual. For several days before that we saw a few groups of screaming swifts whizzing around - then, at the same time each evening, these remaining birds darted into their nest holes within a few minutes of each other around 9.15pm.

It has been a good year at Lowgill, although this is in sharp contrast to

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the reports from many other swift groups around the country who have had one of their worst swift seasons, due to the cold and wet weather this year. We had 8 pairs with clutches of 3 eggs (our record was last year with 12 pairs raising 3 offspring). We also have one new pair, bringing the total in our colony to 35. This pair is in an adjacent cottage where we installed 3 nest S-bricks when an extension was built 2 years ago: the picture shows how neat and attractive they look. The swifts are in the top nest brick but we can't tell yet if they are breeding or just roosting. Roosting pairs are probably 3-year-olds that are not ready yet to breed but bond as a prelude to breeding next year.

Our earliest ever chick fledging date was another Lowgill record this year: 17th July, unsurprisingly it was the pair that arrived on April 28th. Most of our chicks had fledged by around 26th July which meant that

they then had several days to fly around with other swifts which had yet to migrate. Parent swifts continue to come back to the nest after chicks have fledged and at first look disorientated when they find the nest empty. They come back with a throat pouch full of insects, ready to feed the now-absent chicks, and it looks quite an effort for them to regurgitate the food for themselves. Sometimes they stay on as long as 2 weeks, often just a few days.

At the time of writing, our one late breeding pair still has chicks, which are not due to fledge until about 30th August. These late chicks will take their maiden flights into a sky with no swifts around and we fear for their future. How do they know how to start their migration? We simply do not know.

Finally, it was great to hear from a few people about swifts occupying their boxes. We need to hear from more of you – do please get in touch! We are sometimes asked what the success rate is for getting boxes occupied – but having put up so many in the area, we cannot answer that unless you tell us!

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This month's tip comes from a little "whoops" moment that Claire had the other day. She was about to send a message to a friend using WhatsApp on her phone, but when she tried to tap on the conversation, she accidentally swiped it to the left... and it completely disappeared off the screen!

Cue a minor panic and some frantic Googling to figure out whatever she'd just done, and more importantly, how to fix it. It turns out that she'd accidentally "archived" the chat, meaning that it had been tidied away from her main Chats page, but it hadn't been deleted (thankfully).

However, when a conversation gets archived in WhatsApp, you won't receive any notifications when a new message arrives from that person – so you could end up accidentally ignoring them! Which isn't the kind of thing you'd want to do by accident.

It seems that this "swipe to archive" option is limited to the iPhone version of WhatsApp, but Android users aren't completely off the hook here – I can't tell you the number of times that I've accidentally archived an email conversation in Gmail or Outlook because my thumb has slipped. Thankfully, if you accidentally archive something in your email app, you can search for it using the search feature (look for a magnifying glass

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icon or the word "Search") to find it again.

In WhatsApp, if you've ever archived a conversation (deliberately or by accident) you'll see the word "Archived" at the top of your list of conversations. Tap on that to see which conversations have been archived, then tap and hold on the conversation you want to retrieve.

On iPhones, you should then get a box pop up with an option that says "Unarchive", so tap on that. On Android devices, there'll be a little box with an upwards arrow in the top right, so tap on that.



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*Kate Evans, Citizens Advice*

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Because Citizens Advice is a trustworthy and non-profit-making charity, you can be sure that the assessments are reliable. Unfortunately, complaints figures are driving customer service ratings to new lows, and serious complaints are higher than at any point before 2021. Citizens Advice are calling for a new set of rules that would give Ofgem stronger powers to hold companies to account on customer service.

The news isn't all bad, however – there has been significant improvement in call waiting times in 2024. So if you have had a bad experience with your provider, have a look at the comparison scores. And if you need help with an energy supply problem, contact the Citizens Advice consumer helpline 0808 223 1133 or

South Lakes Citizens Advice on 015394 46464.

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

- Call 015394 46464 (9.30am – 2pm, Monday – Friday)
  - 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 the submission page on our website
- [www.southlakescab.org.uk](http://www.southlakescab.org.uk)

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**SHEERING GAYE VILLAGE  
FUTURE PLANS**

*Sandra Gold-Wood*

Last month we left the villagers enjoying a public meeting about the housing estate which was going to be built where the WW2 bomb had exploded last December. Siliva Muffat was excitedly looking forward to the possibility of a modelling career. Dr Calvert was pleased that a health centre was also part of the plan for the new estate. While Conner Fitzgerald was glad that the authorities had looked favourably on the idea of building a new school instead of a community centre. Because the Council had stated that the staff for the medical centre would be recruited from overseas, Conner felt it wise to plan some lessons on racial issues. On the day of the public meeting, Daniel had landed in Vietnam knowing that Violet would not be joining him there in a few days

as he had told her. While Violet had returned to Sheering Gaye and had slipped unnoticed into Stanley Hall.

Read on....

The Rev Grey's twins, Ivy and Clifford were busy in the vicarage garden. Clifford digging the vegetable patch over while Ivy was weeding the borders. The twins were on punishment, not because they had ended up on stage with the cast of Hair but because they had been deceitful by going to the show without informing their parents. Their punishment was of their own choosing; their parents had offered them the choice of being grounded for a week, no TV for a week, no pocket money for the same period or the garden work. The twins felt the garden work was the best option.

In the village hall, the model of the new estate remained for all to view and many villagers popped in for a second look. George, his mother Flo, and other villagers were more than pleased that the village hall was going to be revamped. Flo was excited about the idea of a new kitchen and George was pleased about the roof, one corner of which had been leaking. He knew he was

not as nimble as he used to be and the thought of clambering up to repair it had filled him with trepidation and now, thankfully, he would not have to. All the villagers were delighted at how quickly things were moving and many of them had stopped Conner Fitzgerald on his way to work to thank him for the idea of a new school. Conner in turn invited them to attend a meeting at the present primary school where he would be giving a talk on how to welcome staff from overseas. Of course, JJ Jones felt that it was unnecessary to go overseas for workers saying there were plenty of people out of work in this country. Jonas Marshall tried to explain to JJ that it wasn't that simple and naturally an argument ensued. Conner left them to it knowing how they enjoyed these heated exchanges. Teacher Peter Dewhurst, who was walking to school with Conner, was about to intercede when Conner gestured to him that he'd best stay out of it. Peter had settled easily into village life; he enjoyed his work and he was filled with gratitude that Conner had trusted him enough to offer him the teaching job. Conner knew that Peter had suffered greatly in his youth due to his sexual orientation. Even now, though strictly speaking homosexuality was legal among consenting adults, Peter remained deeply scarred by the treatment he had experienced in his past. People would have judged him to be somewhat introvert; however, when he was teaching, he lost this persona and he made learning fun for the youngsters and they thrived.

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Norman Carpenter, Violet's brother, had been speaking with PC Terry Alders and expressing his concerns. Terry had told him that Violet and Daniel had been seen going into a building in Whitehall, MOD probably, and it was unlikely that any harm would come to her. Norman supposed he was right while thinking that people do disappear when the likes of MOD get involved. Telling himself he was over-reacting, he went across to Stanley Hall. Using his key, he let himself in and there to his relief and surprise was Violet sitting at the kitchen table. 'Oh Vi love, I've been so worried, where have you been?' Violet immediately burst into tears and hugged her brother. Every worry she had been holding inside for weeks came tumbling out and Norman could make no sense of it. 'What do you mean you fainted and that's why you can't go?' asked Norman trying to ignore the bit about a baby, hoping that he had misheard. 'Oh Norman, what am I going to do? Daniel has gone to Vietnam and he doesn't even know about the baby.' There it was again thought Norman. Holding up his hand to interrupt Violet's flow, he asked 'Just wait a minute Vi, let me get this right, you're expecting a baby?' Tears fell as Violet confirmed that she was. 'Gosh, Vi, what are you going to do?' Through her tears, Violet looked up at her brother and smiled a little, 'Well, you can add his or her name to the birthday list and become uncle Norman.' At this they both laughed in the easy way a brother and sister often do. They talked on through the lunchtime about all that had

happened. Violet explained how she could never find the right moment to tell Daniel and how she did not want to spoil his plans. Norman felt that he had spoiled hers, but she disagreed. 'Honestly, when I fainted in front of that official at the MOD I truly wondered what had happened, but this Patrick Forest turned out to be a medical doctor and within a few minutes he knew exactly what I was hiding. I told Dr Forest that I hadn't wanted to go to Vietnam as I was afraid for the baby and knew that having the injections would not be a good idea. Dr Forest agreed and then he made a few phone calls and Daniel went off to the airport thinking I would join him later. You know Norman, it may seem strange but I



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am really happy about the baby.' 'Well, Vi, that's all that matters, but why were you gone so long, it's been almost a week and you never even called?' 'Yes, I'm sorry about that but I wasn't given a choice in the matter as the people Daniel works for needed to 'de-brief' me as they put it. It was all very nice, don't look so worried Norm. I was at this country house place and looked after very well.'

They talked together for a while and then Norman went off to catch up with some work and

Violet went over to see PC Alders and then to the school. She would tell everyone now, there was no reason to hide and she was filled with a deep feeling of relief. As Violet walked

across to the police house, heads turned and voices called that they were glad to see her and that was she alright.

At the police house, Dorothy and Terry had just finished lunch and were enjoying a cuppa. 'Good heavens Vi, you're a sight for sore eyes and no mistake,' announced Terry. Dorothy joined in, offering a cup of tea. Violet sat down at the table and told them that Daniel was in Vietnam and she wasn't going. 'Well, Violet, you had us all worried, didn't she Terry?' 'Yes, you certainly did.' 'There's something else I better tell you and I hope you won't judge me; you see I am pregnant.' 'My goodness, well I never,' said Terry a little flustered. 'Are you happy about it

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Vi?’ inquired Dorothy. ‘Yes, I am as a matter of fact. I’m now going over to the school to see Conner, I’m sure it won’t bother him he seems to handle life lightly.’ They all agreed that life should be handled lightly whenever possible. Dorothy watched as Violet walked away from the police house towards the school, and she began to wonder how she would feel about having a child. That was when she realised that she and Terry had not even talked about having children and here they were married. Was it odd that they hadn’t considered a family, or was it that Terry didn’t want one? The question would have to wait as she had to catch the Denham bus to work as Terry had gone with Sergeant Poulson to Police HQ at Risby.

On Saturday morning, 15-year-old Silvia, her mum Jean and dad Les caught the London train. Silvia did her best not to show just how excited she was, but it was difficult. Les was encouraging and Jean was cautious as always, but when they arrived at Andrea Scott’s studio they were astonished. It was ultra-modern and arranged about the walls were some very large photos of some very famous models. There was even one of Andrea in her modelling days. There were awards displayed in a plush built-in cabinet. A secretary asked what they would like to drink and pointed to the seating area in the vast room which was flooded with light from skylights in the high ceiling. Les laughed and nudged Jean, suggesting she should pop and check out the ladies loo as it was bound to be spectacular. Silvia couldn’t speak, she could hardly get



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her breath and she wondered how it was that she was there. At that moment, Andrea swept in, perfectly groomed and oozing confidence. She greeted Les and Jean and told them that someone would be along to show them up to the viewing gallery where they could watch Silvia as she was photographed. They were given no time to think because Andrea put her arm securely around Silvia's waist and whisked her away. Jean was worried and Les excited as they climbed the stairs to the gallery that overlooked the photographic studio. Meanwhile, Andrea was introducing Silvia to a rack of clothes, all sorts of clothes. 'Now Silvia, I want you to choose your outfits from this selection. It doesn't matter which you pair up with which, it is an exercise in finding what you look best in. There are shoes over there and all the sizes are right. Now don't look so nervous, I believe in you Silvia, I think you will do very well. Before you get changed, I want you to know that there will be 4 photographers taking pictures, they all have differing styles. There is no need for you to do anything, they may ask you to turn this way or that, you just do what you

## Scrap Collected

Ring Kev

07812194311



are comfortable with and don't let them harass you. I will be here the whole time and your mum and dad are watching, so let yourself go and enjoy it.' Silvia found her voice at last and thanked Andrea for giving her this opportunity. As she was looking at the clothes and making her choice, an older woman came in and introduced herself as Evelyn. 'I'm your make-up artist for today, sit yourself down and I'll check you over to see which type of make-up would suit you best.' Silvia was once again overawed and thought for a moment she might wake up and find she had dreamt it all. Evelyn turned out to be a real pal, showing Silvia how to apply her make-up to best display her features. Then it was suddenly time to face the camera. Silvia, hardly recognised the girl in the mirror after Evelyn had worked her magic. Drawing on her inner courage, she walked out in a flower power outfit that had taken her fancy with her knees wobbling. Andrea smiled encouragingly as the camera shutters clicked. After 10 minutes, Andrea told her to go and change. This time Silvia emerged in a tailored trouser suit which Evelyn had said was a

  
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**2024**

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





good choice. Each time she changed outfits ready to face the cameras it felt more natural and something began to change within her, a kind of release, and it made her smile. After that, everything seemed much easier and she really did begin to enjoy the whole experience. Andrea took them all to lunch, during which she went through the nuts and bolts of modelling and how it was a great deal of hard work and long hours and how you were treated not as a person more a commodity. 'I just want you to know Siliva dear that it is far from glamorous.' Siliva nodded, not caring in the least if she had to work hard, she didn't mind it at all; hard work was what her mother did slaving away in the school kitchen

and looking after the family. The afternoon was spent on more detailed photos. Silvia's hair was much admired by the staff and photographers. Andrea told the Muffats that she thought the hair product companies would soon take an interest, going on to explain that their daughter's professional name would be Silvia M. 'Wow!', exclaimed Siliva loving the idea of having a professional name. At the end of the day, the photos were ready to view and Andrea led the way to a vast room where most of the hundred or so photos of Siliva were laid out. Even Jean gasped as she finally saw just how truly lovely her daughter was. It was not that she was beautiful, it was just that she had a

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fascinating presence about her. Everyone agreed on that while Siliva was overawed and could not believe that it was actually her in the photos.

While the Muffats were all enjoying the possibilities of Siliva's glamorous future, on the other side of the world Daniel was being briefed as to what his mission was. He knew he should feel some shame, but he didn't and he didn't even care that he'd lied to Violet. Yes, he loved her but this was different, this was living life fully. The thrill of dangerous situations was something he just could not resist. Oh yes, he had started out thinking he could work with the Red Cross and that he and Violet would enjoy adventuring together. He'd almost believed it

himself. But Hugh Manning had another agenda and had pointed out what would be missing for him if he and his girlfriend were just Red Cross workers. 'Quite noble of course old boy but think about how you got Nona out of East Germany, and what a catch she is, she's divulging so much useful information.' Hugh had reminded him how much he had relished the experience, going on to tell him that there was a Korean physicist who was hiding out in Vietnam and they were sure Daniel was the man to find him and bring him out before the Commies got hold of him.

Carole Wheeler and Conner Fitzgerald were openly together, causing the usual amount of gossip

## Sedbergh and District Lookaround

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among the residents of Sheering Gaye village. Carole and son Adam had a long talk about the situation which ended in Carole showing Adam the letter from his father asking for a divorce. With this fact in the open, mother and son reached an understanding. Adam had expressed a desire to study music which he then discussed with Conner later that evening. Carole breathed a heartfelt sigh of relief as she went to put the kettle on leaving Adam and Conner chatting. At first Adam had been very hostile toward Conner and this had worried her, but Conner had a wealth of experience and a vast pool of patience when it came to young people and he had overcome the boy's anxieties.

As April turned to May, builders were preparing the ground for the new estate. PC Alders was now Sergeant Alders, Margaret Muffat had started driving lessons, and an unexpected visitor arrived at the Wheelers in Sheering Faye.

To be continued....

### BOOK TOWN QUIZ ANSWERS

1. Jane Eyre
2. Winnie-the-Pooh - Eeyore
3. Ten Years to Save the West
4. 1984
5. Sir Winston Churchill
6. The Right Stuff
7. The Titanic and the iceberg
8. T E Lawrence – Seven Pillars of Wisdom
9. Victor Hugo
10. Lady Chatterley's Lover
11. Children's books
12. 1066 And All That

### USEFUL CONTACT DETAILS

#### Age UK South Lakeland

030 300 30003

#### Electricity in any area

105

#### Medical in any area

111

#### Pension Service Surgery

Stricklandgate House every Tuesday  
1400 - 1600  
01539 795000 or 0845 6060265

#### Police in any area

101

#### Report Grey Squirrels

sedberghredsquirrels100@gmail.com

#### Sight Advice South Lakes

01539 769055

#### South Lakes Citizens Advice Bureau

03444 111 444

#### South Lakeland District Council

01539 733 333

#### Western Dales Community Bus Service

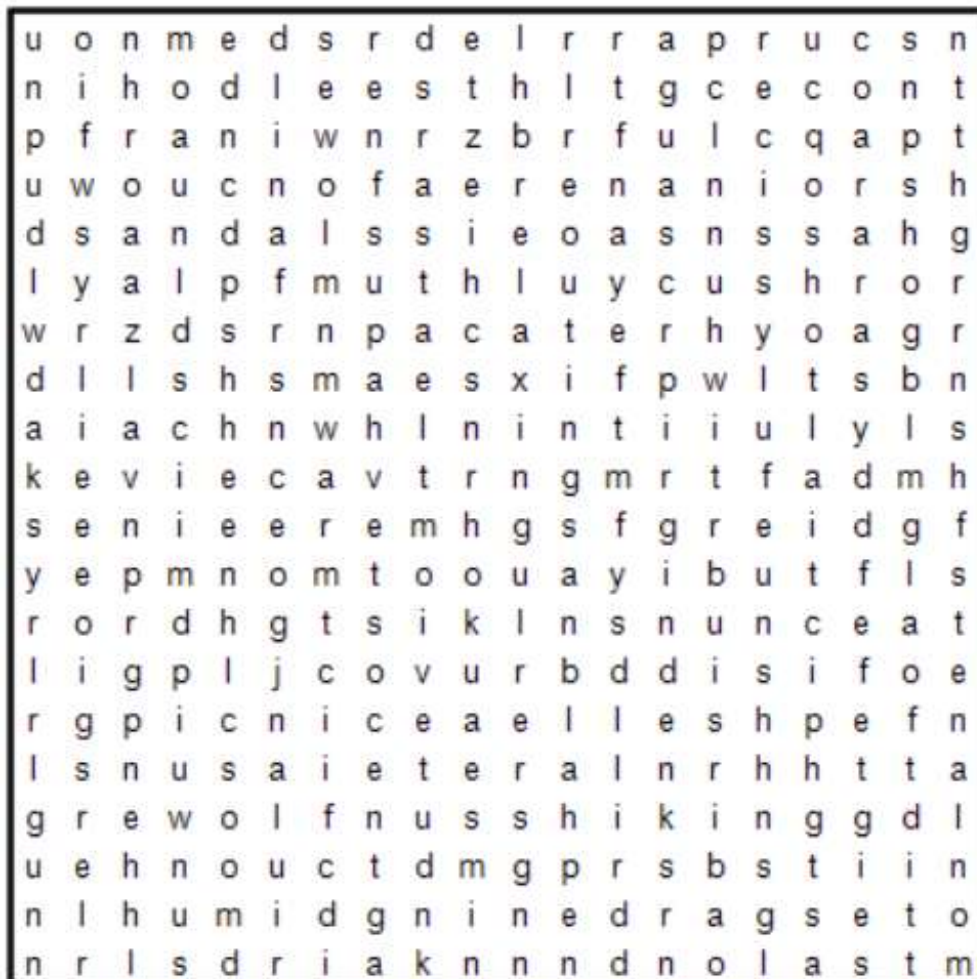
wdbusops@gmail.com 07541644524

#### Yorkshire Dales National Park

0300 456 0030

*If you would like to see any numbers listed here, please let us know.*

## PUZZLE - WORDSEARCH



Beach

Fan

Hiking

Outings

Relaxing

Sunflower

Thunder

Camp

Frisbee

Hot

Picnic

Sandals

Sunshine

Warm

Diving

Gardening

Humid

Play

Sun

Surf

PUZZLES (SOLUTIONS ON PAGE 73)

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

## LOOKAROUND DETAILS

### **LOOKAROUND INFORMATION**

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

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

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

Items for the 'Lookaround' should be emailed to:

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

### **ARTICLES**

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

the text of the same email.

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

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

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

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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.

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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.

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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	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

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

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

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Maximum stay = 24 hours	Annual Resident Permit = £70
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Session	7-9am	9am-1pm	1-5pm	5-7pm	7pm-1am
<b>Local Hirers</b>	£12.00	£24.00	£24.00	£18.00	£45.00
<b>Other Hirers</b>	£18.00	£36.00	£36.00	£27.00	£67.50
<b>Commercial</b>	£24.00	£48.00	£48.00	£36.00	£90.00

#### Committee Room

<b>Local Hirers</b>		£18.00	£18.00	£12.00	£18.00
<b>Other Hirers</b>		£27.00	£27.00	£18.00	£27.00
<b>Commercial</b>		£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.

## SEPTEMBER 2024

05	1400	Community Afternoon Tea	GH
05	1930	WIHF - Westmorland RSPCA (32)	HVH
06		Fizz and Fruits (Aug)	DHTF
10		World Suicide Awareness Day (28)Everywhere	
10	1400	Killington WI Ukrainian traditions (Aug)	PH
10	1930	Domino Drive	FCH
11		Westmorland Show	County sho
11	1900	Sing Joyfully season starts (Aug)	Kirkby L
11	1915	Dentdale WI Card making	DMH
11	1930	Sedbergh WI Maori Myths & Legends (33)	PH
12		Westmorland Show	County sho
14	1000	Spellbound Workshop 11-15yr old (7)	CCCN
14	1400	Spellbound Workshop 16yr old+ (7)	CCCN
15	1400	Spellbound Workshop 8-10yr old (7)	CCCN
17		Swimming Club Starts (9)	SS
17	1400	Community Afternoon Tea	GH
17	1930	Ladies NFU - St Johns Hospice (Jun)	PH
17	1930	Ladies NFU - St Johns Hospice (Aug)	PH
19	1330	Embrace Healthy Ageing (Aug)	PH
19	1400	Community Afternoon Tea	GH
21		Harvest Festival (Aug)	Various ch
21		World Alzheimer's Day (32)	Everywhere
21	930	Artisan Market (May)	Main St
26		Experience Harvest (10)	StAS
28	1030	Macmillan Coffee Morning (8)	GC

## OCTOBER 2024

01		Experience Harvest (10)	StAS
01	1900	Sedbergh Town Band Concert tbc (11)	StJCG
03	1400	Community Afternoon Tea	GH
04		Dales Days - Richard Gledhill (Aug)	DHTF
05	1130	Flu Booked Clinic (11)	MC
05	1930	Big Quiz Night (13)	PH
07	1030	Flu Walk In Starts (11)	MC
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 (14)	Sedbergh
12	1930	Big Quiz Night	CCCN
13		Death in the Dales Crime Fest (14)	Sedbergh
15	1930	Ladies NFU - Dry Stone Walling (Jun)	PH
18	1930	Tattie Pie	FCH
19	1000	Sedbergh Apple Day (9)	PH
19	1130	Flu Booked Clinic (11)	MC
31	1400	Community Afternoon Tea	GH

## NOVEMBER 2024

01	1930	Dominos and Tattie Pie	HVH
07	1400	Community Afternoon Tea	GH

## NOVEMBER 2024 (Cont)

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

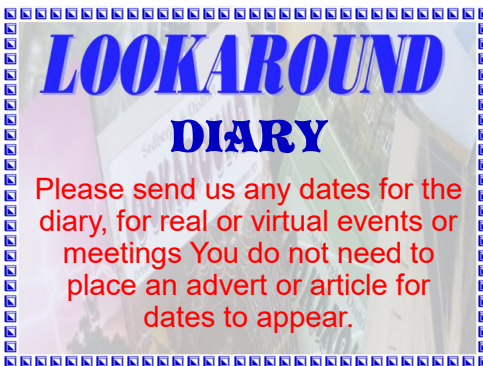
## JANUARY 2025

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

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.



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.

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

## EAT AND DRINK IN SEDBERGH

### BLACK BULL HOTEL.

MAIN STREET - 015396 20264

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

### DALESMAN COUNTRY INN

MAIN STREET - 015396 21183

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

### THE GUNDOG COFFEE SHOP

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

### HADDOCK PADDOCK

MAIN STREET - 015396 20468

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

### NUMBER 46

MAIN STREET

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

### THE RED LION

FINKLE STREET - 015396 20433

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

### SEDBERGH GOLF CLUB

CATHOLES, DENT ROAD - 015396 21551

Open to all for well cooked classic food.

### SEDBERGH PIZZA

MAIN STREET - 015396 28262

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

### SMATTS DUO

MAIN STREET - 015396 20552

If you fancy a full English breakfast, lunch or afternoon tea this is the place for you.

### THIRSTY RAMBLER

MAIN STREET - 07874 838816

Thirsty after rambling? This micro bar is the place for a relaxing drink with good company.

### WAFFLE CONE

MAIN STREET

Ice creams, waffles and drinks. Eat them inside in the seating area, or take them away for home or al fresco consumption.

### THE TEA ROOM AT FARFIELD MILL

HAWES RD - 015396 21958

catering@farfieldmill.org

Walk to the Mill and have lunch or tea in the café. Sit outside by the river on a fine day.

## PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens  
 Bruce Loch Nature Area, Busk Lane  
 Cautley Spout, A683 towards Kirkby Stephen  
 Community Office, 72 Main Street  
 Community Orchard, Vicarage Lane  
 Cornerstone Community Church, New Street  
 Cumbria Wildlife Trust, Community Office  
 Dent Heritage Centre, Laning, Dent \*  
 Farfield Mill, A684 Garsdale Road  
 Friends Quaker Meeting House, Brigflatts  
 George Fox's Quaker Pulpit, Firbank  
 Golf Club, Catholes, Sedbergh \*  
 Information Centre, 72 Main Street  
 History Society, Community Office  
 Holy Trinity Church, Howgill  
 Jubilee Wood Nature Area, Castlehaw Lane  
 Langstone Fell, A684 Garsdale Foot  
 Motte & Bailey Castle, Castlehaw Lane  
 Pepperpot Folly, Busk Lane  
 Picnic Site, Ghyllas, Cautley Road  
 Picnic Site, Settlebeck New Bridge  
 Play Ground, Dent Village  
 Play Ground, People's Hall  
 Play Ground, Maryfell  
 Queen's Gardens, Station Road  
 St. Andrew's Church, Dent  
 St. Andrew's Church, Main Street, Sedbergh  
 St. Gregory's Church, Vale of Lune  
 St. John's Church, Cowgill  
 St. John's Church, Firbank  
 St. John's Church, Garsdale  
 St. Mark's Church, Cautley  
 Sedbergh Embroidery, StAS  
 Tennis Courts, Guldrey Lane \*  
 Winder Fell, above Sedbergh

\* = Entry Fee Applicable

## SOME WALKS AROUND SEDBERGH

**WINDER 3.4 miles, 1150 ft, 1.5-2.5 hrs**  
 Sedbergh's own little Matterhorn with great views of the surrounding fells and dales. (Walk 1)

**THE CALF 8 miles 2600ft 4-5 hrs**  
 A bracing ridge walk over Arant Haw and Calderes to the highest point in the Howgills, . (Walk 1)

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

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

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

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

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

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

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

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

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

**DALES WAY AND CRAGGSTONES. 7.5 miles 1165 ft 3 - 4 hrs.** Follow the Dales Way beside the Rawthey and the Lune, then ascend past the waterfalls in 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

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

## CAMPING, CARAVANNING & SELF-CATERING

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

### KEY

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

## GROUPS AND ORGANISATIONS

Age UK South Lakeland -----	Helpline - 030 300 30003
Allotments Association - Dent -----	TBA
Allotments Association - Sedbergh -----	Mr Jim Atkins - 015396 20031
Angling Association -----	Mr Wright - 015396 25533
Art Society - Sedbergh -----	Mrs Alison - jen.alison10@gmail.com
Audio Lookaround -----	Rosemary Handley - rosemaryahandley@hotmail.co.uk
Babies & Toddler Group - Dent -----	Sarah Woof - 015396 25212
Badminton Club - Sedbergh -----	David Wheatley - 07816 437500
Beekeepers Association -----	Rosemary Hartley - 07596 117035
Bell Ringers (StAS) -----	Mrs Sharrocks - 015396 20754
Book Group -----	Mrs J.E. Dodds - 015396 20308
Bowling Club - Sedbergh -----	Phil Johns - 07807 909860
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 -----	Rev'd Andy Burgess - 015396 20018
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	1538
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	1610
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*

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

# **BUS SERVICES**

## **Western Dales Bus**

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

*From 2nd October 2023*

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

# **BUS SERVICES**

## **Western Dales Bus**

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

*From 2nd October 2023*

Sedbergh Post Office	0914	..	..
Cautley Cross Keys	0923	..	..
Kirkby Stephen Station Entrance on A685	0937	..	..
Kirkby Stephen Pennine Hotel	0945	1148	1426
Kirkby Stephen Co-op	0946	1149	1427
Brough Clock	0954	1157	1435
Warcop Bus Shelter	1001	1204	1442
Appleby The Sands (drop off only)	1012	1215	1453
A66 Bridge End Inn (drop off only)	1020	1223	1501
A66 Whinfall (drop off only)	1025	1228	1506
Penrith Bus Station Stand 2	1035	1238	1516
Penrith Bus Station Stand 2	1045	1323	1526
A66 Whinfall (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	Mark Crawford	Proofreading
Frances Haigh (T)	Treasurer	Jane Fisher (T)	Proofreading
Philip Johns (T)	Secretary	Paul Shepard	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** - 2<sup>nd</sup> and 4<sup>th</sup> Sunday 2pm.

*Combined plans for Western Dales Mission Community  
September 2024*

	Time	1 <sup>st</sup>	8 <sup>th</sup>	15 <sup>th</sup>	22 <sup>nd</sup>	29 <sup>th</sup>
St. Andrew's, Sedbergh LA10 5BZ	8.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	HC-BCP
	10.30am	Morning Service	HC	Joint Service	HC 4pm- Teatime Church	Joint Harvest Festival with HC 6pm- Choral Evensong
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	Connect@ Cornerstone	Morning Service 4pm Messy Church		HC	
St. Mark's, Cautley LA10 5LZ	2.30pm			Harvest Festival		Taize Service
St. John's, Garsdale LA10	10am	HC		SW		
Garsdale Low Smithy Methodist Chapel LA10 5PF	2.00pm		Afternoon Service		Afternoon Service	
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2.30pm					Afternoon Service
All Saints, Killington LA6 2HA	2.30pm	Afternoon Service				Harvest Festival
Holy Trinity Howgill LA10 5JD	9.30am		HC			
St. John's Firbank LA10 5EF	2.30pm		Harvest Festival			
St. Andrew's, Dent LA10 5QL	10.30am		HC		Harvest Festival with HC	HC
St. John's, Cowgill LA10 5RJ	2.30pm	Afternoon Service		HC		
Dentdale Methodist Chapel LA10 5QJ	10.30am	HC		Morning Service		
Quakers, Friends Meeting House, Brigflatts Lane, LA10 5HN	10.30am	Meeting for Worship	Meeting for Worship OR Area Meeting Zoom Worship.	Meeting for Worship	Meeting for Worship	Meeting for Worship
Roman Catholics, St. Andrew's, Sedbergh LA10 5BZ	12 noon	Service	Service	Service	Service	Service
	<b>Tuesday</b>	<b>3<sup>rd</sup></b>				
St. Andrew's, Dent LA10 5QL	9.30am	HC-BCP				
	<b>Wednesday</b>	<b>4<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>18<sup>th</sup></b>	<b>25<sup>th</sup></b>	
St. Andrew's, Sedbergh LA10 5BZ	11.30am	HC-BCP	HC-BCP	HC-BCP	HC-BCP	
Quakers	19.30	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	Zoom meeting for Worship – contact below.	
Roman Catholics	21.00				Compline Night Prayer	
HC- Holy Communion (HCx- Extended Communion) MP- Morning Prayer SW- Service of the Word			BCP- Book of Common Prayer EP- Evening Prayer			
<b>Contacts– Quakers please contact Janet Chetwood 015396 21715 Sedbergh Roman Catholics contact Father Hugh Pollock 015397 20063</b>						

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

**Option 1 - 24hr Prescription line**

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

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

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

## Dent Surgery

**Currently cancelled due to Covid-19**

## Practice Nurse/Health Care Assistant clinics

Available to book online or call reception to book

## Saturday morning clinics

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

For more information on all clinic times please see  
our website

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

## Location of Public Defibrillators

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

## First Responders

**IN EMERGENCIES CONTACT THE  
EMERGENCY SERVICES**

The numbers below are for information on  
volunteering only

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

## POLICE

101 or 999

Email: [101@cumbria.police.uk](mailto:101@cumbria.police.uk)  
Crimestoppers 0800 555 111

## Community Officers

Mandy Colman - 07773 181425  
[Amanda.coleman@cumbria.police.uk](mailto:Amanda.coleman@cumbria.police.uk)  
Adam Roberts—07773 217740  
[adam.roberts2@cumbria.police.uk](mailto: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

01539 713150

[https://www.cumbria.gov.uk/libraries/locations/  
sed\\_lib.asp](https://www.cumbria.gov.uk/libraries/locations/sed_lib.asp)

Wednesday 1000 - 1230 1400 - 1700

Friday 1300 - 1700

Saturday 1000 - 1400

## DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## SEDBERGH & DISTRICT INFORMATION CENTRE

*for resident & visitor information*

72 Main Street, Sedbergh

Open seven days a week 1000 - 1600

e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125

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

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

## VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

FarmGate Vets

Office Hours Monday-Friday 0830 - 1700

Companion Animal Consultations 0900 - 1000 \*

Monday-Friday Appointment Only 1400 - 1500 \*

## PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

## POST OFFICE

Main Street - 015396 20406

## MARKET DAY

Wednesday

*Last Page Update:*

*September 2024*